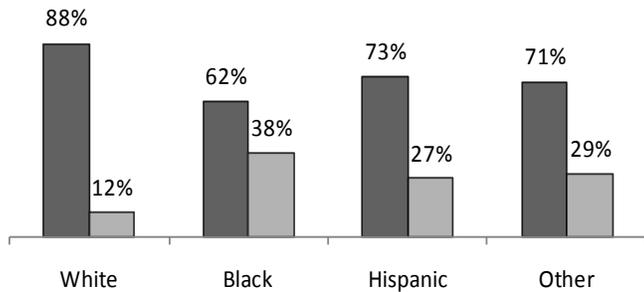


State Statistics At a Glance

Sudden Infant Death Syndrome (SIDS) is the third leading cause of death to infants in the United States and Texas. SIDS accounts for approximately 10% of all infant deaths in Texas. According to the American Academy of Pediatrics, infant sleep practices, such as choice of infant sleep surfaces and sleep position, have been identified as risk factors associated with SIDS. In 2009, the Texas Department of State Health Services conducted a study to collect data on infant sleep practices in Texas. Approximately 51% of women giving birth during this time period were Hispanic, 33% White, 11% Black and 5% were of other racial/ethnic background. Additionally, 6% were younger than 20 years old, 54% were between 20 to 29 years, and almost 40% were 30 years of age and older. Approximately 30% of study participants were college graduates, 64% were married, and 46% of those with a reported annual income, made at least \$35,000 or more a year. Of the women who reported their place of birth, 68% were born in the United States. Additionally, 12% of the women lived in a county along the Texas/Mexico border.

Sleep Surfaces

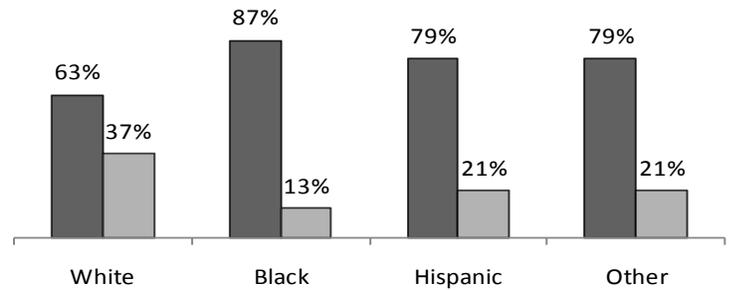
Usual Sleep Surfaces by Race/Ethnicity



More than three-quarters of all mothers reported that their infant usually sleeps or naps on an appropriate sleep surface, such as a crib, bassinet or cradle. Nearly 90% of Whites lay their infant to sleep in an appropriate sleeping surface, opposed to 73% and 65% for Hispanic and Blacks, respectively.

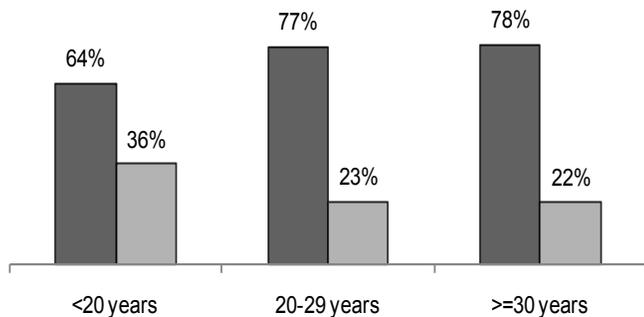
Bed-Sharing

Bed-Sharing by Race/Ethnicity



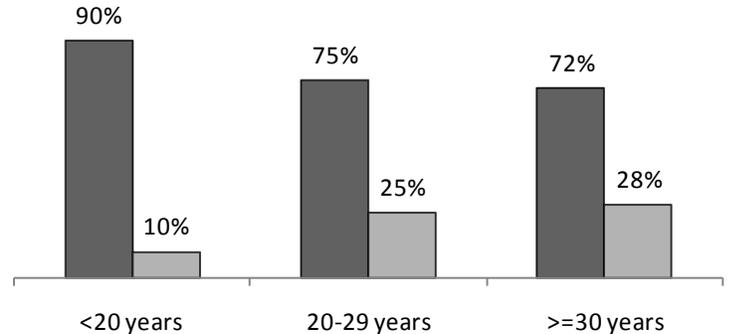
Three quarters of all mothers reported ever lying down or sleeping with their infant. Blacks (87%) and Hispanics (79%) were significantly more likely to report ever bed-sharing with their infants as opposed to Whites (62%).

Usual Sleep Surfaces by Mothers Age Group



Mothers 20 years of age and older were significantly more likely to state that they placed their infant to sleep or nap on an appropriate sleep surface compared to mothers younger than 20.

Bed-Sharing by Mothers Age Group



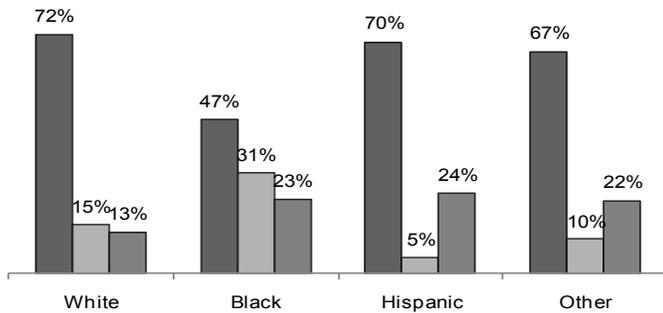
Mothers younger than 20 were significantly more likely to report ever bed-sharing with their infants compared to mothers older than 20.

■ Crib □ Not Crib

■ Ever Bed-Share □ Never Bed-Share

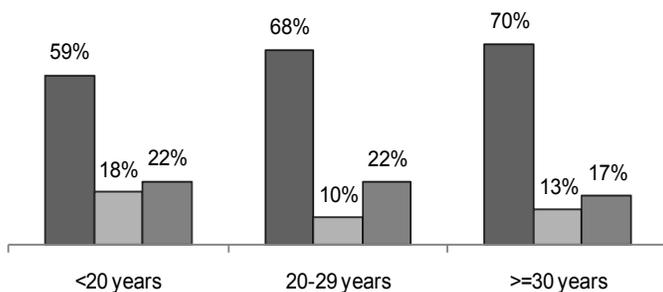
Sleep Position

Usual Sleep Position by Race/Ethnicity



Approximately 68% of mothers reported that they usually lay their baby down to sleep or nap on their back. White (72%) and Hispanics (70%) were significantly more likely than Blacks (67%) to usually lay their baby down to sleep or nap on their backs.

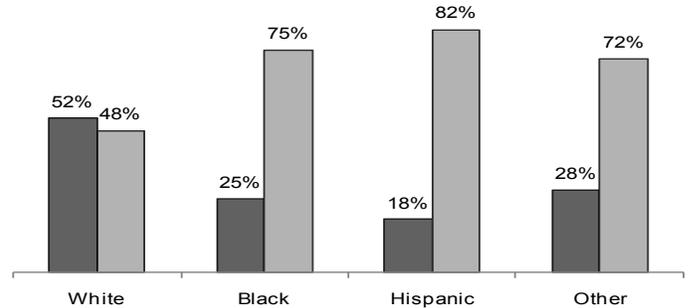
Usual Sleep Position by Mothers Age Group



Mothers 20 years of age and older were significantly more likely to report usually laying their infant to sleep or nap on their backs as compared to mothers younger than 20.

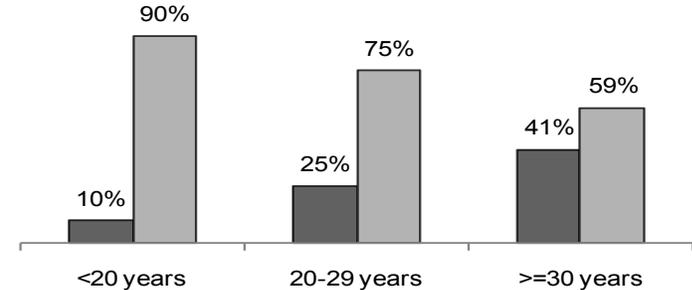
Sleep Campaign

Sleep Campaign by Race/Ethnicity



Thirty percent of all mothers reported that they had heard or seen a national public health education campaign recommending that infants be placed to sleep on their backs. Whites were twice as likely as Blacks and nearly three times as likely than Hispanics to have heard or seen the campaign.

Sleep Campaign by Mothers Age Group



Mothers who were thirty years of age or older were significantly more likely to have heard or seen the national campaign than younger mothers.

Back
 Stomach
 Side
 Heard/Saw Campaign
 Did Not Hear/See Campaign

Resources

American Academy of Pediatrics, Task Force on Infant Sleep Position and Sudden Infant Death Syndrome. Changing concepts of sudden infant death syndrome: Diagnostic Coding Shifts, Controversies Regarding the Sleeping Environment, and New variables to Consider Reducing Risk. *Pediatrics*. 2005;116:1244-1253 .

Texas Department of State Health Services <http://www.dshs.state.tx.us/mch>.

Texas Department of Family and Protective Services <http://www.dfps.state.tx.us>.

National Institute of Child Health and Human Development (NICHD) <http://www.nichd.nih.gov/sids>.

Centers for Disease Control and Prevention. Sudden Infant Death Syndrome 2007. <http://www.cdc.gov/SIDS/index>.

Prepared by: Texas Department of State Health Services, Division of Family and Community Health Services, Office of Program Decision Support (November 2010).