



Infant Sleep Positions in Florida, 2000-2001

In April 1992, the American Academy of Pediatrics (AAP) Task Force on Infant Sleep Position and Sudden Infant Death Syndrome issued a statement recommending that infants be placed on their backs to sleep to reduce the risk of sudden infant death syndrome (SIDS). In 1994, the United States Public Health Service, the AAP, the SIDS Alliance, and the Association of SIDS and Infant Mortality Programs cosponsored the Back to Sleep campaign, a national public service initiative to disseminate the AAP's recommendation to place infants on their backs to sleep.

According to Florida PRAMS 2000 and 2001 survey data, more than half (50.5 percent) of new mothers placed their infants on their backs to sleep, in contrast to 23.2 percent who placed their newborns on their sides to sleep, and 18.9 percent who placed their babies on their stomachs to sleep.

The prevalence of new mothers' placing infants on their backs to sleep in Florida was:

- The lowest among non-Hispanic Black women (29.6 percent); 58.2 percent among Hispanic women, and 43.9 percent among non-Hispanic White women.
- Higher among older mothers. In particular, 37.7 percent among women age 19 and younger, 42.5 percent among those age 20 to 24, 52.5 percent among women between the ages of 25 and 34 years, and 54.6 percent among those age 35 and older.
- The highest among women with more than a high school education (56.0 percent); 45.2 percent among those with a high school education, and 37.1 percent among those with less than a high school education.
- Higher as annual household incomes increased. In particular, 39.6 percent among women with household incomes of \$15,600 or less, 51.3 percent among women with household incomes between \$15,601 and \$39,600, 59.3 percent among those with household incomes over \$39,600.
- Higher among non-Medicaid recipients (54.2 percent) than among Medicaid recipients (40.1 percent).
- Higher among married women (53.0 percent) than among unmarried women (40.9 percent).
- Higher among normal weight births (49.0 percent) than among low birth weight births (41.9 percent).
- Higher among full-term births (49.3 percent) than among pre-term births (40.7 percent).
- Higher among women with intended pregnancies (51.3 percent) than among those with unintended pregnancies (45.9 percent).
- Lower among infants who spent time in a neonatal intensive care unit (41.3 percent) than among those who spent no time in a neonatal intensive care unit (50.1 percent).

This study shows that women in Florida who are less likely to place their newborns on their backs to sleep are non-Hispanic Blacks, are under 20-years old, have lower levels of education or income, are Medicaid recipients, are not married, have low birth weight infants, have pre-term or unintended pregnancies, and/or have infants who spend time in a neonatal intensive care unit. These findings may assist healthcare providers and program planners in Florida in providing effective information for increasing the prevalence of mothers who place infants on their backs to sleep. View the department's brochure entitled "All Babies Need a Safe Place to Sleep" at: <http://www.doh.state.fl.us/family/mch/docs/pdf/safebabebro.pdf>.

The Florida Pregnancy Risk Assessment Monitoring System (PRAMS) is a random survey of recent mothers of live-born infants. It is designed to monitor the physical, economic, and social health of Florida mothers and newborns. PRAMS data are "weighted" so that the resulting estimates can be generalized to the entire state population. PRAMS data from 2000 and 2001 were combined to increase sample size and precision of estimates for this study.

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