Hawaii Safe Sleep Quick Facts

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.[1]

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but <u>not</u> in the same bed,** as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.[2]

Currently, many babies in Hawaii do not have safe sleep environments. The following facts are from the 2009-2010 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

<u>Sleep position</u>

Approximately one-quarter (24.3%) of babies in Hawaii are most often laid to sleep in high-risk sleep positions (on their side or stomach).

<u>Bed-sharing</u>

One-third (33.9%) of babies in Hawaii "always" or "often" sleep in the same bed with mom or someone else. An additional 19.9% of babies in Hawaii "sometimes" do.

<u>Sleep environment</u>

Only 34.2% of babies in Hawaii usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. Nearly two-thirds (65.8%) usually sleep in an environment with one or more of the following risk factors:

- 19.6% sleep with pillows;
- 31.3% sleep with bumper pads;
- 19.6% sleep with plush blankets;
- 4.3% sleep with stuffed toys;
- 19.3% *do not* sleep in a crib or portable crib; and
- 14.7% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,000 women who deliver an infant are randomly selected to participate.

Suggested Citation

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[2]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* 128 (2011), 1030-1039.

Hawaii Safe Sleep Quick Facts

	Sleep position % of babies who are most often put to sleep on their side or stomach	Bed-sharing % of babies who always/often sleep in same bed as mom or someone else	Sleep environment % of babies who sleep in an environment with at least one risk factor*
STATE OF HAWAII	**24.3**	**33.9**	**65.8**
Island			
Big Island	27.1	39.8	70.7
Maui, Molokai, Lanai	29.0	44.3	69.3
Oahu	22.6	30.9	64.3
Kauai	31.2	38.8	68.4
Mother's race/ethnicity			
White	20.0	22.4	57.0
Hawaiian/Part-Hawaiian	28.7	36.8	69.5
Filipino	24.7	43.3	69.8
Japanese	15.5	28.6	62.6
Other Pacific Islander	32.2	37.7	66.9
Other Asian	19.6	39.0	71.5
Other†	25.4	32.1	64.2
Mother's age			
17 and younger	22.0	45.2	63.8
18-19	27.1	44.2	73.7
20-24	27.8	32.5	65.1
25-29	24.7	31.7	68.1
30-34	21.1	31.8	62.1
35-39	22.0	37.0	65.1
40 and older	23.0	38.2	65.8
Mother's education			
Less than HS graduate	23.4	43.5	73.6
HS graduate	29.2	35.9	69.1
1-3 years college	23.8	34.1	65.3
4 or more years college	17.0	26.5	59.7
WIC during pregnancy‡			
Received WIC services	29.9	38.1	70.6
Did not receive WIC services	20.0	30.5	61.7

*Sleep environment risk factors include: with pillows, bumper pads, plush blankets, or stuffed toys; not in a crib or portable crib; and not on a firm or hard mattress.

†Other races/ethnicities include: Hispanic, Black, American Indian, and all others.

‡WIC refers to the Special Supplemental Nutrition Program for Women, Infants, and Children.

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Hawaii Safe Sleep Quick Facts: Big Island

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.[1]

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed,** as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.[2]

Currently, many babies in Hawaii do not have safe sleep environments. The following facts are from the 2009-2010 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

More than one-quarter (27.1%) of babies on the Big Island are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

Nearly 4 out of 10 (39.8%) of babies on the Big Island "always" or "often" sleep in the same bed with mom or someone else. An additional 18.7% of babies on the Big Island "sometimes" do.

Sleep environment

Only 29.3% of babies on the Big Island usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. More than two-thirds (70.7%) usually sleep in an environment with one or more of the following risk factors:

- 23.2% sleep with pillows;
- 31.2% sleep with bumper pads;
- 25.6% sleep with plush blankets;
- 3.4% sleep with stuffed toys;
- 24.2% *do not* sleep in a crib or portable crib; and
- 16.2% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,000 women who deliver an infant are randomly selected to participate.

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Hawaii Safe Sleep Quick Facts: Maui County
(Maui, Molokai, & Lanai)

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.[1]

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed,** as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.[2]

Currently, many babies in Hawaii do not have safe sleep environments. The following facts are from the 2009-2010 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

Almost 3 out of 10 (29.0%) of babies in Maui County are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

More than 4 out of 10 (44.3%) babies in Maui County "always" or "often" sleep in the same bed with mom or someone else. An additional 18.4% of babies in Maui County "sometimes" do.

Sleep environment

Only 30.8% of babies in Maui County usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. More than two-thirds (69.3%) usually sleep in an environment with one or more of the following risk factors:

- 19.4% sleep with pillows;
- 31.3% sleep with bumper pads;
- 20.8% sleep with plush blankets;
- 6.6% sleep with stuffed toys;
- 24.3% *do not* sleep in a crib or portable crib; and
- 18.8% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,000 women who deliver an infant are randomly selected to participate.

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Hawaii Safe Sleep Quick Facts: Oahu

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.[1]

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed,** as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.[2]

Currently, many babies in Hawaii do not have safe sleep environments. The following facts are from the 2009-2010 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

Almost one-quarter (22.6%) of babies on Oahu are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

Three out of 10 (30.9%) babies on Oahu "always" or "often" sleep in the same bed with mom or someone else. An additional 20.5% of babies on Oahu "sometimes" do.

Sleep environment

Only 35.8% of babies on Oahu usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. About two-thirds (64.3%) usually sleep in an environment with one or more of the following risk factors:

- 18.9% sleep with pillows;
- 31.1% sleep with bumper pads;
- 18.1% sleep with plush blankets;
- 4.1% sleep with stuffed toys;
- 17.5% *do not* sleep in a crib or portable crib; and
- 13.7% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,000 women who deliver an infant are randomly selected to participate.

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Hawaii Safe Sleep Quick Facts: Kauai

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.[1]

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed,** as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.[2]

Currently, many babies in Hawaii do not have safe sleep environments. The following facts are from the 2009-2010 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

Almost one-third (31.2%) of babies on Kauai are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

Almost 4 out of 10 (38.8%) babies on Kauai "always" or "often" sleep in the same bed with mom or someone else. An additional 17.3% of babies on Kauai "sometimes" do.

Sleep environment

Only 31.6% of babies on Kauai usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. More than two-thirds (68.4%) usually sleep in an environment with one or more of the following risk factors:

- 21.6% sleep with pillows;
- 34.6% sleep with bumper pads;
- 24.1% sleep with plush blankets;
- 5.7% sleep with stuffed toys;
- 22.2% *do not* sleep in a crib or portable crib; and
- 16.4% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,000 women who deliver an infant are randomly selected to participate.

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