

# Prevalence of Infant Sleep Positions, Florida, 2011



## Introduction

The Florida Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing surveillance system designed to collect data on maternal behaviors and experiences before, during, and shortly after pregnancy. Every year, approximately 2,500 new mothers in Florida are randomly selected to participate. In 2011, Florida PRAMS had a total of 1,392 respondents who completed the survey. Data presented in this fact sheet are weighted to be representative of new mothers and infants in Florida.

## Background

It is recommended that placing infants on their backs to sleep is the safest position for healthy infants, decreasing their chances of sudden infant death syndrome (SIDS).<sup>1</sup> SIDS, the sudden and unexplained death of an infant under one year of age, is the leading cause of death in the United States for infants one month to one year old.<sup>2</sup> The exact causes of SIDS are unknown but may be related to: the infant sleeping on his/her stomach or side, maternal smoking or breathing secondhand smoke during pregnancy, and the infant's exposure to secondhand smoke.

The American Academy of Pediatrics (AAP) recommends that healthy infants be placed on their backs to sleep, reducing the risk of SIDS.

This fact sheet examines the sleep positions of new infants in Florida.

The PRAMS sleeping position question is: *"How do you most often lay your baby down to sleep?"*

- On his or her side
- On his or her back
- On his or her stomach

## Results

- In the past 12 years, the proportion of mothers who placed their infants on their backs to sleep increased by 36.6%, from 49.2% in 2000 to 67.2% in 2011 (Figure 1).
- The Healthy People 2020 target goal (MICH-20) of infants sleeping on their backs is 75.9%. Florida has not reached this goal.

Figure 1: Prevalence of Laying Infants on Their Backs to Sleep Among Florida Mothers, 2000 - 2011

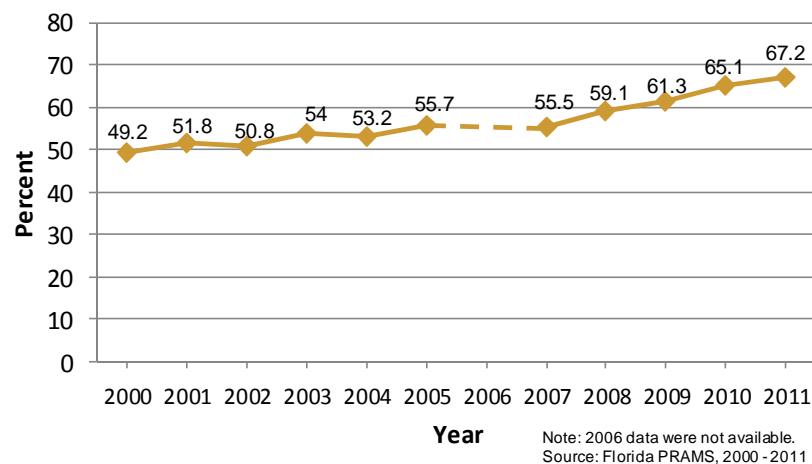
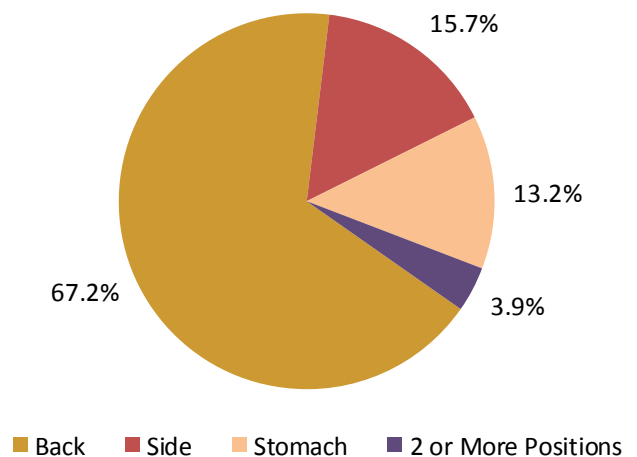


Figure 2: Percentage of Infant Sleep Positions Used Among Florida Mothers, 2011



Source: Florida PRAMS, 2011

- In 2011, 67.2% of new mothers in Florida placed their infants on their backs to sleep; 15.7% placed their infants on their sides to sleep; 13.2% placed their infants on their stomachs to sleep, and 3.9% placed their infants in more than two positions to sleep (Figure 2).

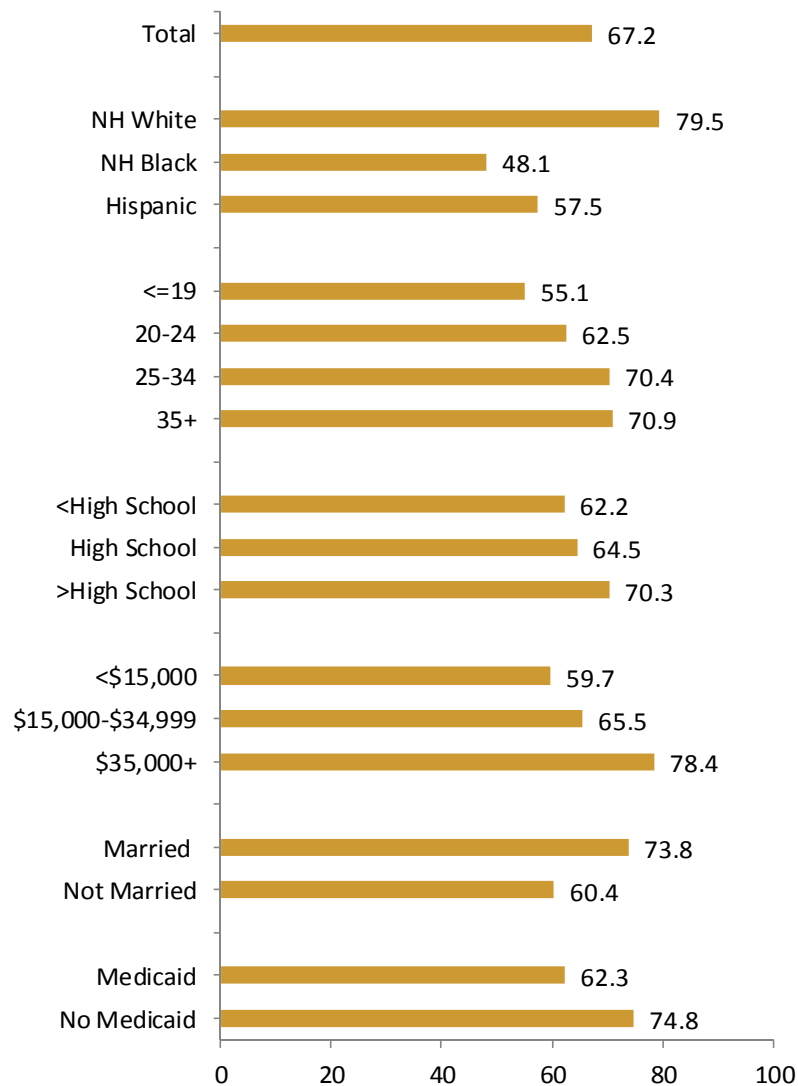
The proportion of mothers placing their infants on their backs to sleep among Florida PRAMS participants was:

- Significantly higher among non-Hispanic whites compared to Hispanics and non-Hispanic blacks.
- Higher among mothers 25 years old and older compared to mothers 24 years old and younger.
- Higher among mothers with more than a high school education when compared to mothers with a high school education or less.
- Significantly higher among mothers with an annual family income of \$35,000 or more compared to mothers with an annual family income of less than \$35,000.
- Significantly higher among married mothers compared to unmarried mothers.
- Significantly higher among mothers who were not Medicaid recipients compared to mothers who were Medicaid recipients (Figure 3).

## Summary

- The proportion of mothers placing their infants on their backs to sleep increased from 2000 to 2011. In 2011, 67.2% of new mothers in Florida reported placing their infants on their backs to sleep. Florida has not reached the Healthy People 2020 target goal of 75.9%.
- The proportion of back sleep position use among infants was significantly higher among non-Hispanic white mothers, mothers who have an annual family income of \$35,000 or more, married mothers, and mothers who were not Medicaid recipients.

**Figure 3: Prevalence of Laying Infants on Their Backs to Sleep Among Florida Mothers, by Demographic Characteristics, 2011**



Source: Florida PRAMS, 2011



### Selected Citations

- American Academy of Pediatrics [AAP]. (2012). *Sleep position: Why back is best*. Retrieved from <http://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Sleep-Position-Why-Back-is-Best.aspx>
- Centers for Disease Control and Prevention [CDC]. (2013). *Sudden Unexpected Infant Death and Sudden Infant Death Syndrome*. Retrieved from <http://www.cdc.gov/SIDS/>

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