

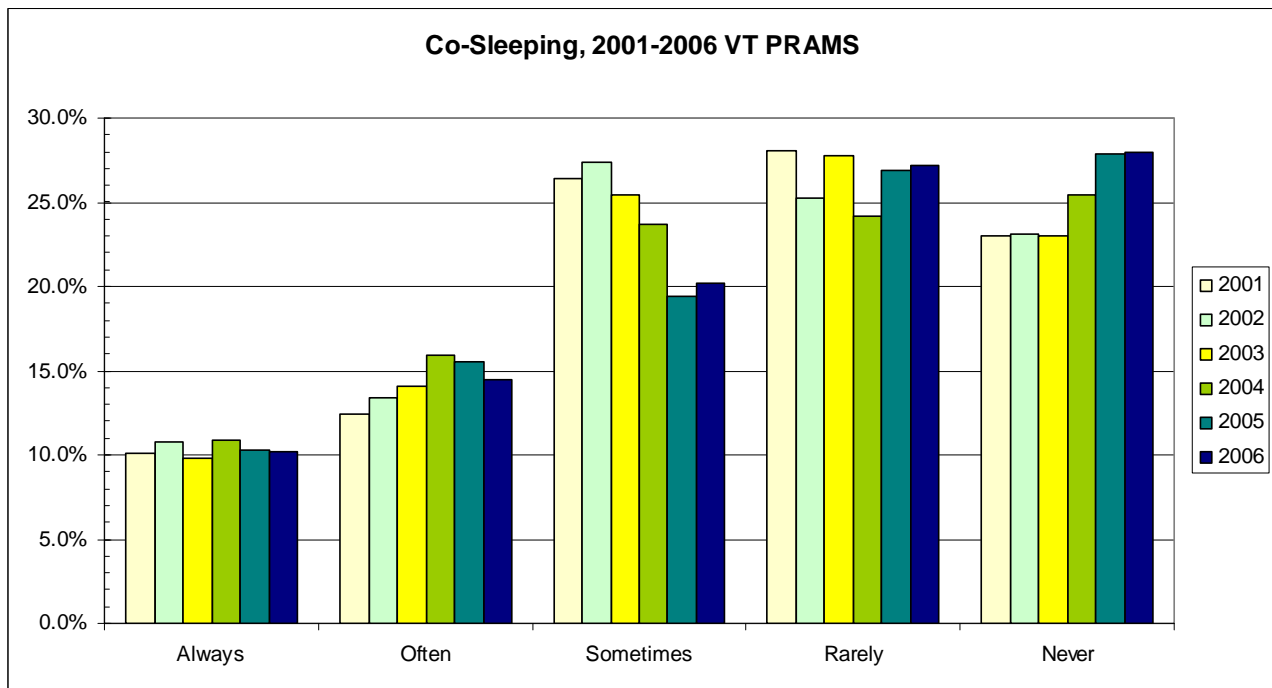
Vermont PRAMS Data Brief

Co-sleeping

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births since 2001.

Infants who are put to sleep with another person are at risk for suffocation. The PRAMS survey asks women “*How often does your new baby sleep in the same bed with you or anyone else.*” Responses were *always, often, sometimes, rarely, or never.*

Co-sleeping is relatively common in Vermont with approximately one-quarter of women reporting that their infant *always* or *often* sleeps with another person. Beginning in 2004 there has been an increase in the percent of mothers who report that their baby is *never* put to sleep with another person. That increase was mirrored with a decrease in the percent of women who report that their baby *sometimes* sleeps with another person. There was no significant change in the other response categories.

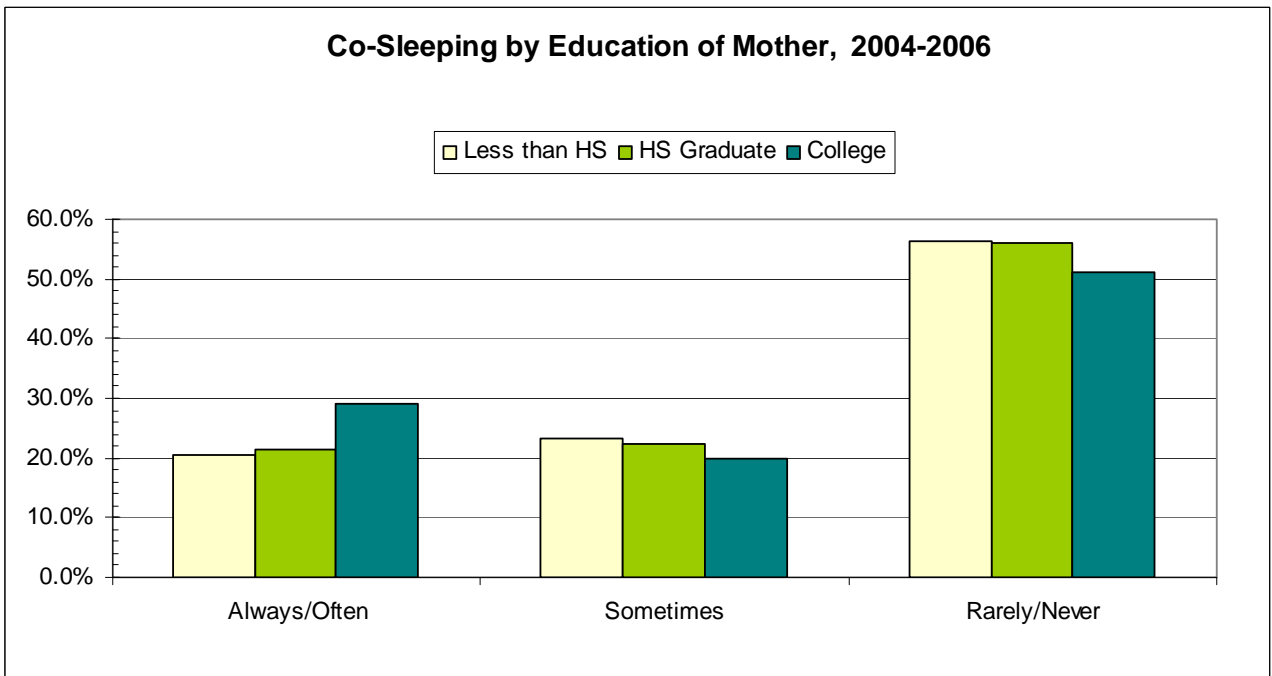
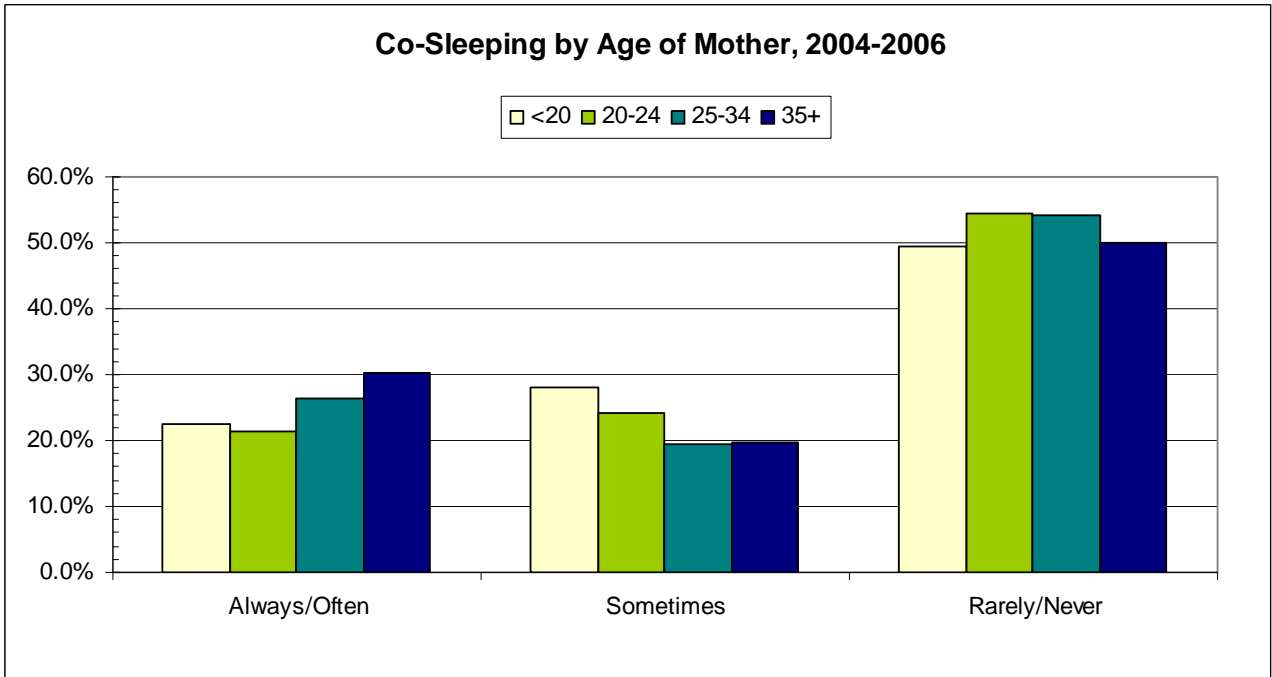


For the remainder of this report responses for 2004-2006 have been combined, and categories *always* and *often* and categories *rarely* and *never* have been combined to increase the sample size.

Vermont PRAMS Data Brief

Age and Education

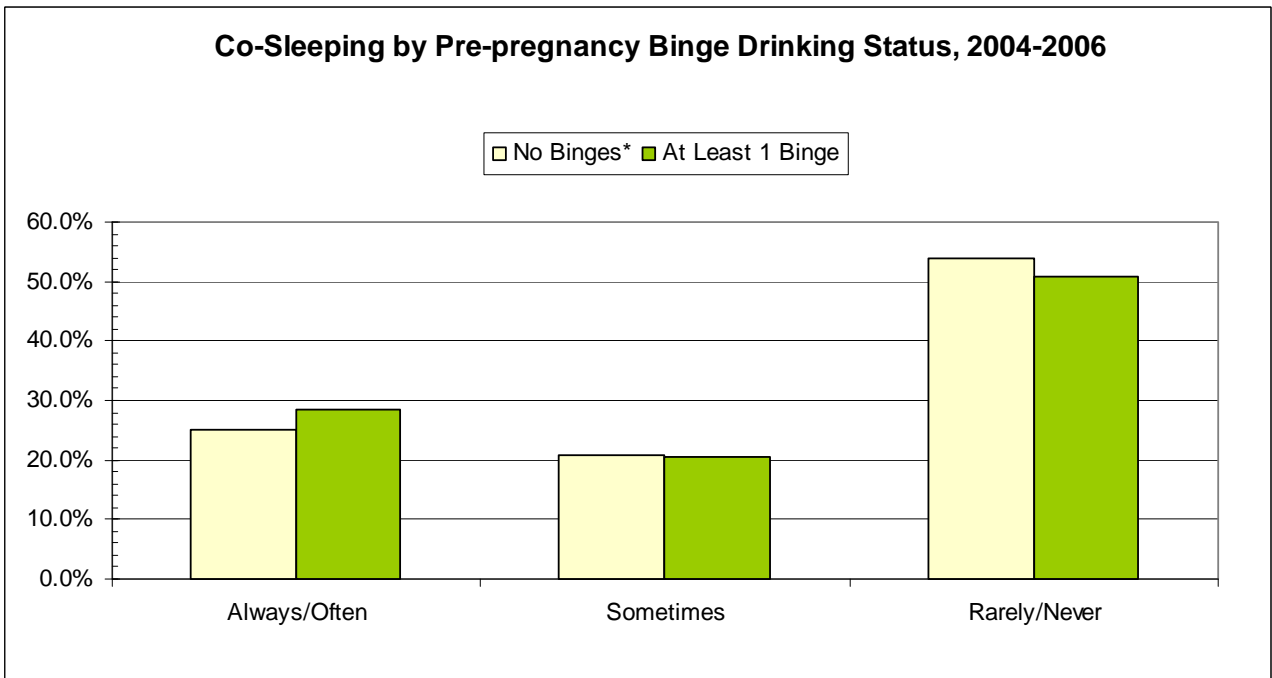
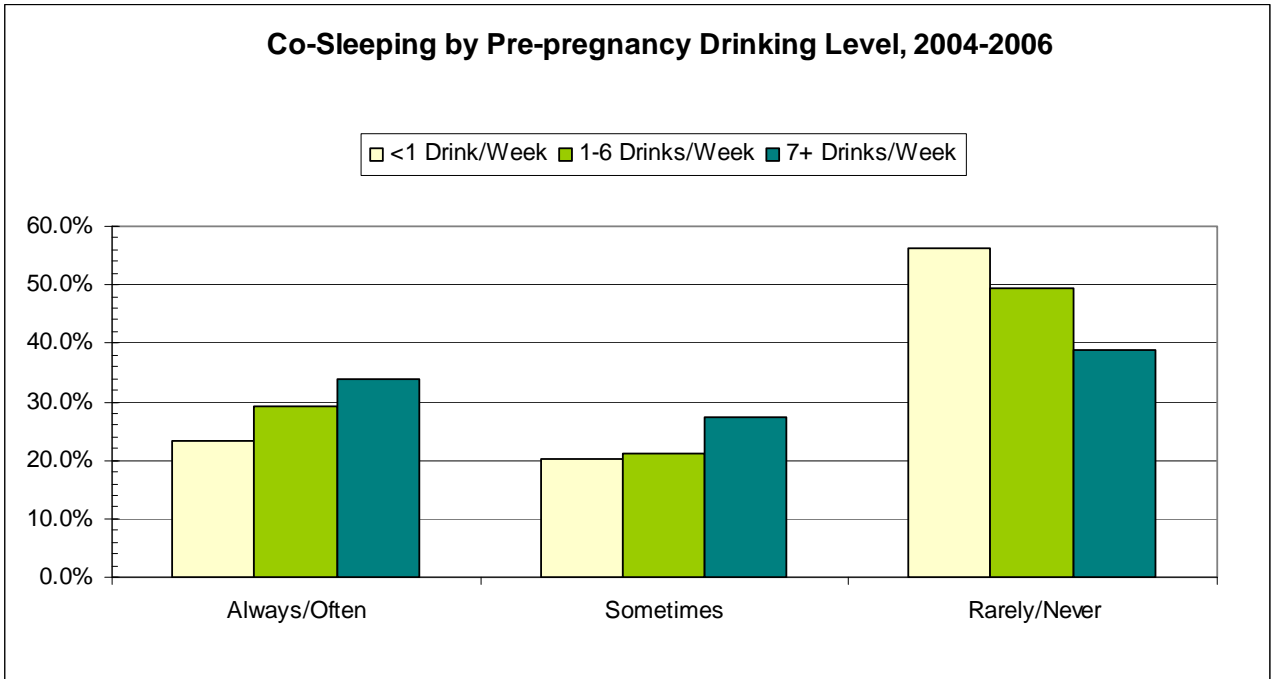
Older mothers and college graduates are more likely to report frequent co-sleeping.



Vermont PRAMS Data Brief

Alcohol Use

Women who reported drinking before pregnancy, including those reporting binge drinking, were more likely to report frequent co-sleeping.

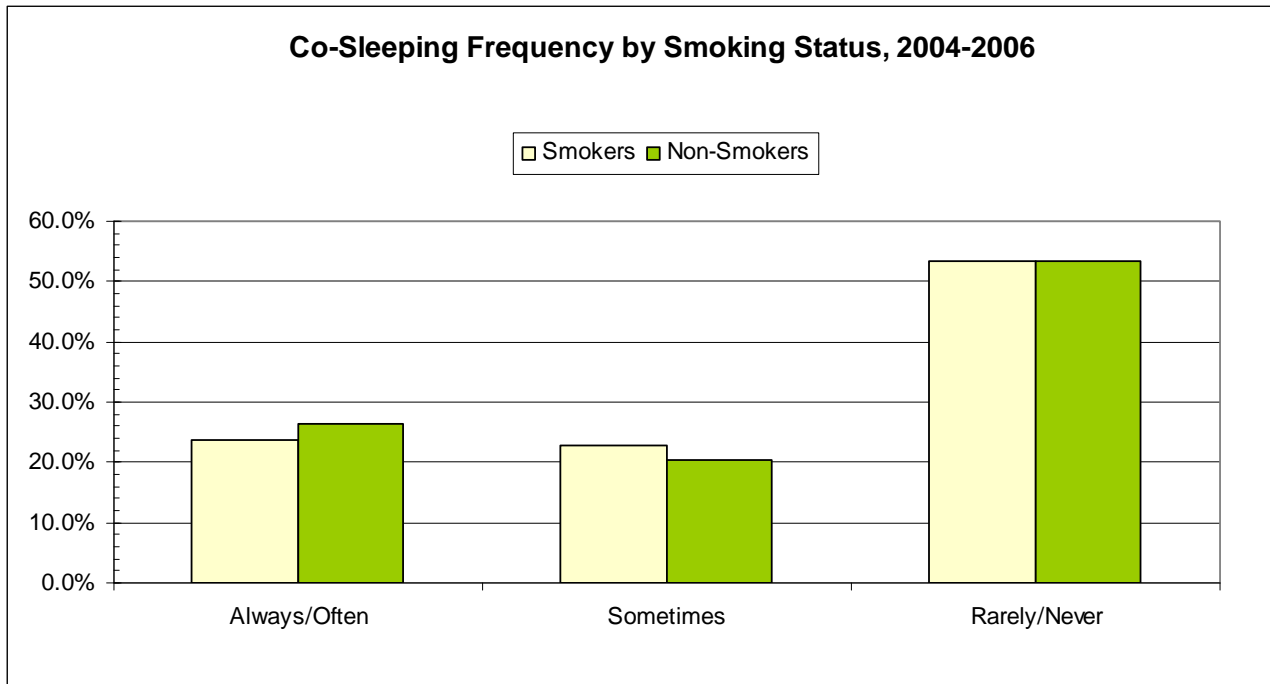


* Binge Drinking defined as having 5 or more drinks in one sitting in the 3 months prior to pregnancy.

Vermont PRAMS Data Brief

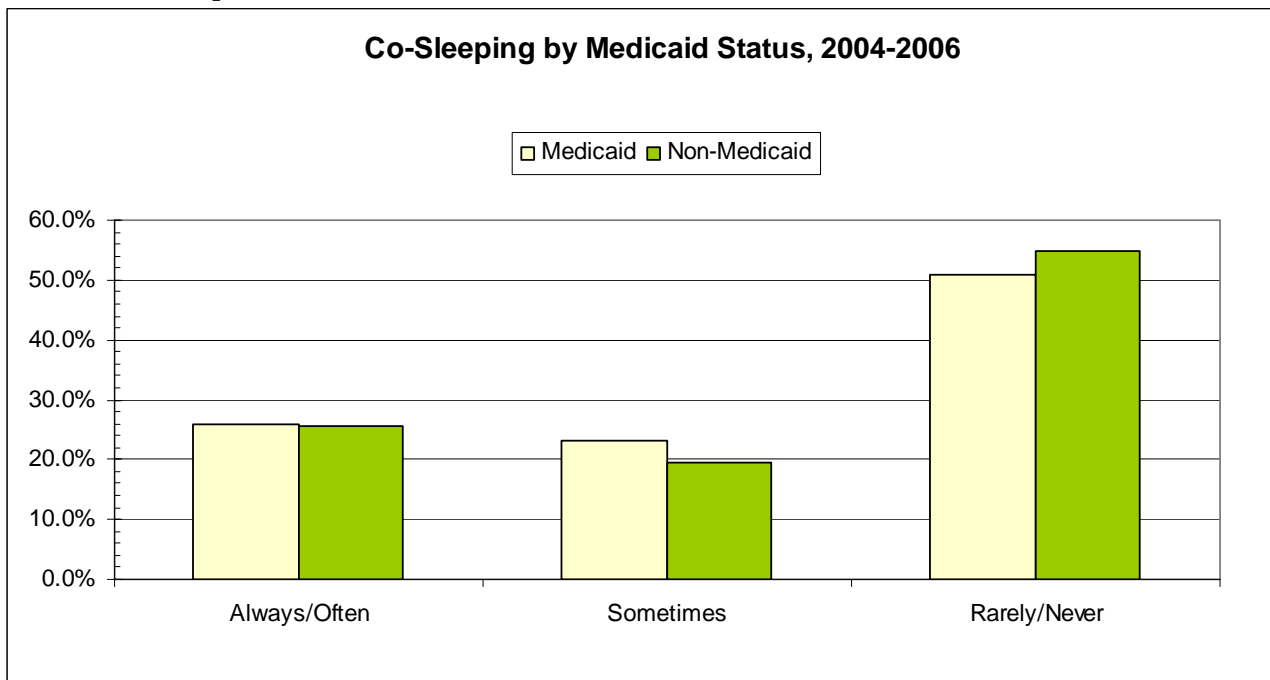
Smoking

There were no differences between mothers who were current smokers and non-smokers in the prevalence of co-sleeping.



Medicaid Enrollment

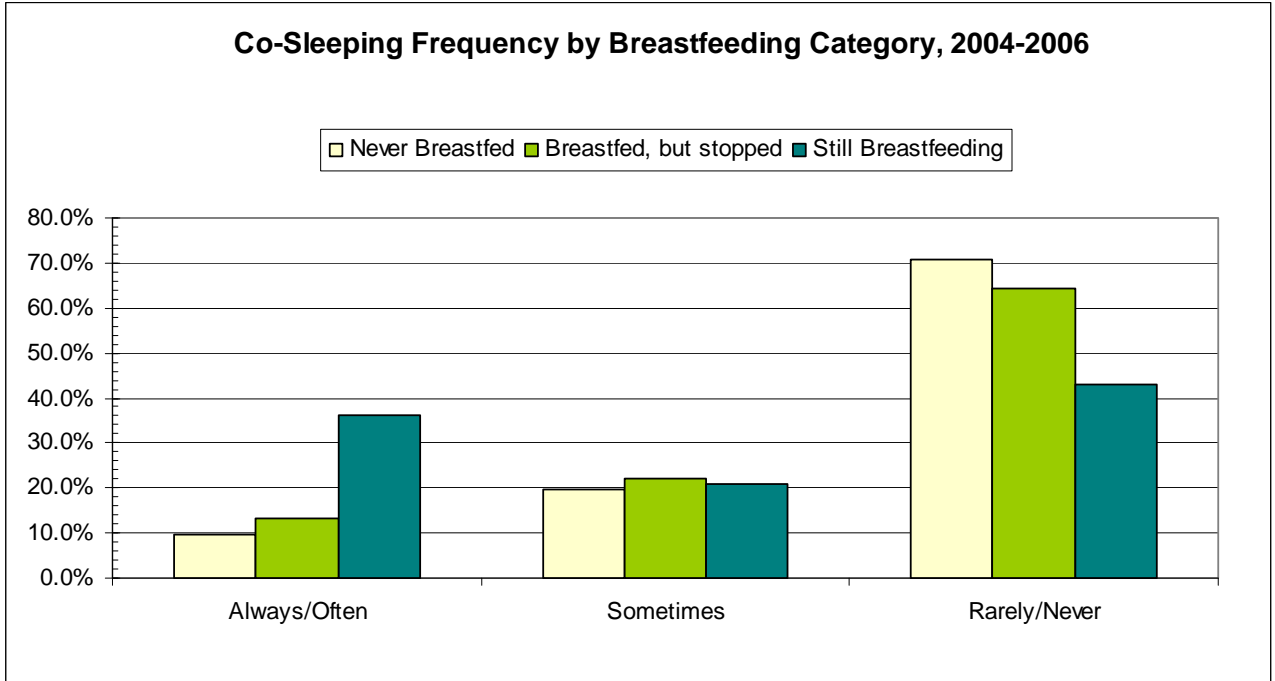
There was no difference in the prevalence of frequent co-sleeping between women who reported being on Medicaid and those not on Medicaid. However, women who were on Medicaid were less likely to report their infant never or rarely slept with another person. Results were similar for WIC and non-WIC clients.



Vermont PRAMS Data Brief

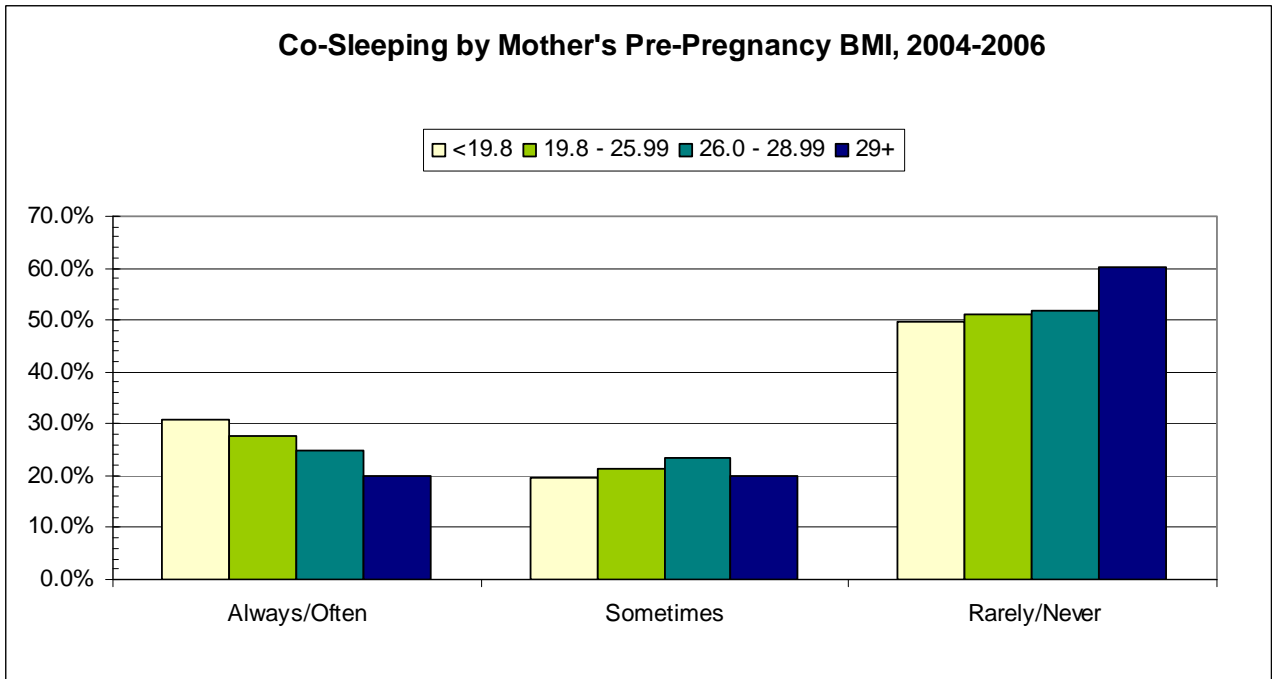
Breastfeeding

Breastfeeding was closely related to co-sleeping. Women still breastfeeding at the time they completed the survey were three times more likely to report frequent co-sleeping than those who were not breastfeeding.



Pre-pregnancy Body Mass Index

Women who are obese, based on reported pre-pregnancy height and weight, were more likely to report their infant rarely or never slept with another person.



Questions or comments about this report may be addressed to John Gauthier, Vermont PRAMS Coordinator, jgauthi@vdh.state.vt.us, (802)863-7661 or to Mike Nyland-Funke, mnyland@vdh.state.vt.us, (802)863-7261.