

# Protect your baby by following the simple ABCs of safe sleep.



## What is a sleep-related death?

A sleep-related death is when a baby under one year of age dies while sleeping.

**Sleep-related deaths are the number one cause** of infant death from the age of one-month to one-year in our community.

The latest Franklin County Health Indicator Brief on sleep-related infant deaths shows the importance of following the American Academy of Pediatrics' ABCs of Safe Sleep to reduce the risk of sleep-related deaths: babies should always sleep:

**(A) ALONE, on their (B) BACK, and in an empty (C) CRIB.**

## How many sleep-related deaths occurred between 2012-2014?

**67**

In Franklin County, there were 67 total sleep-related infant deaths, 93% of which likely could have been prevented.

Sleep-related deaths make up 14.8% of all infant deaths between 2012-2014.

## Only 7% of sleep-related deaths in Franklin County between 2012-2014 were SIDS deaths.

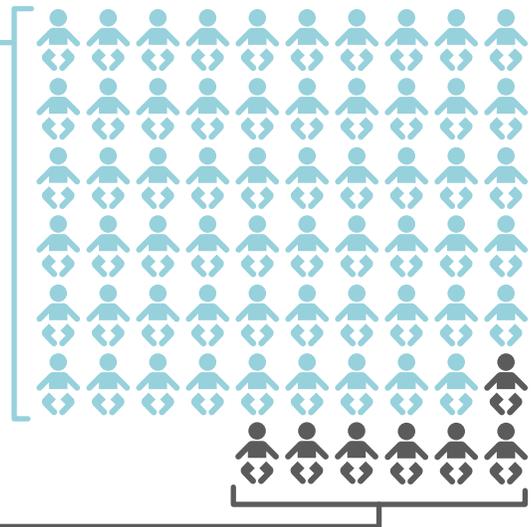
**How is SIDS different from other sleep-related infant deaths?** A SIDS death (sudden infant death syndrome) is an infant death that cannot be explained after an investigation of the death scene, a complete autopsy, and a review of medical history.

**Other sleep-related deaths** are when an infant dies from:

- Accidental suffocation (for example, from a blanket or bumper pad blocking a baby's airway).
- Overlay (if a caregiver sleeps too close or rolls onto the baby).
- Unknown factor (unsafe sleep factors were present or information was missing from the investigation).

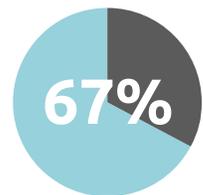
# 89% of babies who died while sleeping were either not alone, not on their backs, or not in a crib.

\*Of the 11% of babies who died while sleeping alone, on their back, and in a crib, most were exposed to other risk factors such as tobacco smoke or blankets or pillows in the crib.



## Babies are dying because they are not sleeping ALONE.

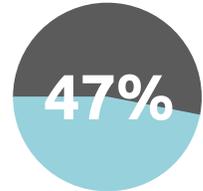
67% died while sharing a sleep surface such as a bed, couch or chair with another adult, child or pet. It's important that babies always sleep alone and in a crib.



## Babies are dying because they are not sleeping on their BACK.

47% died while sleeping on their side or stomach. Due to a baby's anatomy, sleeping on the back is safer because it allows them to breathe easier and prevents choking on spit-up.

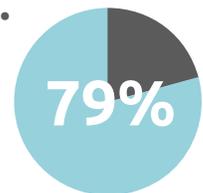
\*Of the 53% who died while sleeping on their backs, there were likely other risk factors present, such as pillows, blankets or other people sleeping with the baby.



## Babies are dying because they are not sleeping in a CRIB.

79% died while sleeping in places other than a crib, bassinet or pack 'n play.

A crib must only have a firm mattress and fitted sheet in order to be a safe space. Blankets, pillows, bumper pads, stuffed animals and other items put babies at risk for suffocation.



**Full Report:** For the full Sleep-Related Infant Deaths report, visit [www.columbus.gov/MCHReports](http://www.columbus.gov/MCHReports)

**Local Resources:** For more information on local safe sleep resources, including the Safe Sleep Ambassador Program visit [www.CelebrateOne.info/Babies](http://www.CelebrateOne.info/Babies)

Sources: Franklin County Child Fatality Review Data and Ohio Department of Health Vital Statistics Data (analysis for both data sources by Columbus Public Health)

