

SUDI

| FACT | REFERENCE |
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| <p>1. Approximately 60,000 babies are born in Aotearoa each year. 44 of them die in their first year of life due to SUDI. There are 70 SUDI deaths per 100,000 babies born. It is estimated that 37 of the 44 SUDI deaths in 2015 could have been prevented.</p> | <p>1. https://bit.ly/3dk5f9f https://bit.ly/2GyLq1G</p> |
| <p>2. 3 main risk factors for SUDI: 1. Smoking during pregnancy 2. Bed sharing 3. The position of baby while sleeping The combination of smoking during pregnancy with bed sharing creates the biggest risk: 32-fold increase in the risk of SUDI.</p> | <p>2. https://www.healthnavigator.org.nz/health-a-z/s/sudi/</p> |
| <p>3. Inadequate Housing is linked to SUDI: Poor quality housing with lack of space leading to overcrowding.</p> <ul style="list-style-type: none"> • Unsettled accommodation with frequent moves and/or living between different houses or spaces. • Living in temporary or emergency accommodation, cars or converted garages. • Damp, cold living environments. | <p>3. https://bit.ly/2GyLq1G</p> |
| <p>4. Unsafe Sleep Environments linked to SUDI: Bed sharing: - Baby not having their own sleeping space - Baby sharing a bed when unwell or unsettled - House is cold and bed sharing is warmer for baby - Baby is brought into bed for feeding or settling and falls asleep with tired parents</p> <ul style="list-style-type: none"> • Improvised sleeping environments eg couches, a shared bed with pillows. • Porta cots with poorly fitted mattress. | <p>4. Refer to 3.</p> |
| <p>5. PEPE tips</p> | <p>5. https://sudinationalcoordination.co.nz/resources</p> |