



Infant Safety Fact Sheet Wyoming, 2016-2018

Wyoming Department of Health

2019

Fast Facts from WY PRAMS (2016-2018)

77% of Wyoming mothers tell PRAMS that their infant *always or almost always* sleeps alone in his or her own crib or bed.

89% of Wyoming mothers say that their baby *never* sleeps on a couch, sofa, or armchair.

37% of Wyoming mothers report that their infant sleeps with a sleeping sack or wearable blanket

Infant Safe Sleep

Infant sleep position and environment are two factors that we can improve to decrease the risk of Sudden Infant Death Syndrome (SIDS), defined as the unexplained death of an infant under 1 year of age.

SIDS is the 4th leading cause of infant death in the United States, resulting in about 1,400 infant deaths in 2017.¹

Infant deaths due to accidental suffocation and strangulation in bed are increasing. 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

Healthy People 2020, the national 10-year goals to improve the quality of health for all Americans, set a 2020 target that 75.8% of infants will be put to sleep on their backs.²

This compares to the 2007 baseline of 68.9% of infants put to sleep on their backs.²

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.³

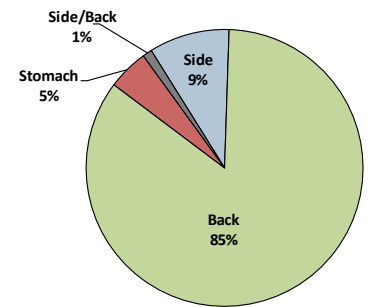
Cribs, bassinets, and portable cribs/play yards that meet Consumer Product Safety Commission standards are recommended.⁴

The AAP *does not* recommend bed-sharing on a soft surface, like a waterbed, old mattress, sofa, couch, or armchair.⁴ No pillows, blankets, toys, or crib bumpers should be in the bed.³

Wyoming Data

The Wyoming Pregnancy Risk Assessment Monitoring (PRAMS) survey asks new

Figure 1: Infant Sleep Position WY PRAMS, 2016-2018



mothers about sleep position and infant sleep environment.

Wyoming *exceeds* the National Healthy People 2020 goal with 85.5% of infants put to sleep on their backs (Figure 1).

The majority (89%) of Wyoming mothers report that their baby *does not* sleep on a couch, sofa, or armchair, and 90% say that their baby *does not* sleep with toys, cushions, or pillows (Figure 2).

Figure 2. Infant Sleep Environment in Wyoming WY PRAMS, 2016-2018

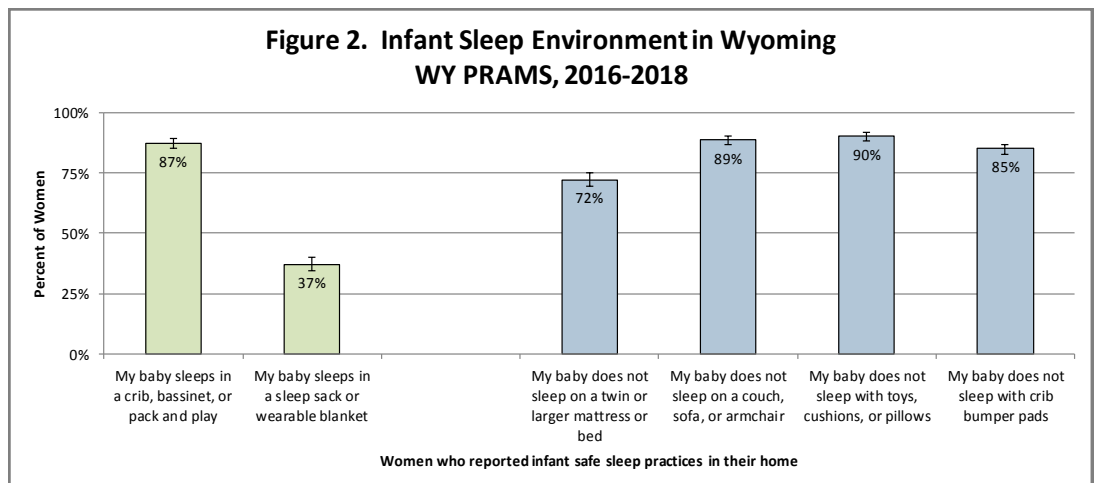




Photo: Centers for Disease Control and Prevention

Sharing Safe Sleep Information with New Moms: Talking to Your Health Care Provider

Wyoming PRAMS also asks women who just had a baby about things that their health care provider (doctor, nurse, or other health care worker) told them about a safe sleep environment for their new baby.

- Most women (90%) said that their health care provider talked to them about placing their infant on his/her back to sleep.
- 8 out of 10 women said that their health care provider told them what things should and should not go in bed with their new baby.
- 77% of new mothers said that they were advised to place their baby to sleep in a crib, bassinet, or pack and play.
- But *fewer than half of women* (45%) reported that their health care provider told them that their baby's crib or bed should be in the same room as their own bed.

Resources for Families and Providers

For more information about infant sleep position and sleep environment, including videos and printable/sharable resources for families and providers, please visit the following sites:

- **Helping Babies Sleep Safely**, Centers for Disease Control and Prevention: <https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/>
- **How to Keep Your Sleeping Baby Safe**—AAP Policy explained: <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>
- **Safe to Sleep**: National Institutes of Health: <https://safetosleep.nichd.nih.gov/>

References

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. Office of Disease Prevention and Health Promotion. Healthy People 2020. Maternal Infant Child Health-2020 Accessed 11/22/2019 at <https://www.healthypeople.gov/>
3. 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>
4. AAP Task Force on Sudden Infant Death Syndrome. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 2016;138(5):e20162938 Accessed 12/11/2019 at <https://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938#abstract-1>



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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, call the Coordinator at 307-777-6304 or visit our website: <https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/mch-epi/>