

INFANT SLEEP POSITION

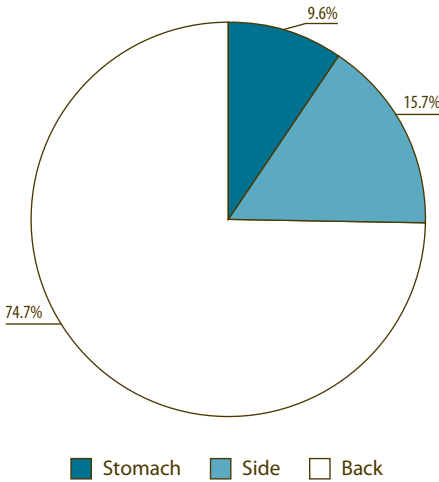
Placing infants to sleep on their backs reduces the risk of Sudden Infant Death Syndrome (SIDS) – one of the leading causes of death to infants.⁴⁶ In Oregon, SIDS is the number one cause of death to older infants (between 28 days and up to 1 year), accounting for nearly 30 percent of all deaths in this age group during 2002-2004.⁴⁷ The American Academy of Pediatrics recommends that healthy infants younger than 6 months of age be placed to sleep on their back.⁴⁸

- In 2004, Oregon mothers were significantly more likely than other U.S.⁴⁹ mothers to place their infants to sleep on their backs – 74.7 versus 65.1 percent, respectively. Furthermore, Oregon achieved the Healthy People 2010 target of having at least 70 percent of infants put to sleep on their backs.
- Although Oregon mothers were more likely to place their infants to sleep on their backs than any other position, more than a quarter (25.3 percent) of Oregon infants were put to sleep in the higher risk stomach or side positions.
- Stomach sleeping puts infants at highest risk for SIDS. Approximately 10 percent of Oregon infants were put to sleep on their stomachs.
- Black/African American women had the highest prevalence of placing their infants to sleep on their stomachs (19.8 percent) and were significantly more likely than any other race/ethnic group to place their infants in this sleep position.
- White women had the second highest prevalence of placing their infants to sleep on their stomachs (11.6 percent).

The PRAMS survey asks respondents to indicate how they most often lay their baby down to sleep – side, back or stomach. Respondents who indicated more than one of these positions were excluded from this analysis (3.3 percent).

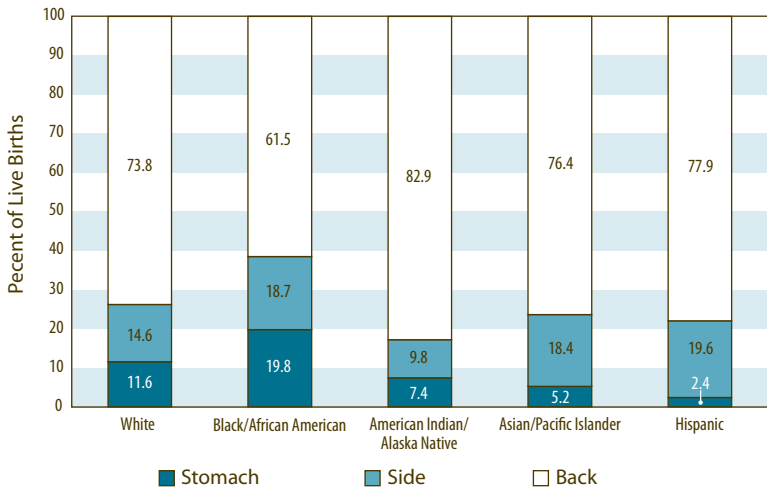
CHAPTER 4: MATERNAL & INFANT HEALTH

Infant Sleep Position, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

Infant Sleep Position by Race/Ethnicity, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)