



## Facts and Statistics

### A. Facts:

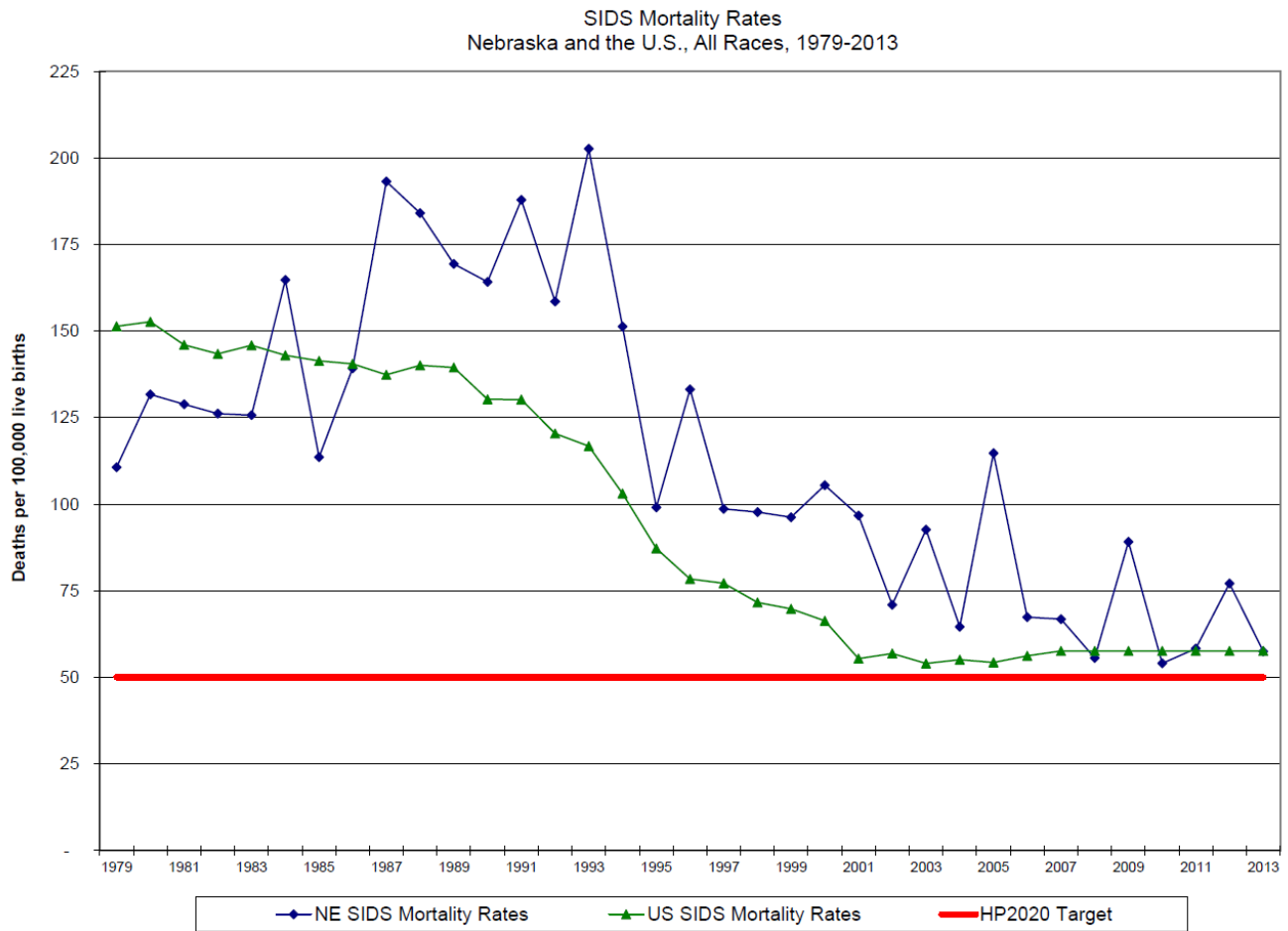
- SIDS is the leading cause of death for babies 1 – 12 months old.<sup>(1)</sup>
- The peak age for SIDS is 1-4 months old with 90% of deaths occurring between 1-6 months of age.<sup>(1)</sup>
- SIDS is more likely to occur in the winter months (October to April).<sup>(1)</sup>
- Unaccustomed stomach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

### 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:



Source: Nebraska Vital Statistics and U.S. NCHS

DHHS / Lifespan Health Services  
July, 2014

## References

1. About Sudden Unexpected Infant Death and Sudden Infant Death Syndrome. Centers for Disease Control and Prevention. [Online] 07 07, 2014. [About SUID and SIDS](#)
2. Safe to Sleep. National Institute of Child Health and Human Development. [Online] 07 07, 2014. [Cited: 07 07, 2014.] [Safe to Sleep](#)
3. Sudden Infant Death Syndrome (SIDS). KidsHealth. [Online] [Cited: 07 07, 2014.] [Kids health](#)
4. SIDS Risk Factors and Causes of SIDS. SIDS America. [Online] [Cited: 07 07, 2014.] [SIDS America](#)