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;
- 20.1% 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**

# Hawaii Safe Sleep Quick Facts

<table>
<thead>
<tr>
<th>Sleep position</th>
<th>Bed-sharing</th>
<th>Sleep environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of babies who are most often put to sleep on their side, stomach or a combination</td>
<td>% of babies who always/often sleep in same bed as mom or someone else</td>
<td>% of babies who sleep in an environment with at least one risk factor*</td>
</tr>
<tr>
<td>STATE OF HAWAII</td>
<td>23.5</td>
<td>33.8</td>
</tr>
<tr>
<td>Island</td>
<td></td>
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</tr>
<tr>
<td>Big Island</td>
<td>27.3</td>
<td>40.8</td>
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<tr>
<td>Maui, Molokai, Lanai</td>
<td>26.7</td>
<td>42.5</td>
</tr>
<tr>
<td>Oahu</td>
<td>21.9</td>
<td>30.9</td>
</tr>
<tr>
<td>Kauai</td>
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<td>39.8</td>
</tr>
<tr>
<td>Mother’s race/ethnicity</td>
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</tr>
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<td>White</td>
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<tr>
<td>Hawaiian/Part-Hawaiian</td>
<td>27.6</td>
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<td>Filipino</td>
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<tr>
<td>Japanese</td>
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<td>Other Asian*</td>
<td>17.2</td>
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<td>Other Pacific Islander^</td>
<td>32.0</td>
<td>35.0</td>
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<tr>
<td>Other†</td>
<td>32.4</td>
<td>31.9</td>
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<tr>
<td>Mother’s age</td>
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<td>19 and younger</td>
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<td>43.7</td>
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<td>20-24</td>
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<td>30-34</td>
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<td>35 and older</td>
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<td>Mother’s education</td>
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<td>Less than high school</td>
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<td>1-3 years college</td>
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<td>4 or more years college</td>
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<td>WIC during pregnancy‡</td>
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<td>Received WIC services</td>
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<td>37.2</td>
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<tr>
<td>Did not receive WIC services</td>
<td>19.0</td>
<td>31.0</td>
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</table>

*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.

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For more information, please contact:

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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.

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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.

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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.

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**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:**

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Lynn Niitani, MSW, Violence Prevention Coordinator, 808-733-4054, lynn.niitani@doh.hawaii.gov

**Suggested Citation**


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³Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred]
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.

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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.

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