



Reducing the Risk of Sleep-Related Infant Deaths

North Carolina Child Fatality Task Force
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NC Infant Death in Sleep Environments 2012-2016

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Definitions

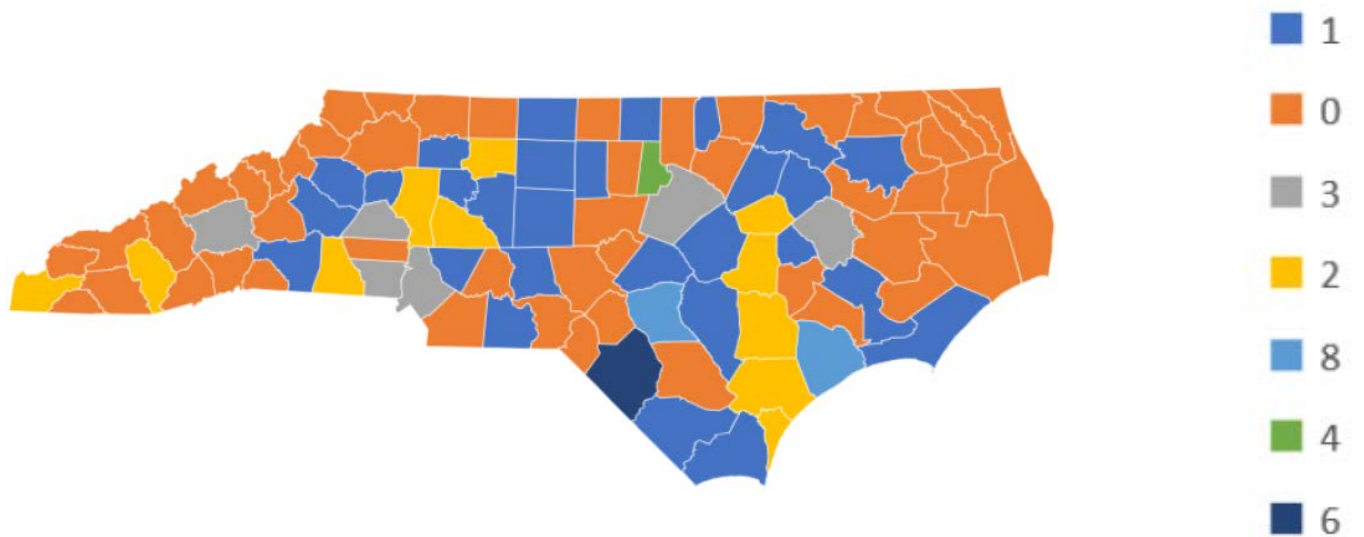
- **Accident manner**
 - If known risky situation/documentated overlay
- **Undetermined manner**
 - Not certain on why the baby died—other manners or causes of death cannot be ruled out, so definite cause can not be determined
 - Explained in the autopsy report
- **Undetermined vs Natural (SIDS)**
 - Change in 2011 with changeover in chief
 - Cases classified as Sudden Infant Death Syndrome (SIDS) cannot have co-sleeping as part of the reported history
 - SIDS is a classification of exclusion
- **Infant**
 - Child under 1 year of age
- **Co-sleeping**
 - Sharing a sleep space with another individual (adult or child)
- **Unsafe sleep environment**
 - Extra bedding
 - Non-sleep related items

Infant Death in Unsafe Sleep Environment 2012-2016

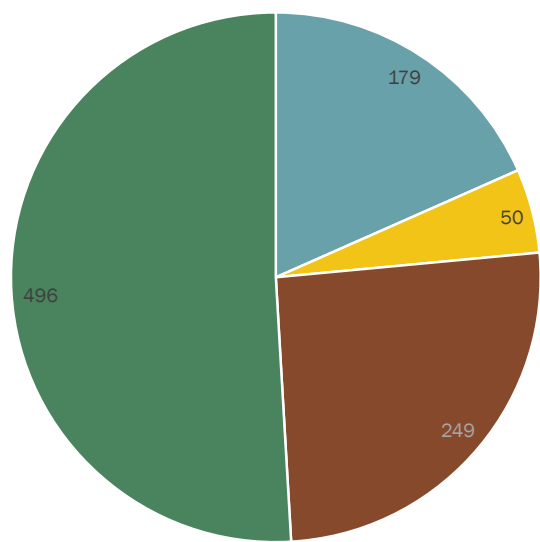


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SIDS 2012-2016



Total Infant Fatality 2012-2016

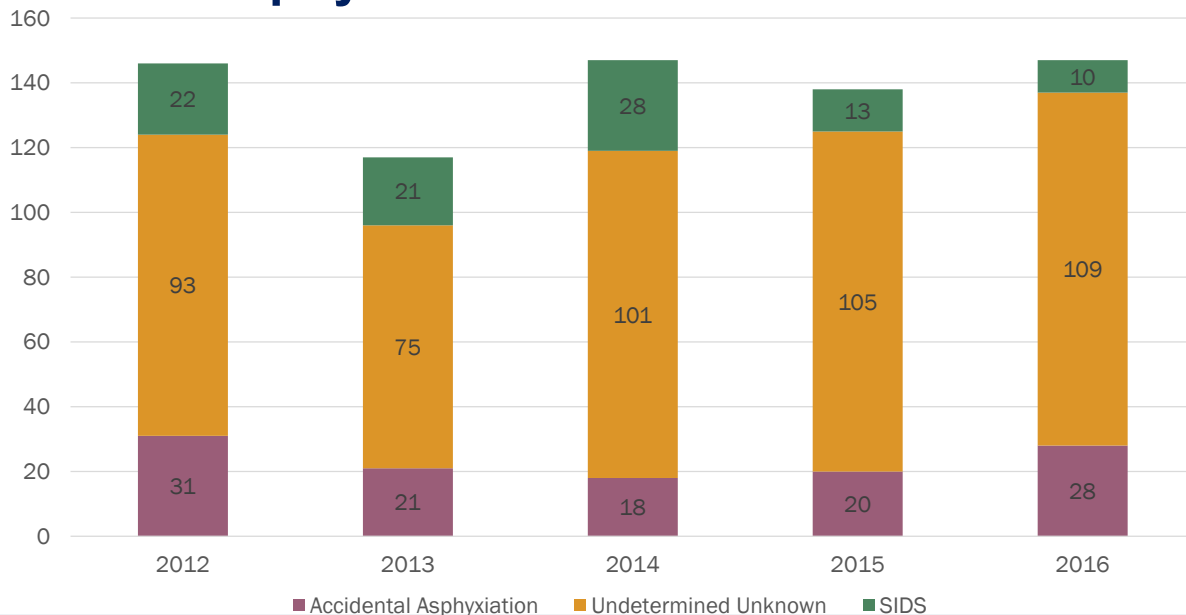


Manner	Number of Infants	Number Sleep Related
Accident	178	108
Homicide	50	
Natural	248	
Undetermined	493	436
Total	969	544

■ Accident ■ Homicide ■ Natural ■ Undetermined

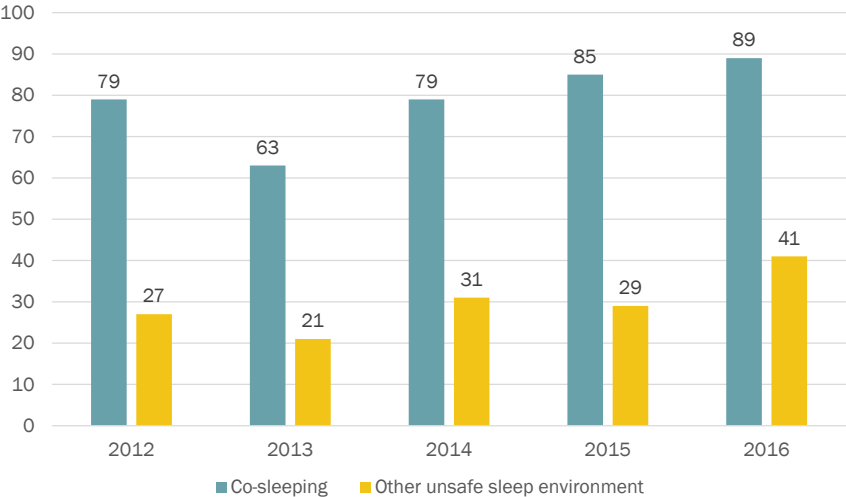
Infant Fatality 2012-2016

Accidental Asphyxiation---Undetermined Unknown--SIDS

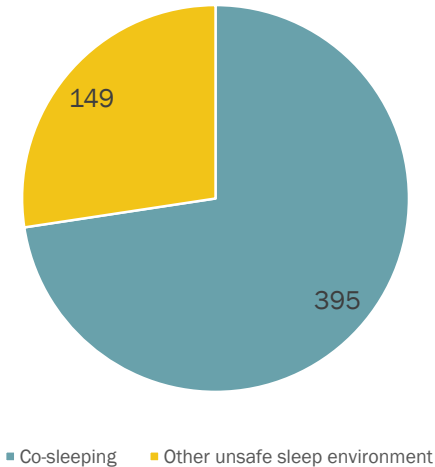


Infant Fatality Trends 2012-2016

2012-2016 Infant Fatality by Year
Co-sleeping vs Other unsafe sleep environment



2012-2016 Infant Fatality
Co-sleeping vs Other unsafe sleep environment



Summary 2012-2016

Total of 969 deaths of children under the age of 1 year

Of those 969 children, 544 (56%) were related to some kind of unsafe sleep environment

Of the 544,
-395 In a sleep environment involving co-sleeping
-149 In a sleep environment that did not involve co-sleeping but was unsafe

Majority (52%) of infant deaths in sleep environments occurred in an adult bed (330 infants) with the presence of an adult(s) (283 infants)



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Questions?

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Safe Sleep NC

Goal of Safe Sleep NC

To strengthen the adoption of infant safe sleep practices across the state that reduce the risk of Sudden Infant Death Syndrome (SIDS) and which prevent infant sleep-related deaths such as accidental infant asphyxiation and suffocation.



Leading Causes of Infant Death, NC 2016

Cause Category:	Deaths	Percent
Prematurity/Low Birth Weight	180	20.6
Birth Defects	166	19.0
→ Other Unknown Causes	104	11.9
Maternal complications	87	10.0
Other perinatal conditions	84	9.6
Respiratory Distress	67	7.7
Infections	50	5.7
All Other Causes (Residual)	41	4.7
→ Accidental Suffocation/Strangulation in Bed	22	2.5
Respiratory diseases	21	2.4
Circulatory diseases	17	1.9
→ SIDS	13	1.5
Accidents	13	1.5
Homicide	8	0.9

Source: North Carolina State Center for Health Statistics, 2016 Infant Mortality Report

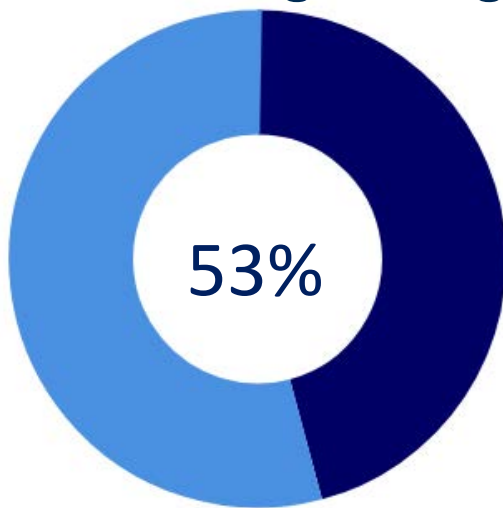
Sleep Environment Association to Infant Deaths, 2016



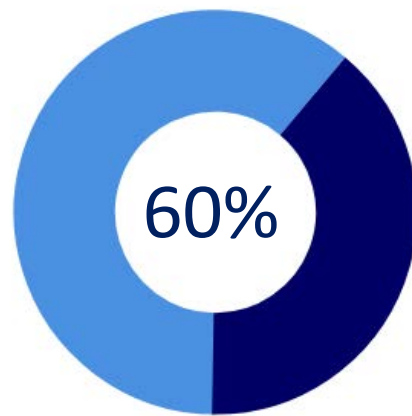
Unsafe Sleep: Bed Sharing Assoc.(91) Unsafe Sleep: Not Bed Sharing Assoc.(42) NOT Unsafe Sleep Assoc. (11)

Source: Office of the Chief Medical Examiner-Division of Public Health North Carolina Department of Health and Human Services

Bed Sharing Among North Carolina Infants. 2016



53% of Infants
Bed Share



60% of Low Birth Weight
Infants Bed Share

Source: North Carolina Pregnancy Risk Assessment Monitoring System Survey Results 2016

Circumstances in Which Bed Sharing is Very Dangerous

- When the infant is younger than 4 months
- If the infant was born premature or had low birth weight
- If the bed-sharer uses tobacco or if the mother used tobacco during pregnancy
- If the bed-sharer has taken illicit drugs or medicine that causes drowsiness
- If the bed-sharer has consumed any alcohol
- If the bed-sharer is not the parent
- If there are multiple bed-sharers (including other children)
- If the sleep surface is soft, such as an old mattress, waterbed, or pillow-top mattress
- If the sleep surface is a couch, sofa, or recliner
- If there is soft bedding, such as pillows or blankets, present in the bed.



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Safe Sleep North Carolina Activities Update

Current Safe Sleep NC Activities

\$45,000 from Title V funds

- Coordinate quarterly Safe Sleep Advisory Committee
- Develop and disseminate new patient and provider resources
- Provider training
- Partner with initiatives focused on the care of high risk infants

Safe Sleep Advisory Committee

Composed of members from the following agencies:

- DHHS NC Child Care Health and Safety Resource Center
- DHHS Child Fatality Prevention Team
- DHHS Pregnancy Care Management
- DHHS Children and Youth Branch
- DHHS Women's Health Branch
- DHHS State Center for Health Statistics
- DHHS Department of Social Services
- Office of the Chief Medical Examiner
- Carolina Global Breastfeeding Inst.
- Atrium Health, Injury Center
- Safe Child NC
- Welcome Baby
- NC Maternal, Infant and Early Childhood Home Visiting (MIECHV)
- Cribs for Kids
- Wake County Human Services



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Available North Carolina Patient Resources (English and Spanish)



Does Your Baby Sleep Safe?

Reduce the risk of SIDS and other causes of death by providing a safe sleep space for your baby.

How to make a Safe Sleep Space for Baby

- Share your room, not the bed.** Sleep baby in the same room as you for at least the first 6 months. Baby should not sleep in the adult bed or on a couch, sofa, or chair with you or on any other surface.
- Put baby to bed on their back for every sleep.** This is the safest sleep position for babies.
- A bare sleeping space is best.** Baby's sleeping area should not include blankets, pillows, stuffed toys, or crib bumpers. Just a tight-fitting sheet on a firm mattress.
- Use a firm sleep surface in a safety-approved crib, bassinet, or pack n play.** If you have used other Sleep Safe 2019 infant car seats, please do not use them after Dec. 31, 2019. All new car seats will be labeled with the expiration date.
- Don't let baby get too hot during sleep.** As much as baby should wear only one layer more of clothing than you, adults should never be too comfortable.
- Keep your home and car smoke and carbon monoxide detectors working.** Working baby has a higher risk of death. Need help? Call 1-800-458-7273.

Common Safe Sleep Questions

Why won't my baby choose to lie on their back?
No baby ever chooses to lie on their back when placed on their back. When you baby is on their stomach, something might be bothering them and causing them to breathe differently.

My mother tells me that my baby should sleep on his stomach or side. Should I still put my baby on his back to sleep?
Yes. We have learned over the years that infants are less likely to die from SIDS if they are placed on their back for every sleep.

How can I get my baby to sleep on their back if my baby doesn't sleep with me?
The good thing is that once you put your baby on their back for the first time during the night and then return her to her back for sleeping.

How will I know with my baby if he doesn't sleep with me?
There are lots of other things for thinking with your infant but when your baby is sleeping in a surface for them to be in their own space, they might sleep better too.

I have a lot of people who sleep with their babies, how can it not be safe?
The main problem is that babies in cribs are more likely to die from SIDS when they are not on their back for every sleep.

What if I fall asleep with my baby?
Adults who are more likely to be on the couch or on the floor for sleeping with their baby. You can't control if baby is falling from your bed but you can control if you are sleeping with your baby. To reduce the risk of suffocation, however, there is no baby safe way to sleep alone with a baby.

Safe Sleep Learn more at SafeSleepNC.org



Does Your Baby Sleep Safe?

Share the Room, Not the Bed.

Your baby sleeps safest **on their back and in a crib or pack n play.**

Over 130 babies in NC die each year of sleep-related causes. Many of these deaths could be prevented.

Safe Sleep Learn more at SafeSleepNC.org



Ms. Gwen Grandmother of 10

Does Your Baby Sleep Safe?

We now know babies sleep safest **alone, on their backs, and in a crib or pack n play.**

Over 130 babies in NC die each year of sleep-related causes. Many of these deaths could be prevented.

Safe Sleep Learn more at SafeSleepNC.org



¿Duerme seguro tu bebé?

Ahora sabemos que los bebés duermen más seguros **solos, sobre su espalda y en una cuna o corral.**

Más de 130 bebés en Carolina del Norte mueren cada año por causas relacionadas al sueño. Muchas de estas muertes pueden ser prevenidas.

Safe Sleep Aprende más en SafeSleepNC.org

Provider Training



- Limited onsite training
- Webinars and Recorded training
- Conferences

Partnering with Infant NC Plan of Safe Care



Will include safe sleep information in all of the information shared with parents identified through Plan of Safe Care because these infants are at higher risk of SIDS and other sleep-related death.

Upcoming Consumer Campaign



Awarded one-time gift of \$40,000 from Blue Cross Blue Shield for a Consumer Campaign

- Mainly Focused on High-Priority Counties and High-Risk Populations
 - Social and Traditional Marketing
 - Local Community Engagement
 - Patient Education Materials
- Consumer-Facing Safe Sleep NC Website



Enhanced Training Needed for Healthcare Providers

What's Missing?

Providers have asked for more support on engaging parents & caregivers in nuanced conversations about sleep.



Requested additional funds (\$85,000) will support the development and dissemination of online training modules for key providers.

Feedback from Parents



- Receive inconsistent messages about infant sleep practices
- Trust healthcare providers most for safe sleep information
- Feel that they cannot be honest about their infant's sleep environment

Source: <https://www1.nichd.nih.gov/cbt/sids/nursececourse/Welcome.aspx>

Research Supports that Healthcare Providers Do Make a Difference

It is important that healthcare providers:

- ✓ **KNOW** about safe sleep information, ■
- ✓ **SHOW** safe sleep practices, &
- ✓ **ENGAGE** with parents effectively about safe sleep



Source: <https://www1.nichd.nih.gov/cbt/sids/nursececourse/Welcome.aspx>

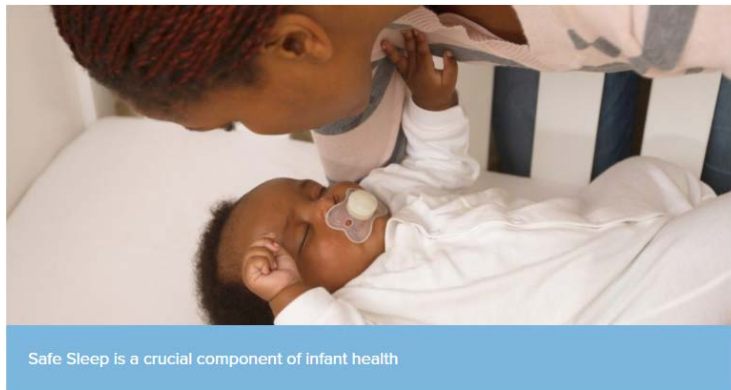
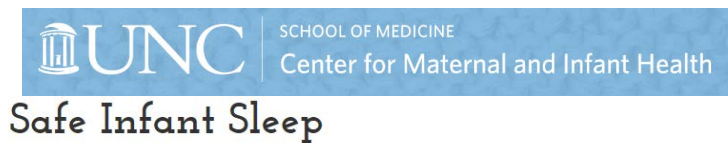
Factors that Influence Infant Sleep





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Questions?



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