



SAFE SLEEP PRACTICES AMONG MOTHERS GIVING BIRTH IN LOS ANGELES COUNTY 2012

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Why Does Safe Sleep Matters?

- ❖ Every week, one baby in Los Angeles County dies while sleeping.
- Safe Sleep practices can contribute to the reduction of sudden unexpected infant deaths (SUID). **Safe sleep practices include placing babies in the supine (back) sleeping position and not sharing the bed with the infant.** SUID is defined as deaths in infants less than one year of age that occur suddenly and unexpectedly, and whose causes of death are not immediately obvious prior to investigation.¹
- The **National Healthy People 2020 Objective** for infant sleep position was to increase the proportion of infants placed on their backs to sleep to 76%.²
- In the United States, the number of infants sleeping on their backs has increased from 36% in 1996 to more than 70% in 2007. The rate of SUIDS has decreased by more than 40% since supine sleeping was introduced in 1992.

American Academy of Pediatrics (AAP) recommends that infants be placed on their back for every sleep³

- Use firm sleep surface
- Room-share without bed-sharing
- No soft objects and loose bedding in the crib
- Breastfeed as much and for as long as you can
- Get all the recommended immunizations
- Avoid smoke, second-hand smoke, alcohol and illicit drug exposure
- Consider offering a pacifier at nap time and bedtime
- Avoid overheating

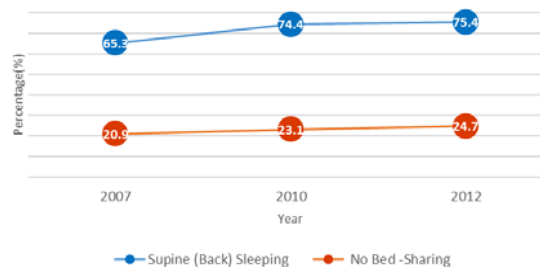
Results & Findings



1. Trend

The prevalence of supine position sleeping has progressively increased from 65% to 75%. In contrast, not bed sharing among infants appears to remain more stable, with a modest increase from 21% to 25% between 2007 and 2012 (Figure 1).

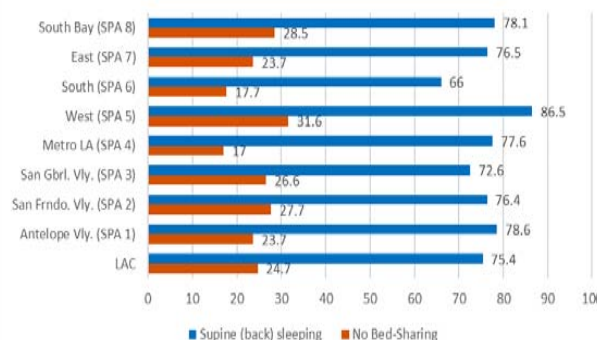
FIGURE 1. INFANT SAFE SLEEP PRACTICES
LA COUNTY 2007, 2010 & 2012



2. Service Planning Area (SPA)

LA County is divided into eight geographically distinct SPAs for public health planning purposes. Analysis of 2012 LAMB data revealed varying prevalence of infant sleep practices among mothers by SPA (Figure 2). Mothers who resided in South Los Angeles (SPA 6) and the San Gabriel Valley (SPA 3) were least likely to report placing their infants to sleep on their back. **Bed sharing was highest among moms in the South Los Angeles (SPA 6) as well as Metro LA (SPA 4).**

Figure 2. Infant Safe Sleep Practices
by SPA, Percentage of Total, LAC 2012



3. Factors Associated with unsafe sleep practice

Infant Safe Sleep Practices were less common if moms:

Social demography

- Were under 20
- Had less than a high school education
- Were Asian/Pacific Islander or African American
- Were unmarried and not living with their partners
- Were enrolled in the WIC program
- Had government-supported insurance

Psychosocial condition

Reported abuse by their partner

Access to Care

Had late or no prenatal care

Summary

In 2012, 25% of new LA County moms did not bed share with their infant and 75% of moms put their babies on their back to sleep. **Mothers who engaged in less frequent supine sleeping and more frequent bed-sharing tended to be young, racial minority, and moms who reached less educational attainment when compared to their peers.** Lower socioeconomic status also was tied to fewer safe sleep practices, and having public health insurance was tied to decreased back sleeping and increased bed-sharing. Having a present and supportive partner was also tied with better safe sleep practices.

LA County has a robust array of activities targeted at preventing SUIDS as well as helping families through the grief of losing a child to SUIDS like support groups and bereavement assistance. In Fiscal Year 2013-2014, 32 families utilized this support⁴.

Recommendations

For Parents and Caregivers

- ✓ Follow AAP recommendations for safe sleep practices to always place infants in a back to sleep position and avoid bed sharing.
- ✓ A safe sleep environment for a baby is alone in their own sleeping space, on their backs on a firm sleep surface; and in a crib or bassinet free of pillows, blankets, bumpers, sleep positioners, and other objects.
- ✓ Share with all individuals who may care for your infant the risks associated with SUID and significance of safe sleeping practices.



For Health Care Providers

- ✓ Discuss risk of SUID with pregnant mothers during prenatal and/or perinatal visits.
- ✓ Provide women, particularly adolescent mothers, with health education on the importance of safe sleep practices and discourage bed sharing.
- ✓ Support and promote baby safe sleeping practices.

Objectives

- Describe trends of safe sleep in Los Angeles County between 2007-2012
- identify maternal factors associated with practicing unsafe sleep practices

Methods

LAMB is a biennial population based mixed mode survey conducted by the Los Angeles County Department of Public Health, Maternal Child and Adolescent Health (MCAH) Programs. LAMB is based on self-reported experiences of mothers who recently delivered a live baby. Infant safe sleep practices are defined for purposes of this analysis as no bed sharing and supine sleep position.

LAMB asks mothers:

- (1) How do you put your new baby down to sleep most of the time?
- (2) How often does your new baby sleep in the same bed with you or anyone else?

References:

1. CDC. Sudden Unexpected Death and Sudden Infant Death Syndrome <http://www.cdc.gov/sids/aboutsuidsandsids.htm>
2. Healthy People. Maternal Infant and Child Health. <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=26>
3. American Academy of Pediatrics. Task Force on Sudden Infant Death Syndrome Policy Statement. SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment. Pediatrics 2011; 128: 1030-1039. Available at <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284.full.pdf+html> Accessed July 28, 2014
4. FDA. Tips for Parents/Caregivers. <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/SIDSPreventionClaims/ucm275782.htm>
5. County of Los Angeles. Maternal, Child and Adolescent Health (MCAH) Program Fiscal Year 2013-14 Annual Report.