

About SUID and SIDS

For Everyone
SEPTEMBER 17, 2024

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KEY POINTS

- Sudden unexpected infant death (SUID) includes sudden infant death syndrome, accidental suffocation and strangulation in bed, and other deaths from unknown causes.
- CDC's Division of Reproductive Health (DRH) shares the most up-to-date information about death rates and circumstances linked to SUID.
- CDC collaborates with organizations to spread safe sleep messages.
- Learn the latest recommendations to help babies sleep safely.

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Overview

Sudden unexpected infant death is a sudden and unexpected death of a baby aged younger than 1 year. For these deaths, there is no obvious cause before investigation. Sudden unexpected infant deaths often happen during sleep or in the baby's sleep area. Learn more about the problem and CDC activities.

Understanding the problem

Sudden unexpected infant deaths include:

- Sudden infant death syndrome.
- Accidental suffocation in a sleeping environment.
- Other deaths from unknown causes.

A thorough investigation is necessary to learn what caused these deaths. Different investigation and reporting practices can affect monitoring of SUID trends at state and national levels. In addition, parents or caregivers do not usually see these deaths as they happen. As a result, investigators may not be able to get a clear description of the circumstances surrounding these deaths. This information is necessary for identifying ways to prevent future deaths.

In 2022, about 3,700 babies died suddenly and unexpectedly in the United States. The sudden unexpected infant death rate has declined since the 1990s. However, significant racial and ethnic differences continue. See [Data and Statistics](#) for more information about trends and SUID by race and ethnicity.

What CDC is doing

CDC's DRH provides scientific leadership in SUID. DRH shares the most up-to-date information about rates and circumstances linked with SUID.

Improving data quality to prevent future deaths

CDC's DRH Health supports monitoring programs in 32 sites as part of the [Sudden Unexpected Infant Death and Sudden Death in the Young Case Registry](#). This covers about 2 in 5 SUID cases in the United States. Participating sites work to improve data quality on SUID cases. This effort leads to a better understanding of circumstances that may increase the risk of SUID. Sites can use data about SUID trends and circumstances to carry out strategies to reduce future deaths. Additionally, CDC collaborated with organizations and experts to develop training materials and a [reporting form](#) for investigators.

Supporting and promoting safe sleep recommendations

CDC supports the 2022 recommendations issued by the American Academy of Pediatrics (AAP) to reduce sleep-related infant deaths. Caregivers can visit [How to Keep Your Sleeping Baby Safe: AAP Policy Explained](#) [↗](#) to learn more.

CDC collaborates with the *Eunice Kennedy Shriver* National Institute of Child Health and

Human Development (NICHD). NICHD, part of the National Institutes of Health, leads the [Safe to Sleep®](#) [↗](#) campaign. The Safe to Sleep® campaign has outreach activities and educational materials to promote safe sleep for babies. CDC is also working closely with NICHD and other organizations to assess and update resources for the [Healthy Native Babies project](#) [↗](#). This project helps local programs address safe infant sleep among American Indian and Alaska Native communities.

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Clear

SUID Rates by Race and Ethnicity, 2018-2022 874,391% 100%

How to Keep Your Sleeping Baby Safe 2,231% 100%

