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| **ISA ISPID  Abstract Submission  Nº: 256**   |  | | --- | | Topics: **SIDS/SUID** | | Type: **Oral** | | **Panel proposal: Facts and findings of cot death prevention in the Netherlands; a country with a very low cot death incidence** | | **van Sleuwen, Bregje**1; **L'Hoir, Monique**1; **Engelberts, Adele**2; **Cotterink, Mieke**3 *1 - TNO. 2 - Orbis Medical Center. 3 - VeiligheidNL.* | | **Introduction** In the Netherlands regular surveys have been conducted of Dutch baby care habits. The aim of these surveys is to target prevention. They were held in 1987, 1988, 1990, 1992, 1994, 1996, 2002/2003, 2005, 2011 and 2015. Questionnaires are distributed to parents through well baby clinics. For example, in 2011, 3048 questionnaires were handed out of which 2230 (72%) were returned.  **Material and Methods** A small survey, conducted by SafetyNL in 2015, which included 605 infants, will be presented.  **Results** Of the infants, 69% sleep in a baby bed, 12% in a cot, almost 10% in the parental bed (which is dangerous before the age of 4 months), 7% sleep in a special bed that is attached to the parental bed and 1% sleep in a stroller. The first 6 months 54% sleeps in the parental room. Of the infants, 74% sleep in supine, 9% in prone, 7% in side position, respectively, whereas 10% of the parents change the sleeping position. Almost 80% sleep in a sleeping sack, of which 51% also uses a blanket and sheet; 17% sleep  only  under a blanket and sheet, and 5% uses a duvet. Of the infants, 3% had a bumper in the cot/bed, 5%  has a pillow and 17% has a large stuffed animal in bed.  **Conclusions** In 2011 the same amount of children slept supine, but prone sleeping increased almost 4 times, from 2.3% to 9%, which is alarming. Bed sharing, traditionally low in the Netherlands, increased from  4.6% (1.5% exclusively and 3.1 incidentally) to 10%. Pillow use increased form 1.5% to 5%. Dutch prevention needs adaptation which should target sleeping position, sleep location and bedding and youth healthcare physicians and nurses should receive updated (e-health) training about the prevention of sudden infant death. | |  |  |  |  | | --- | --- | | **CONTACT** | | | Name: | **Bregje** | | Lastname: | **van Sleuwen** | | E-mail: | **bregje.vansleuwen@tno.nl** | | Country: | **Netherlands** | | Institution | **TNO** | | Cellphone: | **31 88-8666000** | | City: | **Leiden** | |