

HEALTHY START LOCAL EVALUATION REPORT

PROJECT NAME: *Kalamazoo County MI Healthy Babies-Healthy Start*

TITLE OF REPORT: *Mothers' Reported Knowledge of, Practices, and Barriers to Engaging in Infant Safe Sleep*

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Section I: Introduction

Infant mortality is a serious public health problem in the U.S.; the infant mortality rate in the U.S. is higher than 25 comparably developed nations (MacDorman et al., 2014) ~~in the U.S. (13(M6~~ 2014). In Kalamazoo, this dis Sleep-related deaths a

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Section IV: Conclusions & Recommendations

Infant mortality is a serious public health problem in the U.S. Engaging in safe sleep practices is important to help reduce and prevent infant sleep related deaths. Refraining from co-sleeping is the most common safe sleep guideline that mothers have difficulty following in our local community. Interventions should help mother's to problem solve barriers to placing babies to sleep alone. More emphasis on this is needed in safe sleep education. Additional research is needed with women from different backgrounds.