



California Sudden Infant Death Syndrome Advisory Council

Minutes of the October 1, 2013, Meeting

Members of the Council

Thomas G. Keens, M.D.,
Chair, Physician member.

Lorie Gehrke, *Vice Chair,*
SIDS Parent.

Kitty Roche, R.N., P.H.N.,
B.S.N., M.S.W. *Secretary,*
Public Health Nurse

Kathleen Beichley, *SIDS*
Parent

Dawn Dailey, R.N., P.H.N.,
Ph.D., *Public Health*
Nurse.

Steven Durfor, *Police/Fire*
First Responder.

James K. Ribe, M.D.,
Medical Examiner.

Dennis H. Watt, *Coroner.*

Vacant, *SIDS Parent.*

Penny F. Stastny, R.N.,
B.S.N., P.H.N.,
President, Southern Calif.
Regional SIDS Council.

Aline Armstrong, P.H.N.,
President, Northern Calif.
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Council Chairperson:

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California SIDS Advisory Council
Los Angeles, California, October 29, 2012

- **Members Present:** Thomas G. Keens, M.D., *Chair*; Lorie Gehrke, *Vice Chair*; Kitty Roche, *Secretary*, Aline Armstrong, P.H.N.; Kathleen Beichley; Gwen Edelstein as an alternate for Dawn Dailey, RN, PHN, PhD; Colleen Ma, as alternate for Penny Stastny; James K. Ribe, M.D., J.D.; and Dennis Watt, Coroner.
- **Members Absent:** Dawn Dailey, RN, PHN, PhD; Steve Durfor; and Penny F. Stastny, R.N., B.S.N., P.H.N.
- **State and California SIDS Program:** Sandra Bahn.
- **Guests:** Luz Arboleda-Babcock, P.H.N.; Claudia Benton, R.N., P.H.N.; Gwen Edelstein, RN, PNP, MPA; Lidia Escobar; Stephanie Inyama; Karen Jackson, R.N., P.H.N.; Colleen Ma; Alisia Mejia, R.N., P.H.N.; Michelle Scott, R.N., P.H.N.; and Rachel Strickland.
- **Alternate Council Members:** In accordance with the Standing Rules of the California SIDS Advisory Council:
 - *Gwen Edelstein, RN, PNP, MPA*, was designated as the alternate for Council Member *Dawn Dailey, RN, PHN, PhD*, who could not attend today's meeting.

- *Colleen Ma*, was designated as the alternate for ex-officio Council Member *Penny Stastny, R.N., B.S.N., P.H.N.*, who could not attend today's meeting.
- The meeting was held by telephone conference call. A quorum of greater than 2/3 of Council members was present. The meeting was called to order at 1:33 P.M., on October 1, 2013.

- **Introductions.**

Council members, state staff, and guests introduced themselves.

- **October is SIDS Awareness Month.**

The Director of the California Department of Public Health reminded us that October is *SIDS Awareness Month*. This is a time to consider SIDS education activities in your local areas. *Doctor Ron Chapman's* announcement is appended to these Minutes.

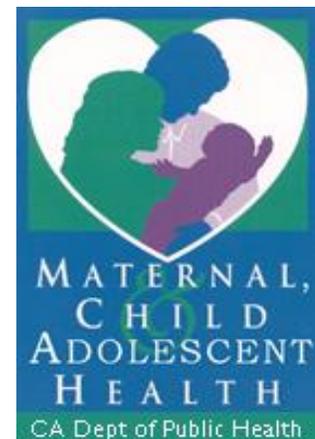
- **California SIDS Advisory Council: Membership.**

The California SIDS Advisory Council solicited applicants for the vacant SIDS Parent position on the Council. Two outstanding applications were received. One will be appointed as a member of the Council by the Director of California Department of Public Health.

- **State Report.**

Sandra Bahn presented a report of the California SIDS activities of the Maternal, Child, and Adolescent Health (MCAH) Division of the California Department of Public Health.

- **Proposed SIDS Contractor:** We developed an interagency agreement with the Regents of the University of California, San Francisco (UCSF), School of Nursing. We are currently in the final step to secure the SIDS Contract. Once we have the new SIDS Contractor, the SIDS trainings for this fiscal year and the 2014 Annual SIDS Conference will be at the top of the agenda for the discussion.
- **Website:** Currently, the CDPH IT staff is working to restore the California SIDS Program website and maintain it as a Departmental site and resources to the community. In the meantime, the old California SIDS Program site is still available until October, but it is not being kept up-to-date.
- **SIDS Awareness Month in October 2013:** We received a signed letter from the Director of the California Department of Public Health to promote the SIDS risk reduction messages and in support of October as SIDS Awareness Month. The letter has been distributed to local Health Jurisdictions, and will be posted at the CDPH SIDS Program website. We also encourage our SIDS Coordinators to conduct an educational event or outreach activities in your community to promote SIDS awareness and infant safe sleep practices.



- **Reporting/Documenting Suspected SIDS Cases:** Documentation required by both the coroner's office and the local health department for all suspected SIDS cases continues. Please continue to send the Reports to Carrie Florez. We also sent compliance monitoring letters to the SIDS Coordinators for the Public Health Services Report that we have not received. If you have any questions, please contact Carrie at Carrie.Florez@cdph.ca.gov

Carrie's contact information:

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- **SIDS 1-800 Line:** The California SIDS Program maintains a statewide toll free 800 number, 800-369-SIDS (7437), from 8:00 am to 5:00 pm Monday through Friday. Effective 06/30/2013, callers who dial the toll free number are connected to the MCAH general number. Based on the caller's need, MCAH staff refer the call to either the caller's local SIDS Coordinator or to MCAH's SIDS Coordinator (*Guey-Shiang Tsay*) for resolution.

Calls to this number after hours, on weekends and/or holidays that are emergent in nature (i.e.: SIDS family needing assistance) for which crisis support is needed are triaged to the SIDS 24-hour Crisis Center Hotline located with the Contra Costa Crisis Center. The after-hours message on the MCAH line instructs callers to hang up and call (800) 837-1818 to speak to a counselor for immediate after hours support. Callers with non-emergent requests are able to leave their contact information for follow up by the Program staff on the next business day.

- **Email Contact for SIDS:** SIDS questions can be directed to a number of places. Questions can be sent to www.cdph.ca.gov/programs/mcah and are forwarded to *Guey-Shiang Tsay* for response. In addition, there are SIDS/SUID Grief Support Services in California. They provide support services to the parents who experience a presumed SIDS death. The link to access this information is: <http://www.californiasids.com/Universal/MainPage.cfm?p=324>. In addition the www.Californiasids.com website has a variety of other links to SIDS resources.

- **SIDS Risk Reduction Education.**

Los Angeles County Infant Safe Sleep Campaign.

Stephanie Inyama, updated the Council on the ICAN LA County Infant Safe Sleeping Campaign: Safe Sleep for Baby.

As presented during the prior August call, The ICAN LA County Infant Safe Sleeping Campaign: Safe Sleep for Baby spent the spring of 2013 preparing for and launching the Safe Sleep for Baby Campaign. The campaign was launched on May 8, 2013 at California Hospital. Safe Sleep for Baby Campaign collateral materials were debuted including the 30 second Safe Sleep for Baby PSAs in English and Spanish, 60 second Radio Spots in English and Spanish and

outdoor advertisements in English and Spanish. Campaign representatives also unveiled a new bilingual website, www.safesleepforbaby.com and a new bilingual pamphlet.

Safe Sleep for Baby radio ads continue to be heard on local radio stations including Power 106, KJLH and La Raza. Billboards can be seen in communities throughout the County. Since the August report, Metro now has ads placed on the interior and exterior of Metro transit vehicles. This exposure will continue throughout the remainder of 2013.

During the summer of 2013, ICAN/ICAN Associates has continued to partner with stakeholder agencies for the Safe Sleep for Baby Campaign Partnerships. Agencies are asked to partner with the campaign and use campaign materials to educate staff about infant safe sleeping practices and urge staff to share infant safe sleeping information and tips with the families they work with. To date, this campaign has partnered with 45 agencies, provided 38 trainings and distributed over 52,000 pamphlets of infant safe sleeping materials.

Recently, Pamphlets have been sent to the over 5,000 care providers registered as having a child up to age one placed in their home under DCFS jurisdiction. In addition, DPSS has committed to sending out pamphlets to each of their families they serve.

Next mailing is to the almost 3,000 licensed child care providers in LA County.

Most recently, a mommy blogger forum was held at the station of one of our media partners, Power 106 and articles were published in weekly print media this month as part of baby safety month education.

Next steps are to conduct trainings - (closest upcoming at our annual Nexus conference on 10/16/2013 to over 600 professionals) and to continue with distributing materials across LA County.

ICAN would like to request all California SIDS Advisory Council Members that are interested in Partnering with ICAN, please e-mail us at info@safesleepforbaby.com. Additionally, Council Members are urged to e-mail or call ICAN (626) 455-4585 for material requests. ICAN can accommodate both large and small scale material requests.

ICAN will spend the rest of the summer, fall, and winter months developing Safe Sleep for Baby Partnerships (both new partnerships and existing partnerships.)

All Safe Sleep for Baby Training materials, including the Safe Sleep for Baby Training Tool Kit, e-learning course, Safe Sleep for baby PSAs and Safe sleep for Baby radio spots, pamphlets and more can be found online SafeSleepforBaby.com.



Child Care Safe Sleep Practices (Department of Social Services Community Care Licensing)

Gwen Edelstein, R.N., P.N.P., M.P.A., presented an update on Safe Infant Sleep recommendations and regulations for California Child Care Providers.

Gwen Edelstein reported that the Health and Safety Regulatory Workgroup met on September 10, 2013, at the Federal Building in San Francisco. (Note: A statewide Health and Safety Regulatory Workgroup was convened as a stakeholder group to: 1) support best practices and improve child care health and safety standards in California; and 2) make recommendations to the California Department of Social Services (CDSS) Community Care Licensing Division (CCLD) on regulatory reform for California's child care health and safety regulations. Safe sleep practices was identified as one of the areas needing to be addressed. A Safe Sleep Subgroup was then formed to gather and present the group's findings and recommendations to the California Department of Social Services Community Care Licensing Division (CDSS CCLD) in the form of a white paper. This document was presented to CDSS CCL in September 2012. The Regulatory Workgroup has been under the leadership of *Mary Beth Phillips, Ph.D.*, Director of Strategic Initiatives and Member Services, California Child Care Resource and Referral Network; *Lucy Chaidez* from the Emergency Medical Services Agency (EMSA); and *Nathan Salomonis*, a Bay area SIDS father, have been instrumental in moving this document forward. *Carrie Florez, Steve Wirtz* and *Gwen Edelstein* have served as "consultants" by providing evidence based SIDS risk reduction/safe sleep research as identified by the American Academy of Pediatrics {AAP} in their 2011 technical report; statistical data, and resources for safe sleep education and outreach in child care setting.

At the September 10th meeting, *Shanice Boyette*, Manager Child Care Policy & Advocacy Unit, Community Care Licensing Division, California Department of Social Services, presented an update on their agency's progress with implementing safe sleep practices and the regulatory process. She stated that their agency has been working with their legal team to develop draft language for the regulations which was a huge hurdle. They are looking at how "safe sleep" practices can be enforced using the 2011 AAP safe sleep guidelines. So far they have drafted five policies. One challenge has been how these policies can be best written to accommodate future AAP safe sleep recommendations. CDSS CCL is looking also at safe sleep policies that will require CDSS licensed staff review the safe sleep policy quarterly and on their first day of work. There would also be a requirement that the safe sleep policy be reviewed and acknowledged by the parent at the time of their orientation or the child's first day of child care. It is hoped that the draft safe sleep regulations will be wrapped by the end of the calendar year.

Lucy Chaidez EMSA , Child Care Training Program Coordinator also reported at the meeting that she is moving ahead with their agency's legislative proposal to increase the hours for pre-licensing preventive health training. Currently the requirement is for 24 hours of which 8 hours are CPR and 16 are other health topics which include SIDS/safe sleep. The regulations do specify the topics to be covered. Lucy would like to see the hours increase to 30 every two years and for the regulations to include all childcare providers not just the Director and/or one staff person in attendance as per the current mandate. A major concern is the cost for the training for CCP's which is set by the EMSA approved training agencies/vendors. A draft of the proposal will be forwarded to the Health and Safety Regulatory committee members for review and input in the near future.

Gwen reported that a request has been made by *Lucy* for input from SIDS parents whose infant died in child care to provide information to her that she could use in her legislative proposal that would illustrate the connection between under-trained child care providers and infant deaths. She explained that she is being asked to make a direct link to her hypothesis that lack of training leads to illness, injury, and death in licensed child care. *Nathan Salomonis* provided *Lucy* with the details to his case but she would like at least two or three cases to illustrate this connection which could serve to convince readers that this change in the law is necessary. *Gwen* solicited support from the SIDS parents on today's teleconference to assist *Lucy* with this request.

JAMA Pediatrics Research Paper on Bedsharing and Increased SIDS, and Professor Abraham Bergman's Editorial indicating the Bedsharing is Safe: On the subject of safe sleep campaign, *Doctor James Ribe* brought up the new editorial in the Archives of Pediatrics for September 30th by Professor Abraham B. Bergman of Harbor View Medical Center Seattle, who takes to task the AAP policy statement of 2011, for being based on no evidence as to the hazard of cosleeping and for doing harm by causing SIDS parents to blame themselves for the deaths, unlike the previous SIDS concept. Bergman AB, Bed sharing per se is not dangerous. JAMA Pediatrics 2013 Sep 30; E1-E2. I suggested that Council members discuss this at a future meeting or at the regional meetings.

REFERENCES:

1. Colson, E.R., M. Willinger, D. Rybin, T. Heeren, L.A. Smith, G. Lister, and M.J. Corwin. Trends and factors associated with infant bed sharing, 1993-2010: The National Infant Sleep Position Study. *J.A.M.A. Pediatrics*, doi:10.1001/jamapediatrics.2013.2560.
2. Bergman, A.B. Bed sharing per se is not dangerous. *J.A.M.A. Pediatrics*, doi:10.1001/jamapediatrics.2013.2569.

- **SIDS, Undetermined, or SUID Diagnoses.**

There was no discussion on this issue.

- **Council's Role in SIDS Parent Support.**

There was no discussion on this issue.

- **Public Health Nurse Issues.**

Dawn Dailey and *Kitty Roche*, the Public Health Nurse representatives on the California SIDS Advisory Council, are continuing to support county SIDS Programs by contacting newly appointed SIDS Coordinators. *Guey-Shiang Tsay* notifies *Dawn Dailey* (Northern California) and *Kitty Roche* (Southern California) when a new county SIDS coordinator is appointed. This is a crucial activity to ensure that new coordinators are welcomed and informed of the statewide SIDS resources and council structure.

Gwen Edelstein shared that the Federal Maternal and Child Health Bureau presented a 90 minute webcast, *Safe Sleep Activities from the U.S. Consumer Product Safety Commission and Durable Infant Nursery Product Regulations*, on September 23, 2013. This program included a summary of the CPSC Safe Sleep outreach and education campaign and minority outreach activities. The webcast focused on standards, regulations and communication resources. An archive of this event is available to watch at:

<http://learning.mchb.hrsa.gov/archivedWebcastDetail.asp?id=349>

Gwen Edelstein also reported on a Federal SUID/SIDS Workgroup announcement posted on the Project IMPACT list serve on September 26, 2013 by Erin Reiney, MPH, CHES, Director, Injury & Violence Prevention Programs, Division of Child, Adolescent and Family Health, HRSA/Maternal and Child Health Bureau. The workgroup released a statement asking all organizations who reach families and health care providers through media, print, and education to show infants sleeping alone, on their backs, and in a clutter-free crib, bassinet, or play yard. To see the full statement, visit:

<https://www.nichd.nih.gov/news/releases/Pages/092613-infant-mortality-awareness.aspx>.

- **First Responder/Coroner Investigator Issues.**

Dennis Watt stated that the California State Coroners' Association is considering holding a second "SIDS Summit" to continue to address issues of the diagnosis of infants who die suddenly and unexpectedly in California. There are no definitive plans as to date or format of this conference.

On the subject of SIDS vs. SUID, *Doctor James Ribe* shared that it would be good to have another SIDS Summit, perhaps with regard to what can be learned from unusual and atypical SIDS-like deaths, e.g. the breast-suffocation cases, the baby carrier, and car seat cases, the continuing occurrence of no-risk-factor cases, and correlation with the absolute size of the baby, not just the age.

- **Southern California Regional SIDS Council.**

Penny F. Stastny, R.N., B.S.N., P.H.N., President of the Southern California SIDS Council, could not attend this meeting. Therefore, *Colleen Ma*, Secretary of the Southern California Regional SIDS Council, reported on the activities of the *Southern California Regional SIDS Council*.

- Our last *Southern California Regional SIDS Council* meeting was held August 29th, 2013. We had 12 members present including: 5 of our county SIDS Coordinators from Los



**Southern California Regional SIDS Council.
August 29, 2013, Meeting**

Angeles, Orange, Ventura, and Riverside Counties, and the City of Long Beach; 2 SIDS parents; retired SIDS PHN Penny Stastny; Dr. Jim Ribe representing the Los Angeles County Coroner's office; and Dr. Tom Keens from CHLA and USC.

- *Guey-Shiang Tsay* called in with the State Report and Contractor's Report and then listened to our reports for part of our meeting
- *Penny Stastny* gave the following President's report:
 - The goal for the Southern California Regional SIDS Council: To keep our Southern California Regional SIDS Council POSITIVE, VISIBLE, UPBEAT, and ACTION ORIENTED. We will continue to meet in person for all of the forthcoming meetings.
 - Upcoming meeting dates set for the Southern California Regional SIDS Council: November 21, 2013; February 6th, 2014; May 1st, 2014; August 14, 2014 and November 13th, 2014. All meetings will be held at the Edison Building in Huntington Beach, as confirmed with their meeting coordinator.
 - Guild for Infant Survival, Orange County (GISOC) — Penny hosted our last GISOC Board meeting at her home on August 22nd. It was very productive and the GISOC Board voted to donate up to \$2,000 to help support CHLA's 5-East Safe Infant Sleep initiative by buying 2 TV-video machines that will be used in the NICU to further the safe sleep initiative. The NICU does not have the GET WELL NETWORK. These TVs are portable so can be moved from room to room and also be used for demonstration/teaching purposes.
- Dr. Tom Keens gave a report of the most recent *California SIDS Advisory Council* meeting on August 13th, 2013:
 - Tom looked at the standing rules for State Council meetings. Two-thirds of members must be present for the meeting to be held. A member is permitted to dedicate an alternate member if he/she cannot attend. The next meeting is on October 1, 2013, by telephone conference call. It was decided that Colleen Ma will Penny Stastny's representative on the October 1, 2013, telephone conference call.
 - The 2014 Conference will be held in Northern California. The Southern California Regional SIDS Council will be responsible for the 2015 Conference, so Tom proposed that the current officers stay in place until 2015, for the sake of Conference planning. Penny and Colleen agreed to stay for a third year. Jeri Wilson was not at the meeting, so she will have to be contacted about her willingness to serve for an additional year as Vice President.
- Jessica Spearman from First 5 LA was not at the meeting, but did send us packets. Our Southern Council took some time to review the packets. There is some concern about the photos. There is nothing in the material about SIDS, only suffocation. The goal of program is safe sleep; they are about reducing accidental deaths during sleep. They are not a SIDS organization, nor is it a SIDS education campaign, and that is OK. Dr. Ribe commented that the message is simple and action oriented, and that is good for prevention and good for the community. He is hopeful that we will see a reduction in the number of deaths in Los Angeles County.

- We had a great and informative council meeting. Because this is October and SIDS Awareness Month, we highlighted a few activities of Council members:
 - **Deja Castro, SIDS Coordinator, Riverside County**, is having tote bags printed to give to families in post-partum with English and Spanish safe sleep information printed on the bag. She believes this will be a great community outreach, the Council agreed
 - **Rachel Strickland, SIDS Parent, Temecula**: Temecula Valley Hospital will be opening very soon, Rachel is anxious to talk to the nursing staff about safe sleep education and getting a video on the Get Well Network
 - **Luz Babcock, Los Angeles County**: 5000 brochures sent to all birthing hospitals in Los Angeles County. *October SIDS Awareness Month*, a flyer for county employees, was linked to pay stub. She is working with churches in Los Angeles County, more than 200 churches. Using SIDS Awareness Month as a way to start communication. Will do a presentation in October at ICAN.
 - **Claudia Benton, Ventura County**: A Ventura County family was investigated, so she is taking the lead to create a flyer helping hands in time of grief. The brochure multi agency explanation of what happens and the role of each agency that might contact a family. SIDS display not only at WIC, but at rehab program good feedback. 180 moms coming through this rehab program, so it is a good community outreach.
 - **Karen Jackson, Orange County**: Excellent feedback from Birth and Death Office regarding SIDS risk reduction packets and DVD she gave them. Plan outreach for October at Regional Perinatal Meeting because there is a representative from every OC hospital at this meeting.
 - **Kitty Roche, San Diego County**: Several County departments have joined forces to produce a video specifically for PSAs and County Network News use. This video will cover Safe to Sleep Guidelines and include Public Health Nursing, Medical Examiner, County Media and the Sheriff's Department. SIDS PHNs in 6 regions presented Safe to Sleep and SIDS information to over 50 nursing students from 5 Universities placed in their Community Health Rotation. 30 Child Protective Workers were trained as well.
 - **Alisia Mejia, Long Beach**: Outreach with licensed child care providers. Sent packets on safe sleep to more than 200 providers. Did a presentation to Black Infant Health participants. Spent \$2,700 in gift cards for purchase of cribs. These cribs will go to families in need to help them create a safe sleep environment.
 - **Drew & Angela Skinner, Isabella's Giraffe Club, San Diego** Walk to Remember is October 13, 2013. Parents are reaching out to each other. They have an art therapist available for children now which is wonderful.
 - **Dr. Ribe, Los Angeles Coroner's Office**: He did send a letter to State MCH expressing his support for the quick replacement Contractor for the State SIDS Program. Unofficially, he believes there has been a decrease in number of babies brought into Coroner office. Next meeting of ICAN will mention the defective pamphlet photo (the one that shows crib with a positioner).
 - **Dr. Tom Keens, Children's Hospital Los Angeles**:

- Two abstracts were presented at the 2013 International Conference of the American Thoracic Society in Philadelphia, Pennsylvania, May 18-23, 2013.
- On January 17, 2014, we will be giving Pediatric Grand Rounds on “Safe Infant Sleep”.

- We were privileged to have three students working enthusiastically with us this summer on SIDS related projects and other research. **Abby Freed** is a 2nd year medical student at the Arizona College of Osteopathic Medicine, Midwestern. She is a subsequent sibling of a SIDS victim, and as an infant, she was a subject in some of our arousal research studies. **Dylan Gwaltney** is a 2nd year medical student at the Keck School of Medicine of the University of Southern California, and she is my mentee through the Salerni Collegium mentorship program. She completed her required student project on aspects of CCHS. **Andrea Klein** is a high school senior from La Canada High School.



Abby Freed, Dylan Gwaltney, and Andrea Klein.

- **Northern California Regional SIDS Council.**

Aline Armstrong, P.H.N., President of the Northern California Regional SIDS Council, reported on activities of the *Northern California Regional SIDS Council.*

- *Northern California Regional SIDS Council* meeting was held on September 20, 2013, at 9:30 am to 12:30 pm in person at the Contra Costa County Crisis Center, 307 Lennon Lane Walnut Creek, California.



Northern California Regional SIDS Council, September 20, 2013.

- There were 7 Council members present.
- *Guey-Shiang Tsay, RN, MSN* provided the State MCAH report via telephone conference call.

- The President's report was shared, and each Council members that was present provided their community report updates.
- SIDS Coordinators are promoting Safe Sleeping Practice during the month of October, 2013.
- Other items addressed: Discussed the letter from *Doctor Ron Chapman* regarding: October is SIDS Awareness month. The Council was concerned that the letter focused on Sudden Infant Death Syndrome and did not include SUID. It would have been more appropriate to include the broader issue of including both SIDS and SUID. The Council would like Aline Armstrong to let the Advisory Council know of our concerns with the letter.

- **Council Meetings in 2014.**

This is the last *California SIDS Advisory Council* meeting for calendar year 2013. The *California SIDS Advisory Council* holds four meetings per year. Three are by telephone conference call, and the fourth is in-person the day prior to the California SIDS Conference. The meetings for 2014 will be:

- Meeting by telephone conference call, Tuesday, January 21, 2014, 1:30-3:30 P.M.
- Meeting by telephone conference call, Tuesday, April 29, 2014, 1:30-3:30 P.M.
- Meeting by telephone conference call, Tuesday, August 19, 2014, 1:30-3:30 P.M.
- In-person Meeting: the day before the 33rd *Annual California SIDS Conference* in Northern California, date to be determined.

By law, meetings of legislatively mandated advisory councils are open to the public. Therefore, anyone interested in participating in *California SIDS Advisory Council* meetings is welcome and encouraged to attend.

- **Adjournment.**

The meeting was adjourned at 2:40 P.M.

Respectfully submitted,

Kitty Roche, R.N., P.H.N., B.S.N., M.S.W.
Secretary, California SIDS Advisory Council

Thomas G. Keens, M.D.
Chair, California SIDS Advisory Council





RON CHAPMAN, MD, MPH
Director & State Health Officer

State of California—Health and Human Services Agency
California Department of Public Health



EDMUND G. BROWN JR.
Governor

October is Sudden Infant Death Syndrome Awareness Month

In 2011, 161 infants less than one year of age died of Sudden Infant Death Syndrome (SIDS) in California, making it the second leading cause of death for infants between the ages of 28 days and one year. Despite years of research, the exact cause(s) of SIDS remain unknown.

SIDS is defined as the sudden and unexpected death of an infant who is less than one year of age and whose death cannot be explained even after a thorough case investigation including a complete autopsy, examination of the death scene, and review of the infant's clinical history.

To help reduce SIDS, the California Department of Public Health (CDPH), Maternal, Child and Adolescent Health Division and the California SIDS Advisory Council endorse the use of the 2011 American Academy of Pediatrics (AAP) recommendations for educational activities in California. The expanded and scientifically supported 2011 AAP recommendations educate parents, caregivers, health care providers and the public on safe sleep and sleep environments for infants, which include placing babies to sleep on their backs, putting babies on a firm sleep surface, never smoking around the baby, not letting a baby overheat during sleep, and keeping soft objects out of a baby's sleep area. Prenatal care, breastfeeding, immunizations and regular well-child checks are also important recommendations. The messages contained in the following link have helped reduce the incidence of SIDS:

<http://pediatrics.aappublications.org/content/128/5/1030.full.pdf+html>.

The CDPH works with Local Health Jurisdictions to investigate sudden unexpected infant deaths to identify possible contributors to the cause(s) of death. California has earned a national reputation for excellence in SIDS education, risk reduction campaigns, research, and grief and bereavement support services.

During the month of October, CDPH promotes SIDS awareness through a variety of outreach events. These efforts are part of an ongoing campaign to increase public awareness about SIDS. Appropriate SIDS risk reduction resources can be accessed at CDPH's SIDS Program website: <http://www.cdph.ca.gov/programs/SIDS/Pages/default.aspx>

This October, I commend the efforts made by CDPH, Local Health Jurisdictions and the SIDS Advisory Council members to promote infant safe sleep practices and reduce the risk of SIDS.

Sincerely,

Kathleen Bellingisley for Dr. Ron Chapman
Ron Chapman, MD, MPH
Director & State Health Officer

California SIDS Advisory Council



Kathleen Beichley



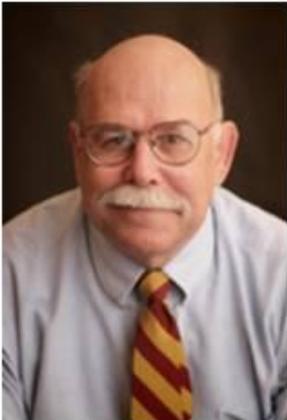
Dawn Dailey



Steve Durfor



Lorie Gehrke



Tom Keens



James Ribe



Kitty Roche



Dennis Watt



Penny Stastny



Aline Armstrong

