

Sudden Infant Death Syndrome (SIDS)

The Centers for Disease Control and Prevention defines Sudden Infant Death Syndrome (SIDS) “as the sudden death of an infant less than one year of age that cannot be explained after a thorough case investigation is conducted, including a complete autopsy, examination of the death scene, and review of the clinical history.”¹

From 2004 through 2006, there were 55 Idaho infants who died of SIDS. The SIDS death rate in Idaho has decreased from 305.3 deaths per 100,000 live births in 1987 to 99.2 in 2006. The U.S. SIDS rate also decreased from 145.1 deaths per 100,000 live births in 1987 to 53.9 in 2005 (latest year available). The National Institute of Child Health and Human Development (NICHD) implemented the Back-to-Sleep campaign in 1994 to reiterate the message that placing infants on their backs to sleep can reduce the risk of SIDS. “Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.”² Much of the decrease can be attributed to the success of the back-to-sleep campaign.¹

Highlights

In Idaho from 2004 to 2006:

- 55 SIDS deaths
 - 35 boys (63.6 percent)
 - 20 girls (36.4 percent)
- SIDS was the 3rd leading cause of all infant deaths
- 34 infants (61.8 percent) were between two and four months old at the time of death
- 1 in 8 (12.4 percent) infant deaths were due to SIDS

In the U.S. in 2004:³

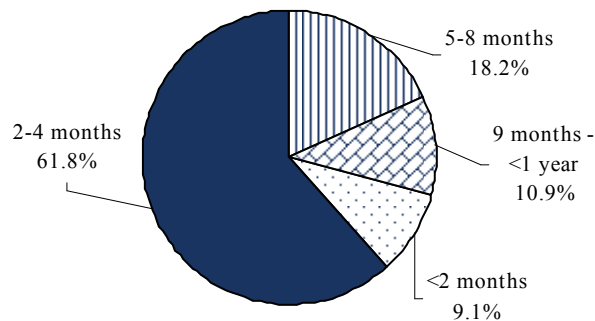
- 2,246 SIDS deaths
 - 1,328 boys (59.1 percent)
 - 918 girls (40.9 percent)
- SIDS was the 3rd leading cause of all infant deaths
- 1 in 12 (8.1 percent) infant deaths were due to SIDS

In Idaho from 2003 to 2005:⁴

- The percent of infants put to sleep on their backs increased significantly, from 70.3 percent in 2003 to 74.9 percent in 2005.
- 4.8 percent of infants were exposed to second-hand smoke in 2005, which is not significantly different than 5.5 percent of infants in 2003.

Risk Factors

SIDS Deaths by Age in Months



The majority, 61.8 percent, of SIDS deaths from 2004 to 2006 were to infants two to four months old.

SIDS is the leading cause of death among infants aged one month to less than one year in Idaho and the US. SIDS accounted for 36.0 percent of all deaths to infants at least one month old in Idaho.

The cause of SIDS is unknown. Several factors have been identified that increase an infant’s risk for SIDS: tummy or side sleeping, soft sleep surfaces, loose bedding, overheating, exposure to tobacco smoke, preterm and low birth weight infants, and bed sharing.¹

Infants whose mothers smoked during pregnancy were significantly more likely (3.3 times) to die of SIDS than infants whose mothers did not smoke during pregnancy.

Among the 55 infants who died from SIDS, 25.9 percent were born preterm and 20.4 percent were born low birth weight. Infants born low birth weight and or premature were significantly more likely to die of SIDS than infants born normal birth weight and full term, 3.5 times and 2.7 times, respectively.

Idaho Resident SIDS Deaths 2004-2006

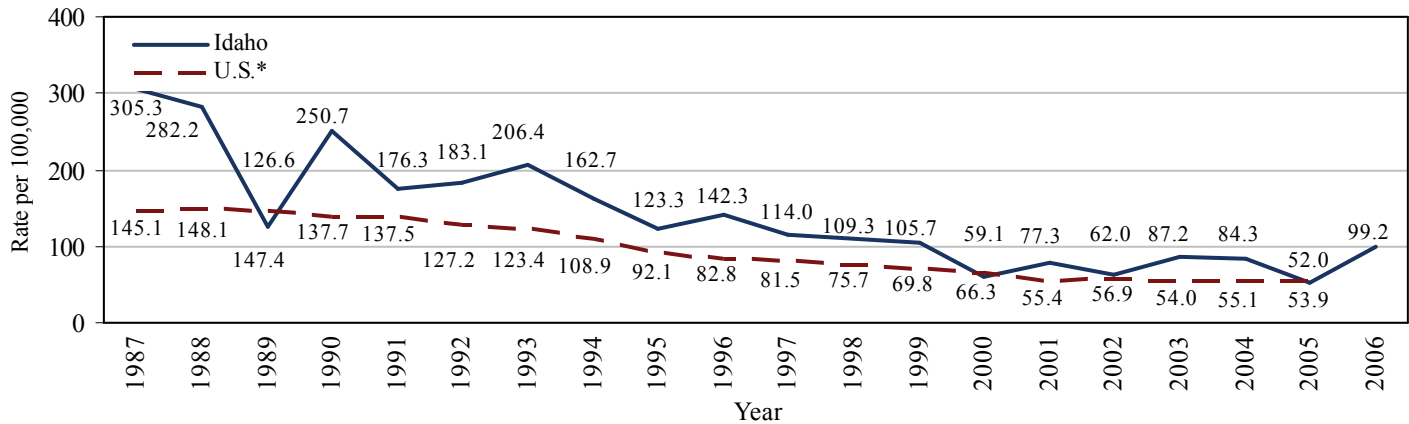
Indicator	Number	Rate
Cigarette Smoking		
Yes	18	198.6
No	36	59.6
Not stated	1	NA
Birth weight		
Low (<2,500 grams)	11	231.2
Normal (2,500+ grams)	43	66.2
Not stated	1	NA
Gestational Age		
Preterm (<37 Weeks)	14	177.7
Term (37+ Weeks)	40	64.7
Not stated	1	NA
Mother's Age		
<20	9	143.4
20+	45	70.9
Not Stated	1	NA

Rate: Number of SIDS deaths per 100,000 live births with indicator.

NA: Not applicable.

Idaho and the United States

SIDS Death Rates
Idaho and U.S., 1987-2006



Rates are per 100,000 live births. *U.S. 2006 data is unavailable. Statistics for 1987-1998 have been revised using Modified ICD-9 codes and comparability ratios. U.S. data source: Centers for Disease Control and Prevention, WONDER on-line database, August 2007 (1987-2004 data); "Deaths: Final Data for 2005," National Vital Statistics Reports, National Center for Health Statistics, Vol.56/No.10, January 2008 (2005 data).

The U.S. crude death rate decreased in a stable manner over the past twenty years. The 1987 rate of 145.1 SIDS deaths per 100,000 live births was 2.7 times greater than the 2005 rate of 53.9. Idaho's rate, which fluctuated greatly over the past two decades, ranged from a low of 52.0 deaths per 100,000 live births in 2005 to a high of 305.3 in 1987. Idaho's SIDS rate was higher than the rate for the United States each year except for 1989, 2000, and 2005. The largest difference in rates occurred in 1987 when Idaho's rate (305.3 deaths per 100,000 live births) was 52.5 percent higher than the U.S. rate (145.1 deaths per 100,000 live births).

Idaho Public Health Districts

Idaho Resident SIDS Deaths
Number and Mortality Rate
by District of Residence
2004-2006

Residence	Total Infant Deaths	SIDS Deaths		
		Number	Percent	Rate
Idaho	445	55	12.4	78.8
District 1	44	8	18.2	111.4
District 2	26	1	3.8	29.5
District 3	102	5	4.9	39.8
District 4	123	11	8.9	59.9
District 5	50	8	16.0	92.3
District 6	48	13	27.1	150.0
District 7	52	9	17.3	82.2

Percent: Number of SIDS deaths per total infant deaths.

Rate: Number of SIDS deaths per 100,000 live births.

A total of 55 infants died from SIDS from 2004-2006. This accounted for 12.4 percent of the 445 infant deaths. The three leading causes of infant deaths (Congenital malformations, deformations and chromosomal abnormalities; Disorders related to short gestation and low birth weight, not elsewhere classified; and SIDS) accounted for 53.3 percent of all infant deaths from 2004-2006.

The majority of infant deaths occurred in District 4, but the highest number, percent, and rate of SIDS deaths was observed in District 6. The 2004 through 2006 SIDS rate for District 6 was over two times as high as the remaining health districts. The SIDS rate for District 2 was 2.8 times lower than the rest of the state.

- Centers for Disease Control and Prevention, "Sudden Infant Death Syndrome (SIDS)," www.cdc.gov/SIDS/ retrieved August 1, 2007.
- National Institutes of Health, "Safe Sleep for Your Baby," http://www.nichd.nih.gov/publications/pubs/safe_sleep_gen.cfm, retrieved August 7, 2007.
- Centers for Disease Control and Prevention, WONDER on-line database, August 2007.
- Pregnancy Risk Assessment Tracking System (PRATS), Idaho Department of Health and Welfare, Division of Health, Bureau of Vital Records and Health Statistics, 2007.