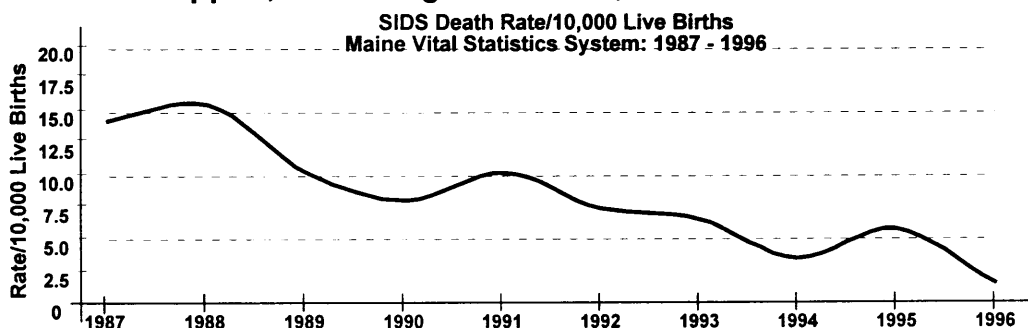
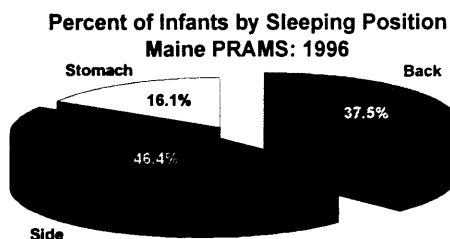


# INFANT SLEEP POSITION AND SIDS

Data are from the MAINE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS): 1996

- ➔ Infant sleep position is a modifiable behavior that can decrease the risk for Sudden Infant Death Syndrome (SIDS), a diagnosis for the sudden unexplainable death of an infant less than one year old. The magnitude of study findings have prompted the medical community to encourage parents to avoid placing their infant on their stomach to sleep.<sup>1</sup>
- ➔ In 1994, a nationwide "Back to Sleep" campaign began, based on recommendations from the American Academy of Pediatrics, encouraging mothers to place newborns on their backs. The goal is to reduce the percentage of babies who are placed on their stomach to 10% or less.<sup>2</sup>
- ➔ Nationally, there were 7 SIDS deaths for every 10,000 live births in 1996,<sup>3</sup> with SIDS the leading cause of death among all infants between 1 month and 1 year old (1995)<sup>1</sup>. The 1996 Maine SIDS death rate was 1.5/10,000.
- ➔ Of the 11 PRAMS states reporting information on infant sleep position, nearly 70% of mothers reported placing their newborn infant on his or her back or side most of the time.<sup>1</sup> In Maine, this proportion was 84%.
- ➔ In 1996, more than 37% of Maine mothers put their babies to sleep on their backs - the position with the least risk for SIDS. Another 46% put them to sleep on their sides; this also results in a reduced risk for SIDS, but it is not as safe as back placement. The remaining 16% put their babies to sleep on their stomachs, the position which results in the greatest risk for SIDS.
- ➔ From 1987 - 1996, deaths due to SIDS dropped dramatically in Maine, from a high of 27 deaths in 1988 to a low of 2\* in 1996. The SIDS death rate also dropped, from a high of 15.7/10,000 in 1988 to 1.5 in 1996.



Note: National data are for whites only.  
 \*There were an additional 2 SIDS deaths which were reported after the death file was closed. As all previous year's data excluded late filed deaths, they were also excluded from this analysis so that comparisons between years could be made.  
 Footnotes: FN1: 1996 PRAMS Surveillance Report, Centers for Disease Control and Prevention. FN2: Morbidity and Mortality Weekly Report, Vol. 47, No. 41, Centers for Disease Control and Prevention. FN3: Monthly Vital Statistics Reports, Vol. 46, Supplements to #11 and #12. Full citations are available upon request.

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