Facts and Statistics

A. Facts:

- SIDS is the leading cause of death for babies 1 – 12 months old.\(^1\)
- The peak age for SIDS is 1-4 months old with 90% of deaths occurring between 1-6 months of age.\(^1\)
- SIDS is more likely to occur in the winter months (October to April).\(^1\)
- Unaccustomed stomach sleeping will increase the risk by 18-20 times.\(^4\)
- It can be difficult to distinguish between SIDS and unintentional suffocation.\(^1\)
- Research shows that breastfeeding is protective against SIDS.\(^1\)
- SIDS is not caused by immunization. In fact, if a baby is immunized there is a 50% decreased risk for SIDS.\(^1,3\)
- SIDS is not caused by vomiting or choking.\(^1\)
- SIDS is not the same thing as suffocation.\(^1\)
- SIDS is not contagious.\(^1\)
- SIDS is not the result of abuse or neglect.\(^1\)
- SIDS is not completely preventable but you can decrease the risk.\(^1\)

References

B. Statistics:
1. Safe Sleep Nebraska Prams Fall 2013: Safe Sleep Fact Sheet
2. SIDS Mortality Rates Nebraska and the U.S. All Races, 1979-2013:

![Graph showing SIDS Mortality Rates in Nebraska and the U.S., All Races, 1979-2013.]