

city of milwaukee health department safe sleep brief

2008–2010 data analysis

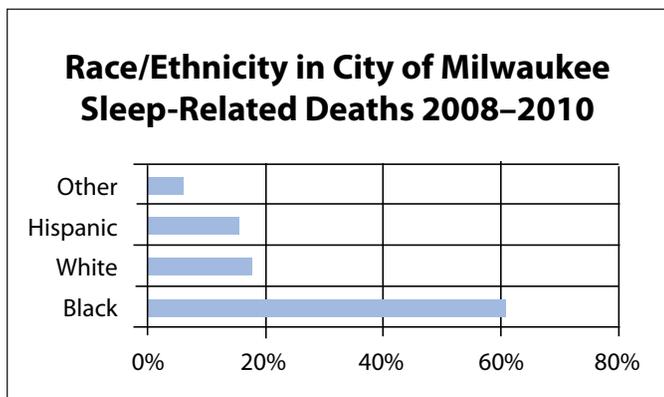
The City of Milwaukee Safe Sleep Partnership and Fetal Infant Mortality Review (FIMR) has reviewed the data from the deaths of 51 infants who died during their sleep before their first birthday between 2008 and 2010.

Of these, only 2% were true Sudden Infant Death Syndrome (SIDS) deaths, where no unsafe sleep risk factors were present at the time of death. 35% of the deaths were classified as positional or mechanical suffocation, overlay or as undetermined. The remaining 63% of these deaths were classified as SIDS or SUDI (Sudden Unexpected Death in Infancy) with one or multiple risk factors present. Most of these deaths could have been prevented. This brief presents key points regarding the risk factors surrounding all 51 sleep-related deaths in this three-year time period.

about the babies and their mothers

- Black families carry an unfair burden of sleep-related infant death. From 2008-2010, 46% of Milwaukee births were to Black mothers, yet Black infants represent 60.8% of all sleep-related deaths. (Figure 1)
- 68.6% of the mothers of the infants who died during sleep were age 20 or older.
- In more than 30% of these sleep-related deaths, the infant was put to sleep by someone other than the mother of the baby.

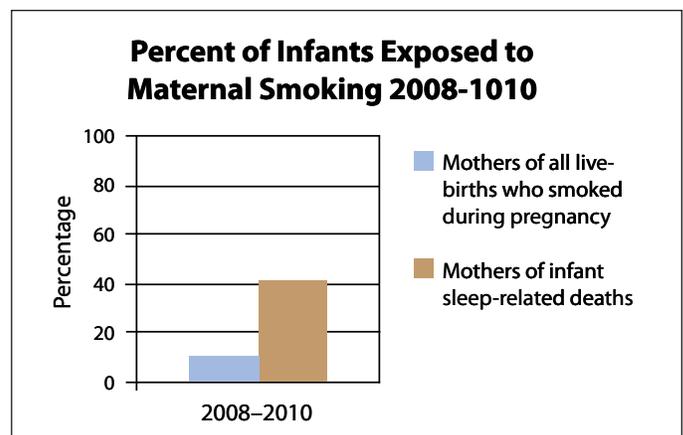
Figure 1



smoking and infant death

- 12% of City of Milwaukee 2008-2010 live births were to mothers who smoked during pregnancy, yet 45.1% of the infants who died during sleep had mothers who smoked during pregnancy. (Figure 2)

Figure 2



- 60.8% of infants involved in a sleep-related death were exposed to secondhand smoke.
- A 2010 article in the American Journal of Preventive Medicine states that “prenatal smoking continues to contribute to a substantial proportion of avoidable cases of infant morbidity and mortality in the U.S.”

The article further states that up to a third of all SIDS deaths are attributable to prenatal smoking.

<http://www.cfah.org/hbns/archives/viewSupportDoc.cfm?supportingDocID=923>

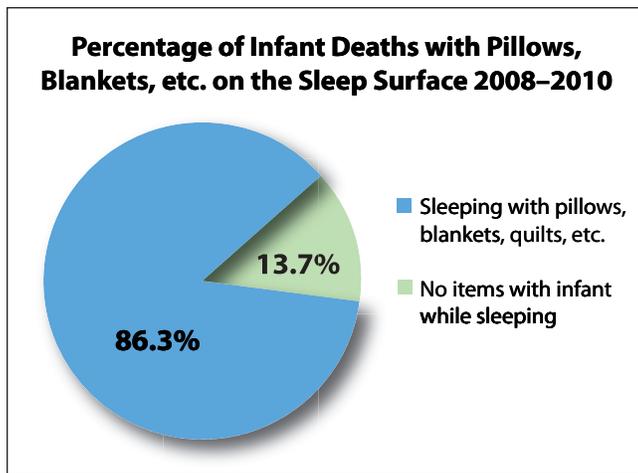
unsafe sleep risk factors

Use of pillows, blankets, quilts, bumper pads

- 86.3% of the 51 sleep-related deaths from 2008-2010 had documented use of pillows, blankets, quilts, or bumper pads in the infant’s sleep area. (Figure 3)

continued on next page

Figure 3



Bed-sharing

- 66.7% of all 2008-2010 sleep-related deaths showed that these infants were bed-sharing with adults or siblings at the time of their death. (Figure 4)
- Babies who sleep in an adult bed have a 20x greater risk of SIDS than babies who sleep alone in a crib or bassinet.

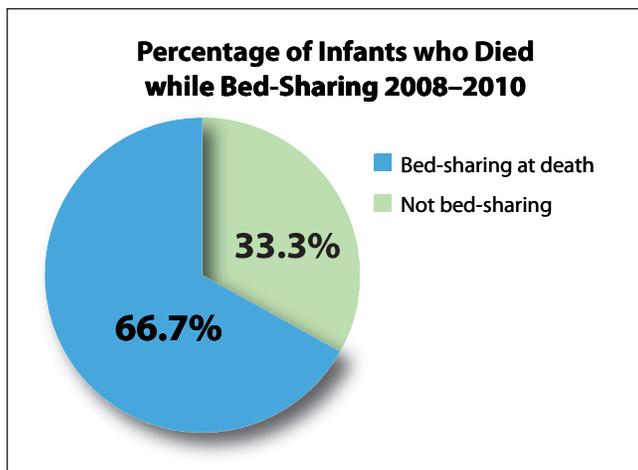


Figure 4

other unsafe sleep risk factors

Prone or side sleep position

- 33.3% of infants who died during sleep were placed on their stomachs or their sides in 2008-2010.
- Babies who sleep on their tummies or sides have a 5x greater risk of SIDS or accidental suffocation than babies who sleep on their backs.

Sleeping on surfaces not intended for sleep

- 25.5% of these infants who died during sleep (2008–2010) were placed to sleep on a couch, chair or in a car seat or swing.

Caregiver use of alcohol or drugs

- 31.4% of the adults taking care of these infants who died during sleep from 2008-2010, admitted to using alcohol or drugs immediately preceding the time of death.

recommendations

The American Academy of Pediatrics (AAP) and the City of Milwaukee Health Department make the following recommendations:

- Share a room with your baby, not a bed.
- A crib, bassinet or Pack 'n Play® should not have pillows, blankets, quilts, top sheets, bumper pads or toys in it.
- Do not expose a baby to secondhand smoke, including marijuana.
- Only place a baby on his or her back to sleep.
- Never place a baby to sleep on a couch, chair, or in a bouncy seat or car seat.
- Never care for a baby if you are under the influence of drugs or alcohol, including certain prescription drugs.

The safest place for a baby to sleep is on his or her back in a crib, bassinet, or Pack 'n Play®, next to the parents' bed.

For more information about how you can become involved, call 414-286-6636.



Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health
www.milwaukee.gov/health