

Safe Sleep

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Why does Safe Sleep Matter?

- Safe sleep is a significant risk factor in West Virginia's infant mortality rate.
- Of more than 4500 sudden, unexpected infant deaths each year in the US, as many as 80-90% are the result of unsafe sleep practices.
- An infant's risk of dying is up to 40 times greater while sleeping in an adult bed.

- In 2013, of the 38 infants who died and the cause of death was recorded as SUID:
 - 20 were found to be co-sleeping/bed sharing
 - 33 were found with hazardous bedding
 - 12 were found sleeping on their stomachs or side
 - 23 mothers had smoked during pregnancy
 - 30 lived in a home with tobacco smoke

Priority Area for OMCFH

- The WV Office of Maternal, Child and Family Health selected safe sleep as one of their Title V Block Grant National Performance Measures.
- A Benchmark for the Maternal Infant Early Childhood Home Visitation Project.
- The Office is leading a workgroup within the Secretary's Three Branch Initiative that will address safe sleep.

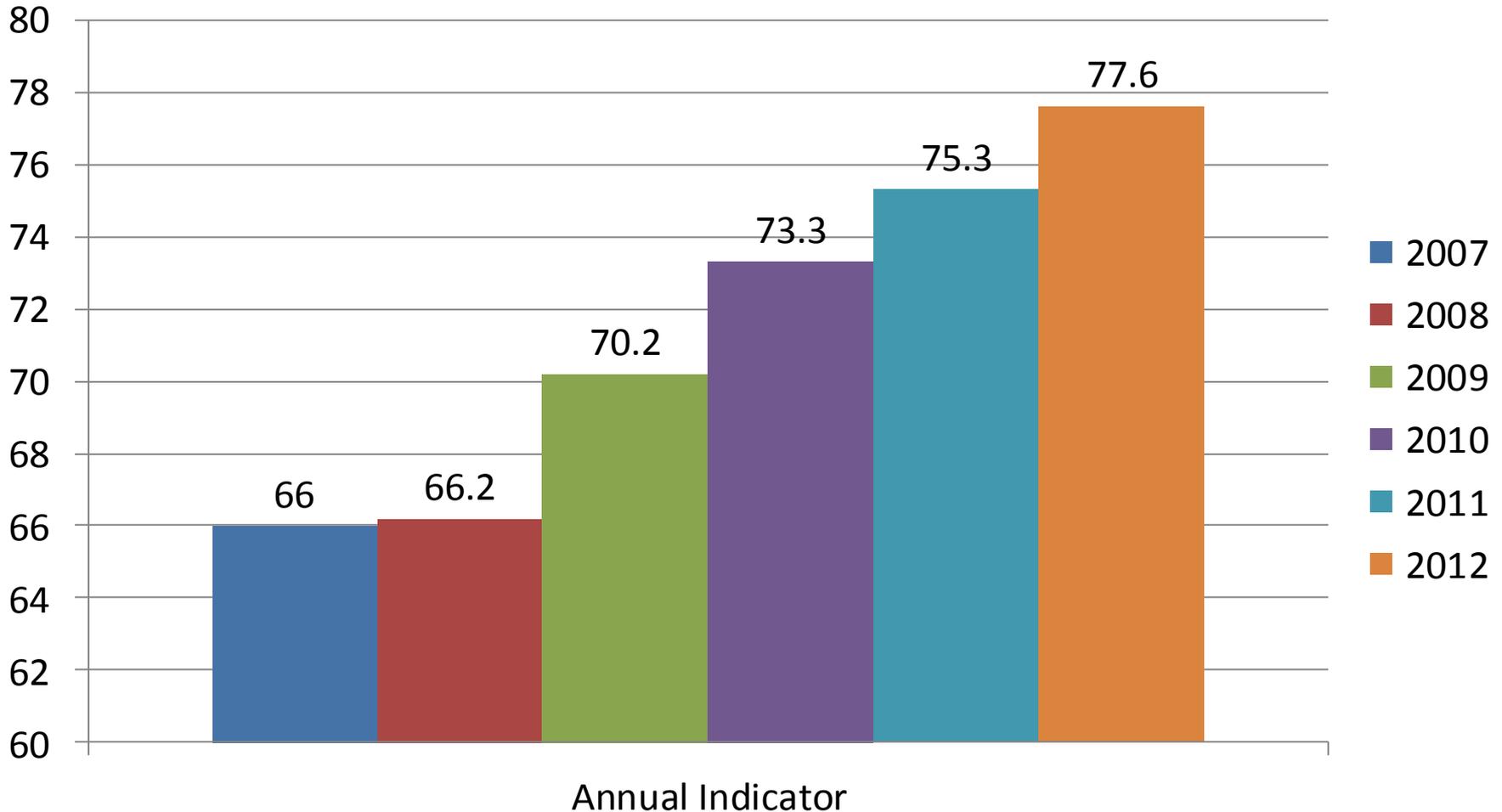
- Work with hospitals to assure they have safe sleep policies.
- Mail back to sleep materials to all families with a birth record.
- Utilize evidence-based curriculums to educate families during home visits.
- Provide financial support for “Our Babies: Safe and Sound,” an educational campaign that provides parents and other caregivers with information and tips to keep babies safe while sleeping.
- Work to provide Pack ‘n Play portable cribs to families who cannot afford a safe place for their babies to sleep.
- Attend Community Baby Showers to provide one-on-one education to expectant mothers.

Recent Accomplishments

- Infant Safe Sleep Month was planned and held during the month of September in conjunction with the WV Office of the First Lady, hospitals, home visitation program staff, and other partners.
- Planned and convened four regional trainings for home visitation staff, the ABCs of Infant Safety, during the month of September in Charleston, Parkersburg, Martinsburg, and Oakhill. Over 160 home visitation staff attended the trainings.

Are We Making A Difference?

Percent of Infants Placed to Sleep on their Backs



Source: Pregnancy Risk Assessment Monitoring System

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