

October is

SUDDEN INFANT DEATH SYNDROME (SIDS)

Awareness Month



The Risk of SIDS and Sleep-Related Death for Infants

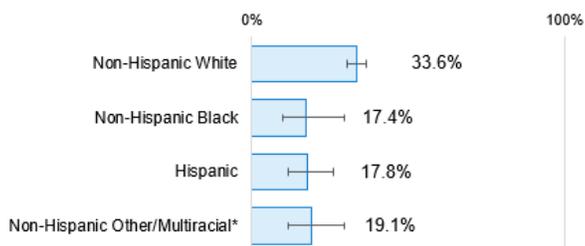


In Kansas, Sudden Unexplained Infant Death (SUID) is the second leading cause of infant death, accounting for 208 infant deaths in 2014-2018.ⁱ There are striking racial/ethnic disparities, with the SUID rate being significantly higher for Non-Hispanic Black (244.7 infant deaths per 100,000 live births) and Hispanic births (124.0 infant deaths per 100,000 live births), compared to Non-Hispanic White births (89.4 infant deaths per 100,000 live births).^j These disparities are also identified in the reported sleep practices of infants born to mothers of minority and Medicaid populations, which are known contributing factors to SUID. SUID is a classification that includes SIDS, accidental suffocation and strangulation in bed, and other unknown cause.

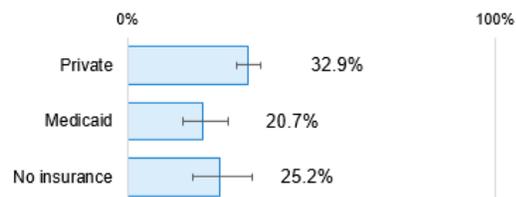
Infant Sleeping Alone

A higher proportion of non-Hispanic White women with a recent live birth reported that their infant "always" slept alone, in the past 2 weeks, compared to non-Hispanic Black women, non-Hispanic women of other race, and Hispanic women. The estimated prevalence was also higher among those with private health insurance, compared to those whose primary health insurance was Medicaid. (*Always slept alone in their own crib or bed; usually slept in a crib, bassinet, or pack and play, and not usually in a standard bed, couch, sofa, armchair, car seat, or swing*)

By Race/Ethnicity



By Mother's Postpartum Health Insurance Status



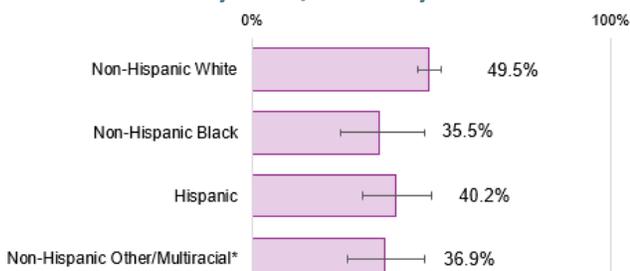
Source: Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-2018
Error bars represent 95% confidence intervals.
Insurance was coded as: Private (Private only, both Medicaid & private, any other insurance in combination with private, TRICARE or other military health insurance); Medicaid; and No insurance (no insurance or Indian Health Service only).

Source: Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-2018
Error bars represent 95% confidence intervals.
* Includes Asian, Native American, Native Hawaiian/Pacific Islander, other race, and multiracial.

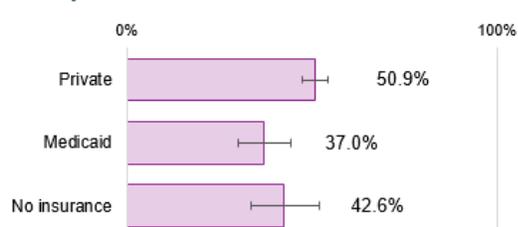
Infant Sleeping Without Soft Objects or Loose Bedding

A higher proportion of non-Hispanic White women with a recent live birth reported that their infant did not usually sleep with blankets, toys, cushions, pillows, or crib bumper pads, in the past 2 weeks, compared to non-Hispanic Black women and non-Hispanic women of other race. The estimated prevalence was also higher among those with private health insurance, compared to those whose primary health insurance was Medicaid.

By Race/Ethnicity



By Mother's Postpartum Health Insurance Status



Source: Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-2018
Error bars represent 95% confidence intervals.
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Error bars represent 95% confidence intervals.
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Make a Difference for Kansas Infants

Due to the preventable nature of many SIDS-attributed deaths, education surrounding safe sleep practices and related protective factors, such as breastfeeding and smoking cessation, are key to protecting Kansas babies. With more than 90% of SIDS-attributed deaths occurring before 6 months of ageⁱⁱ, educating parents and caregivers during the perinatal and newborn periods about the risks of unsafe sleeping practices and mitigating environmental hazards can help reduce mortality in infants. Universal education, as well as messaging targeted at high-risk populations, is critical. Please join educators around the country in sharing important information on how to reduce risks and establish healthy choices to help prevent SIDS from impacting your community.

Remember and Remind Others of the ABCs of Safe Sleep:



Alone

Baby should sleep in parent's room, separate sleep surface.



Back

Baby should always sleep on their back for every sleep.



Clutter-Free Crib

Avoid using soft bedding including crib bumpers, blankets, pillows and soft toys.

Resources

SIDS Awareness Month Specific:

- [2020 SIDS Awareness Month #SafeSleepSnap Digital Toolkit](#) by the National Institute of Health (NIH)
- [National Sudden Infant Death Syndrome Awareness Month Social Media Toolkit](#) by the National Institute for Children's Health Quality (NICHQ)
- [Pregnancy & Infant Loss Awareness Month Campaign Materials](#) by the Kansas Infant Death and SIDS (KIDS) Network
- [SIDS Awareness Month Article](#) by The International Childbirth Education Association (ICEA)
- [Images and Infographics](#)

Providers and Educators

Provider Training / Education Events:

- KIDS Network [Certified Safe Sleep Instructors \(SSIs\)](#)
- [Safe Sleep Expansion Project](#) – Statewide SSI Strategy
- [Zero to One: Disparities In Infant Mortality](#) – by KIDS Network
- [PASafeSleep Train-the-Trainer Program](#) – Online Course
- SIDS and Other Sleep-Related Causes of Infant Death [Online Education Opportunities for Healthcare & Service Providers](#)
- KS TRAIN Safe Sleep Training for Child Care and Health Care Providers – [Safe Slumber: Creating a Safe Sleep Environment](#)
- Oct. 26-29 [Safe Sleep Social Media Parties](#) – 8-15 minute Facebook Live safe sleep education

Information about SIDS and Safe Sleep:

- [Policy Statement](#) by the American Academy of Pediatrics (AAP)

- [CDC Vitalsigns | Safe Sleep for Babies – Fact Sheet and Infographic](#)
- [Safe Sleep Printable and Shareable Resources](#) for use with Caregivers and Families by NIH

Parents and Caregivers

Information about SIDS and Safe Sleep:

- [Safe Sleep Information](#) by the KIDS Network
- Kansas' [Safe Sleep Website](#)
- [Information for Parents and Caregivers on SUID and SIDS](#) by Centers for Disease Control (CDC)
- [Sudden Infant Death Syndrome \(SIDS\) | Symptoms and Causes](#) by the Boston Children's Hospital
- [Sudden Infant Death Syndrome \(SIDS\)](#) by Stanford Children's Health
- [Safe Sleep for Your Baby](#) by March of Dimes
- [Back to Sleep, Tummy to Play](#) by healthychildren.org
- Video: [ABCs of Safe Sleep](#)
- Video: [Safe Sleep for Babies](#)

Smoking Increases the Risk of SIDS:

- [Health Effects of Secondhand Smoke](#) by CDC
- [How Smoking Harms Your Child](#) by smokefreewomen.gov

Breastfeeding to Reduce the Risk of SIDS:

- [Study: Breastfeeding for at least 2 months reduces risk of SIDS](#), AAP News
- [Breastfeed Your Baby to Reduce the Risk of SIDS](#) by NIH
- Video: [Breastfeed Your Baby to Reduce the Risk of SIDS](#)

Social Media Posts



1. Breastfeeding Reduces the Risk of SIDS

Providing breastmilk to your baby for as little as two months has been shown to significantly reduce the risk of SIDS, whether you're breastfeeding exclusively or combination feeding!

(Source: www.aappublications.org/news/2017/10/30/BreastfeedingSIDS103017)

Find [Local Breastfeeding Resources](#)

2. Share a Room – Not a Bed!

One of the easiest ways to help protect your baby from SIDS and suffocation is providing them with their own safe sleep area. Safety approved cribs, including pack-and-plays with a bassinet insert, can be easily placed within arm's reach of your bed. Sleep surfaces should be free of clutter like bedding, toys, and bumpers, and your baby should always sleep on their back. Just remember the ABCs of Safe Sleep! A-Alone, B-Back, C-Crib

(Source: www.marchofdimes.org/baby/safe-sleep-for-your-baby.aspx)

3. Know and Show a Safe Sleep Environment!

Check out this informative video demonstrating portable crib assembly and safe sleep guidelines.

www.kidsks.org/safe-sleep.html.

4. Vaccines and SIDS

Vaccines not only protect your baby against infectious diseases, but they can help reduce the chance of SIDS too! Studies show that just by following your child's recommended immunization schedule you can reduce their risk of SIDS by as much as 50%. While vaccinations have gotten a bad rap in the past, rest easy knowing that you're doing all you can for your baby.

(Source: ivaccinate.org/uFAQs/link-sids-vaccines)

5. Smoking Isn't Just Bad For Your Health

It's bad for your baby's health, too! Smoking during pregnancy and after the birth of your baby can affect their physical development, lung function, and increase their risk for SIDS. And it's not just cigarettes- nicotine from vapes and other smokeless tobacco can be just as harmful. To reduce these risks:

- Stop smoking before getting pregnant, or as early in your pregnancy as you can
- Don't allow smoking in your home, car, or near your baby
- Remove articles of clothing that were worn while smoking to avoid passing on third-hand smoke
- Talk about these dangers with any caregivers who may watch your baby

(Source: www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm)

Get help to [quit smoking today!](#)

Picture credits to Kansas Infant Death and SIDS Network: kidsks.org

¹ Infant Mortality and Stillbirth Report: Kansas, 2018. Kansas Department of Health and Environment, Bureau of Epidemiology and Public Health Informatics. 2020. www.kdheks.gov/phi/IMR/2018_IMR_Report.pdf. Accessed September 18, 2020.

ⁱⁱ US Department of Health and Human Services, National Institutes of Health, SIDS by Baby's Age Infographic; retrieved from safetosleep.nichd.nih.gov/resources/providers/downloadable/infographic_byage