

# Sudden Unexpected Infant Deaths in the United States

## What is Sudden Unexpected Infant Death (SUID)?



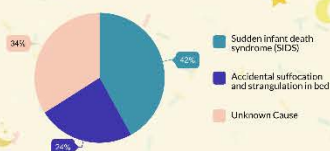
According to the Centers for Disease Control and Prevention, sudden unexpected infant deaths (SUID) refers to:

- Sudden infant death syndrome (SIDS)
- Accidental suffocation and strangulation in bed
- Other unknown causes during the first 12 months of life



Each year in the United States, approximately 3,500 infants die suddenly and unexpectedly. The frightening fact about Sudden Unexpected Infant Death (SUID) is that it can happen without warning and to infants who seem otherwise healthy.

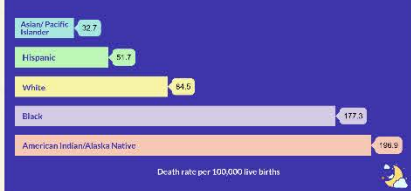
Breakdown of SUID by cause in 2016



## Racial/Ethnic Differences in SUID

SUID rates per 100,000 live births in American Indian/Alaska Native (AI/AN) and black infants are more than twice those of white, Hispanic and Asian/Pacific Islander (A/PI) infants.

SUID rate per 100,000 live births in infants by race/ethnicity



## Risk Factors for SUID

A study based on the CDC surveillance project called PRAMS, the Pregnancy Risk Assessment Monitoring System (Bombard et al., 2018), found:

- More than 1 in 5 mothers with a recent live birth placed their infant in a nonsupine sleep position (on side or stomach)
- More than 1 in 3 mothers used at least one type of soft bedding
- Nearly 2 in 3 mothers reported bed sharing with their infant

Known risk factors for SUID



## Recommendations on reducing SUID and promoting safe sleep

The American Academy of Pediatrics recommends the following practices to reduce SUID risk (Moon, 2016):



Supine (on back) sleep position



Firm sleep surface



Room sharing without co-sleeping or bed sharing



Sleep environment free of objects



Avoidance of pre and postnatal exposure to tobacco smoke

## SOURCES AND INFO

Centers for Disease Control and Prevention. (2018). Sudden unexpected infant death and sudden infant death syndrome. Retrieved from <https://www.cdc.gov/sids/data.htm>

National Center for Health Statistics. (2018). Multiple Cause of Death Mortality Data. Hyattsville, MD.

For the full list of sources, please visit our blog post on [Data and Resources on Sudden Unexpected Infant Death](https://www.childrensafetynetwork.org/blog/data-resources/sudden-unexpected-infant-death) at <https://www.childrensafetynetwork.org/blog/data-resources/sudden-unexpected-infant-death>

To view this infographic on the web, please visit [www.childrensafetynetwork.org/infographics/SUID](http://www.childrensafetynetwork.org/infographics/SUID)

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According to the Centers for Disease Control and Prevention ([CDC], 2018), sudden unexpected infant deaths (SUID) refers to:

- Sudden infant death syndrome (SIDS)
- Accidental suffocation and strangulation in bed
- Other unknown causes during the first 12 months of life

Each year in the United States, approximately 3,500 infants die suddenly and unexpectedly. The frightening fact about SUID is that it can happen without warning and to infants who seem otherwise healthy.

## Breakdown of SUID by cause in 2016

- 42% deaths due to SIDS;
- 24% deaths due to accidental suffocation and strangulation in bed; and
- 34% deaths due to unknown causes

## Racial/Ethnic Differences in SUID

SUID rates per 100,000 live births in American Indian/Alaska Native (AI/AN) and black infants are more than twice those of white, Hispanic and Asian/Pacific Islander (A/PI) infants.

## SUID death rate per 100,000 live births in infants by race/ethnicity

- American Indian/Alaska Native infants is 196.9,
- Black infants is 177.3,
- White infants is 84.5,
- Hispanic infants is 51.7, and
- Asian/Pacific Islander is 32.7

## Risk Factors for SUID

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- More than 1 in 5 mothers with a recent live birth placed their infant in a nonsupine sleep position (on side or stomach)
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## Known risk factors for SUID

- Bed sharing - 61.4%
- Soft Bedding - 38.5%
- Infant in a nonsupine sleep position – 21.6%

## Resources on Reducing SUID and Promoting Safe Sleep

The American Academy of Pediatrics recommends the following practices to reduce SUID risk (Moon, 2016):

- Supine (on back) sleep position
- Firm sleep surface
- Room sharing without co-sleeping or bed sharing
- Sleep environment free of objects
- Avoidance of pre and postnatal exposure to tobacco smoke

## Sources and Info

Centers for Disease Control and Prevention. (2018). Sudden unexpected infant death and sudden infant death syndrome. Retrieved from <https://www.cdc.gov/sids/data.htm>

National Center for Health Statistics. (2018). Multiple Cause of Death Mortality Data. Hyattsville, MD.

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