



Hawaii Safe Sleep Quick Facts

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.¹

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed**, as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.²

There are approximately 18,900 live births each year in Hawaii.³ The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

Approximately one-quarter (23.5%) of babies in Hawaii are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

One-third (33.8%) of babies in Hawaii "always" or "often" sleep in the same bed with mom or someone else. An additional 20.5% of babies in Hawaii "sometimes" do.

Sleep environment

Only 35.4% of babies in Hawaii usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. Nearly two-thirds (64.6%) usually sleep in an environment with one or more of the following risk factors:

- 19.4% sleep with pillows;
- 29.0% sleep with bumper pads;
- 21.1% sleep with plush blankets;
- 4.2% sleep with stuffed toys;
- 19.7% *do not* sleep in a crib or portable crib; and
- 14.8% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

Suggested Citation

Elia J, Roberson E, Niitani L. "Hawaii Safe Sleep Quick Facts." Honolulu, HI: Hawaii Department of Health, March 2013.

¹Centers for Disease Control and Prevention, "Sudden Unexpected Infant Death and Sudden Infant Death Syndrome," <http://www.cdc.gov/sids/> (updated 18 October 2011, accessed 16 March 2012).

²Task Force on Sudden Infant Death Syndrome, "Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," *Pediatrics* 128 (2011), 1030-1039.

³Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred] <http://hawaii.gov/health/statistics/vital-statistics/index.html> (accessed 9 January 2013).



Hawaii Safe Sleep Quick Facts

	Sleep position % of babies who are most often put to sleep on their side, stomach or a combination	Bed-sharing % of babies who always/often sleep in same bed as mom or someone else	Sleep environment % of babies who sleep in an environment with at least one risk factor*
STATE OF HAWAII	23.5	33.8	64.6
Island			
Big Island	27.3	40.8	70.4
Maui, Molokai, Lanai	26.7	42.5	68.1
Oahu	21.9	30.9	63.0
Kauai	29.4	39.8	66.1
Mother's race/ethnicity			
White	18.9	23.7	57.5
Hawaiian/Part-Hawaiian	27.6	36.4	66.4
Filipino	23.5	42.7	70.8
Japanese	14.8	28.6	62.9
Other Asian [#]	17.2	40.3	68.1
Other Pacific Islander [^]	32.0	35.0	64.1
Other [†]	31.7	32.2	63.6
Mother's age			
19 and younger	27.3	43.7	73.4
20-24	27.9	33.5	65.0
25-29	23.1	31.5	66.0
30-34	20.5	32.4	62.0
35 and older	20.6	36.0	61.9
Mother's education			
Less than high school	24.5	45.2	72.9
High school graduate	29.0	34.8	67.1
1-3 years college	22.7	34.4	64.6
4 or more years college	15.8	28.3	59.6
WIC during pregnancy[‡]			
Received WIC services	29.2	37.2	68.5
Did not receive WIC services	19.0	31.0	61.1

*Sleep environment risk factors include: sleeps with pillows, bumper pads, plush blankets, or stuffed toys; not in a crib or portable crib; and not on a firm or hard mattress.

[#]Other Asian includes: Chinese, Korean, Vietnamese, Asian Indian, Other Asian

[^]Other Pacific Islander includes: Samoan, Guamanian, Other Pacific Islander

[†]Other includes: Black, American Indian, Puerto Rican, Cuban, Mexican, and all others.

[‡]WIC refers to the Special Supplemental Nutrition Program for Women, Infants, and Children.

For more information, please contact:

Emily Roberson, MPH Hawaii PRAMS Program Coordinator Telephone: 808-733-4060 Email: PRAMS@doh.hawaii.gov	Lynn Niitani, MSW Violence Prevention Coordinator Telephone: 808-733-4054 Email: lynn.niitani@doh.hawaii.gov
---	--



Hawaii Safe Sleep Quick Facts: Big Island

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.¹

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed**, as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.²

There are approximately 2,300 live births each year to Hawaii County residents.³ The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

More than one-quarter (27.3%) of babies on the Big Island are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

About 4 out of 10 (40.8%) of babies on the Big Island "always" or "often" sleep in the same bed with mom or someone else. An additional 21.2% of babies on the Big Island "sometimes" do.

Sleep environment

Only 29.6% of babies on the Big Island usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. More than two-thirds (70.4%) usually sleep in an environment with one or more of the following risk factors:

- 22.5% sleep with pillows;
- 29.0% sleep with bumper pads;
- 26.6% sleep with plush blankets;
- 3.9% sleep with stuffed toys;
- 26.0% *do not* sleep in a crib or portable crib; and
- 16.4% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

For more information, please contact:

Emily Roberson, MPH, Hawaii PRAMS Program Coordinator, 808-733-4060, PRAMS@doh.hawaii.gov
Lynn Niitani, MSW, Violence Prevention Coordinator, 808-733-4054, lynn.niitani@doh.hawaii.gov

Suggested Citation

Elia J, Roberson E, Niitani L. "Hawaii Safe Sleep Quick Facts." Honolulu, HI: Hawaii Department of Health, March 2013.

¹Centers for Disease Control and Prevention, "Sudden Unexpected Infant Death and Sudden Infant Death Syndrome," <http://www.cdc.gov/sids/> (updated 18 October 2011, accessed 16 March 2012).

²Task Force on Sudden Infant Death Syndrome, "Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," *Pediatrics* 128 (2011), 1030-1039.

³Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred] <http://hawaii.gov/health/statistics/vital-statistics/index.html> (accessed 9 January 2013).



Hawaii Safe Sleep Quick Facts: Maui County (Maui, Molokai, & Lanai)

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.¹

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed**, as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.²

There are approximately 1,900 live births each year to Maui County residents.³ The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

Over one quarter (26.7%) of babies in Maui County are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

More than 4 out of 10 (42.5%) babies in Maui County "always" or "often" sleep in the same bed with mom or someone else. An additional 19.2% of babies in Maui County "sometimes" do.

Sleep environment

Only 31.9% of babies in Maui County usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. More than two-thirds (68.1%) usually sleep in an environment with one or more of the following risk factors:

- 19.6% sleep with pillows;
- 30.5% sleep with bumper pads;
- 19.9% sleep with plush blankets;
- 6.0% sleep with stuffed toys;
- 24.3% *do not* sleep in a crib or portable crib; and
- 18.1% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

For more information, please contact:

Emily Roberson, MPH, Hawaii PRAMS Program Coordinator, 808-733-4060, PRAMS@doh.hawaii.gov
Lynn Niitani, MSW, Violence Prevention Coordinator, 808-733-4054, lynn.niitani@doh.hawaii.gov

Suggested Citation

Elia J, Roberson E, Niitani L. "Hawaii Safe Sleep Quick Facts." Honolulu, HI: Hawaii Department of Health, March 2013.

¹Centers for Disease Control and Prevention, "Sudden Unexpected Infant Death and Sudden Infant Death Syndrome," <http://www.cdc.gov/sids/> (updated 18 October 2011, accessed 16 March 2012).

²Task Force on Sudden Infant Death Syndrome, "Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," *Pediatrics* 128 (2011), 1030-1039.

³Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred] <http://hawaii.gov/health/statistics/vital-statistics/index.html> (accessed 9 January 2013).



Hawaii Safe Sleep Quick Facts: Oahu

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.¹

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed**, as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.²

There are approximately 13,800 live births each year to Oahu residents.³ The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

More than 1 out of 5 (21.9%) babies on Oahu are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

Three out of 10 (30.9%) babies on Oahu "always" or "often" sleep in the same bed with mom or someone else. An additional 20.7% of babies on Oahu "sometimes" do.

Sleep environment

Only 37.0% of babies on Oahu usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. About two-thirds (63.0%) usually sleep in an environment with one or more of the following risk factors:

- 18.8% sleep with pillows;
- 28.6% sleep with bumper pads;
- 18.7% sleep with plush blankets;
- 3.9% sleep with stuffed toys;
- 17.6% *do not* sleep in a crib or portable crib; and
- 13.9% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

For more information, please contact:

Emily Roberson, MPH, Hawaii PRAMS Program Coordinator, 808-733-4060, PRAMS@doh.hawaii.gov
Lynn Niitani, MSW, Violence Prevention Coordinator, 808-733-4054, lynn.niitani@doh.hawaii.gov

Suggested Citation

Elia J, Roberson E, Niitani L. "Hawaii Safe Sleep Quick Facts." Honolulu, HI: Hawaii Department of Health, March 2013.

¹Centers for Disease Control and Prevention, "Sudden Unexpected Infant Death and Sudden Infant Death Syndrome," <http://www.cdc.gov/sids/> (updated 18 October 2011, accessed 16 March 2012).

²Task Force on Sudden Infant Death Syndrome, "Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," *Pediatrics* 128 (2011), 1030-1039.

³Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred] <http://hawaii.gov/health/statistics/vital-statistics/index.html> (accessed 9 January 2013).



Hawaii Safe Sleep Quick Facts: Kauai County

Sudden Unexpected Infant Death (SUID) is defined as the death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious. When the SUID cannot be explained after thorough investigation, it is usually attributed to **Sudden Infant Death Syndrome (SIDS)**. More than 4,500 infants die of SUID every year in the United States, and about half of those are attributed to SIDS. SIDS is the leading cause of death among infants aged 1-12 months and the third leading cause of infant mortality overall in the United States. Preventing SUID/SIDS is an important public health issue nationally and in Hawaii.¹

Maintaining a safe sleep position and environment can reduce the risk of SUID/SIDS. For babies up to one year of age, the American Academy of Pediatrics (AAP) recommends caregivers to:

- **Place baby on their back** for every sleep.
- **Use a firm sleep surface**, such as a safety-approved crib with a mattress that fits the crib, covered with a tightly fitted sheet. Check cpsc.gov to check if your crib or other baby furniture has been recalled.
- **Sleep in the same room, but not in the same bed**, as baby sleeps.
- **Keep soft objects and loose bedding out of baby's sleep area**. This includes pillows, blankets, bumper pads, and toys.²

There are approximately 900 live births each year to Kauai County residents.³ The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey.

Sleep position

Almost one-third (29.4%) of babies on Kauai are most often laid to sleep in high-risk sleep positions (on their side or stomach).

Bed-sharing

Almost 4 out of 10 (39.8%) babies on Kauai "always" or "often" sleep in the same bed with mom or someone else. An additional 18.1% of babies on Kauai "sometimes" do.

Sleep environment

Only 33.9% of babies on Kauai usually sleep in an environment that meets all of the AAP's recommendations for a safe sleep environment. About two-thirds (66.1%) usually sleep in an environment with one or more of the following risk factors:

- 18.9% sleep with pillows;
- 31.6% sleep with bumper pads;
- 24.2% sleep with plush blankets;
- 5.5% sleep with stuffed toys;
- 22.9% *do not* sleep in a crib or portable crib; and
- 15.7% *do not* sleep on a firm or hard mattress.

About the Data

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

For more information, please contact:

Emily Roberson, MPH, Hawaii PRAMS Program Coordinator, 808-733-4060, PRAMS@doh.hawaii.gov
Lynn Niitani, MSW, Violence Prevention Coordinator, 808-733-4054, lynn.niitani@doh.hawaii.gov

Suggested Citation

Elia J, Roberson E, Niitani L. "Hawaii Safe Sleep Quick Facts." Honolulu, HI: Hawaii Department of Health, March 2013.

¹Centers for Disease Control and Prevention, "Sudden Unexpected Infant Death and Sudden Infant Death Syndrome," <http://www.cdc.gov/sids/> (updated 18 October 2011, accessed 16 March 2012).

²Task Force on Sudden Infant Death Syndrome, "Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," *Pediatrics* 128 (2011), 1030-1039.

³Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred] <http://hawaii.gov/health/statistics/vital-statistics/index.html> (accessed 9 January 2013).