



December 2019

What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after pregnancy.

PRAMS Mission: To promote the collection, analysis, and dissemination of population-based data of high scientific quality and to support the use of data to develop policies and programs in order to decrease maternal and infant morbidity and mortality.

For more information about the WY PRAMS visit our [website](#). For more information about PRAMS including questionnaires, methodology, participating states, data to action and publications, visit the [CDC website](#).

Infant Sleep Environment

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 3rd leading cause of infant mortality in the United States following birth defects and preterm birth (1).

According to the CDC, SIDS is one of three categories of sudden unexpected infant deaths (SUID) with the other two being unknown cause and accidental suffocation and strangulation in bed (1). In 2017, about 1,400 infants in the United States died from SIDS. The Centers for Disease and Control and Prevention (CDC) report that for every 100,000 infants born in the United States, 24.6 infants died because of accidental suffocation and strangulation in bed (2017) (1).

American Academy of Pediatrics Recommendations

The American Academy of Pediatrics (AAP) recommends 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. Cribs, bassinets, and portable cribs/play yards that meet Consumer Product Safety Commission standards are recommended. The AAP *does not* recommend bed-sharing on a soft surface, like a waterbed, old mattress, sofa, couch, or armchair (2). No pillows, blankets, toys, or crib bumpers should be in the bed (2).

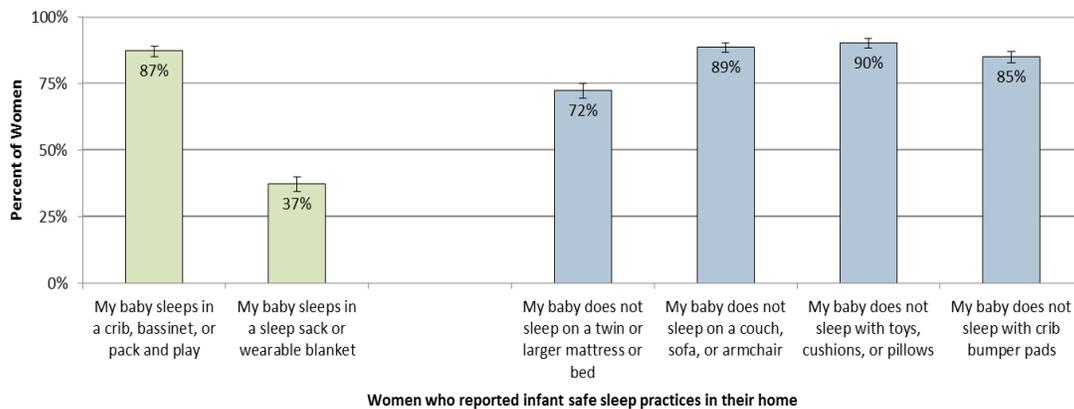
Wyoming PRAMS Data: Infant Sleep Environment

The Wyoming Pregnancy Risk Assessment Monitoring (PRAMS) survey asks new Wyoming mothers about sleep position and infant sleep environment. Examination of 2016-2018 PRAMS data revealed that Wyoming *exceeds* the National Healthy People 2020 goal (75.8%) with 85.5% of infants put to sleep on their backs.

During the same period (2016-2018), 87% of Wyoming mothers reported their infant slept in a crib, bassinet, or pack and play and 37% said that their infant slept in a sleep sack or wearable blanket (Figure 1).

Most report that their baby *did not* sleep on a twin or larger mattress or bed (72%); on a couch, sofa, or armchair (89%); with toys, cushions, or pillows (90%); or with crib bumper pads (85%) (Figure 1).

**Figure 1. Infant Sleep Environment in Wyoming
WY PRAMS, 2016-2018**



Sleep Environment: Resources for Providers

The Eunice Kennedy Shriver National Institute of Health and Human Development provides an array of resource materials for providers and families. Their program *Back to Sleep* (now called *Safe to Sleep*) began in 1994 to provide information for health providers, public health professionals, and the public at large on how to reduce the risk of Sudden Infant Death Syndrome and other sleep-related causes of infant death. Today, *Safe to Sleep* provides materials (print, video, and more) for parents, caregivers, providers, and health workers; most at no charge. To learn more about available resources, visit the *Safe to Sleep* website at <https://www.nichd.nih.gov/sts/>.

In 2016, the AAP Task Force on Sudden Infant Death Syndrome updated its safe infant sleeping environment recommendations in a policy statement that is available on-line. This document is available at: <http://pediatrics.aappublications.org/content/138/5/e20162938>.

1. Centers for Disease Control and Prevention (CDC). Sudden Unexpected Infant Death and Sudden Infant Death Syndrome. Accessed 11/22/2019 at <https://www.cdc.gov/sids/data.htm>

2. American Academy of Pediatrics. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment (Policy Statement). Accessed 11/22/2019 at <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

Our goals with WY PRAMS continue to be to:

- To work with YOU to disseminate data from Wyoming PRAMS
- To inform Wyoming stakeholders, programs, and policies.
- To conduct and present analyses of Wyoming PRAMS data pertaining to priorities of stakeholders and programs across the state.

If you would like to subscribe to the Wyoming PRAMS Listserv, please contact Moira Lewis, MCH Epidemiology Program Manager: moira.lewis@wyo.gov (307-777-5769) or Lorie Wayne Chesnut, Wyoming PRAMS Coordinator: lorie.chesnut@wyo.gov (307-777-6304).