

Pregnancy Risk Assessment Monitoring System (PRAMS) - 2020 data



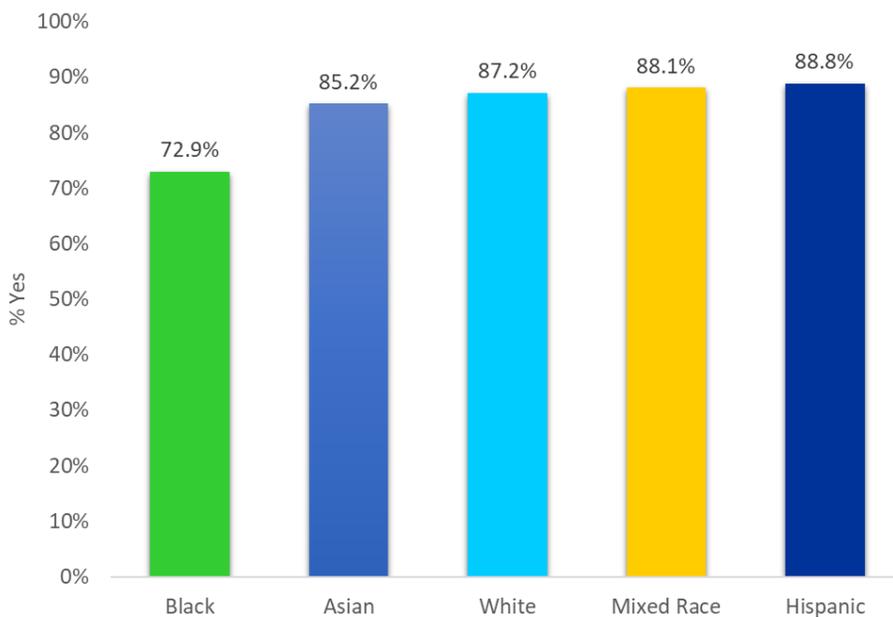
November 2021

Safe Sleep

Sudden unexplained infant death (SUID) is the leading cause of infant death in Indiana in the post-neonatal period. Black infants have SUID rates that are generally twice that of the rate among white infants. Prone infant sleeping positions, which include placing the baby on his or her stomach to sleep, have been identified as a major modifiable risk factor for SUID.

According to 2020 Indiana PRAMS data, approximately 17 percent of mothers place their babies in positions other than on the baby's back for sleep. When comparing sleeping positions within race and ethnicity, Black mothers had the lowest percentage of 'yes' responses to placing babies on their back to sleep, with 72.9 percent.

Do you place your baby on their back during sleep?



When analyzing the possibility of differences in health care workers communicating safe sleep practices to mothers by race and ethnicity, the PRAMS data shows that all races and ethnicities had at least 90 percent acknowledgement that a health care worker recommended placing their baby on his or her back to sleep. Black mothers had the second highest percentage out of all races and ethnicities, with a 95.5 percent acknowledgement. This could be an indication that additional methods for communicating safe sleep practices are needed.

Fast Facts

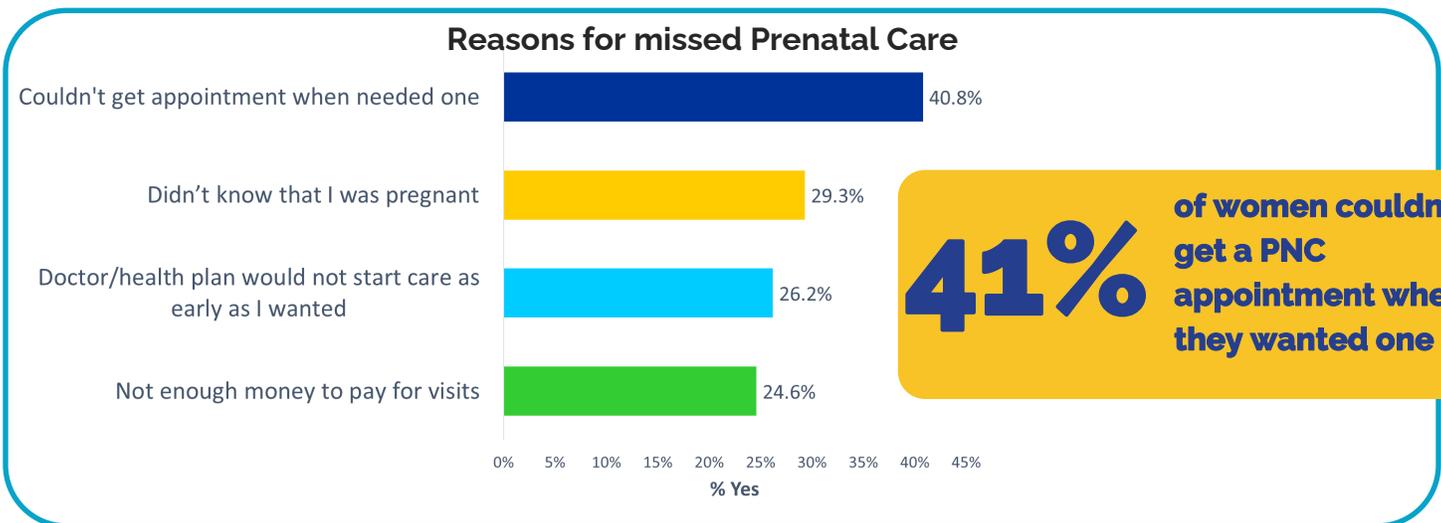
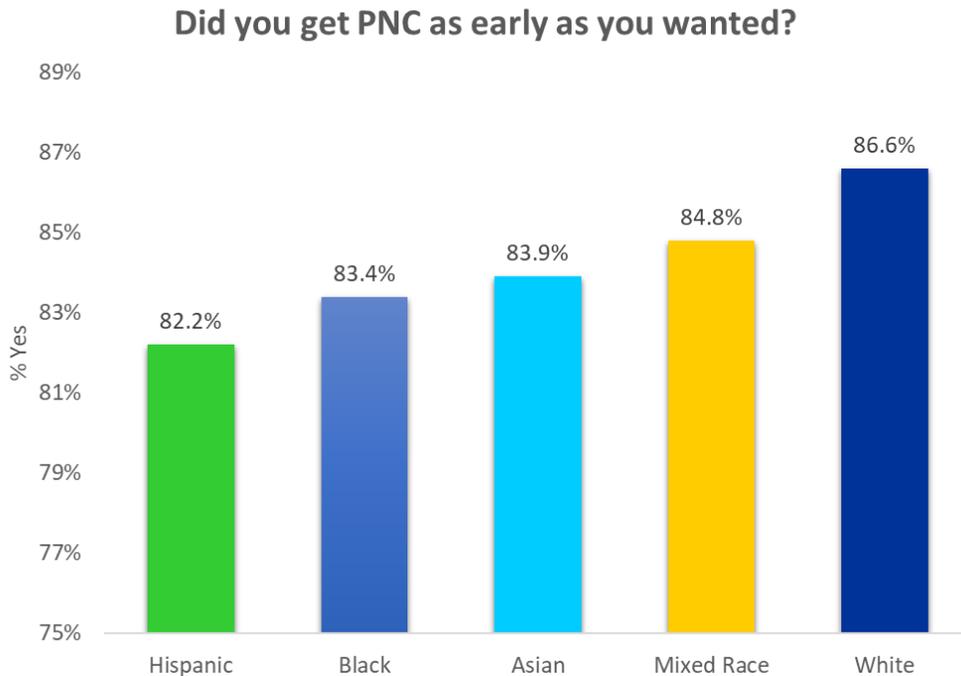
95 percent of mothers acknowledged that a health care provider recommended placing their baby on his or her back to sleep.

12.5 percent of mothers "rarely or never" place their baby to sleep alone in the baby's own crib or bed

Mothers ages 25 to 34 report their baby "always" sleeps alone in his or her own crib or bed more often than mothers younger than 25 or older than 34, showing a possible need for different education based on a mother's age.

Prenatal Care

The percentage of pregnant people receiving prenatal care (PNC) during their first trimester is about 10 percent lower in Indiana compared to the rest of the United States. Additional questions were added to the Indiana PRAMS questionnaire in order to assess reasons that pregnant people in Indiana are not seeking or receiving PNC. Overall, 15.6 percent of pregnant people in Indiana reported they did not receive PNC as early as they wanted.



The Indiana 2020 PRAMS response rate fell slightly below the CDC threshold of 50 percent. This means the data are not representative of all Indiana women and caution should be used in interpreting the data.



For questions about Indiana PRAMS, email: PRAMS@isdh.in.gov