

**Infant Safe Sleep:
A Brief Overview**

**Satellite Conference and Live Webcast
Wednesday, August 26, 2015
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Faculty

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Infant Sleep Safety

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- Requires a consistent and repetitive message at the local, state and national levels to prevent unsafe sleep related infant deaths

Before We Begin...Let's Put Things in Perspective

- In 2009, there were 286 pediatric deaths nationwide from H1N1 Influenza
- These pediatric deaths were considered to be an epidemic
- Drastic public health measures were taken to reduce the spread (i.e. school, daycare closings)



Putting Things in Perspective

- 100 - 200 children die annually nationwide from Influenza
- In the United States, there are standard recommendations for vaccinations



Putting Things in Perspective

- With the energy that goes into educating and preventing Influenza related deaths, what are your thoughts about addressing the 107 sleep related infant deaths that occurred in Alabama in 2013?

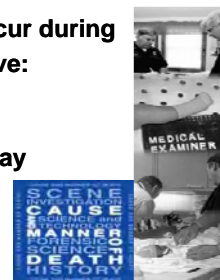
SIDS - Sudden Infant Death Syndrome

- Is a diagnosis of exclusion
- Is not predictable



SUID - Sudden Unexpected Infant Death

- Most SUID deaths occur during sleep and often involve:
 - Bed linens
 - Roll over or over - lay
 - Entrapment
 - Strangulation and / or suffocation



Other Sleep Related Infant Death Risk Factors

- Co - sleeping



Other Sleep Related Infant Death Risk Factors

- Bedsharing



Other Sleep Related Infant Death Risk Factors

- Unsafe sleeping



SIDS

- SIDS is the leading cause of death in infants from one month to one year of age
- In 2013, 3,434 infants in the United States died suddenly and unexpectedly



SIDS

- Highest risk is at 1 - 4 months of age with 91% of all SIDS deaths occurring before 6 months of age



SIDS

- No longer see a higher frequency in cold months
- Higher incidence in male infants
- Unaccustomed tummy sleeping increases risk as much as 18 times



Established Risk Factors

- Prone / side sleep position
- Maternal smoking during pregnancy
- Environmental tobacco smoke
- Overheating
- Soft sleep surface
- Late or no prenatal care
- Young maternal age

Established Risk Factors

- Prematurity and / or LBW
- Male sex
- African American
- American Indian



- In 2013, Alabama's IMR was 8.6 infant deaths per 1,000 live births
- In 2013, there were 107 sleep - related infant deaths in Alabama
- This accounted for 20% of the total IMR

Alabama

- Preventing these deaths would reduce the IMR from 8.6 to 6.8 infant deaths per 1,000 live births
- The percentage of sleep - related infant deaths was higher in:
 - Healthy
 - Full - term
 - Normal birth weight infants



Education

- Collaborate with national partners to reduce the risks of sleep related infant deaths
 - SIDS
 - SUID
 - Strangulation and / or suffocation



Safe Sleep Education is Inexpensive and Can Be Done in a Multitude of Settings

Who Should Be Involved?

- Obstetricians
- Pediatricians
- Family Practice
- Nurses
- Child care providers
- Churches
- Schools
- Civic organizations

Who Should Be Involved?

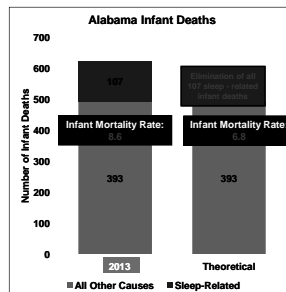
- Every mother, father, sibling, grandparent, friend, relative, or caregiver who has any contact with an infant!

What Can I Do?

- Talk about safe sleep not just about SIDS
- Discuss controversial concerns
- Discourage the use of bumper pads
- Encourage room - sharing without bed - sharing
- Encourage breastfeeding



Data Illuminates... But The Heart Motivates

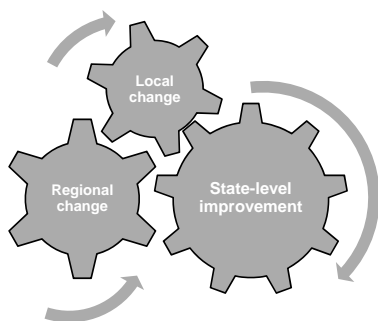


107 Children = Approximately five kindergarten classrooms



You Play a Vital Role!

- Your work is vital in the efforts to maximize the health of Alabama's mothers and babies



References

- Source: CDC 2009-2010 Seasonal Influenza Update Summary. <http://www.cdc.gov/flu/weekly/weeklyarchives2009-2010/09-10summary.htm>
- ADPH Center for Health Statistics, Alabama, 2013

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