

Sleep-Related Infant Deaths in Michigan

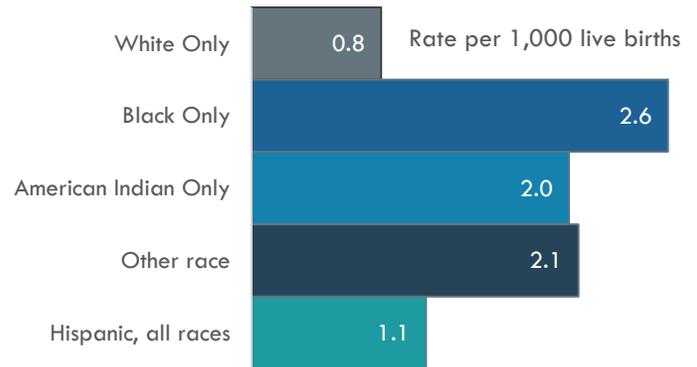
Sleep-related infant death is a leading cause of death among infants less than 1 year in Michigan. From 2010 to 2014, there were 712 sleep-related infant deaths, which is a rate of 1.2 deaths per 1,000 live births.

Sleep-related infant deaths are those where the sleep environment was likely to have contributed to the death, including those ruled SIDS, SUID, suffocation, and other causes. Asphyxia (suffocation) is the most common cause of sleep-related death, followed by undetermined cause, SIDS, and other causes.

Infant safe sleep is a top priority in Michigan and is one of nine goals as part of Michigan's Infant Mortality Reduction Plan. Strategies within this plan include promoting safer infant sleep practices as well as addressing social issues and disparities that affect the infants' and mothers' health and well-being.

There is a significant racial disparity in the rate of sleep-related infant deaths in Michigan.

Sleep-Related Infant Death Rate by Race/Ethnicity, Michigan, 2010-2014



Other race includes Asian, Pacific Islander, and Multi-racial

A safe sleep environment can reduce the risk of all sleep-related infant deaths. The American Academy of Pediatrics (AAP) recommends that infants: 1) sleep in a safety-approved crib, bassinet, or portable crib with a firm mattress and tight-fitting sheet, 2) sleep on surfaces separate from adults or other children free of blankets, pillows, or toys, 3) be placed on his or her back for every sleep time.

In Michigan:



2 in 3 infants found unresponsive are not on their backs

Approximately 50% of infants who died of sleep-related causes were found on their stomach and 15% were found on their side.



3 in 4 sleep-related deaths occur in an unsafe sleep location

Nearly 50% of infants who died of sleep-related causes were placed in an adult bed, 20% were placed on a couch, chair, or floor, and 10% were placed in other unsafe sleep locations. Only 25% of infants who died of sleep-related causes were placed to sleep in a crib, bassinet or portable crib. A crib, bassinet or portable crib was not present in the home in approximately 16% of deaths.



3 in 5 sleep-related deaths involve an infant sharing a sleep surface

Approximately 60% of sleep-related deaths occurred among infants who shared a sleep surface. Of sleep-related deaths where the determined cause was from suffocation*, the most commonly found objects in the sleep environment that obstructed infants' airways were adults, comforters or quilts, pillows, and mattresses.

There are a variety of factors that impact a caregiver's choices regarding their child's sleep environment and its importance in the caregiver's daily life. For many caregivers, these include the challenges of caring for a new infant without basic needs such as a social support system, transportation, stable housing, and healthy food.

*Due to additions to the case reporting tool, this analysis is only available for 2013-2014 data

Other Factors Affecting Sleep-Related Infant Deaths

Besides safe sleep practices, other factors that may decrease the risk of sleep-related infant death include: breastfeeding, pacifier use at sleep time, and caregiver avoidance of smoking, alcohol and illicit drug use while caring for an infant.



47% of mothers of infants who died of sleep-related causes smoked during pregnancy. This compared to 18% of all Michigan mothers.²



38% of mothers of infants who died of sleep-related causes had ever breastfed. This compared to 75% of all Michigan mothers.³

What Can You Do?

Health professionals can

- ✓ Encourage parents to always place their baby in a safe sleep environment
- ✓ Provide individuals caring for pregnant women, infants, and caregivers with strategies to promote a consistent safe sleep environment. Free online training is available through the Michigan Department of Health and Human Services (www.michigan.gov/safesleep).
- ✓ Order brochures, posters, or DVDs about infant safe sleep through the Michigan Department of Health and Human Services Clearinghouse at www.healthymichigan.com

Parents can

- ✓ Always place your baby in a safe sleep environment
- ✓ Do not allow smoking around your baby
- ✓ Breastfeed your baby, if possible
- ✓ Offer a pacifier when placing your baby down to sleep
- ✓ Be sure that everyone who cares for your baby knows how to place your baby down to sleep in a safe sleep environment
- ✓ If you are feeling overwhelmed or exhausted, ask for help. There are early childhood home visiting programs designed to assist families in caring for infants. They can provide you with support and connect you to the resources you need. To find a program in your area, go to www.michigan.gov/mihp.

Resources for Parents and Health Professionals

For more information on safe sleep, as well as tips for soothing a crying baby and product recalls by the Consumer Product Safety Commission, parents and health professionals can go to www.michigan.gov/safesleep

A number of free health resources for before, during, and after pregnancy are available by calling 2-1-1 or by going to mihealthybaby.mobi

Free resources to help you quit smoking are available by calling the Michigan Tobacco Quitline at 1-800-QUIT-Now or 1-855-DEJELO-YA

Information on breastfeeding and available breastfeeding support services can be found at www.michigan.gov/wic (click on 'Breastfeeding')

712



Sleep-related infant deaths in Michigan from 2010-2014



African American infants die at a rate 3x greater than White infants



Males accounted for more sleep-related deaths than females (57% vs. 43%)



5 in 8 infants died before the age of 4 months



1 in 4 infants was born preterm (less than 37 weeks)



3 in 4 infants had publicly-funded coverage



The average age of the mother was 25 years

¹Sleep-related infant deaths are defined in Michigan as deaths to infants less than 1 year of age that occur suddenly and unexpectedly and include sudden infant death syndrome (SIDS), undetermined/sudden unexplained infant death (SUID), suffocation/positional asphyxia, and other causes wherein the sleep environment was likely to have contributed to the death. Death data are by county of residence from CDC SUID Case Registry, Michigan Public Health Institute, 2016. Birth data are from Michigan Resident Birth Files, Division for Vital Records and Health Statistics, Michigan Department of Community Health, 2016.

²2014 Michigan Resident Birth Files, Division for Vital Records & Health Statistics, Michigan Department of Health & Human Services; retrieved at www.mdch.state.mi.us/pha/osr/Chi/births14/frameBxChar.html

³Centers for Disease Control and Prevention (CDC), 2015; www.cdc.gov/breastfeeding/pdf/2014breastfeedingreportcard.pdf

Prepared by the Michigan Public Health Institute, Center for Child and Family Health, July 2015. Please direct questions and comments to Lindsay Gross, Project Coordinator at (517) 324-7340.