

JOIN THE  
MOVEMENT

# WELCOME

**St. Clair County  
Health Care Commission**

**+ HEALTH  
SUMMIT  
2019**

**Thursday, March 28, 2019**

# ***The ABC's of Safe Sleep for Babies***

**FACILITATORS:**

**Cynthia Price, MPH;**  
SIHF Healthcare  
Healthy Start Program

**Lori Winkler, MSN, RN, TNS;**  
SSM Health Cardinal Glennon  
Children's Hospital

## **Goals of our Work Group**

- Improve birth outcomes
- Reduce infant mortality

## **What we are working on**

- Increasing awareness
- Identifying resources

## **Our Contribution to Healthier Together**

- Advocating for resources
- Standardizing messages
- Promoting Evidenced Based Practices

# ***The ABC's of Safe Sleep for Babies***

## **Today's Objectives**

- Provide overview of infant mortality in St. Clair County
- Increase understanding of sleep-related deaths
- Identify ways to lower risk of infant sleep-related deaths
- Describe work taking place to improve safe sleep practices and reduce infant mortality

# Infant Mortality

- Death of an infant before his or her first birthday
- Infant mortality rate is the number of infant deaths for every 1,000 live births



**Celebrate Day 366**

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

# Infant Mortality

## Leading Causes

- Birth defects
- Preterm birth
- Low birth weight
- Sudden Unexpected Infant Death (SUID)
  - Sudden infant death syndrome (SIDS)
  - Accidental injury (includes sleep related suffocation)
- Maternal pregnancy complications

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

# Infant Mortality

- In 2016, the infant mortality rate in the United States was 5.9
- For Illinois, the rate was 6.4
- For St. Clair County the rate was **9.3**



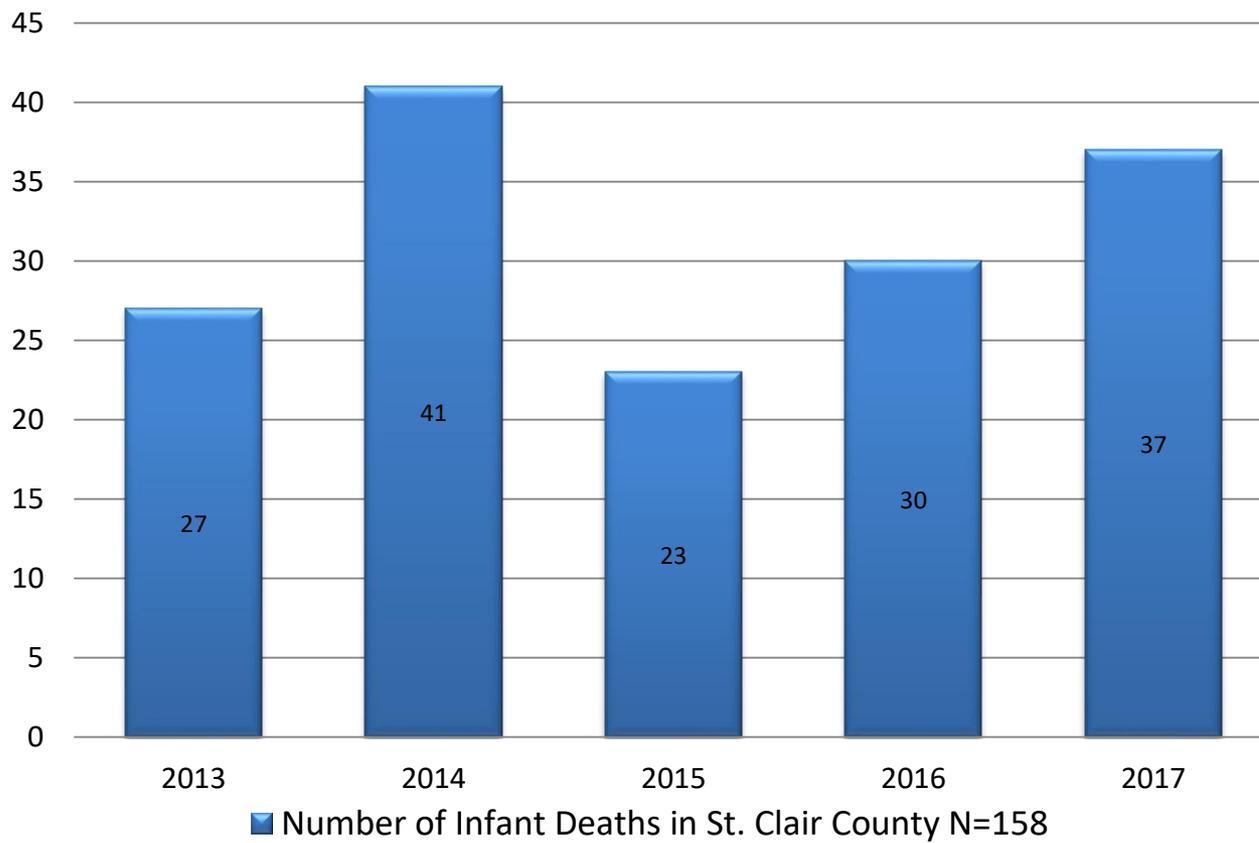
<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

<http://www.dph.illinois.gov/sites/default/files/publications/IMR-County-2015-2016-032118.pdf>

CDC Wonder IMR Statistics for St. Clair County, IL

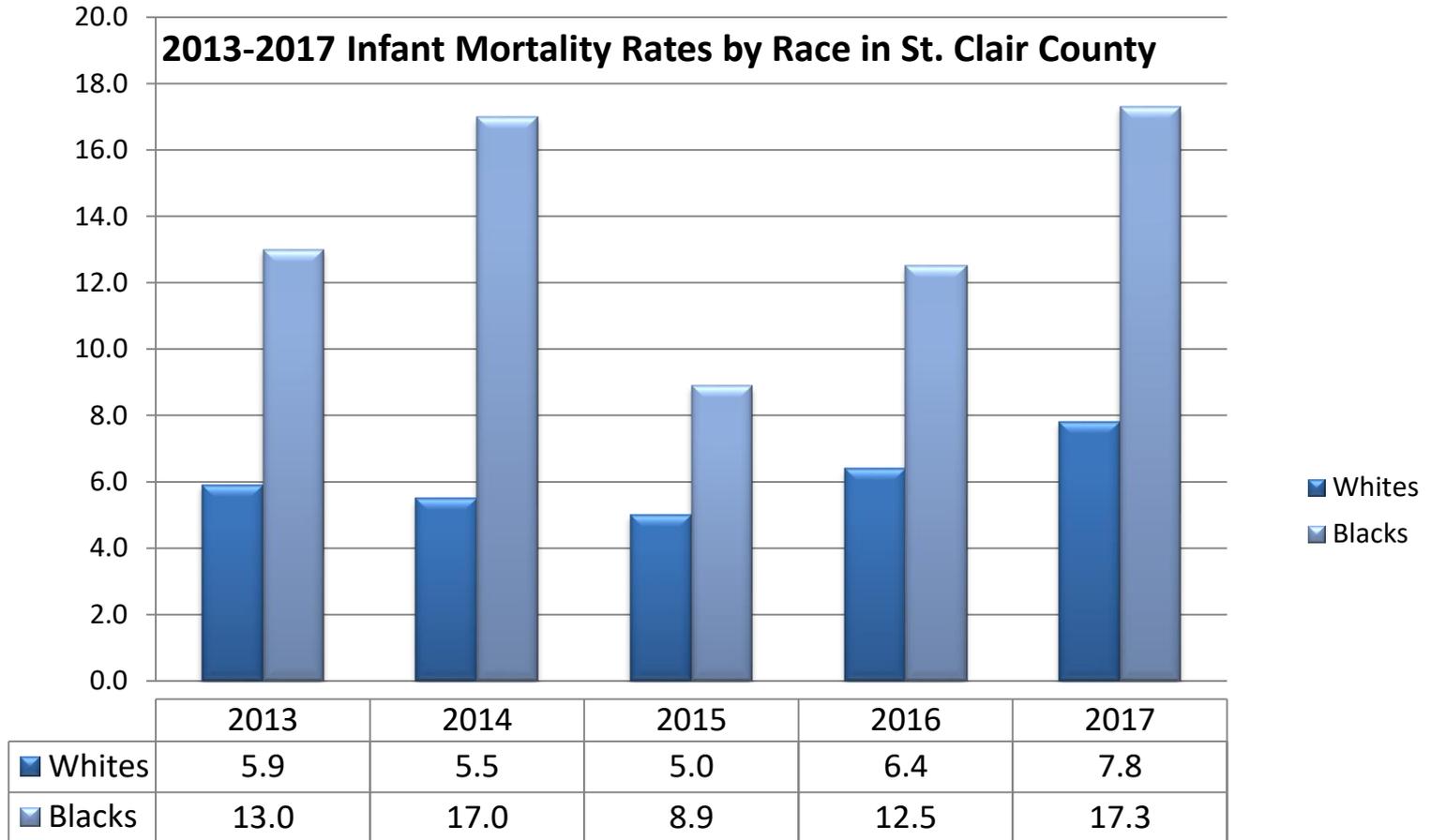
# St. Clair County Infant Mortality

**Number of Infant Deaths in St. Clair County 2013-2017**



CDC Wonder IM Statistics for St. Clair County, IL

# St. Clair County Infant Mortality



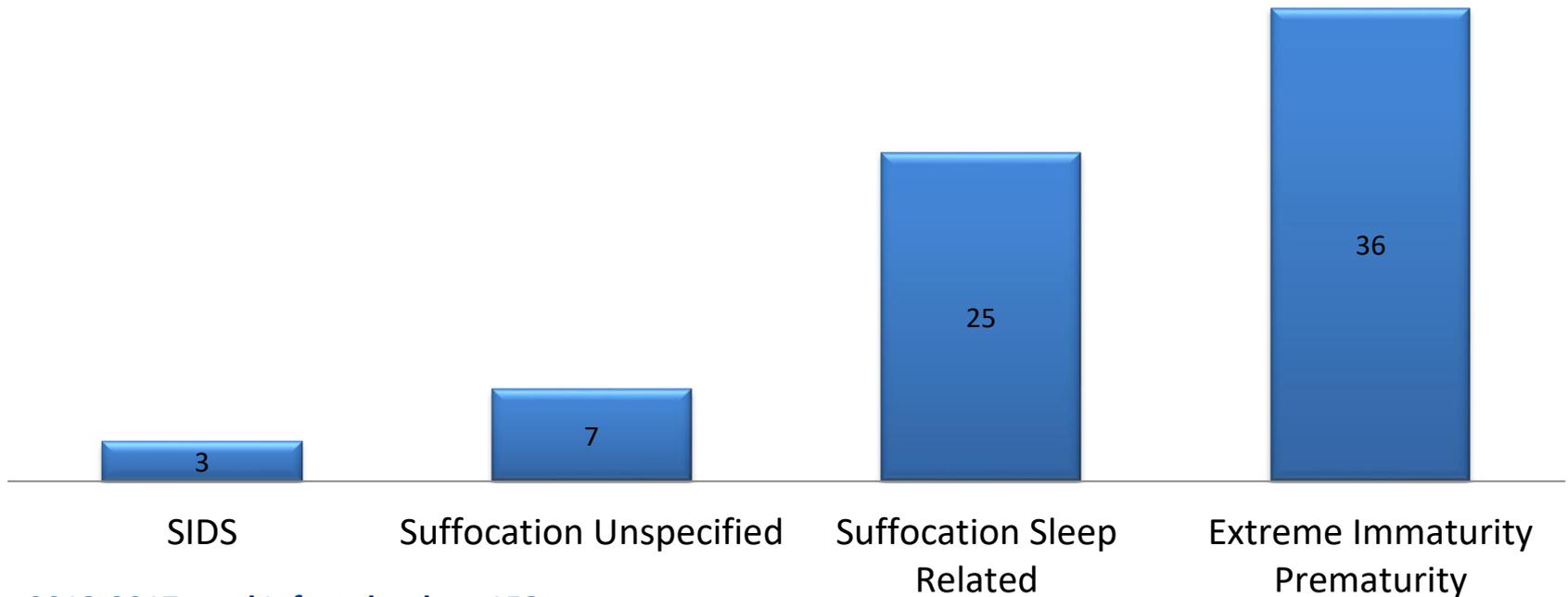
CDC Wonder IMR Statistics for St. Clair County, IL

# St. Clair County Infant Mortality

## Cause of Death

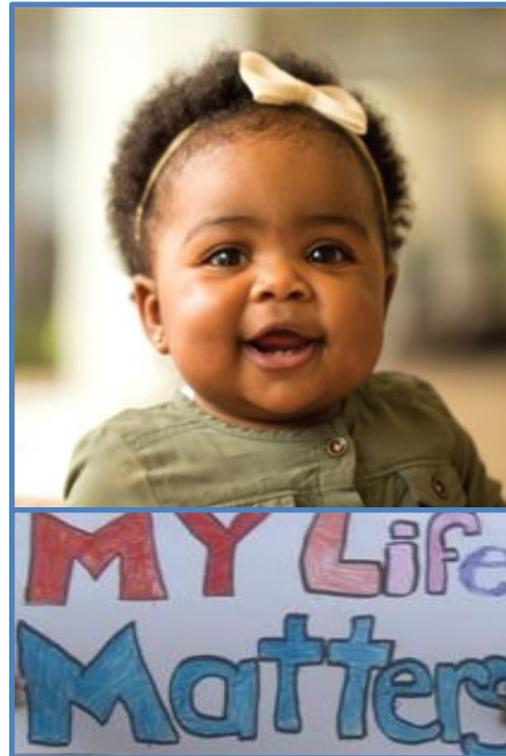
**Number of infant deaths related to SIDS, unspecified suffocation, unsafe sleep, and prematurity in St. Clair County**

■ 2013-2017 Number of Infant Deaths in these Categories = 71



2013-2017 total Infant deaths = 158

# **The ABC's of Safe Sleep for Babies**



**Lori Winkler, MSN, RN, TNS;**  
SSM Health Cardinal Glennon  
Children's Hospital

# *Sudden Unexpected Infant Death*



# ***Sudden Unexpected Infant Death (SUID)***

## **☐ SIDS**

**Sudden Infant Death Syndrome (SIDS)** *is the sudden and unexpected death of an apparently healthy infant, under the age of one year, which remains unexplained after a complete medical history review, death scene investigation, and postmortem examination.*

## **☐ Accidental Suffocation & Strangulation in Bed**

*Suffocation from bedsharing, adult mattresses, soft chairs/couches, sleeping position, pillows, blankets, or toys*

## *Did You Know?*

**Over 3,600 babies in the U.S. die  
each year from sleep-related  
deaths!**



# ABC's of Safe Sleep for Babies

- ❑ More than 2,000 infant deaths are preventable
- ❑ 1,575 SIDS deaths each year
- ❑ 90% of deaths occur before 6 months of age (*peak 2-4 months*)



# ***ABC's of Safe Sleep for Babies***

## **Risk Factors**

- No prenatal care
- Low birth weight babies (< 5 lb.)
- Premature babies (< 37 weeks)
- Mothers who smoke during pregnancy (3X greater risk)
- Babies exposed to smoke (2<sup>nd</sup> & 3<sup>rd</sup> hand smoke)
- Babies of multiple birth
- Babies born within 18 months of a sibling
- Babies of younger mothers (younger than 18 years)

# ***ABC's of Safe Sleep for Babies***

Babies must **ALWAYS** sleep

- **A**lone
- **B**ack
- **C**rib



# ABC's of Safe Sleep for Babies

## A = Alone

- **ALWAYS** sleeps alone nap time or night time
- Roomshare for 6 months up to 1 year of age
- **NEVER** bedshare with anyone



Image used with permission from First Candle

# ***ABC's of Safe Sleep for Babies***

## **B = Back**

- ❑ **ALWAYS** sleep on their back for nap or night time sleep
- ❑ **Myth:** If baby sleeps on their back their head will get flat and they will lose their hair
- ❑ **Myth:** The baby can choke to death if they spit up while sleeping on their back

# ***ABC's of Safe Sleep for Babies***

## **C = Crib**

- Approved sleep surfaces:** *bassinet, portable play yard, or safety approved crib*
- Safety approved firm crib mattress, never adult mattress**
- NOTHING** in the crib except the baby!
- Use a sleep sack instead of a blanket; swaddle only until 2 months**

# ***ABC's of Safe Sleep for Babies***

## **Bassinet**



## **Crib**



## **Pack N Play**



# ABC's of Safe Sleep for Babies

## Baby Boxes

- **Not** recommended by American Academy of Pediatrics (AAP) or National Institute of Health (NIH)
- **No** Consumer Product Safety Commission (CPSC) standards in place

Cardboard box with thin mattress

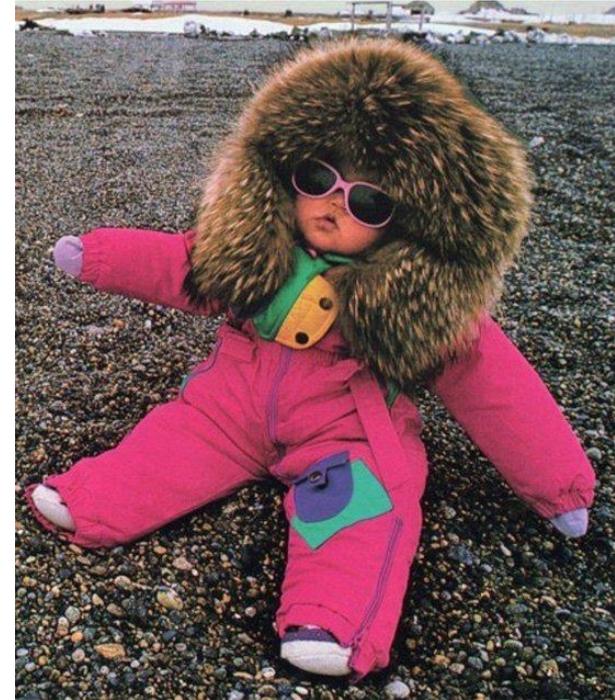


# ***ABC's of Safe Sleep for Babies***

## **D = Don't Overheat**

- Room temperature at 68-72° F
- 1 layer of clothing more than you have on is enough for the baby
- Use of fan can reduce risk of SIDS by 50%

## **D = Don't expose to smoke**



# ***ABC's of Safe Sleep for Babies***

## **Current Work Happening**

- Community & Parent Education
- Baby Safety Classes
- Collaboration among community partners to provide education & awareness through the home visiting, case management, WIC programs, and healthcare providers

# Safe Sleep for St. Clair County Babies

ILLINOIS BABY SAFETY CLASSES & PACK N PLAY DISTRIBUTION: 2016-2019

Agency	# Classes	Total Participants	Total Moms	Safe Sleep Environments Distributed
St. Clair Co. Health Department	14	134	93	101
SIHF Healthy Start-English	20	182	102	131
SIHF Healthy Start-Spanish	6	74	53	55
East Side Health District-East St. Louis	4	25	15	17
East Side Health District-Cahokia	11	79	34	46
East Side Health District-Fairmont City	3	21	20	20
<b>Totals</b>	<b>58</b>	<b>515</b>	<b>302</b>	<b>370</b>

- Program began December 9, 2016 under Well Care funding until September 1, 2017
- Kohl's Care grant began September 1, 2017 ending August 31, 2019

# ***ABC's of Safe Sleep for Babies***

## **Community Engagement**

- Increase awareness about problem
- Expand safe sleep education in the community
- Develop a county-wide safe sleep campaign
- Join the Maternal & Child Health Work Group

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# THANK YOU

## MCH Work Group Members

- Cynthia Price, SIHF Healthy Start
- Donna Stephens, BJC Memorial Hospital
- Kathy Federico, Jack Schmitt Auto
- Kathy Weisenstein, St. Clair County Health Department
- Lori Winkler, SSM Cardinal Glennon Children's Hospital
- Paula Brodie, SIHF Healthy Start
- Robin Hannon, St. Clair County Health Department

**MCH Work Group Contact:**

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618.332.0953 ext. 19266

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# THANK YOU

## MCH Programs & Partners

### **Case Management Programs**

Better Birth Outcomes

Healthy Start

WIC

### **Home Visiting Programs**

Providing a Sure Start (PASS)

Parenting for Success

Stronger Beginnings for Families

### **Others**

East Side Health District

Memorial Hospital

SIHF Healthcare

SSM Health Cardinal Glennon Children's Hospital

St. Clair County Health Department

St. Elizabeth's Hospital

Touchette Regional Hospital

Kohl's Cares

WellCare Health Plans, Inc.