

Infant Safe Sleep Behaviors Among Mississippi Women in 2020

About PRAMS

- The **Pregnancy Risk Assessment Monitoring System (PRAMS)** is an ongoing, population-based surveillance program sponsored by the Centers for Disease Control and Prevention (CDC) and the Mississippi State Department of Health (MSDH).
- PRAMS participants are randomly selected between 2 and 6 months **postpartum**.
- This study analyzed Mississippi PRAMS data from 1,012 women who had a live birth in 2020 in Mississippi to assess **safe sleep behaviors**.

About Safe Sleep

- Although the U.S. infant mortality rate is **declining**, the rate remains **higher** than most other developed countries.
- **Mississippi** has persistently had **one of the highest** infant mortality rates in the US.
- In 2019-2020, there were 615 infant deaths and 72,114 live births to Mississippi residents. The infant mortality rate for this period was 8.5 infant deaths per 1,000 live births.
- **Sudden Unexpected Infant Death (SUID)** is defined as the sudden and unexpected death of an infant less than one year of age with no obvious cause before investigation.
- SUID is the **leading cause of death** for Mississippi infants between one and four months of age. These deaths often happen during sleep or in the baby's sleep area.
- Most SUID cases in Mississippi occur when the newborn is placed in an **unsafe sleep environment** or placed to sleep on their **stomachs** (prone) or **side** (lateral).

Definitions

- In this report, **safe sleep behaviors** were defined as...
 - placing the infant to sleep on its back
 - not leaving loose bedding or soft objects with the infant while sleeping
 - placing their infant to sleep on a separate, approved surface
- In this report, estimates for women who reported their race to be anything other than White or Black are suppressed due to low response.
- The difference between two estimates is considered **statistically significant** (also stated as "significantly higher/lower" or "significant" in this fact sheet) if the 95% confidence intervals do not overlap.

These Safe Sleep measures are based on the recommendations of the American Academy of Pediatrics (AAP):

- Placing the infant on his or her back on a firm sleep surface such as a mattress in a safety approved crib or bassinet
- Having the infant and caregivers share a room, but not the same sleeping surface
- Avoiding the use of soft bedding (e.g. blankets, pillows, and soft objects) in the infant's sleep environment

Figure 1. Percent of Infants Placed to Sleep on Their Backs

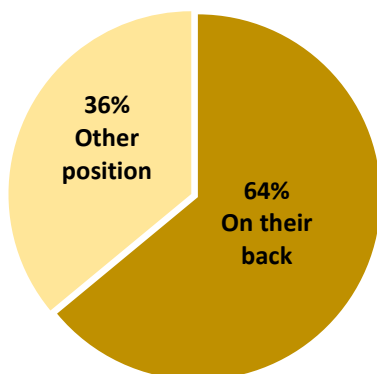


Figure 2. Percent of Infants Placed to Sleep on a Separate Approved Surface

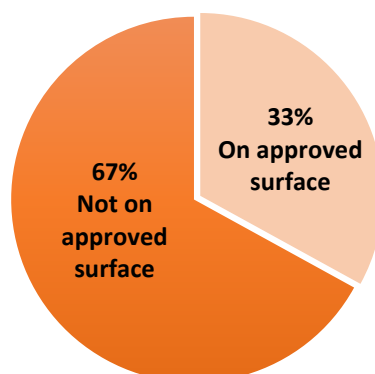
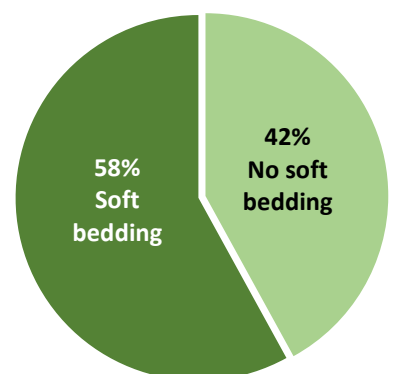
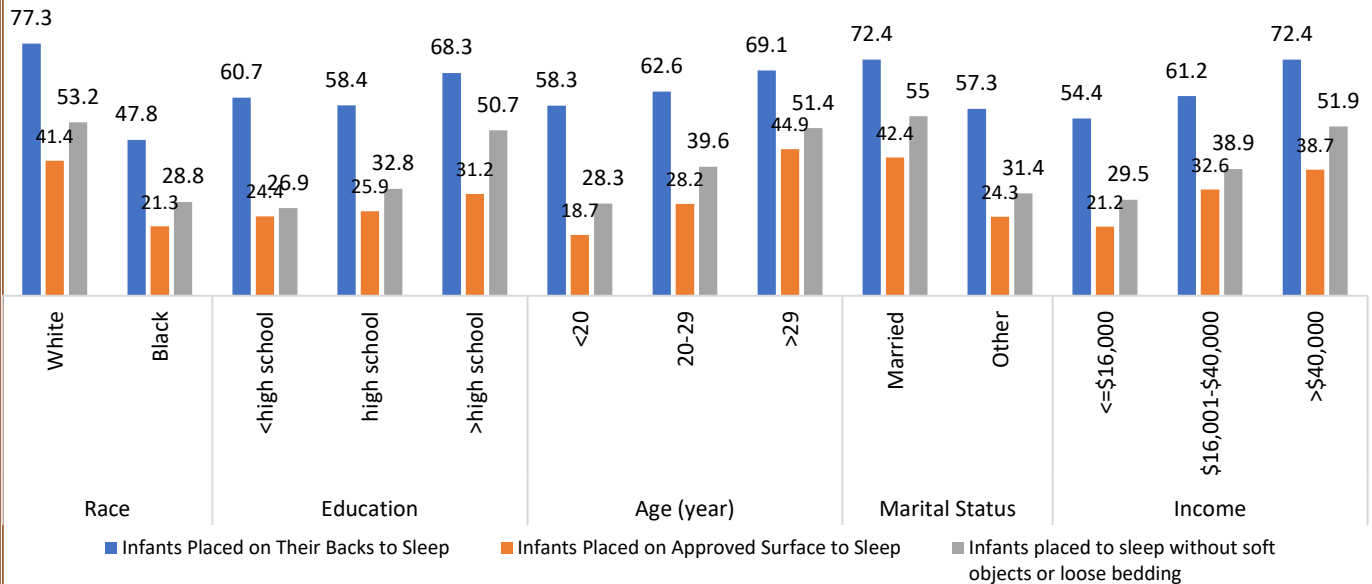


Figure 3. Percent of Infants Placed to Sleep Without Soft Object or Loose Bedding



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Figure 4. Percent of Safe Sleep Behaviors among Women, MS, 2020



- The **percentage of infants placed on their backs to sleep** was significantly higher among:
 - **White women** (77.0%) compared to Black women (47.8%) (Figure 4)
 - women who **were married** (72.4%) compared to women who were not married (57.3%) (Figure 4)
 - women with an **income of more than \$40,000** (72.4%) compared to women with lower incomes (Figure 4)
- There was no significant association between the percentage of women who placed their infants on their backs to sleep and education level or age group. (Figure 4)
- The **percentage of infants placed on approved surfaces to sleep** was significantly higher among:
 - **White women** (41.4%) compared to Black women (21.3%) (Figure 4)
 - women with **more than a high school education** (31.2%) compared to women whose highest education was high school (25.9%) or less than high school (24.4%) (Figure 4)
 - women who were **29 years or older** (44.9%) compared to younger women (Figure 4)
 - women who **were married** (42.4%) compared to women who were not married (24.3%) (Figure 4)
 - women with an **income of more than \$40,000** (38.7%) compared to women with lower incomes (Figure 4)
- The **percentage of infants placed to sleep without soft objects or loose bedding** was significantly higher among:
 - **White women** (53.2%) compared to Black women (28.8%) (Figure 4)
 - women with **more than a high school education** (50.7%) compared to women whose highest education was high school (32.8%) or less than high school (26.9%) (Figure 4)
 - women who were **29 years or older** (51.4%) compared to younger women (Figure 4)
 - women who **were married** (55%) compared to women who were not married (31.4%) (Figure 4)
 - women with an **income of more than \$40,000** (51.9%) compared to women with lower incomes (Figure 4)

References: Centers for Disease Control and Prevention. <https://www.cdc.gov/vitalsigns/safesleep/index.html>

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