



# Infant Safe Sleep Practices

## PRAMS 2017-2019



### Background

This report includes infant safe sleep practices reported from 2017 through 2019 using data collected by the Pregnancy Risk Assessment Monitoring System (PRAMS). The information is from recent mothers who participated in the survey.

Sudden unexpected infant death (SUID) is the death of an infant less than 1 year of age that occurs suddenly and unexpectedly. Most SUIDs are sleep-related, with causes including Sudden Infant Death Syndrome (SIDS), Accidental Suffocation and Strangulation in Bed (ASSB), and undetermined causes. The sleep-related cause of death is a leading cause of infant mortality. Non-Hispanic Blacks have the highest rates of sleep-related infant death.

To reduce the risks of sleep-related infant deaths, the American Academy of Pediatrics (AAP) recommends the following safe sleep practices:

- placing infants on his or her back on a firm sleep surface such as a mattress in a safety-approved crib or bassinet;
- having the infant and caregivers share a room, but not the same sleeping surface; and
- avoiding use of soft bedding, like blankets, pillows, and soft objects, in infants' sleep environment.

Other ways to reduce the risk for sleep-related infant deaths include breastfeeding, getting routine immunizations, and avoiding prenatal and postnatal exposure to tobacco smoke, alcohol, and illegal drugs.<sup>1</sup>

### Infant Sleep Position

| PRAMS Indicator:                | Percentage (95% CI) * |                    |                    |
|---------------------------------|-----------------------|--------------------|--------------------|
|                                 | 2017                  | 2018               | 2019               |
| <b>Slept on Back Most Often</b> |                       |                    |                    |
| <b>Overall:</b>                 |                       |                    |                    |
| On his or her back              | 81.5 (78.9-83.8)      | 84.2 (81.8-86.2)   | 82.6 (80.0-84.8)   |
| <b>Race/Ethnicity:</b>          |                       |                    |                    |
| NH White                        | 87.9 (84.8-90.4)      | 90.0 (87.3-92.2)   | 89.0 (86.0-91.4)   |
| NH Black                        | 62.0 (53.8-69.6)      | 65.9 (58.7-72.4)   | 67.0 (59.1-74.0)   |
| Hispanic                        | 81.7 (75.5-86.6)      | 84.0 (78.2-88.4)   | 78.4 (72.4-83.4)   |
| Other                           | 76.7 (66.7-84.5)**    | 84.0 (74.6-90.3)   | 84.7 (75.1-91.0)** |
| <b>Age:</b>                     |                       |                    |                    |
| <20 Years                       | 72.6 (53.6-85.8)**    | 80.8 (66.1-90.0)** | 64.2 (47.9-77.8)** |
| 20-24 Years                     | 72.1 (64.5-78.7)      | 76.6 (69.2-82.7)   | 74.8 (67.1-81.1)   |
| 25-29 Years                     | 83.0 (78.0-87.1)      | 78.0 (73.0-82.4)   | 84.6 (80.0-88.4)   |
| 30-34 Years                     | 87.6 (83.4-90.9)      | 90.5 (86.8-93.2)   | 84.9 (80.5-88.4)   |
| =>35 Years                      | 79.4 (73.4-84.3)      | 89.5 (84.9-92.8)   | 87.1 (81.9-91.0)   |
| <b>Insurer after Delivery:</b>  |                       |                    |                    |
| Medicaid                        | 72.6 (67.6-77.2)      | 79.5 (75.1-83.3)   | 74.2 (69.2-78.7)   |
| Private                         | 88.0 (85.0-90.5)      | 88.5 (85.7-90.9)   | 89.9 (87.0-92.2)   |
| Uninsured                       | 77.9 (67.7-85.5)**    | 78.8 (68.8-86.2)** | 72.2 (62.5-80.1)** |

\* Weighted percentage (95% Confidence Interval)

\*\* Interpret with caution

## Infants' Sleep Environment – Sleep with soft bedding, not recommended

| PRAMS Indicator              | Percentage (95% CI)* |                  |                  |
|------------------------------|----------------------|------------------|------------------|
|                              | 2017                 | 2018             | 2019             |
| Sleeps with a blanket        | 44.0 (40.9-47.2)     | 46.1 (43.1-49.1) | 39.5 (36.5-42.7) |
| On a mattress or bed         | 32.0 (29.1-35.1)     | 30.9 (28.2-33.9) | 30.7 (27.9-33.7) |
| In a crib with bumper pads   | 15.6 (13.4-18.1)     | 13.5 (11.5-15.7) | 11.3 (9.5-13.5)  |
| With toys, cushions, pillows | 9.1 (7.4-11.2)       | 6.3 (5.0-8.0)    | 6.2 (4.8-8.0)    |

\* Weighted percentage (95% Confidence Interval)

## Information from Health Care Worker \* about Infant Safe Sleep Practices

| PRAMS Indicator                              | Percentage (95% CI)** |                  |                  |
|--|-----------------------|------------------|------------------|
|  | 2017                  | 2018             | 2019             |
| Place baby on back to sleep                  | 93.0 (91.2-94.5)      | 93.1 (91.4-94.5) | 95.1 (93.5-96.3) |
| Place baby in crib, bassinet, or pack n play | 87.6 (85.4-89.6)      | 88.8 (86.7-90.5) | 90.5 (88.5-92.2) |
| What should/should not go in crib with baby  | 87.7 (85.5-89.7)      | 87.7 (85.6-89.6) | 88.1 (86.0-90.0) |
| Place crib in room with mom                  | 56.4 (53.2-59.5)      | 55.7 (52.7-58.7) | 63.5 (60.4-66.4) |

\* Survey Question 61: Did a doctor, nurse, or other health care worker tell you any of the following things? Response: Yes

\*\* Weighted percentage (95% Confidence Interval)

## Summary

- From 2017 to 2019, the rate of infants who were put on their backs to sleep remained relatively stable.
- From 2017 to 2019, non-Hispanic Blacks, those 20-24 years of age, and those covered by Medicaid insurance vs. private insurance were least likely to put their babies on their backs to sleep.
- Among types of soft bedding, from 2017 to 2019 infants were most likely to sleep with a blanket or on a mattress/bed.
- From 2017 to 2019, health care workers were most likely to provide information about putting infants on their back to sleep and least likely to inform mothers to put the infants' crib/bed in the same room with them.

## Resources

**CDC Vital Signs:** <https://www.cdc.gov/vitalsigns/safesleep/>

**American Academy of Pediatrics:**

<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938/>

**Safe to Sleep Campaign:** <https://www1.nichd.nih.gov/sts/Pages/default.aspx>

## References

- Moon RY; Task Force on Sudden Infant Death Syndrome. SIDS and other sleep-related infant deaths: evidence base for 2016 updated recommendations for a safe infant sleeping environment. Pediatrics 2016; 138:e20162940.

To learn more about PRAMS methods and to see data availability by year visit:

<http://dph.illinois.gov/data-statistics/prams>

THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

