

WHAT IS INFANT MORTALITY RATE?

Infant mortality rate is the # of babies per 1,000 live births that die before their first birthday.

Indiana is one of the fifteen worst states for infant mortality in the United States.

WHAT IS SUDDEN UNEXPECTED INFANT DEATH SYNDROME?

The death of a baby suddenly and unexpectedly within the first year of life. The most common cause is accidental suffocation from unnecessary items in a crib while the baby sleeps.

DID YOU KNOW?

On average, a baby dies in Indiana every 14 hours. 1 in 5 of these deaths are from unsafe sleep practices that are mostly preventable. **Remember to take out all toys, blankets, bottles, pillows, bumpers, and any other items from the crib.**

ABC'S OF SAFE SLEEP

To keep your babies safe while sleeping, follow these rules EACH AND EVERY time they sleep.

ALONE:

Only the baby should be in the crib



BACK:

Babies are safest when sleeping on their backs



CRIB:

Babies should only sleep in cribs

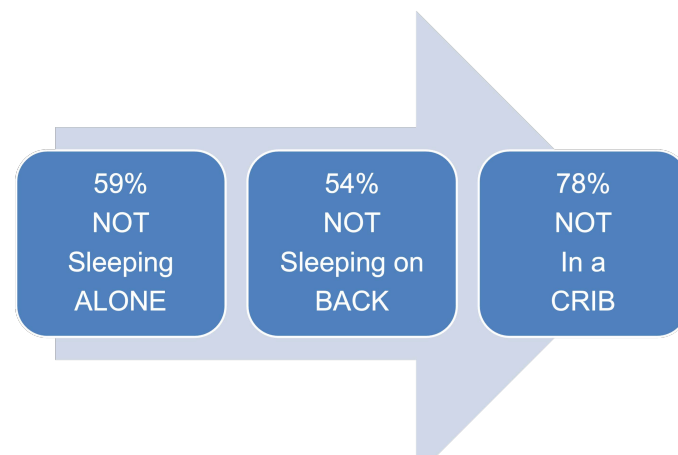


THIS IS NOT AN EQUAL PROBLEM

A black baby is more than twice as likely to die from unsafe sleep as a white baby in Indiana.

Marion County is a hotspot. More than half the infant sleep related deaths were due to unsafe sleep practices. This is a large issue in our community and practicing the ABC's of safe sleep can help

Factors Involved in Marion County Sleep Related Deaths 2018-2022



Source: Marion County IHB, Fetal Infant Mortality Review Data 2018-2022(accessed October 14, 2024)

**PRACTICE THE ABCs OF INFANT
SAFE SLEEP EVERY TIME
BY EVERYONE!**