



SAFE SLEEP & SIDS IN INDIAN COUNTRY

October 3, 2016 - Part 3 of a 3-Part Series

Sudden Infant Death Syndrome (SIDS) is the leading cause of death among infants between one month and one year of age.¹ In the U.S., American Indian and Alaska Native (AI/AN) communities continue to experience the highest rate of SIDS; 115% higher than non-Hispanic white communities.²

The [Healthy Native Babies Project](#), which was designed in 2006 to provide local support and resources to promote SIDS risk-reduction messages within Indian Country, listed six common controllable risk factors within AI/AN communities that put infants at higher risk for SIDS.¹

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|----------------------------------------------------|---------------------------------------------------------------------------------|
| 1. Overheating during sleep | 4. Stomach sleeping |
| 2. Maternal alcohol use during and after pregnancy | 5. Commercial tobacco use during pregnancy and in the baby's living environment |
| 3. Bed-sharing | 6. Soft sleeping surfaces with loose bedding |

As a partner within the National Action Partnership to Promote Safe Sleep (NAPPSS), the Urban Indian Health Institute is sharing NAPPSS' Action Plan strategies for health care providers and infant caregivers to address the controllable risk factors associated with SIDS in Indian Country.

NAPPSS Strategies You Can Use for Engaging and Communicating with Infant Caregivers:³

Create culturally-appropriate content for conversations and a process to help infant caregivers develop individualized plans for smoking cessation and prevention of maternal alcohol use.

- [CHOICES](#) - a prevention program for women at risk of having an alcohol-exposed pregnancy before they become pregnant (adapted for AI/AN women)
- [Native American Action Plan: Addressing Tobacco Abuse Among Pregnant and Postpartum Women](#)

Share consistent, accurate, evidence-based and culturally competent information about current safe sleep and breastfeeding recommendations - including the use of appropriate images.

- Federal SUID/SIDS Workgroup [Safe Sleep Environment](#) photo resource
- First Candle - [Safe Sleep Image Guidelines](#)
- Safe to Sleep Public Education Campaign
 - [AI/AN Flyer](#)
 - [AI/AN Pamphlet](#)

Actively promote safe sleep behaviors within all systems that serve AI/AN families and utilize existing programs that support infant health to promote safe sleep and breastfeeding.

- U.S. DHHS, Administration for Children and Families - [Tribal Home Visiting Grantees](#)
- UIHI's [Capacity Needs Assessment](#) on maternal, infant and child health services available through [Urban Indian Health Organizations](#) Nationwide.

References

1. National Institute of Child Health and Human Development. (n.d.). PDFs of Selected NICHD Publications. Retrieved from https://www.nichd.nih.gov/publications/pubs/documents/healthy_native_babies_workbook.pdf.
2. Urban Indian Health Institute, Seattle Indian Health Board. (2011). [Looking to the Past to Improve the Future: Designing a Campaign to Address Infant Mortality among American Indians and Alaska Natives](#). Seattle, WA.
3. NAPPSS. (n.d.). Interactive Page. Retrieved from <http://www.nappss.org/plan/plan.php>.