

Did You Know?

- Infants with safe sleep environments and proper sleep position have a reduced risk of all sleep-related infant deaths¹.
- Infants who share a sleep surface with another individual (or bedshare) have an increased risk of Sudden Unexpected Infant Death (SUID), including death due to Accidental Suffocation and Strangulation in Bed (ASSB)².
- Since 1992, the American Academy of Pediatrics (AAP) has recommended placing infants on their backs to sleep and since 2005, has eliminated any recommendation for side sleeping³.
- The AAP expanded their recommendations in 2011 to include providing a safe sleep environment and promoting room share, not bed share⁴.

Who Is At Risk?

- Sudden Infant Death Syndrome (SIDS)/SUID is common among infants that are 2-4 months old. However, babies can die of SIDS/SUID until they are 1 year old.
- In 2014, most (90%) of SIDS/SUID are in the first 6 months of life with the majority occurring between 2-4 months.
- From 2009-2013, more than half (52%) of SIDS/SUID were due to an infant sleeping in an adult bed, followed by 18% sleeping in a crib⁵.
- The majority of mothers who reported ideal sleep characteristics were non-Hispanic White, 35 years of age or older, college graduates, did not use Medicaid for delivery payment, married, and intended their pregnancy (Table 1).

Table 1: Characteristics of Georgia PRAMS¹ Respondents, 2004-2013

Characteristic	Always Sleep on Back Weighted % (95% CI ²)	Never Bedshare Weighted % (95% CI ²)
Race/Ethnicity		
Non-Hispanic White	63.3 (61.0, 65.5)	46.8 (44.5, 49.1)
Non-Hispanic Black	45.4 (42.7, 48.1)	21.7 (19.5, 24.0)
Non-Hispanic Other ³	53.3 (49.0, 57.5)	29.7 (25.9, 33.7)
Hispanic	54.7 (47.9, 61.2)	30.1 (24.4, 36.5)
Maternal Age (Years)		
< 20	45.7 (41.6, 49.7)	19.6 (16.6, 23.0)
20-24	55.8 (54.1, 57.4)	34.5 (33.0, 36.1)
≥ 35	61.7 (57.9, 65.4)	43.4 (39.6, 47.3)
Maternal Education		
< High School	47.4 (43.9, 50.8)	21.2 (24.2, 30.4)
High School Graduate	52.2 (49.5, 54.8)	30.8 (28.4, 33.3)
Some College	54.4 (51.4, 57.3)	31.9 (29.2, 34.8)
College Graduate	65.2 (62.4, 67.8)	45.7 (42.9, 48.5)
Payment for Delivery		
Medicaid	50.0 (48.0, 52.0)	25.9 (24.2, 27.7)
Not Medicaid	61.5 (59.5, 63.5)	42.7 (40.7, 44.7)
Marital Status		
Married	60.8 (58.9, 62.6)	42.0 (40.2, 43.8)
Other	48.5 (46.3, 50.7)	23.8 (22.0, 25.8)
Rurality		
Urban	56.4 (54.6, 58.1)	35.2 (33.5, 36.8)
Rural	53.4 (50.6, 56.2)	32.3 (29.7, 34.9)
Pregnancy Intention		
Intended	61.7 (59.6, 63.9)	38.4 (36.2, 40.6)
Unintended	52.8 (50.5, 55.0)	24.9 (23.0, 27.0)
Ever Breastfeed		
Yes	58.8 (57.1, 60.4)	33.7 (32.1, 35.3)
No	47.5 (44.9, 50.2)	35.1 (32.6, 37.6)
Alcohol Use		
Any ⁴	62.0 (59.8, 64.2)	33.3 (31.2, 35.6)
Never	51.3 (49.5, 53.1)	34.3 (32.7, 36.1)
Smoking Status		
Any ⁵	54.1 (50.6, 57.5)	29.5 (26.4, 32.7)
Never	55.6 (54.1, 57.2)	34.9 (33.4, 36.4)

¹PRAMS = Pregnancy Risk Assessment Monitoring System

²CI = Confidence Interval

³Non-Hispanic women of a race other than White or Black

⁴Alcohol use 3 months before pregnancy or during last trimester

⁵Tobacco use 3 months before pregnancy, during last trimester, or at time of survey

About 1 out of 3 moms reported that their infant NEVER shared a sleep surface with anyone.

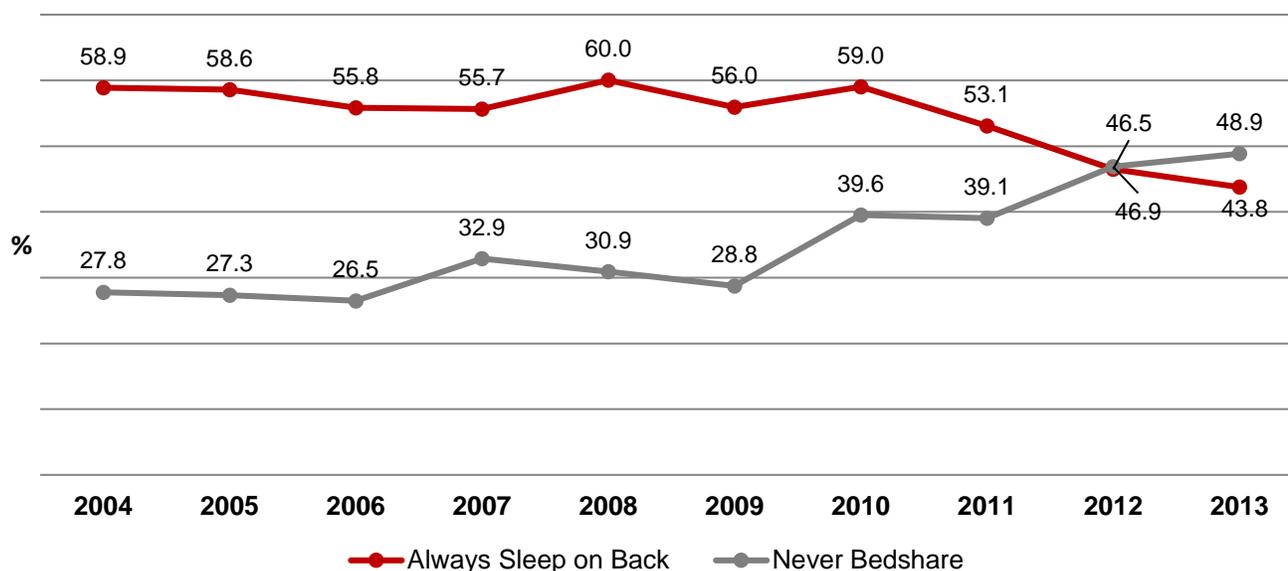
About 1 out of 5 moms reported that they ALWAYS lay their infant sleep on their back.



Safe Sleep in Georgia

- The number of children under 1 year of age that die from a sleep related cause such as SUID, suffocation, entrapment or asphyxia has remained fairly constant in the State of Georgia.
- The overall percent of mothers who reported always putting their infants to sleep on their back peaked in 2008 and has slightly declined since then (Figure 1).
- The overall percent of mothers who reported that their infant never bedshares has steadily increased from 2004 to 2013 (Figure 1).

**Figure 1: Safe Sleep Characteristics by Year
Georgia PRAMS (2004-2013)**



References

- Centers for Disease Control and Prevention. (2015). Sudden Unexpected Infant Death (SUID) Fact Sheet. www.cdc.gov/sids/pdf/sudden-unexpected-infant-death.pdf.
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Safe Sleep PRAMS Survey Questions and Response Choices:

- How do you most often lay your baby down to sleep now? *On their side, on their back, or on their stomach*
 - How often does your new baby sleep in the same bed with you or anyone else? *Always, Often, Sometimes, Rarely, or Never*
- NOTE: Respondents were only asked to choose ONE answer

The Georgia *Safe Sleep Fact Sheet* is published as new data become available by the Office of Strategy and Epidemiology, Maternal and Child Health Section, Division of Health Promotion, Georgia Department of Public Health. See suggested citation below. For data requests, please apply through the Public Health Information Portal in Georgia DPH at dph.georgia.gov/hip-data-request

Suggested Citation

Georgia Department of Public Health. Safe Sleep Fact Sheet, Georgia, 2004-2013 <https://dph.georgia.gov/PRAMS>. Published April 2016, Accessed [date]

FOR MORE INFORMATION

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