



SUDI

(Sudden Unexplained Death in Infancy)

safekids
Aotearoa

Starship
Foundation

ACC

Approximately 60,000 babies are born each year in Aotearoa, New Zealand. The SUDI rate among them is approximately 0.7 in every 1,000 babies born. They occur most among Māori and Pacific babies.

Sudden Unexplained Death in Infancy (SUDI) is a significant problem in Aotearoa. It is a leading cause of death for babies from one month to one year of age. SUDI can happen for no apparent reason, or it can be caused by a baby's sleeping environment or a medical condition.

 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.

THE CAUSES

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 increases the risk of SUDI by 32 times.

WHO IS BEING AFFECTED?



0-1 YEARS

Babies from birth to 1 year old are the most at risk.



MĀORI

159 SUDI deaths per 100,000 Māori babies born.

SAFETY DEVICES



Safe sleeping devices like wahakura or Pepi-Pods.

INADEQUATE HOUSING IS LINKED TO SUDI



- Poor quality housing with lack of space leading to overcrowding.
- 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.

UNSAFE SLEEP ENVIRONMENTS ARE 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
- Improvised sleeping environments e.g. couches, a shared bed with pillows.
- Portacots with poorly fitted mattress.

THE TRENDS



- Significant reduction in the rate of SUDI has occurred over the past three plus decades.
- Since the 1980s, the number of SUDI deaths has reduced from 250 per year to 44 deaths in 2015.
- SUDI rates continue to be much higher for Māori and Pacific babies.

Top Safety Tips

The risk of SUDI from birth to 1 year

Babies are most at risk of SUDI from birth to 12 months of age. The exact reasons for this are unclear, but what we do know is that there are certain factors that can increase the chance of it happening. These include a baby sleeping on their front, in a bed with caregivers and on sofas and beanbags.

Top tips for preventing SUDI have been framed around “PEPE”

PLACE

baby in their own baby bed in the same room as their parent or caregiver.

ELIMINATE

smoking in pregnancy and protect baby with a smokefree family or whānau, home and car.

POSITION

baby flat on their back to sleep – face clear of bedding.

ENCOURAGE

and support exclusive breastfeeding and gentle handling of baby.

Visit sudinationalcoordination.co.nz for more detailed information on SUDI prevention.

First aid

- If the baby is unconscious, call 111 for help or ask someone to call for you if you are not alone and start CPR immediately.
- Do not stop performing CPR until medical help arrives and takes over.

If your child is injured you can find out more about ACC support at www.acc.co.nz/im-injured.
ACC Claims: 0800 101 996 or email claims@acc.co.nz.

For detailed references on the data and information contained in this card and to download additional copies visit www.starship.org.nz/safekids/reference-cards.