



Healthy Living Program

# Preventing Sudden Unexpected Infant Death (SUID)

*in Spokane County*

## Infant Mortality and Our Community's Health

Infant mortality is an indicator of a community's overall health.<sup>1,2</sup> Sudden unexpected infant death (SUID), including sudden infant death syndrome (SIDS), is a leading cause of infant mortality in Spokane County.<sup>3</sup> In Spokane County from 2018 to 2021, SUID was the:

- 3rd leading cause of death during infancy (the first year of life).<sup>3</sup>
- 1st leading cause of death after an infant's first month of life until their first birthday.<sup>3</sup>

## Your Actions Impact Infant Survival

We all have a role in preventing SUID. Together, we can increase infant survival and allow children and families to celebrate more birthdays in Spokane County.

## Promoting Safe Sleep for Infant Survival

Infant sleep practices are the most important SUID risk factors that individuals have control over.<sup>4-5</sup> Promoting safe sleep to increase infant survival requires a community approach where:

- Public health promotes evidence-based safe sleep recommendations and provides messaging tools for sharing these recommendations.<sup>4</sup>
- Medical, social service, and childcare professionals consistently endorse, discuss, and model safe sleep recommendations, starting at the beginning of pregnancy, and use risk mitigation when appropriate.<sup>4,6,10</sup>
- Content makers, advertisers, and business owners model safe sleep recommendations in all digital content, print content, advertising, and retail displays related to infant sleep.<sup>4,8,9</sup>
- Parents and caregivers of infants create, follow, and share a safe sleep plan for their baby which focuses on reducing their baby's risk of SUID.<sup>4</sup>
- Friends and family members of parents and caregivers of infants affirm safe sleep choices and offer practical and emotional support.<sup>6</sup>

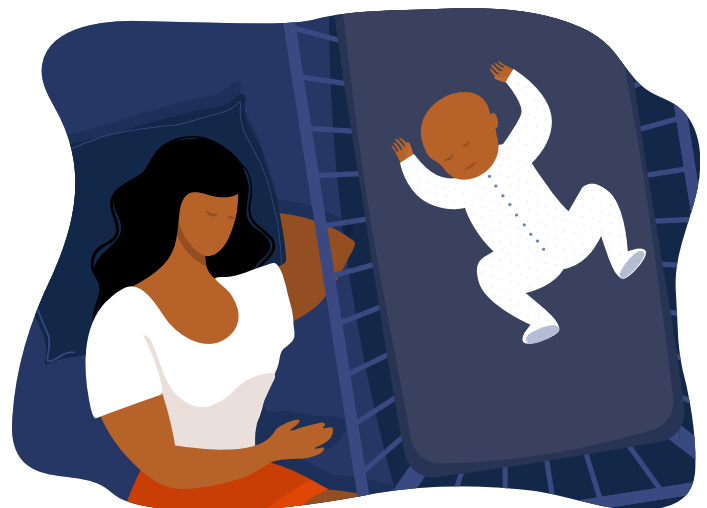
## Improving Health Equity for Infant Survival

The U.S. has the world's highest prevalence of SUID, and, among high-income counties, the highest nationwide SUID rate per live births.<sup>1</sup> Globally, SUID occurs primarily among marginalized and poor people in wealthy countries.<sup>1</sup> In addition to promoting safe sleep, we can increase infant survival in our community by improving health equity.<sup>1,2,4</sup>

Persistent disparities in SUID rates reflect broader patterns of inequities.<sup>1,4</sup> In Washington State from 1999 to 2021, American Indian/Alaska Native infants, Black infants, Pacific Islander infants, and multi-race infants died from SUID at disproportionately high rates compared to White infants.<sup>7</sup> During this same time, Asian and Hispanic infants died from SUID at lower rates compared to White infants.<sup>7</sup>

We can improve health equity in Spokane County to increase infant survival through individual practices, organizational practices, and policies promoting:

- Equitable distribution of resources.<sup>1,2,4</sup>
- Access to respectful, comprehensive care for everyone.<sup>1,2,4</sup>



## Your Next Step



Scan to visit [srhd.org/SUID](https://srhd.org/SUID) and find additional information and tools to prevent SUID in Spokane County.

## References

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