



# Infant Safe Sleep Practices

## Oregon PRAMS

### Background

Every year in the United States there are about 3,500 sleep-related infant deaths, including those from sudden infant death syndrome (SIDS), accidental suffocation and strangulation in bed, and unknown causes<sup>1</sup>. To reduce risk factors for sleep-related infant deaths, recommendations from the American Academy of Pediatrics (AAP) for safe sleep include placing infants on their back on a firm sleep surface such as a mattress in a safety-approved crib or bassinet, having infants and caregivers share a room, but not the same sleeping surface, and avoiding the use of soft bedding (e.g., blankets, pillows, crib bumpers, and soft objects) in the infant sleep environment.

Additional recommendations to reduce the risk for sleep-related infant deaths include breastfeeding, providing routinely recommended immunizations, and avoiding prenatal and postnatal exposure to tobacco smoke, alcohol, and other substances<sup>2</sup>.

### Infant Safe Sleep Practices in Oregon

Based on data from the 2017 PRAMS survey of Oregon moms,

- Approximately one in seven (about 14%) respondents reported placing their baby on their side or stomach to sleep most of the time
- More than half (about 57%) of respondents reported using soft bedding when placing their baby to sleep
- More than half (55%) of respondents reported that their baby did not always sleep alone in a crib or bed

### Public Health Action

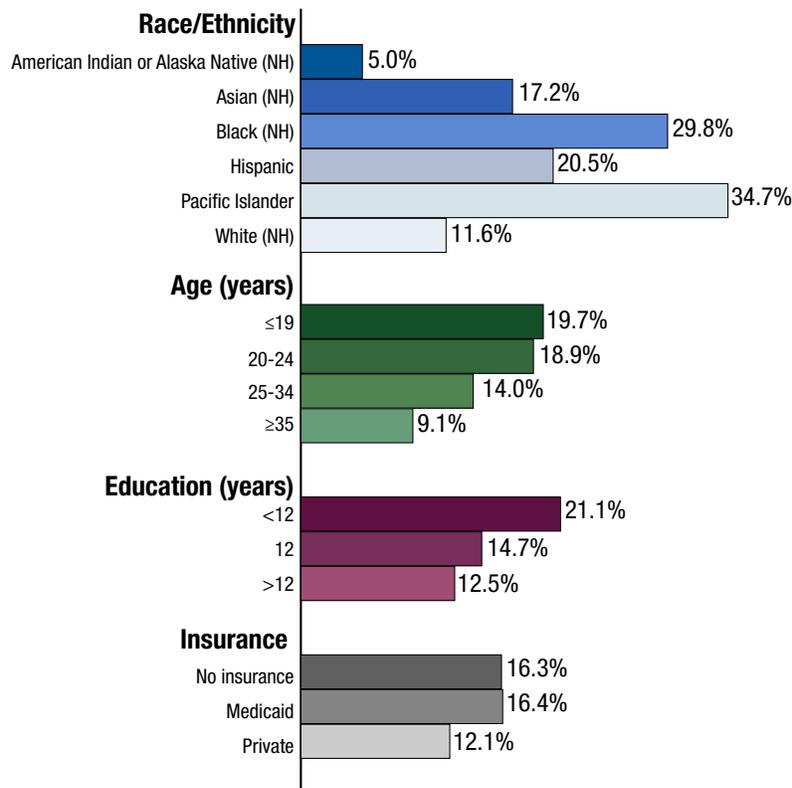
Unsafe sleep practices with babies are common in our state. Public health efforts can increase awareness and uptake of AAP safe sleep recommendations by: 1) training providers to improve safe sleep practices in child-care and hospital settings; 2) delivering culturally appropriate messaging about safe sleep through WIC and other programs that serve mothers and babies; and 3) monitoring and evaluating safe sleep campaigns and programs.

In which one position do you most often lay your baby down to sleep now?	Oregon PRAMS Responses by Year Weighted % (95% confidence interval)				
	2013	2014	2015	2016	2017
On baby's side or stomach	17.0% (14.4%-19.8%)	18.7% (15.8%-22.0%)	17.9% (15.1%-21.2%)	16.1% (13.4%-19.2%)	14.2% (11.7%-17.1%)

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## Which mothers placed their baby on their side or stomach to sleep?

Mothers who reported placing their babies to sleep on their sides or stomachs most of the time, by maternal characteristics — Oregon PRAMS, 2017\*



Abbreviation: NH = Non-Hispanic \* Weighted percents

## Bed Sharing

In the past 2 weeks, how often has your new baby slept alone in their own crib or bed?	2017 Oregon PRAMS Responses % (95% confidence interval)*
Always	45.2% (41.2%-49.3%)
Often	22.3% (19.0%-26.0%)
Sometimes	11.4% (9.2%-14.1%)
Rarely	7.1% (5.4%-9.4%)
Never	14.0% (11.5%-17.0%)

\* Weighted Percent (95% confidence interval)

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## Soft Bedding

Listed below are some more things about how babies sleep. How did your new baby usually sleep in the past 2 weeks? For each item, check no if your baby did not usually sleep like this or yes if he or she did.	2017 Oregon PRAMS respondents who checked "Yes" % (95% confidence interval)*
All soft bedding responses combined**	58.6% (54.5%-62.5%)
Blanket	53.5% (49.4%-52.6%)
Toys, cushions or pillows, including nursing pillows	11.7% (9.2%-14.6%)
Bumper pads	16.1% (13.2%-19.4%)

\* Weighted Percent (95% confidence interval)

\*\* "Any soft bedding" defined as infant being placed to sleep with any of the following: blanket, toys, cushions, or pillows, including nursing pillows or crib bumper pads.

## Resources

**CDC Vital Signs:** <https://www.cdc.gov/vitalsigns/safesleep/>

**American Academy of Pediatrics:** <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938/>

**Safe to Sleep Campaign:** <https://www1.nichd.nih.gov/sts/Pages/default.aspx>

**Oregon PRAMS:** <http://www.healthoregon.org/PRAMS>

**CDC PRAMS:** <https://www.cdc.gov/prams>

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## National Infant Sleep Position Goals

The Healthy People 2020 Objective and Title V National Performance Measure on infant sleep position are tracked using PRAMS data.

National Goals	Sleep Position
Healthy People 2020 Objective <sup>3</sup>	MICH-20: Increase the proportion of infants who are put to sleep on their backs from 68.9% to 75.8%*.
Title V National Performance Measure <sup>4</sup>	NPM 5: To increase the number of infants placed to sleep on their backs

\* This is equivalent to a decrease in the proportion of infants put to sleep on their sides or stomachs from 31.1% to 24.2%.

## ABOUT PRAMS

PRAMS (Pregnancy Risk Assessment Monitoring System) is a collaboration between the Centers for Disease Control and Prevention (CDC) and the Oregon Health Authority. PRAMS collect population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. Mothers are surveyed 2 to 6 months after delivery. To learn more about CDC PRAMS methods and data, visit <https://www.cdc.gov/prams>. To learn more about PRAMS in Oregon, visit <http://www.healthoregon.org/PRAMS>.

## References

1. Matthews TJ, MacDorman MF, Thoma ME. Infant mortality statistics from the 2013 period linked birth/infant death data set. *Natl Vital Stat Rep* 2015;64:1–30.
2. Moon RY; Task Force on Sudden Infant Death Syndrome. SIDS and other sleep-related infant deaths: Evidence base for 2016 updated recommendations for a safe infant sleeping environment. *Pediatrics* 2016;138:e20162940.
3. Healthy People 2020 Objectives. Available at: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
4. Title V National Performance Measures. Available at: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NPMDistribution>



**Oregon Health Authority**  
PUBLIC HEALTH DIVISION  
Maternal and Child Health Section  
[www.healthoregon.org/PRAMS](http://www.healthoregon.org/PRAMS)