# A MICHIGAN BABY DIES EVERY TWO - THREE DAYS DUE TO SLEEP-RELATED CAUSES.

## Following the safe sleep steps can help prevent sleep-related infant deaths.

Sleep-related infant deaths are those where the sleep environment (blankets, pillows, people, pets, etc.) likely contributed. If all sleep-related deaths were prevented, Michigan's infant mortality rate for 2020 would have decreased by 23.5%, saving 161 babies.

# 1,597 babies died due to sleep-related causes from 2010-2020.

### **Disparities exist:**

- Black infants (3.8 times higher) and American Indian infants (2.5 times higher) are more likely to die than white infants.
- Preterm infants are **2.6 times** more likely to die in a sleep environment than full-term infants.
- Low-birth-weight infants (weighing less than 5.5 pounds) are **3.0 times** more likely to die than infants weighing 5.5 pounds or more.



of deaths occurred in an unsafe location, like an adult bed, couch or chair. Babies should sleep in a crib, bassinet or pack and play.

**69**%

of deaths had objects in the sleep environment, like blankets, pillows. Babies should have nothing in their sleep environment.



of deaths involved infant sharing a sleep surface. **Babies should share a room, not a bed.** 

51%

of the infants who died were residents of:

- Wayne County
- Oakland County
- Genesee County
- Kent County



In addition to practicing the safe sleep steps, breastfeeding and keeping baby in a smoke-free and nicotine-free environment could significantly reduce sleep-related deaths.

Racial and ethnic disparities are primarily the result of the impacts of systemic racism. The following have been shown to be protective for families:

- Breastfeeding
- Health care coverage
- Home visiting programs
- Living wage

- Paid parental leave
- Parental support system
- Safe, affordable housing
- Safe sleep environment

To learn more about safe sleep, visit **Michigan.gov/SafeSleep**. To learn more about systemic racism and disparities, visit the <u>MDHHS Maternal & Infant</u> Health, Health Equity webpage.

#### **Data Sources**

2020 Michigan Resident Birth and Death Files, Division for Vital Records and Health Statistics, MDHHS
Centers for Disease Control and Prevention Sudden Unexpected Infant



Death Case Registry – 2010 to 2020, Michigan Public Health Institute, 2023