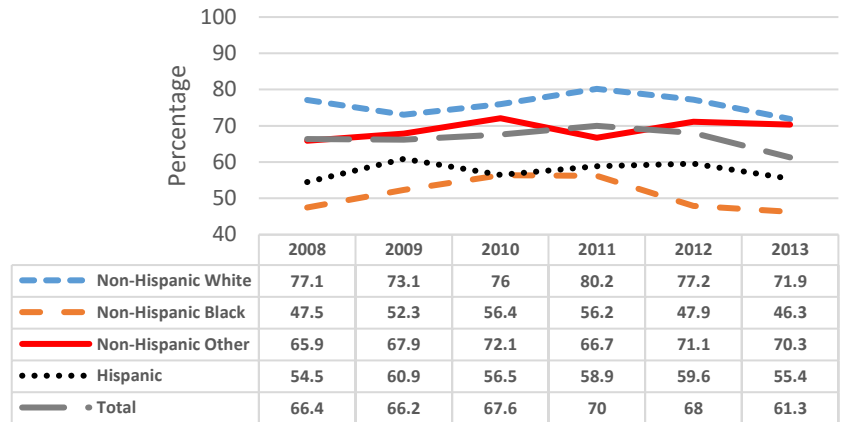




# Promoting Safe Sleep Practices in New York State

In 2014, approximately 100 infants died suddenly or unexpectedly in New York State (NYS). The American Academy of Pediatrics recommends the ABCs of Safe Sleep, with infants sleeping alone, on their backs, and in a safe crib for every nap or sleep time. Despite widespread efforts to promote these safe sleep practices, a growing number of NYS mothers say they share beds with their infants or lay them on their stomachs to sleep. These practices put babies at higher risk of sudden unexpected infant death (SUID), which is more likely to occur when an infant is placed on his/her stomach to sleep, shares a bed with a parent or sibling, or sleeps on an unsafe surface or with bumpers, blankets or toys in the crib. SUID is the third leading cause of infant mortality in NYS, after complications from preterm birth and birth defects. Parents and other caregivers need to be reminded about safe sleep to reverse this alarming trend that puts infants at risk.

Figure 1. Percent of Infants Being Placed to Sleep on their Backs by Race/Ethnicity, NYS PRAMS\* 2008-2013



\*Pregnancy Risk Assessment Monitoring

## The Risk of SUID can be greatly reduced by following simple safe sleep guidelines



### Follow the ABCs of Safe Sleep

- Baby should sleep
- A** Alone
- On their
- B** Back
- In a safe
- C** Crib
- Right from the start

## What does the data show?

- The Healthy People 2020 objective (MCH-20) calls for 75.8 percent of infants to be placed to sleep on their back.
- The percentage of mothers placing their babies on their back to sleep has decreased 12.4 percent from 70 percent in 2011 to 61.3 percent in 2013. (Pregnancy Risk Assessment Monitoring System (PRAMS))
- In 2013, only 46.3 percent of Non-Hispanic Black mothers and 55.4 percent of Hispanic mothers reported placing their baby on their back to sleep (Figure 1).

## Unsafe sleep practices in NYS

Table 1 shows:

- More than 1 in 4 mothers (27.1 percent) report sharing a bed with their new infant.
- Non-Hispanic Other race mothers (49.6 percent) followed by Non-Hispanic Black mothers (36.5 percent) were the most likely to share a bed with their new baby.
- Almost 30 percent of mothers between the ages of 20-24 years old report sharing a bed with their new baby.
- Women with less than a high school education were more likely to bed share with their baby (31.4 percent).
- Women who are on Medicaid are more likely to share a bed with their new baby (29.4 percent).

**Table 1. Prevalence of Infants Bed Sharing by Maternal Demographics, NYS PRAMS 2013**

Maternal Characteristic	Estimated Population Effected	Prevalence (%)	95% CI
Total	55,137	27.1	24.8-29.5
<b>Race/Ethnicity</b>			
Non-Hispanic White	19,246	18.8	15.7-21.9
Non-Hispanic Black	10,803	36.5	29.4-43.7
Non-Hispanic Other	12,049	49.6	42.4-56.9
Hispanic	14,571	28.0	23.2-32.7
<b>Maternal Age</b>			
Less than 20 years old	2,364	27.8	17.2-38.5
20-24 years old	12,085	29.8	23.8-35.8
25-34 years old	31,190	27.3	24.1-30.5
35 years old or more	11,031	24.6	19.7-29.4
<b>Education</b>			
Less than High School	11,064	31.4	25.2-37.6
High School Graduate	13,513	27.4	22.1-32.6
More than High School	32,093	25.9	23.0-28.9
<b>Marital Status</b>			
Married	31,686	25.6	22.7-28.6
Not Married	24,984	29.5	24.4-33.5
<b>Medicaid Status</b>			
Not on Medicaid	29,118	25.4	22.3-28.5
On Medicaid	27,551	29.4	25.7-33.2

Source: PRAMS 2013

### Do's and Don'ts for Safe Sleep

<b>DO</b> put your baby to sleep on his/her back	<b>DON'T</b> put your baby to sleep on his/her side or stomach
<b>DO</b> put your baby in a crib to sleep for naptime and bedtime	<b>DON'T</b> use a couch, recliner, adult bed, car seat, swing, bouncy seat, stroller, infant carrier, or infant sling for routine sleep
<b>DO</b> use a firm crib mattress covered by a fitted sheet designed for specific product	<b>DON'T</b> use blankets, pillows, toys, or bumper pads in the crib
<b>DO</b> put your baby's crib in the same room as your bed (room-sharing)	<b>DON'T</b> sleep in the same bed as your baby (co-sleeping)
<b>DO</b> breastfeed your baby, but put your baby in the crib after feeding	<b>DON'T</b> sleep with your baby in bed after breastfeeding
<b>DO</b> use a pacifier for sleep	<b>DON'T</b> hang the pacifier around your baby's neck
<b>DO</b> keep your baby's immunizations up to date	<b>DON'T</b> smoke around your baby

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# Taking Action to Promote Safe Sleep in New York State

## What is the NYS Department of Health doing?

- Focuses on improving safe sleep practices through promotion of the ABCs of Safe Sleep campaign.
- Facilitates the New York State Perinatal Quality Collaborative, an initiative which has engaged 81 NYS birthing facilities to implement infant safe sleep policies and provide infant caregivers with education to practice safe sleep for every sleep.
- Nurse Family Partnership staff visit homes to help high-risk first-time mothers and their families adopt healthier habits and use health care services during and after pregnancy.
- Supports tools and best-practices in communities for coordinated perinatal risk assessment, referral and follow-up.

## What can you do?

### Families and caregivers

- Remember the ABC's of Safe Sleep: Alone, Back and in a Crib.
- Always put your baby on his or her back to sleep, for naps and at night.
- Do not let your baby sleep in the same bed with you or another adult or child.
- Room share - Put your baby's crib in the same room as your bed.
- Teach other family members or care givers to always practice safe sleep.
- Use a firm mattress or other sleep surface.
- Keep soft objects, toys, crib bumpers and loose bedding out of your baby's sleep area.
- Do not smoke during pregnancy and do not smoke or allow smoking around your baby.

## Local health departments and community organizations

- Promote messages such as the ABCs of Safe Sleep to improve knowledge, attitudes and behaviors about safe sleep practices.
- Ensure providers and family members are knowledgeable about safe sleep recommendations.
- Collect input from the community to better understand why some women do not put their babies on their back to sleep or put them in their adult bed to sleep.
- Develop campaigns to support and promote safe sleep practices based on community input.

## Health care providers

- Talk to women during pregnancy and after birth about their sleep practices with their baby.
- Model safe sleep practices at all times while the infant is in your care in the hospital.
- Provide parents with educational safe sleep information.
- Encourage women to breastfeed their babies.
- Use materials from the Safe to Sleep Campaign in waiting rooms and exam rooms to reinforce the safe sleep message.

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## NYS Maternal and Child Health Block Grant 2015-2020 State Action Plan

[http://www.health.ny.gov/community/infants\\_children/maternal\\_and\\_child\\_health\\_services/docs/2016\\_application.pdf](http://www.health.ny.gov/community/infants_children/maternal_and_child_health_services/docs/2016_application.pdf)

The Maternal and Child Health Services Title V Block Grant provides funding to States to improve the health and wellness of women, children and families. New York's Title V State Action Plan focuses on reducing health disparities and improving the health of all New Yorkers across the life span in the areas of maternal and women's health, perinatal and infant health, child health including children with special health care needs, and adolescent health.

## And Prevention Agenda 2013-2018: New York State's Health Improvement Plan [www.health.ny.gov/prevention/prevention\\_agenda/2013-2017](http://www.health.ny.gov/prevention/prevention_agenda/2013-2017)

The blueprint for state and local action to improve the health of New Yorkers in five to eight priority areas and to reduce health disparities for racial, ethnic, disability, socioeconomic and other groups who experience them. Reducing preterm birth is one of the Department's goals

### Additional Resources:

New York State Sudden Infant and Child Death (SICD)  
Resource Center  
<https://www.stonybrookmedicine.edu/sicd>

Baby Safe Sleep Coalition  
<http://www.babysafesleep.org/>

Safe Babies New York  
<http://www.safebabiesny.com/>

New York State Perinatal Quality Collaborative (NYSPQC)  
Safe Sleep Project  
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Sudden Unexpected Infant Death and Sudden Infant Death  
Syndrome for Parents and Caregivers (CDC)  
<http://www.cdc.gov/sids/parents-caregivers.htm>

National Institute of Health Safe to Sleep Campaign  
<https://www.nichd.nih.gov/sts/Pages/default.aspx>

NYS Parenting Education Partnership  
<http://nyspep.org/>

AAP link: A Parent's Guide to Safe Sleep  
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Healthy People 2020  
[www.healthypeople.gov/2020/default.aspx](http://www.healthypeople.gov/2020/default.aspx)

Centers for Disease Control and Prevention  
<http://www.cdc.gov/reproductivehealth/maternalinfanthealth/>  
<http://www.cdc.gov/sids/parents-caregivers.htm>

New York State Department of Health  
<https://www.health.ny.gov/diseases/conditions/sids/>

Pregnancy Risk Assessment Monitoring System (PRAMS)  
<https://www.health.ny.gov/statistics/prams/>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/sids/Parents-Caregivers.htm>

**Contact:** For more information, please send an email to [DFH@health.ny.gov](mailto:DFH@health.ny.gov)