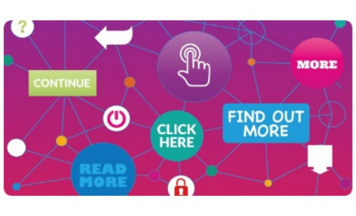
Safe Sleep Certified Hospital Notes

Cribs for Kids 1st Friday Update - June '23 - Vol.3 #11

JUNE FEATURE: RESEARCH & EVIDENCE



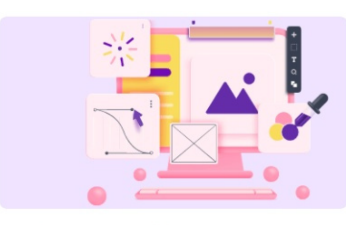
As you scroll through this month's newsletter, you'll see the format is a little different. This month we are connecting readers with recent research surrounding infant safe sleep, sleep related deaths, and SIDS. We give a general statement about the content of each article, then provide the direct link to the content. We hope our readers discover valuable information supporting the evidence-based safe sleep practices and efforts in their hospital and community.

June Webinar - What's in the Numbers?

Register for our next free Safe Sleep Champions Webinar scheduled for **Monday, June 26th, at Noon Eastern.** Cribs for Kids CEO & Founder, **Judy Bannon**, will talk with **Dr. Mike Goodstein** and **Barbara Ostfeld, PhD**, about the latest research surrounding infant sleep related deaths and SIDS. Dr. Ostfeld will share what we are learning about infant deaths, the pandemic, and health inequities. Dr. Goodstein will discuss how this information impacts the care of babies in the hospital-- assessing for risks and educating families. You can watch each of the monthly Safe Sleep Champion webinars as we mark our 25th anniversary, read about Dr. Goodstein and Dr. Ostfeld, and register for this month's researched focused webinar, **"What's in the Numbers",** by visiting our website page dedicated to Cribs for Kids 25th Anniversary.

Safe Sleep Champions 25th Anniversary Webinars: https://cribsforkids.org/25th-anniversary/

Numbers: Births, Deaths, and Other Stats



Quick Links to Basic Stats Relating to Infant Births to Deaths:

- Birth Rates: National Vital Statistics Reports Volume 72, Number 1 January 31, 2023
- CDC's Library of Fast Stats: https://www.cdc.gov/nchs/fastats/infant-health.htm
- March of Dimes Report Card:: 2022-MarchofDimes-ReportCard-UnitedStates.pdf
- National CFRP Quick Look on Sleep-Related Infant Deaths: https://ncfrp.org/center-resources/quick-looks/sleep-related-suid-deaths/
- CDC's SUID & SIDS Data: https://www.cdc.gov/sids/data.htm

SUPPORT INFANT SAFE SLEEP

Articles to Share with Families & Caregivers

Recent articles by US News and Popular Science put safe sleep and SIDS risk reduction in an easily accessible format for families & caregivers. Hospitals and agencies may want to consider sharing on websites, social media, or use for discussion at prenatal or community education classes.

- **US News & World Report: https://www.usnews.com/news/health-news/articles/2023-04-01/a-primer-on-preventing-sudden-infant-deaths**
- **Popular Science: https://www.popsci.com/health/babies-safe-sleep/**

Understanding Risk Factors of Suffocation to Improve Messaging

Safe sleep messaging to families may be more effective when discussing risk factors associated with suffocation rather than SIDS. This January 2023 article demonstrates the increased odds of sleep related suffocation with use of soft-bedding (16x), not sleeping in crib, bassinet or play yard (4x), and non-supine sleep (2x). This research may be used to communicate more effectively with parents about sleep space hazards that can lead to suffocation deaths.

https://publications.aap.org/pediatrics/article/151/1/e2022057771/190235/Risk-Factors-for-Suffocation-and-Unexplained?autologincheck=redirected

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Best Interventions to Support Safe Sleep Practices

This systematic review found evidence that transitioning from an "information giving" to "information exchange" approach to education may improve implementation of safe sleep practices. Models using personalized, longer term relationship-building approaches are discussed with five intervention types identified: (1) infant sleep space and safer sleep education programs, (2) intensive or targeted home visiting services, (3) peer educators/ambassadors, (4) health education/raising awareness interventions, (5) targeted health education messages using digital media. This review may be of interest as agencies and hospitals expand their safe sleep efforts.

Interventions to Improve Safer Sleep Practices in Families With Children Considered to Be at Increased Risk for Sudden Unexpected Death in Infancy: A Systematic Review - PMC (nih.gov)

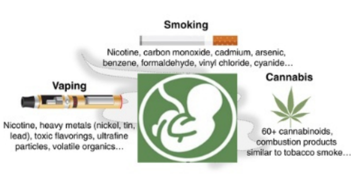
SIDS RISK REDUCTION RECOMMENDATIONS

Community-Based Approaches- Infant Safe Sleep & Breastfeeding

We'll share more about breastfeeding and safe sleep and SIDS risk reduction in August to mark breastfeeding month. This is a recent qualitative study examining community-level provider and organizational needs to promote safe sleep and breastfeeding. Hospitals and agencies expanding their work to community-level providers and organizations may improve safe sleep and breastfeeding outcomes with relationship building and social support while working with clients' personal circumstances and considerations.

Community-based approaches to infant safe sleep and breastfeeding promotion: a qualitative study | BMC Public Health | Full Text (biomedcentral.com)

Nicotine's Risk Relationship - Smoking Declines



Links to a few recent articles demonstrating the relationship, but also noting the decline of smoking among pregnant women.

- Smoking, snuff use in pregnancy raises risk for sudden infant death syndrome (healio.com)
- Nicotine exposure during pregnancy may increase risk of sudden infant death | Karolinska Institutet Nyheter (ki.se)
- Smoking in Pregnancy Has Declined by a Third Since 2016 - Consumer Health News | HealthDay

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Immunize Baby in Accordance with AAP & CDC Guidelines

Despite evidence supporting up to date immunizations and SIDS risk reduction, we saw a recent rise in claims related to infant mortality. Science Based Medicine addresses this false relationship in their February article.

https://sciencebasedmedicine.org/vaccines-and-infant-mortality-rates-a-false-relationship-promoted-by-the-anti-vaccine-movement-again-12-years-later/?fbclid=IwAR21Hj1aE-5KEUgYh0sb_N9ooib2Fb2eiubn7OKErZ0If4Q2YUsTR1QtTuw

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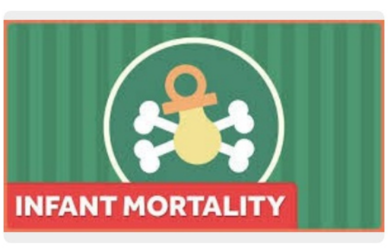
Go to The Source: The AAP & SUID Experts

Technical Report Revisited

Last June, the AAP released its technical report for 2022 Updated Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths. It is the foundation of our programs.

https://publications.aap.org/pediatrics/article/150/1/e2022057991/188305/Evidence-Base-for-2022-Updated-Recommendations-for



Sudden Unexpected Infant Deaths: 2015–2020

In their March 13, 2023, article the Shapiro-Mendoza et al. discuss the lower US infant mortality rate, but the increasing SIDS rate as it may relate to shifting diagnostics.

https://publications.aap.org/pediatrics/article/151/4/e2022058820/190834/Sudden-Unexpected-Infant-Deaths-2015-2020

SUID Figures Reflect Disparities & Societal Failures

In response to Shapiro-Mendoza et al., Moon et al. discuss disparities reflected in the statistics and the gap in access and care it may reflect.

Increasing Disparities in Sudden Unexpected Infant Deaths Reflect Societal Failures | Pediatrics | American Academy of Pediatrics (aap.org)

A Question: Language Translation Survey

SAFE SLEEP EDUCATION TRANSLATION PROJECT

Cribs for Kids is asking in which languages other than English and Spanish our safe sleep education needs to be translated. We appreciate your response by **June 18th, 2023**.

Safe Sleep Education Translation Project Survey (surveymonkey.com)

May Safe Sleep Hospital Certification Awards

Congratulations to our hospitals upgrading or earning their Infant Safe Sleep Hospital Certification last month. Welcome to ***East Jefferson General Hospital*** in Louisiana for earning its Bronze Safe Sleep certification. Congratulations to hospitals earning their second five-year designation representing a decade-long commitment to safe sleep:

- **Gold** - ***Baxter Health*** in Arkansas, ***Memorial Regional Hospital*** in Florida, ***Newman Regional Health*** in Kansas, ***Methodist Medical Center of Oak Ridge*** in Tennessee.
- **Bronze:** ***Thomas Memorial Hospital*** in West Virginia.

Finally, congratulations to ***Franklin Memorial Hospital*** in Maine and ***Orlando Health South Lake Hospital,*** each upgrading to Gold Safe Sleep Hospital Certification.

Link to Our Map of Certified Hospitals: **https://cribsforkids.org/hospitalcertification/**

Finally– Fun Foto Feature!

Congratulations to the team at Cabinet Peaks Medical Center in Montana. Earning Gold Safe Sleep Certification, the hospital shared its recognition with local media. Then, they shared that with us and we are sharing it with our readers. If your hospital has a fun foto or safe sleep success to share, we welcome that. Send to hospitalcertification@cribsforkids.org.

Cabinet Peaks Medical Center honored for infant safe sleep work | Western News (thewesternnews.com)

Devon George

Devon is using Smore to create beautiful newsletters