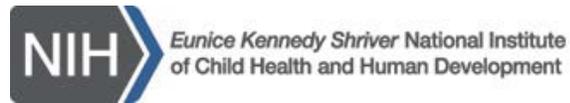


## *Healthy Native Babies Project* Training Pre- and Post-Test Answer Key

The correct answer is in **bold** and *italics* below.

<b>Statement</b>	<b>True</b>	<b>False</b>
1. SIDS is the leading cause of infant death between 1 month and 1 year of age.	<i><b>T</b></i>	F
2. The SIDS rate for American Indians/Alaska Natives is 2-4 times higher than the national average.	<i><b>T</b></i>	F
3. Alcohol use before and during pregnancy increases the risk of SIDS.	<i><b>T</b></i>	F
4. The place where the baby sleeps should have bumpers, toys, or soft items in it.	T	<i><b>F</b></i>
5. When a baby shares a bed with a caregiver who has been smoking, the risk of SIDS and other sleep-related causes of infant death increases.	<i><b>T</b></i>	F
6. Breastfeeding is associated with a lower risk of SIDS.	T	<i><b>F</b></i>
7. Back sleeping increases the risk of choking.	<i><b>T</b></i>	F
8. Pacifier use at bedtime decreases the risk of SIDS.	T	<i><b>F</b></i>
9. The infant back sleeping position is for night-time only.	T	F
10. Public health nurse visits may protect against SIDS.	<i><b>T</b></i>	F
11. The risks of infant suffocation during sleep can be reduced.	<i><b>T</b></i>	F
12. The risks of SIDS and other sleep-related causes of infant death can be reduced.	<i><b>T</b></i>	F



**1. SIDS is the leading cause of infant death between 1 month and 1 year of age. (True)**

SIDS is the leading cause of death in infants between 1 month and 1 year of age. SIDS deaths occur most frequently between the first and fourth months after birth.

**2. The SIDS rate for American Indian/Alaska Natives is 2-4 times higher than the national average. (True)**

Although there has been a decline in SIDS among all populations across the United States, disparities still exist among minority populations. The incidence of SIDS among American Indians and Alaska Natives is two to four times higher than the national average. It is the leading cause of post-neonatal deaths for American Indians and Alaska Natives—that is, infant deaths occurring between 28 days and 1 year of age.

**3. Alcohol use before and during pregnancy increases the risk of SIDS. (True)**

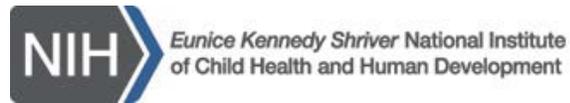
If a woman drinks alcohol while she is pregnant, it can increase her baby's risk of SIDS. The Aberdeen Area Infant Mortality Study, which included 10 Northern Plains Indian communities, found that binge drinking (five or more drinks at one time) during the mother's first three months of pregnancy increased the risk of SIDS eight times over a mother who did not drink. (The definition of a binge for women was changed after this study and is now 4 or more drinks at a time.) The same study found that any alcohol use three months before a woman becomes pregnant and during the first three months of pregnancy increased the risk of SIDS by a rate of six times compared with mothers who do not drink during the same time period.

**4. The place where the baby sleeps should have bumpers, toys, or soft items in it. (False)**

Soft objects, toys, and loose bedding should be kept out of the baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death. Don't use pillows, blankets, quilts, sheepskins, or crib bumpers anywhere in your baby's sleep area. Evidence does not support using crib bumpers to prevent injury. In fact, crib bumpers can cause serious injuries and even death.

**5. When a baby shares a bed with a caregiver who has been smoking, the risk of SIDS and other sleep-related causes of infant death increases. (True)**

Factors that increase risks of infant death when bed sharing are: adult sleeping with infant who smokes, uses alcohol; infant covered by a blanket or quilt; multiple bed sharers (more than one adult with an infant or siblings with an infant), especially if the baby is sleeping between people; infant less than 11 to 14 weeks of age. The use of tobacco or alcohol may impair the adult's ability to awaken easily.



**6. Breastfeeding is associated with a lower risk of SIDS. (True)**

Research shows that breastfeeding is associated with a lower risk of SIDS and that it has a protective effect against SIDS. Physiologic sleep studies have found that breastfed infants are more easily aroused from sleep than their formula-fed counterparts.

**7. Back sleeping increases the risk of choking. (False)**

Babies sleeping on their backs swallow or cough up fluid that enters their airway. There is no increase in choking from this sleep position. In fact, babies may actually clear liquids more easily when placed on their backs. When a baby is in the back sleeping position, the trachea (airway) lies on top of the esophagus. Anything brought up from the stomach must work against gravity to be sucked into the airway.

**8. Pacifier use at bedtime decreases the risk of SIDS. (True)**

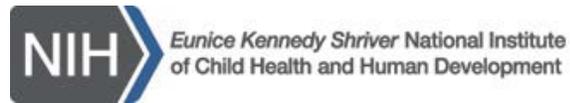
Several studies have reported that pacifier use, particularly when used at the time the baby was last put down for sleep, has a protective effect against SIDS. Two meta-analyses (grouping of data) demonstrated that pacifier use decreased the risk of SIDS. Researchers are not sure why using a pacifier can reduce the risk of SIDS. The most current belief is that use of the pacifier results in the baby's ability to arouse more easily from sleep.

**9. The infant back sleeping position is for night-time only. (False)**

The single most effective action that parents and caregivers can take to lower their baby's risk of SIDS is to consistently place their baby to sleep on his or her back **for naps and at night**. Babies who usually sleep on their back are at extremely high risk for SIDS (8 times higher) when placed on their side or stomach.

**10. Public health nurse visits may protect against SIDS. (True)**

The Aberdeen Area Infant Mortality Study, which involved American Indians from the Northern Plains, found that infants were less likely to die of SIDS if their mothers received visits from a public health nurse before and after giving birth. Infants whose homes were visited by a public health nurse were one-fifth less likely to die of SIDS than babies who did not receive such attention.



**11. The risks of infant suffocation during sleep can be reduced. (True)**

Pillows, quilts, comforters, sheepskins, bumper pads, infant sleep positioners, and stuffed toys can cause baby to suffocate, so removing them from baby’s sleep area reduces the risk. Couches, chairs, and other non-standard sleeping surfaces pose extremely high risk of SIDS and suffocation for infants. The AAP recommends room sharing—keeping baby’s sleep area in the same room where parents sleep—as the safest option. Some health care providers, who provide care in Native communities, suggest that if parents or caregivers choose to bed share, having only one adult in the bed, placing the baby above the adult’s head, and placing the baby on the mattress low to or on the floor instead of on a pillow, away from walls and other furniture *might* reduce the risk for accidental suffocation.

**12. The risks of SIDS and other sleep-related causes of infant death can be reduced. (True)**

SIDS is one type of Sudden Unexpected Infant Death (SUID). This is why we can say that to a certain extent, SUID is preventable in some cases of sudden and unexpected infant death. For example, “positional asphyxia,” where a baby is trapped in a couch or bed or armchair and can’t breathe and dies—this is preventable. Where there is no positional asphyxia, or no rollover death from bed sharing with an unaware or impaired adult, then we may look to “natural” or “unpreventable” SIDS death. This may occur when a certain baby’s respiratory center or brain stem, for example, is biologically predisposed to not breathing properly. That is why we say, “That SIDS is not fully understood, but there *are* things that you can do to reduce the risk of SIDS.” We are learning that this situation is NOT black and white, but it is nuanced with many shades of gray.