

WHY IT MATTERS?

In the US, educating parents on SIDS reduced the SIDS death rate by 40% from 1983 to 1995.

84% of Sudden Unexpected Infant Deaths in Mexico from 2005-2020 were due to SIDS, making SIDS one of the 10 leading causes of infant death in Mexico

- 30% of deaths due to SIDS were in infants under one month of age
- 76.2% of deaths occurred at home
- Deaths were more frequent during the last months of autumn, and during winter

Source: Valdez et al, "Epidemiology of sudden infant death syndrome in Mexico, 2005-2020"

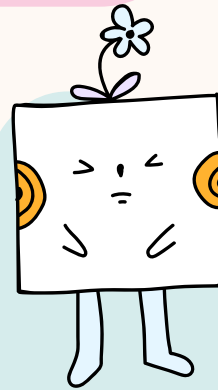


Public education for parents can reduce the risks of SIDS!

When babies sleep face down, they can re-breathe the carbon dioxide they breathed out. Normally, when this happens, it can activate the brainstem and trigger the baby to wake up, turn its head, and breathe faster to get more oxygen.




However, in SIDS, something goes wrong with this pathway and the baby does not wake up.

Source: Boston Children's Hospital, "Sudden Infant Death Syndrome (SIDS)"



TRIPLE RISK MODEL

The Triple Risk Model explains the current theory of how SIDS occurs when all three conditions are met at the same time:

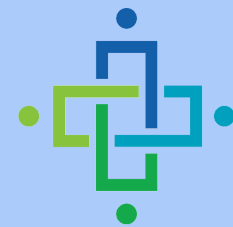
-  **In the brain**
The infant has an abnormality in the brainstem that makes them unable to respond to low oxygen or high carbon dioxide levels
-  **In the environment**
The infant is exposed to an event that triggers low oxygen levels, such as sleeping face down
-  **Baby's age**
The infant is at a vulnerable stage in the development, such as during the first six months of life

Source: Boston Children's Hospital, "Sudden Infant Death Syndrome (SIDS)"



What you need to know

ABOUT SIDS



International
Health Collective

WHAT IS SIDS?

SIDS, also known as Sudden Infant Death Syndrome, is the term used to describe the sudden death of a baby younger than 1 year of age that does not have a known cause, even after a full investigation. It occurs between the first and twelfth month of an infant's life.



While the exact cause of SIDS is **unknown**, many doctors believe that it is associated with problems in the baby's ability to detect low levels of oxygen, their ability to wake up from sleep, or their ability to sense a buildup of carbon dioxide in the blood.

RISK FACTORS

- Babies who sleep on their stomach or side, instead of on their back
- Babies overheating while sleeping
- Babies sleeping on too soft of a sleeping surface or surrounded by fluffy blankets or toys
- Babies born to mothers who smoke during pregnancy
 - 3 times more likely to die from SIDS
- A baby's exposure to secondhand smoke in the household
 - 2 times more likely to die from SIDS
- Babies born to mothers younger than 20 years of age at their first pregnancy
- Babies born to mothers with little-to-no prenatal care
- Premature or low weight babies
- Babies who have had a sibling that died of SIDS

The most significant risk factors is **smoking**:

Chemicals in secondhand smoke affect the infant's brain, making it harder for them to regulate breathing and waking up when they have low oxygen levels in their sleep.

Infants who die from SIDS have higher concentrations of nicotine and cotinine (a marker for secondhand smoke) than infants who die from other causes.

Source: CDC 2022, "Health Problems Caused by Secondhand Smoke"

Source: Boston Children's Hospital, "Sudden Infant Death Syndrome (SIDS)"



Putting a baby on their back while they sleep reduces SIDS risk by 50%!

SAFE PRACTICES

- Put the baby on their back while they sleep, unless specified by a doctor
- Make sure the baby sleeps on a firm mattress or surface
- Don't use fluffy blankets on or under the baby
- Don't place soft toys or pillows in the crib with young babies
- Don't place bumper pads around the crib
- Don't overdress or place head coverings on the baby during sleep
 - This prevents overheating and deep sleep
- Avoid bed-sharing while the baby is sleeping
- **Don't smoke when pregnant or let anyone smoke around the baby**
- Call the doctor if the baby seems sick, and take them in for regular check-ups
- If possible, breastfeed the baby through at least six months of age
 - This reduces the risk of SIDS by 50%!

