

# Infant Safe Sleep Fact Sheet Alabama, 2011-2013



## Facts about Sleep-Related Infant Deaths in Alabama:

In 2013, there were 107 sleep-related deaths among infants in Alabama. Sleep-related infant deaths account for 21.4% of the total infant mortality in Alabama. The percentages of sleep-related infant deaths were higher among full-term, normal birth weight infants than infants with lower birth weights and gestational ages.

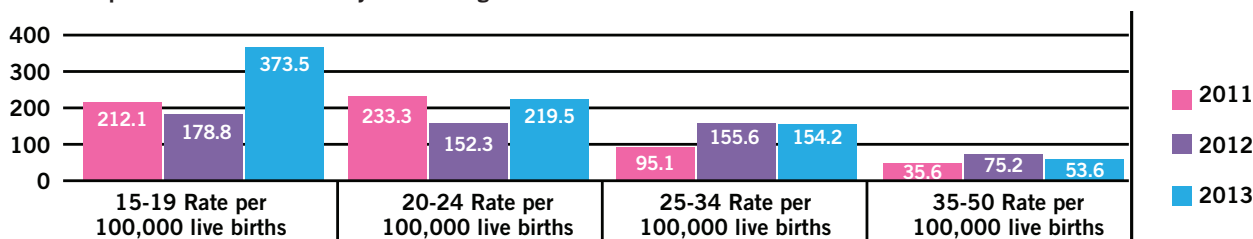


## Safe Sleep Recommendations from the American Academy of Pediatrics<sup>1</sup>:

- Place infants on their backs to sleep
- Use a firm sleep surface
- Room-sharing without bed-sharing is recommended
- Keep soft objects and loose bedding out of the crib
- Avoid smoke exposure during pregnancy and after birth
- Breastfeeding is recommended because it reduces the risk of sudden infant death syndrome (SIDS) and sudden unexpected infant death (SUID)
- Consider offering a pacifier at nap time and bedtime
- Avoid overheating

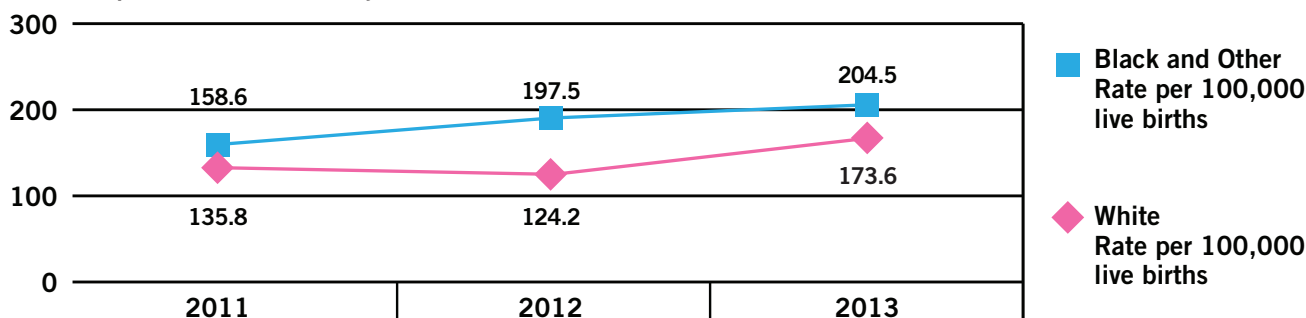
## Maternal Characteristics:

Rate of Sleep-Related Infant Deaths by Maternal Age



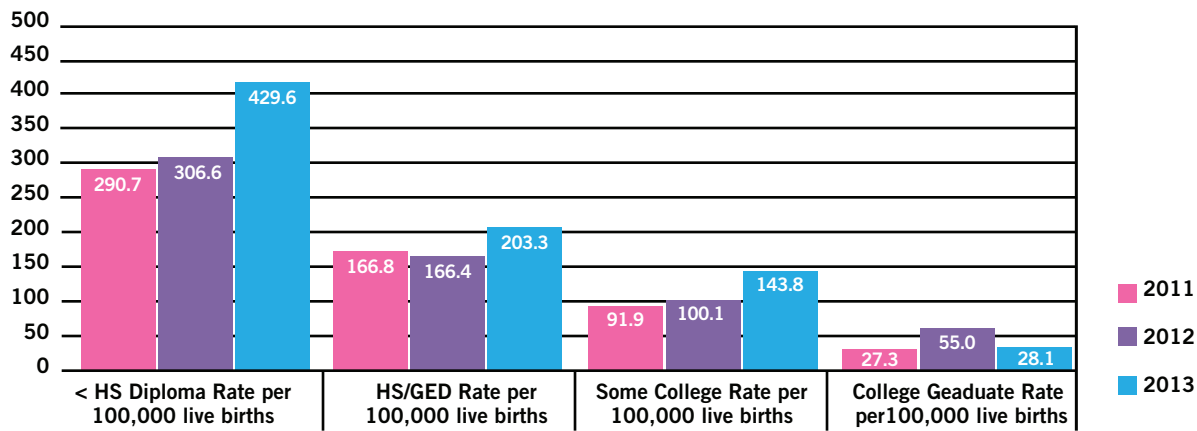
From 2011 to 2013, the rate of sleep related infant deaths for moms 15-19 years of age is almost twice as high as the rate of sleep-related infant deaths for moms 25-34 years of age. This difference is statistically significant.

Rate of Sleep-Related Infant Deaths by Race



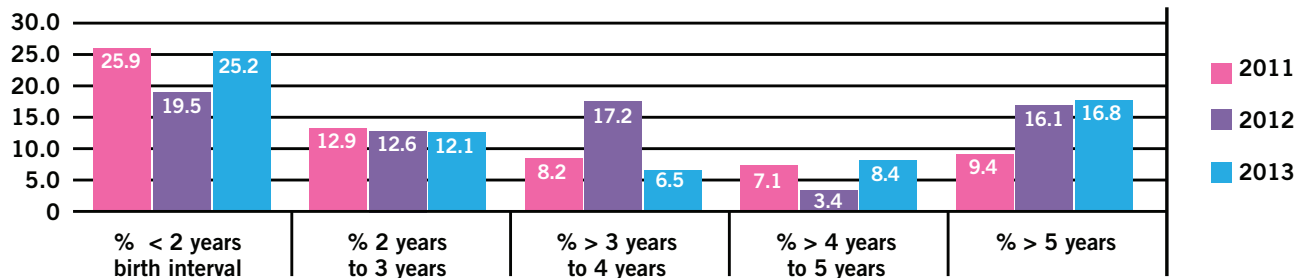
Babies born to black and other moms had a higher rate of sleep-related deaths than babies born to white moms.

## Rate of Sleep-Related Infant Deaths by Maternal Education



Moms with higher educational attainment had lower rates of sleep-related infant deaths than moms with lower educational attainment. From 2011 to 2013, moms with less than a high school education were nearly nine times as likely to have an infant die due to sleep-related causes than a mom with a college degree. This difference is statistically significant.

## Percent of Sleep-Related Infant Deaths by Birth Intervals



Moms with birth intervals less than two years had the highest percentage of sleep-related infant deaths.

## Discussion:

Parents are more likely to place infants on their backs immediately following hospital discharge. However, parents tend to switch to the side or prone position when infants reach two to three months of age, which is the peak age for SIDS.<sup>2</sup> Health care professionals must emphasize the importance of continuing safe-sleep practices throughout infancy.

Health care professionals need to provide more education to parents regarding the risks of using soft pillows, loose blankets, and bumper pads in the infant sleep area.<sup>1</sup> Additionally, more guidance is needed regarding what a firm sleeping surface entails and why it is important.<sup>5</sup>

The National Institute of Child Health and Human Development (in collaboration with other organizations) has developed campaign materials for the Safe to Sleep Public Education Campaign. These outreach materials range from general outreach to more specific outreach aimed at reaching grandparents as well as African Americans, American Indians and Spanish speaking caregivers. Materials are also available for health care providers. More information can be found at: [www.nichd.nih.gov/sts/Pages/default.aspx](http://www.nichd.nih.gov/sts/Pages/default.aspx).

## References:

1. Moon, Rachel Y. "SIDS and other sleep-related infant deaths: expansion of recommendations for a safe infant sleeping environment." *Pediatrics* 128.5 (2011): e1341-e1367. Accessed February 2015. [www.pediatrics.com/cgi/doi/10.1542/peds.2011-2284](http://www.pediatrics.com/cgi/doi/10.1542/peds.2011-2284).
2. Hauck, Fern R., et al. "Infant sleeping arrangements and practices during the first year of life." *Pediatrics* 122.Supplement 2 (2008): S113-S120. Accessed March 2015. [http://pediatrics.aappublications.org/content/122/Supplement\\_2/S113.full.html](http://pediatrics.aappublications.org/content/122/Supplement_2/S113.full.html).
3. Colvin, Jeffrey D., et al. "Sleep environment risks for younger and older infants." *Pediatrics* 134.2 (2014): e406-e412. Accessed April 2015. [www.pediatrics.org/cgi/doi/10.1542/peds.2014-0401](http://www.pediatrics.org/cgi/doi/10.1542/peds.2014-0401).
4. Fowler, A.J., et al. "Safe sleep practices and sudden infant death syndrome risk reduction: NICU and well-baby nursery graduates." *Clinical Pediatrics* 52(2013): 1044-53.
5. Ajao, Taiwo I., et al. "Decisions of black parents about infant bedding and sleep surfaces: a qualitative study." *Pediatrics* 128.3 (2011): 494-502. Accessed February 2015. [www.pediatrics.org/cgi/doi/10.1542/peds.2011-0072](http://www.pediatrics.org/cgi/doi/10.1542/peds.2011-0072).