



Infant Safety Fact Sheet

Wyoming, 2012-2013

Wyoming Department of Health

Infant Safe Sleep

Fast Facts from WY PRAMS (2012-2013)

84% of Wyoming mothers said that they *always* placed their infant to sleep on his or her back.

72% of Wyoming mothers reported that they *never* co-slept or bed-shared with their infant.

93% of Wyoming mothers reported that they *had* a working smoke alarm in their home.

Infant sleep position and environment have been identified as modifiable behaviors to decrease the risk of **Sudden Infant Death Syndrome (SIDS)**, the unexplained death of an infant less than 1 year of age. SIDS is the 4th leading cause of infant mortality in the United States. In 2014, about 1,500 infants in the United States died from SIDS.

Infant deaths due to accidental suffocation and strangulation in bed are on the rise. The Centers for Disease and Control and Prevention (CDC) reports that for every 100,000 infants born in the U.S., 21.4 infants died because of accidental suffocation and strangulation in bed (2014).

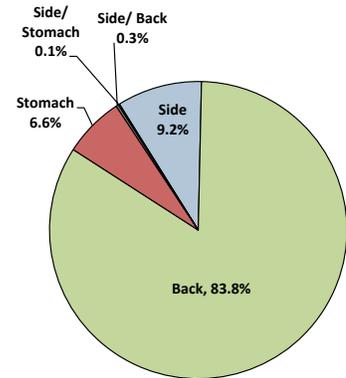
The **American Academy of Pediatrics** recom-

mends that infants be placed to sleep on their back, on a **firm sleep space**, in the same room as the parents but not in the same bed. **No pillows, blankets, toys, or crib bumpers** should be in the bed with the infant.

The **Wyoming Pregnancy Risk Assessment Monitoring (PRAMS)** survey asked new mothers about sleep environment (Figure 1) and sleep position (Figure 2) practices for their infant.

While most Wyoming mothers (72%) reported that their infant did not sleep with them or another person (co-sleeping), Wyoming is not doing as well on this measure as the U.S. as a whole.

Figure 2: Infant Sleep Position WY PRAMS, 2012-2013

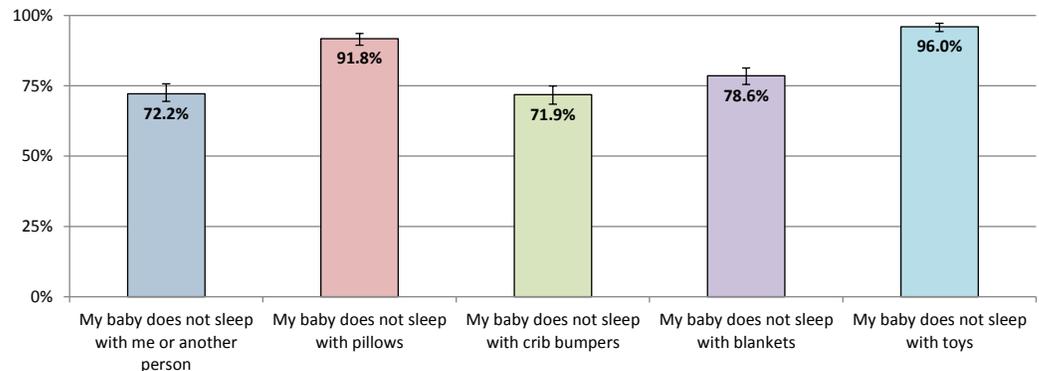


Nationally, 81% of new mothers report that they do not co-sleep with their infant (2011, PRAMS).

More information can be found at "**Safe to Sleep**", a public education campaign led by the *Eunice Kennedy Shriver National Institute of Child Health and Human Development*.

Read more about safe sleep at: <https://www.nichd.nih.gov/sts>

Figure 1. Infant Sleep Environment in Wyoming 2012-2013 WY PRAMS



% of women who reported infant safe sleep practices in their home

Infant Car and Home Safety

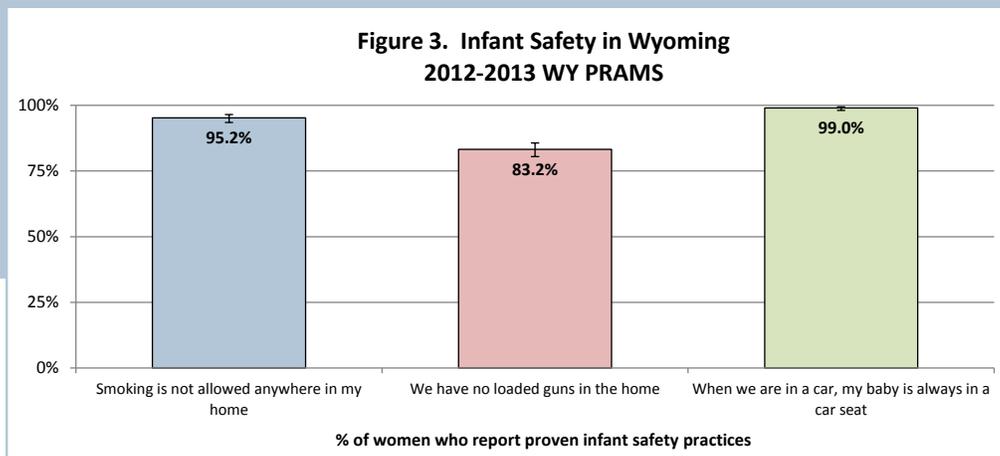
Beginning in 2009, Wyoming PRAMS began asking recent mothers about infant car seat use and the safety of their home. The facts below are from the 2012-2013 Wyoming PRAMS Survey.

Infant Car Safety

- 99% of Wyoming mothers reported their infant *always* rode in an infant car seat (Figure 3).

Infant Home Safety

- 93% of recent Wyoming mothers reported their home *had* a working smoke alarm.
- 83% of Wyoming mothers said that they *did not* have a loaded gun, rifle, or other firearm in the house (Figure 3).
- 95% of Wyoming mothers *did not* allow smoking anywhere in their house (Figure 3).
- 97% of Wyoming mothers knew how dangerous it was to ever shake a baby (Shaken Baby Syndrome is the cause of abusive head trauma, a serious and completely *preventable* brain injury).



What is PRAMS?

The Wyoming Pregnancy Risk Assessment Monitoring System (PRAMS) is a surveillance project of the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). Wyoming PRAMS collects Wyoming-specific, population-based data on maternal attitudes and experiences before, during and shortly after pregnancy. The goal of the PRAMS project is to improve the health of mothers and infants by reducing adverse outcomes such as low birth weight, infant mortality and morbidity, and maternal morbidity.

To learn more about Wyoming PRAMS, visit our website:

<https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/pregnancy-risk-assessment-monitoring-system-prams/data/>



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