

Press Information Sheet

SIDS and SUID Information

SUID stands for Sudden Unexpected Infant Death. In the US, there are over **4500** of these unexpected infant deaths per year. Some causes of SUID include: SIDS, accidental suffocation, poisoning, metabolic disorders, and neglect. Rates of accidental suffocation and strangulation in bed have **tripled** in the last decade. Some experts believe that many sudden infant deaths will be found to be asphyxia when a complete death scene investigation is done. Accidental suffocations may be preventable and provides a public health opportunity to reduce infant mortality through education.

Sudden Infant Death Syndrome, SIDS, is the sudden and unexplained death of a baby under the age of one year that remains unexplained after the performance of an autopsy, an examination of the scene of the death, and a review of the baby's medical history.

SIDS Facts:

- SIDS is the leading cause of infant death between 1 month and one year of age
- African-American babies are twice as likely to die of SIDS than white babies
- Most SIDS deaths occur when the baby is between 2-4 months of age
- SIDS has been associated with **unsafe sleep practices**

SIDS IS NOT:

- Caused by vomiting and choking, or minor illnesses such as colds or infections.
- Caused by diphtheria, pertussis, tetanus (DTP) vaccines, or other immunizations.
- Contagious.
- Hereditary.
- Child abuse.
- The cause of every unexpected infant death.

Risk Factors for SIDS:

Include sleeping on the stomach or side, an unsafe sleep environment, smoking, overheating, bedsharing.

- Sleeping on soft bedding: increased SIDS risk 5 X
- Sleeping on the stomach: increased SIDS risk 2.4 X
- SIDS victims were 5.4 times more likely to have shared a bed with other children.
- Sleeping on the stomach on soft bedding: increased risk of SIDS 21 times
- Sleeping on an adult bed with another person: increased SIDS risk 2.9 X, up to 10.4 X if the infant is less than 12 weeks old

Risk of Infant Sleep in an Adult Bed:

Entrapment between the bed and wall.

Entrapment involving the bed frame, headboard or footboard.

Falls from adult beds onto piles of clothing, plastic bags or other soft materials resulting in suffocation.

Suffocation in soft bedding (such as pillows, thick quilts and comforters).

Many studies have shown that in up to 90% of SIDS cases, the infant was found in an unsafe sleep environment.

To reduce the risk of SIDS and accidental suffocation, Cribs for Kids®, the American Academy of Pediatrics, and the Consumer Products Safety Commission recommend that infants sleep on their backs on a firm mattress in a safety-

approved crib, with no soft bedding or comforters, with no exposure to cigarette smoke, and with a room temperature that is comfortable to adults

- The safest way for your baby to sleep is on its back, alone in a crib.
- The baby's crib should have a firm mattress, closely fitted to the sides of the crib, and a tight-fitting sheet.
- Don't over-dress or over-bundle your baby. One light cover, tucked at the bottom and sides of the crib, is enough.
- Have no pillows, bumpers, or toys in crib.
- Never let your baby fall asleep in a bed or chair with someone who is smoking, tired, ill, or overweight.
- The baby's home should be smoke-free.
- Breastfeeding has important health benefits for babies and is protective against SIDS; do it safely. When finished, return the baby to the crib.
- Keep the baby's sleep area close to, but separate from where the parents sleep.
- Think about using a clean, dry pacifier when placing the baby down to sleep.

Cribs for Kids®

Started in 1998 by Judith Bannon, Director SIDS-PA.

Mission: **To reduce infant deaths by providing an appropriate sleep environment through education and safe cribs.**

Has expanded to more than 350 partners throughout the US

Over 50 counties in PA participate

York County Cribs developed in 2003, helped over 1500 families with safe sleep environment

Contact information national and local

www.cribsforkids.org

York County Cribs for Kids® 717-812-7427 or 717-81-CRIBS

Adams County Cribs for Kids® 866-829-1154 ext 402

York Hospital Safe Sleep Initiative

Infant sleep safety requires a consistent and repetitive message in the community to prevent accidental deaths

Reasons for a hospital-based safe-sleep education program:

- It is the only way to capture 100% of the birthing population for education
- It is the point of intersection for all the members of the health care team including obstetrician, pediatrician, nursing, and lactation counselor with family members
- Nurses are critical role models
- It is efficient and cost-effective

Model: Shaken Baby (Abusive Head Trauma) Program

Successful Program- 50% reduction in shaken baby injuries in upstate New York

3 program components:

Families view DVD- Safe Sleep for Your Baby- Right from the Start

Reinforcement of safe sleep information with direct nursing education

Families sign voluntary commitment statement acknowledging importance and receipt of safe sleep information

Expected Outcome:

Potential to decrease sleep-related infant deaths by 50%

Legislation

House Bill 1752- mandates all birthing centers in PA provide safe sleep information for birth families

York Hospital Initiative is a model for the state legislation