

SLEEP-RELATED INFANT DEATH IN LOUISIANA

2013 LOUISIANA PRAMS DATA

WHAT IS SLEEP-RELATED INFANT DEATH?

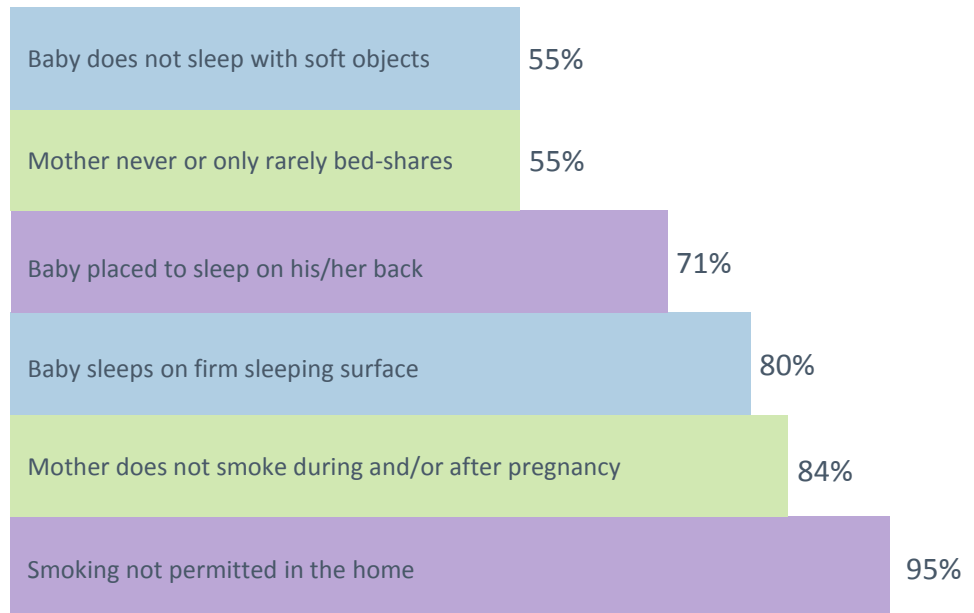
Sleep-related deaths are included in a category called SUID (Sudden Unexpected Infant Death). Deaths caused by Accidental Suffocation and Strangulation in Bed (ASSB), SIDS (Sudden Infant Death Syndrome), or other unexplained causes are part of SUID.¹

Each year, about 90 infants in Louisiana die suddenly and unexpectedly. Many of these deaths are due to accidental sleep-related suffocation while the infant is sleeping in an unsafe environment.

While these deaths may be unexpected, they are not unpreventable. Sleep environments that are not safe, babies sleeping on their stomachs, and tobacco smoke increase a baby's risk of sleep-related death. Sleep environments that are safe, babies sleeping on their backs, and breastfeeding reduce this risk.

FACTORS ASSOCIATED WITH SAFE SLEEP ENVIRONMENTS

Caregivers can create safer sleep environments and reduce their babies' risk of sleep-related infant death by taking the actions listed below. The graph shows the percentage of Louisiana mothers who report doing these things.



For more information about creating safe sleep environments and additional resources, visit GiveYourBabySpace.com.

1. Shapiro-Mendoza, C. K., Camperlengo, L., Ludvigsen, R., Cottengim, C., Anderson, R. N., Andrew, T., Covington, T.; Hauck, F. R.; Kemp, J.; & MacDorman, M. (2014). Classification system for the sudden unexpected infant death case registry and its application. *Pediatrics*, 134(1), e210-e219.
 2. Louisiana PRAMS 2013
 3. Moon, R. Y. (2011). SIDS and other sleep-related infant deaths: expansion of recommendations for a safe infant sleeping environment. *Pediatrics*, 128(5), e1341-e1367



Your voice. Your baby's voice.

Pregnancy Risk Assessment Monitoring System

Louisiana PRAMS is a project of the Centers for Disease Control and Prevention (CDC) and the Louisiana Department of Health and Hospitals, Bureau of Family Health.

The PRAMS survey asks new mothers about their lives before, during, and shortly after their pregnancies. Participants are randomly selected new mothers in Louisiana with babies primarily aged 2 – 6 months old.



For more information on Louisiana PRAMS, visit PartnersforHealthyBabies.org

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PREVALENCE OF BED-SHARING



About 1 in 3 Louisiana mothers report “often or always” sleeping in the same bed as their infant (bed-sharing).² The American Academy of Pediatrics (AAP) cites bed-sharing as the greatest risk factor for sleep-related infant deaths.¹



Nearly half of mothers who “always or often bed-share” also report NOT putting their infant to sleep on his or her back.²

EXPOSURE TO MULTIPLE RISK FACTORS

The risk of sleep-related death increases as the number of risk factors increase.



1 in 5 Louisiana babies experience 3 or more risk factors for sleep-related death.²

PROTECTIVE FACTORS

Most sleep-related deaths can be prevented by following safe sleep guidelines. The American Academy of Pediatrics recommends infants sleep on their backs in the same room as a caretaker on a separate surface such as a crib or bassinet. This is known as **rooming in**.³

Protective factors include:

- Back sleep position
- Rooming in
- Breastfeeding
- No smoking during pregnancy or around baby
- Firm mattress with no soft objects, cords or drapes in or around the sleep area
- Regular well-baby check ups



1. Shapiro-Mendoza, C. K., Camperlengo, L., Ludvigsen, R., Cottengim, C., Anderson, R. N., Andrew, T., Covington, T.; Hauck, F. R.; Kemp, J.; & MacDorman, M. (2014). Classification system for the sudden unexpected infant death case registry and its application. *Pediatrics*, 134(1), e210-e219.
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