



Safe Sleep Community Baby Shower and Crib Clinic Report

Fiscal Year 2024

Prepared for
Kansas Infant Death and SIDS Network

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Executive Summary

The Kansas Infant Death and SIDS (KIDS) Network in collaboration with certified Safe Sleep Instructors hosted 135 Safe Sleep events (Safe Sleep Community Baby Showers, n=42; Safe Sleep Crib Clinics, n=93) in 44 Kansas counties, 1 Missouri county, and 1 Arizona county. A total of 2,191 individuals attended these events. Of those, 1,343 birthing persons participated in the pre- and post-surveys. Due to missing data, 113 participants were excluded and data for 1,230 participants were included in the report.

Most participants identified themselves as non-Hispanic White (59%). Participants most frequently reported being married (48%), having a high school diploma or GED (48%), being insured by KanCare/Medicaid (49%), and receiving prenatal services at a hospital clinic (38%).

Most participants reported being more confident in safe sleep practices, avoiding secondhand smoke, breastfeeding, ability to follow safe sleep recommendations even when receiving conflicting advice, recognizing signs and symptoms of perinatal depression or anxiety, and accessing screening or support for symptoms of perinatal depression or anxiety and substance use disorders. If participants had not received a portable crib from this event, 317 (26%) may not have had access to a clean, smoke-free, damage-free crib, bassinet, or portable crib. Most participants (82%) were very satisfied with the Safe Sleep events held in Fiscal Year 2024.

Safe Sleep

Following the events, participants demonstrated a statistically significant increase in intention to follow safe sleep practices related to placing baby only on the back to sleep (83% vs 97%; $p<0.001$), on only a safe sleep surface (crib, portable crib or bassinet; 87% vs 96%; $p<0.001$), that is non-inclined (76% vs 94%; $p<0.001$), and only including safe items (firm mattress, fitted sheet, wearable blanket, or pacifier; 69% vs 92%; $p<0.001$). Most participants planned to discuss safe sleep with others after attending the Safe Sleep Community Baby Shower (68% vs 99%; $p<0.001$). After the events, most participants (98%) indicated knowing at least one person who will support safe sleep for their baby.

Tobacco

When asked about current tobacco use (including e-cigarettes), most participants (90%) reported not using tobacco in the previous six months. Following the events, there was a statistically significant increase in participants who would never allow tobacco use inside home or car (90% vs 96%; $p<0.001$), knowledge of three ways to avoid secondhand smoke exposure (77% vs 96%, $p<0.001$) and knowledge of at least three local resources for tobacco cessation (20% vs 38%; $p<0.001$).

Breastfeeding

There was an increase in intention to breastfeed for longer than six months (62% vs 65%; $p<0.001$) following the events. From pre- to post-survey there was a statistically significant increase in knowledge of three local resources to support breastfeeding (31% vs 51%; $p<0.001$).

Perinatal Mental Health

Following the events, no change was observed in participants knowledge of ways to reduce the risk of depression, anxiety, and other mood disorders (96% vs 96%; $p=0.890$) and a significant increase in knowledge of three perinatal mental health resources (34% vs 50%; $p<0.001$). Most participants (92%) reported knowing at least one person who they can call to talk about their feelings or any concerns about their mental health.

Substance Use

Following the events, participants demonstrated an increase in knowledge of three resources that provide support for substance use disorders (27% vs 37%; $p<0.001$).

Attendance

During Fiscal Year 2024, 135 Safe Sleep events (Safe Sleep Community Baby Showers, n=42; Safe Sleep Crib Clinics, n=163) were conducted in 44 Kansas counties, 1 Missouri county, and 1 Arizona county. A total of 2,191 individuals attended these events. Of those, 1,343 birthing persons completed the pre- and post-surveys. Event attendance ranged in size from individual crib clinics to Safe Sleep Community Baby Showers with 394 attendees (median attendance = 19.5).

Table 1. Safe Sleep Event Attendance

	Total		Community Baby Shower		Crib Clinic	
	Events	Attendance	Events	Attendance	Events	Attendance
Allen	4	56	1	52	3	4
Anderson	2	9	1	7	1	2
Barton	10	215	1	206	9	9
Bourbon	13	66	1	39	12	27
Brown	1	35	1	35	0	0
Butler	1	22	1	22	0	0
Chase	1	2	1	2	0	0
Cloud	4	19	2	17	2	2
Coffey	2	89	2	89	0	0
Cowley	2	31	1	30	1	1
Crawford	2	159	2	159	0	0
Douglas	2	2	0	0	2	2
Finney	9	77	1	69	8	8
Franklin	1	1	0	0	1	1
Graham	2	16	1	12	1	4
Harvey	2	81	2	81	0	0
Haskell	3	5	0	0	3	5
Hodgeman	1	6	1	6	0	0
Johnson	5	5	0	0	5	5
Kearny	2	34	1	16	1	18
Leavenworth	2	43	1	35	1	8
Lyon	1	100	1	100	0	0
Marion	1	11	1	11	0	0
Marshall	1	9	1	9	0	0
McPherson	2	28	1	26	1	2
Miami	8	24	2	17	6	7
Mitchell	1	3	0	0	1	3
Montgomery	1	3	0	0	1	3
Morris	1	10	1	10	0	0
Nemaha	1	26	1	26	0	0
Neosho	1	8	1	8	0	0
Ness	1	1	0	0	1	1
Pawnee	1	1	0	0	1	1
Pratt	1	1	0	0	1	1
Reno	1	33	1	33	0	0
Republic	1	9	1	9	0	0
Riley	1	394	1	394	0	0
Saline	4	8	0	0	4	8
Sedgwick	17	330	3	311	14	19
Shawnee	1	44	1	44	0	0
Stafford	1	2	0	0	1	2
Sumner	1	79	1	79	0	0
Woodson	3	13	1	11	2	2
Wyandotte	11	54	2	43	9	11
Multi-County (Sedgwick, Shawnee, Jackson MO)	1	7	0	0	1	7
Maricopa, Arizona	1	20	1	20	0	0
TOTAL	135	2191	42	2028	93	163

Demographics

During Fiscal Year 2024, 1,343 women attended a Safe Sleep education event and completed pre- and post-surveys. Of those, 1,197 (89%) attended a Safe Sleep Community Baby Shower and 146 (11%) a Safe Sleep Crib Clinic. Following data cleaning, 32 pre-surveys and 81 post-surveys were removed due to missing data. Therefore, data for 1,230 (92%) participants is included in this report. Of those included, 93 (8%) participants attended a Spanish-language event, see Appendix A.

Most participants identified as non-Hispanic White (59%; Table 2). Participants most frequently reported being married (48%), having a high school diploma or GED (48%), being insured by KanCare/Medicaid (49%), and receiving prenatal services at a hospital clinic (38%).

Table 2. Participant Characteristics (n=1,230)

	n (%)		n (%)
Number of Support People Attending		Mother's Education	
0-18 years (median, range)	0 (0-7)	Some High School	162 (13)
18+ years (median, range)	1 (0-9)	High School Graduate or GED	579 (48)
Age (mean, SD)	27 (7)	2-Year Community College Graduate	179 (15)
Primary Language		4-year College Graduate	178 (15)
English	1137 (92)	Graduate School	102 (8)
Spanish	93 (8)	Other	16 (1)
Race/Ethnicity		Insurance Status	
Non-Hispanic White	706 (59)	KanCare/Medicaid	593 (49)
Hispanic	274 (23)	Private Insurance	375 (31)
Non-Hispanic Black	114 (9)	Self-Pay	108 (9)
Multiracial	73 (6)	Military	80 (7)
Asian	14 (1)	Managed Care Organization/Marketplace	12 (1)
American Indian or Alaska Native	14 (1)	Other	36 (3)
Other	11 (1)	Prenatal Care Provider	
Marital Status		Hospital Clinic	461 (38)
Single	374 (31)	Private Provider's Office	445 (37)
Married	585 (48)	Community Health Clinic	180 (15)
Partnered	221 (18)	Other**	51 (4)
Separated	17 (1)	County Health Department	41 (3)
Other*	14 (1)	No Prenatal Care Provider	26 (2)
Partner Race/Ethnicity		Clinic at Work or School	16 (1)
Non-Hispanic White	624 (51)		
Hispanic	253 (21)		
Non-Hispanic Black	126 (10)		
Multiracial	39 (3)		
Other	27 (2)		
Not Applicable/Choose not to answer	161 (13)		

Note. Missing data due to non-response: race/ethnicity (n=24); marital status (n=19); education level (n=14); insurance status (n=26) and prenatal care provider (n=10).

*Other – Marital Status: divorced, widowed.

**Other - Prenatal Care Provider: emergency room/urgent care, other.

Safe Sleep

Prior to the Safe Sleep Community Baby Showers, 975 (83%) participants reported they would place their baby only on the back to sleep (Table 3). Of the participants who indicated other responses, side (n=93; 46%), unsure (n=73; 36%), and tummy (n=59; 29%) were reported. When asked about anticipated sleep surfaces, 1,054 (87%) reported only a safe surface (i.e., crib, portable crib, or bassinet). Other responses included adult bed (n=58; 36%), don't know/unsure (n=48; 30%), swing (n=46; 29%), car seat (n=23; 14%), toddler bed (n=21; 13%), other (n=11; 7%), and couch/sofa/armchair (n=10; 6%). When asked about items already in or planned for infant's sleep areas, 792 (69%) reported only safe items (i.e., firm mattress, fitted sheet or wearable blanket). The remaining participants reported unsafe items such as loose blankets (n=156; 45%), stuffed toy (n=81; 23%), bumper pads (n=74; 21%), home cardiorespiratory monitor (n=72; 21%), pillow (n=69; 20%), sleep positioner (n=45; 13%), lounger pillow (n=41; 12%), other (n=32; 9%), and weighted blanket (n=25; 7%).

Following the events, participants demonstrated a significant increase in intention to follow safe sleep practices related to only placing their baby on the back to sleep (n=1,140, 97%; $p<0.001$), anticipated sleep surfaces (n=1,165, 96%; $p<0.001$) and anticipated crib items (n=1,052, 92%; $p<0.001$). Of those who indicated unsafe sleep position, side (n=20; 56%), tummy (n=15; 42%) and don't know/unsure (n=8; 22%) were reported. Of those who indicated unsafe sleep surfaces, adult bed (n=19; 38%), swing (n=15; 30%), toddler bed (n=8; 16%), car seat (n=5; 10%), other (n=4; 8%), and don't know/not sure (n=3; 6%) were reported. Unsafe items in the sleep environment reported included loose blankets (n=38; 42%), home cardiorespiratory monitor (n=30; 33%), pillow bumper pad (n=24; 27%), stuffed toy (n=17; 19%), (n=15; 17%), lounger pillow (n=12; 13%), weighted blanket (n=11; 12%), a sleep positioner (n=10; 11%), and other (n=10; 11%). Most participants (n=1,177; 99%) planned to discuss safe sleep with others after attending the Safe Sleep Community Baby Shower ($p<0.001$). After attending the events, most participants (n=1,201, 98%) indicated they know at least one person who will support safe sleep for their baby. If participants had not received a portable crib from this event, 317 (26%) may not have had a safe sleep surface available for their infant. Specifically, 121 (10%) would not have had access to a clean, smoke-free, damage-free crib, bassinet, or portable crib and 196 (16%) were not sure.

Table 3. Changes in Intended Safe Sleep Practices (n=1,230)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Anticipated sleep position			<0.001*
Back only	975 (83)	1140 (97)	
At least one unsafe position	201 (17)	36 (3)	
Anticipated sleep surface			<0.001*
Only safe surfaces (crib, portable crib, or bassinet only)	1054 (87)	1165 (96)	
At least one unsafe surface	161 (13)	50 (4)	
Anticipated crib items			<0.001*
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	792 (69)	1052 (92)	
At least one unsafe item	350 (31)	90 (8)	
Inclined Sleep Surface			<0.001*
Safe (no)	907 (76)	1131 (94)	
Unsafe (yes, not sure)	291 (24)	67 (6)	
Anticipated Sleep Location			N/A
My/parent room	1065 (87)	1133 (92)	
Other private room (baby's room or nursery)	340 (28)	305 (25)	
Other shared room (with children or adults)	63 (5)	51 (4)	
Have or plan to discuss safe sleep with others			<0.001*
Yes	808 (68)	1177 (99)	
No	380 (32)	11 (1)	
Know at least one person who will support Safe Sleep			N/A
Yes	--	1201 (98)	
No	--	9 (1)	
Not Sure	--	15 (1)	

Note. *p*-value <.05 indicates statistically significant difference between pre- and post-survey responses.

Missing data: position (n=54); surface; (n=15); items (n=88); inclined (n=32); talk with others (n=42); one person (n=5).

Tobacco

When asked about tobacco use (including e-cigarettes) on the pre-survey, most participants (n=1,075; 90%) reported not using in the six months prior to the Safe Sleep Community Baby Showers or Safe Sleep Crib Clinics. Of those of who responded they had used tobacco in the previous six months, 32 (27%) reported not using currently, 73 (61%) reported daily use, 8 (7%) reported weekly use and 6 (5%) reported monthly use.

Prior to the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, 1,066 (90%) participants reported they would never allow tobacco use (including e-cigarettes) inside their home or car (Table 4). In addition, 900 (77%) reported knowing three ways to avoid secondhand smoke exposure for their baby. When asked about local resources to support efforts to quit tobacco use, 215 (20%) reported knowing three or more resources.

Following the events, 1,132 (96%) participants would not allow tobacco use inside their home or car ($p<0.001$). In addition, 1,127 (96%) participants reported knowing at least three ways to avoid secondhand smoke exposure for their baby ($p<0.001$). When asked about local resources, 414 (38%) participants reported knowing at least three to support efforts to quit tobacco ($p<0.001$).

Table 4. Smoking Exposure, Cessation Resources, and Intent to Quit (n=1,230)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Secondhand exposure in home or car			<0.001*
Never	1066 (90)	1132 (96)	
Daily	86 (7)	35 (3)	
Weekly	19 (2)	6 (1)	
Monthly	7 (1)	5 (<1)	
Know at least 3 ways to avoid secondhand exposure			<0.001*
Yes	900 (77)	1127 (96)	
No	274 (23)	47 (4)	
Know at least 3 <u>local resources</u> for tobacco cessation			<0.001*
Less than 3	886 (80)	687 (62)	
3 or more	215 (20)	414 (38)	
Interested in quitting tobacco use[‡]			N/A
Yes, in the next 30 days	30 (35)	41 (41)	
Yes, but not now	30 (35)	36 (36)	
I'm not ready to quit	25 (29)	22 (22)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.

Missing data: secondhand exposure (n=52); three ways to avoid secondhand exposure (n=56); three local resources for tobacco cessation (n=129); interest in quitting tobacco use (pre-survey, n=2; post-survey, n=12).

[‡]Based on current smokers only.

Breastfeeding

Prior to the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, 729 (62%) participants intended to breastfeed for longer than six months. When asked about local breastfeeding resources, 361 (31%) knew three or more.

After the events, 761 (65%) participants planned to breastfeed for longer than six months ($p<0.001$). Participants reported an increase in knowledge of local breastfeeding resources, with 594 (51%) reporting knowing at least three or more ($p<0.001$).

Table 5. Breastfeeding Intent and Knowledge of Resources (n=1,230)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Intended length of time breastfeeding			<0.001*
Don't plan to breastfeed	177 (15)	162 (14)	
6 months or less	268 (23)	251 (21)	
Longer than 6 months	729 (62)	761 (65)	
Knowledge of at least 3 local breastfeeding resources			<0.001*
Less than 3	793 (69)	560 (49)	
3 or more	361 (31)	594 (51)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data: breastfeeding duration (n=56); three local breastfeeding resources (n=76).

Perinatal Mental Health

Prior to the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, most participants (n=1,157, 96%) reported only safe risk reduction strategies for depression, anxiety, and other mood disorders (Table 6). Of those who reported unsafe risk reduction strategies, withdraw from hobbies or favorite activities (n=44; 100%) and use alcohol, caffeine, or other substances to cope (n=6; 14%) were reported. When asked about perinatal mental health resources, 405 (34%) knew three or more.

After the events, most participants (n=1,155, 96%) reported safe risk reduction strategies ($p=0.890$). Of note, there was a slight increase of participants reporting unsafe strategies pre-survey (n=44) to post-survey (n=46). Of the participants who indicated non-safe responses, withdraw from daily activities (n=46; 100%) and use alcohol, caffeine, or other substances to cope (n=3; 7%) were reported. Participants reported an increase in knowledge of three or more perinatal mental health resources (n=600, 50%; $p<0.001$). In addition, the majority of participants (n=1,115, 92%) reported knowing at least one person with whom they can talk about their feelings or any concerns about their mental health.

Table 6. Knowledge of Perinatal Mental Health (n=1,230)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Ways to reduce risk of depression, anxiety, and other mood disorders			0.890
Only safe reduction strategies	1157 (96)	1155 (96)	
At least one unsafe strategy	44 (4)	46 (4)	
Knowledge of at least 3 perinatal mental health resources			<0.001*
Less than 3	787 (66)	592 (50)	
3 or more	405 (34)	600 (50)	
Know at least one person to who will support mental health concerns			N/A
Yes	--	1115 (92)	
No	--	90 (7)	
Not Sure	--	10 (1)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data: ways to reduce risk (n=29); perinatal mental health resources (n=38); support person (n=15).

Substance Use

When asked about substance use resources, 311 (27%) reported knowing three or more prior to the event. Following the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, 436 (37%) reported knowing more than three resources that provide support for substance use disorders ($p<0.001$).

Table 7. Knowledge of Substance Use Resources (n=1,230)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Knowledge of at least 3 substance use resources			$p<0.001^*$
Less than 3	861 (73)	736 (63)	
3 or more	311 (27)	436 (37)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data due to non-response (n=58).

Confidence (post-survey only)

Following the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, most participants reported being more confident in safe sleep practices, avoiding secondhand smoke, breastfeeding, ability to follow safe sleep recommendations even when receiving conflicting advice, recognizing signs and symptoms of perinatal depression or anxiety, and accessing screening or support for symptoms of perinatal depression or anxiety and substance use disorders (Table 8).

Table 8. Confidence (post-survey only) (n=1,230)

	Less Confident n (%)	No Change n (%)	More Confident n (%)
Get baby to sleep on his/her back	13 (1)	125 (11)	1071 (88)
Have baby sleep in my room, but separate crib, portable crib, or bassinet	10 (1)	152 (13)	1050 (87)
Keep loose blankets out of crib	43 (4)	165 (14)	1009 (83)
Avoid secondhand smoke	29 (2)	174 (14)	1011 (83)
Breastfeed only	12 (1)	180 (15)	1018 (84)
Follow safe sleep recommendations even when people give different advice	8 (1)	97 (8)	1106 (91)
Recognize signs and symptoms of perinatal depression or anxiety	13 (1)	152 (13)	1045 (86)
Access screening or support for symptoms of perinatal depression or anxiety	13 (1)	165 (14)	1031 (85)
Access screening or support for substance use disorders, if needed	14 (1)	217 (18)	969 (81)

Note. Missing data due to non-response: sleep on back (n=18); baby sleep in room (n=18); loose blankets (n=13); secondhand smoke exposure (n=16); breastfeeding (n=20); following safe sleep recommendations (n=19); recognize signs and symptoms (n=20), access perinatal depression or anxiety screening (n=21), access substance use support (n=30).

Event Satisfaction (post-survey only)

Overall, participants reported being very satisfied (82%) with the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics held in Fiscal Year 2024.

Table 9. Overall Event Satisfaction (post-survey only) (n=1,230)

	n (%)
Very Satisfied	987 (82)
Satisfied	196 (16)
Neutral	12 (1)
Dissatisfied	1 (<1)
Very Dissatisfied	13 (1)

Note. Missing data due to non-response (n=21).

Participant Comments and Suggestions

If Dissatisfied/Very Dissatisfied, why?

- Great info!
- Me gusta saber information extra y nueva aunque sea mi cuarto embarazo.
- Too enclosed/not enough space

Overall Comments/Suggestions

- [SSI name removed] was super friendly and nice! Very encouraging of safe sleep. Thank you!
 - A bigger Area would be great!
 - A lot of information in Spanish
 - a lot of useful information that i was not aware of
 - Addressing when starting slide show. Need a bigger room for the resources and someone to tell people where to go.
 - All the information was great! This is my 5th baby and I still learned something new. I even found out I qualify for things I didn't think I would! Cookies were sooo cute!
 - Amazing event! Thank you!
 - Amazing presentation
 - Arrows on where to go
 - awesome event
 - Bigger event space, it was very crowded
 - Bigger Space
 - child care
 - Childcare
 - Cousins baby died from co sleeping
 - crib given
 - daycare
 - Did Great Friendly Answered Many of my questions.
 - Do want one please
 - Es bueno siempre informarse y saber sobre otros recursos
 - es importante conocer los cuidados de los bebés más en mamá primerizas
 - Es un evento muy útil, gracias a las herramientas que se ofrecen.
 - estoy muy satisfecha por la ayuda que me brindaron
 - event was great
 - Every station gave me new knowledge
 - Every vendor was very welcoming, kind, and informative. The takeaways from the event were shockingly abundant!
 - Everyone was nice
 - Everything explained well.
 - Everything was good, and explain pretty good
 - Everything was great
 - EVERYTHING WAS GREAT
 - Excelente explicado, claro y preciso
 - Excellent event! Thank you!
 - Excelente presentación. Muchas gracias!
 - Explico todo muy bien. Gracias estar aquí compartiendo todo que necesito saber para mi nuevo bebé
 - Feel a lot better about putting my baby down to sleep safely.
 - flowed easy, a lot of good info!
 - Foot Traffic Management Inside - Maybe 'Walk this way' signs
 - For having more information to care for my child.
 - Giving a demonstration and explaining why it should be this way makes the educational material more understanding.
 - GOOD
 - good information, learned a lot
-

-
- Good Refresher
 - Good way to understand things you were wrong but thought was right the whole time
 - good- thank you
 - GRACIAS PER EL APOYO QUE MECLAN
 - Great amount of resources and information.
 - Great class, thank you :)
 - Great class!
 - Great event
 - Great event for local moms/ moms to be. Great Resources.
 - Great event w/ great resources
 - Great event! Thank you!
 - Great glass and very helpful
 - Great info!
 - Great Information
 - Great information and vendors for pregnant mothers that are expecting
 - Great Jon :)
 - Great presentation
 - Great presentation! Thanks
 - Great resources and information
 - Great resources for families
 - Great resources!
 - Great resources! More space
 - Great to know about the services in our community
 - Happy to get information
 - Happy to get information!
 - Happy with information
 - Helps first time moms as well after having your second baby after 3 years
 - I am very thankful that I am able to come and have them help me. This had a lot of education and they are very sweet.
 - I appreciate very much getting a portable crib for safe sleep
 - I did learn a few things during the session
 - I didn't realize how many different resources we had in our community. I was pleasantly surprised!
 - I enjoyed the baby shower.
 - I gained valuable information on safe sleep for my baby.
 - I get good and useful advice.
 - I have a safe place for baby sleep. Thank you for this opportunity.
 - I knew about a lot the programs but learned a bit more about what they can provide
 - I learned alittle more than what I she knew from last kiddos.
 - I learned more than I had already known.
 - I learnt alot from this
 - I like to learn new information
 - I love coming to these keep them up
 - I love how this is for the community! Its wonderful having these resources out here if they are needed!
 - I Love the support the town gives to new moms.
 - i love this program and all the valuable information it gives to moms.
 - I love what everyone has done for all these women/men. I appreciate all the help and information very much needed.
 - **I loved finding out about all of the legitimate sites and resources offered.**
 - I really appreciate yall
 - I said neutral cause I didn't really learn anything. People just handed out papers and things and didn't really tell any information.
 - I see [SSI name removed] in July <3
-

-
- I thought that this was a really good program
 - It was a nice event to get good information about things for new and un-new parents.
 - It was a very educational event.
 - It was great
 - It was great event and learning experience
 - it was great to learn about all the support and organizations
 - It was great. It was really informative.
 - It was very helpful for a first-time mom. A lot of resources.
 - **It was wonderful to be able to ask questions about things I've been wondering about (its our 1st).**
 - It's always good to have knowledge about the baby and maternity by the Riley County Dept and other resources.
Thank you!
 - It's amazing how many resources there are for pregnant mothers
 - Knew most of this, but good to fact check
 - Know more in-depth information on how to take care of our baby.
 - La clase fue muy clara pude entender muy bien to do Gracias por su labor a la comunidad
 - Learn more and are more confident about safety and other information like child care, health insurance.
 - learned a lot
 - Less crowded environment or more controlled flow.
 - Lots of GOOD Information.
 - Lots of info
 - Lots of support and resources.
 - Lots of support from staff at MCHD
 - Love it
 - LOVE IT! Reference to question #3, Child 'premature'
 - love the information thing's change threw the years so allways good for refresh
 - Loved it! Good info!
 - Loved it/very helpful
 - loved this event with all the information
 - Maybe explain what each booth is (footprints on paper/required) we has to go back b/c we didn't know
 - maybe provide business cards for lactation consultants. I may have missed that if it was provided.
 - Maybe some soft music played during quiet time.
 - Me motiva como madre me cicuto segura de me misma
 - More space
 - More vendor space
 - Muchas gracias!
 - Muy buena informaciou
 - Muy bueno mucha informacion acerca de sueno seguro del bebe
 - Muy satisfecha por la buena explicacion y sobre todo el idioma exelente. Me encanta el apollo a la comunidad.
 - My lindoos todos .
 - ne hicieron comprendes que el bebe tiene que dormir solo. Quisiero sober sobre su alimentacion
 - need info for tobacco use
 - One-way traffic flow
 - perfect combination of materials and vendors
 - Point out water when the (woman/parent) get here.
 - por que aprendi casas ave no sabia
 - Por que me enseñaron cosas que yo no sabia, y ahora lo pondre en practica.
 - Por que nos brindaron una informacion muy favorable sobre el sueno seguro del bebe.
 - Recommendation of remedies? Gripe water colic symptoms
 - She did great!
 - So much educational info. Could use more info for 7+ months like feeding, safety, etc.
 - So thankful for this support.
 - Sometimes difficult to hear each presenter due to background noise.
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- Son cosas nevas el conocimiento que comparten me es muy util ya que hay cosas que desconocia
 - Son muy amables, esfa muy bien explicada todo lo infernociion. Gracias por el apoyo briudado.
 - Speak Spanish
 - Such a cute and fun way for new parents to get resources for helping with the big change of having a baby.
 - TE EXPLICAN DEMASIDAS CASAS QUE SOBIA Y DAN EJEMPLOS
 - Teachers and toddler was very helpful
 - Thank you
 - thank you - an amazing event.
 - Thank you all so much for your care and support. It is great, God bless!
 - Thank you for all of the resources!
 - Thank you for answering all my questions and concerns.
 - **Thank you for having local resources in one spot. I would not have known about some of the resources in the county if I did not come.**
 - Thank you for helping me with a crib.
 - Thank you for helping us with a crib
 - Thank you for hosting this event and providing resources to us moms!
 - Thank you for properly educating!
 - Thank you for providing this class for us!
 - Thank you for the event and all the helpfulness
 - Thank you for this fun event!
 - Thank you for this opportunity it was a great way to learn about safe sleep for my baby. I learned a lot about safe sleep
 - Thank you for today it will help me a lot.
 - Thank you for your time! It was very helpful!!! :)
 - Thank you guys so much, we don't have many resources or family to rely on and the information given today was amazing!
 - Thank you I learned a lot today
 - Thank you ladies I learn why baby should sleep once their back.
 - Thank you so much for everything you provide!
 - Thank you so much!
 - Thank you, maybe to make sure everyone hears or get volunteers to keep directing others around.
 - Thank you, very helpful
 - Thank You!
 - Thank you! Wonderful event.
 - Thanks for the great info!
 - thanks for the great information!
 - Thanks!
 - Thanks! Very helpful
 - The booths were nice and had lots of information with friendly people
 - The free stuff is amazing. Its a quick, fun event! Keep it up!!
 - The information and giveaways are wonderful
 - The instructors were very informative and kind.
 - The session was informative and interesting.
 - this event is a very good resource to new parents and parents with new little babies.
 - This event is amazing for expectant moms! I'm very thankful for all of the resources.
 - This event was so great! Especially all the local resources!
 - This is a great event! Lots of good info and freebies!
 - This is a great opportunity for our community.
 - This is a great resource for the community.
 - This is a wonderful event, teaches a lot and the resources are amazing!
 - This was a great event. I feel more confident about sleep choices, breast feeding, and how to handle depression.
Thank you so much!
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- This was a great thing to attend
 - This was amazing.
 - This was amazing. Thank you so much.
 - This was an amazing event! Thank you all!
 - this was good dialog between all the presenters. thank you for all the information!
 - This was great, thank you!
 - This was great! I didn't know about alot of the resources in our community.
 - This zoom call was very helpful
 - Todo bien
 - Todo excelente
 - un pocomas de organizacion, y classes mas repidas para no tener tantas madres esperando
 - una informacion my importante
 - Una muy buena informacion para mi por que soy ma primerisa muchas gracias.
 - Very fruitful event for new parents like us!
 - Very good class and the educator was very knowledgeable!
 - Very good info
 - Very great resources and knowledge!
 - Very happy learned a lot I did not know
 - Very helpful in educating parents
 - very helpful program
 - Very helpful with lots of info
 - Very helpful, a lot of info.
 - Very helpful!
 - Very helpful. Thank you so much for this event.
 - Very informative
 - Very informative and helpful.
 - Very informative and powerpoint helped reinforce anything missed
 - Very informative, maybe more room in classes. Lots of people in the halls
 - Very informative! Great Teacher
 - Very knowledgable instructor. Explained everything very well.
 - Very Nice
 - Very nice baby shower and safe sleep training
 - Very resourceful!
 - Very thorough. Great demonstration.
 - Was an amazing experience
 - wonderful community event- it would be great to include a baby clothing swap like little Britches
 - You did great!

*The comments and suggestions are direct quotes taken from the comments/suggestions section of the post-survey.

Conclusion and Recommendations

Overall, the Safe Sleep events held in Fiscal Year 2024 were successful. SSIs held more events and provided education to more individuals than the previous three fiscal years (Table 10). Outcomes suggest SSIs were successful in increasing safe sleep knowledge and/or intentions for their trainees and that the impact of the program continues to increase.

Table 10. SSI Event and Attendance by Fiscal Year

	Total		Community Baby Shower		Crib Clinic	
	Events	Attendees	Events	Attendance	Events	Attendance
FY 2018	29	870	--	--	--	--
FY 2019	175	2,255	34	1,058	141	1,197
FY 2020	65	689	17	571	48	118
FY 2021	85	454	15	331	70	123
FY 2022	120	968	23	795	97	173
FY 2023	127	2,023	42	1,881	85	142
FY 2024	135	2,191	42	2,028	93	163
TOTAL	601	7,259	131	4,636	441	1,753

Note. Safe Sleep events were not separated for reporting purposes in FY 2018.

Priority populations are attending the Safe Sleep events as indicated by reported demographics. Safe sleep knowledge and intentions continue to significantly increase following the events. However, there were some individuals not confident in their ability to keep loose blankets out of the crib, even though 92% intended to only use safe items in the sleep environment. Make sure instructors focus on why the current recommendations only support the use of a firm mattress, fitted sheet, wearable blanket, and pacifier in a non-inclined safe sleep environment and work with event participants to identify and address potential barriers during the crib demonstration.

For the tobacco cessation component, focus on tobacco cessation resources as only 38% of participants reported knowledge of at least three local resources following the event. This is especially critical as 10% of participants reported using tobacco in the previous six months and 7% reported currently using tobacco while pregnant, which is a known risk factor for sleep-related death.

For the breastfeeding promotion component, focus on breastfeeding support resources as only 51% could identify at least three local resources following the events.

When discussing perinatal mental health, focus on answering participants questions and concerns around safe risk reduction strategies. Of note, there was a slight increase of participants (n=2) reporting unsafe strategies pre- to post-survey. In addition, focus on identifying perinatal mental health resources as only 50% could identify at least three following the events.

For substance use, focus on identifying resources as only 37% could identify at least three following the events.

To address the last four recommendations, consider providing a handout with tobacco cessation, breastfeeding support and perinatal mental health resources available locally and statewide at each training to reinforce verbal messages regarding resources. If holding the event virtually, consider sending resources to participants via email prior to the post-test.

It should also be noted that 2% of participants could not identify one person who would support them in following safe sleep practices and 8% could not identify one person to discuss mental health concerns with. SSIs should be encouraged to connect these individuals with additional resources, such as one-on-one perinatal support (e.g., home visiting), if available.

In terms of Spanish-language events, safe sleep knowledge and intentions significantly increased pre- to post-survey. However, a higher proportion of Spanish-speaking participants indicated being less confident in their ability to keep loose blankets out of the infant sleep environment. Collaboration with the SSIs providing Spanish instruction may be needed to identify strategies to address cultural practices around blankets to increase intentions for a blanket-free environment. We

continue to see lower numbers when identifying resources related to tobacco cessation, breastfeeding, perinatal mental health, and substance use. Consider providing a Spanish-language specific handout with each of these components.

Evaluation Recommendations

- Make sure participants complete pre-and post-surveys; 32 pre-surveys and 81 post-surveys were removed due to missing data. In addition, there were several missing responses for each individual question. If the event is held in-person, have a designated individual checking pre- and post-surveys for completion. For virtual events, consider making responses required as the majority of missing data was due to participants not completing surveys.

Technical Notes

Participants were encouraged to complete the pre- and post-surveys in their entirety. However, due to the voluntary nature of participants, respondents had the right to skip questions. Any missing responses were excluded from statistical analysis. All reported data is based on collected data as of July 9, 2024 at 12:00pm.

Pre- and post-test data were collected, deidentified and entered into a secure REDCap database by Safe Sleep Instructors. Descriptive statistics were summarized using frequencies (percentages). Comparisons between pre- and post-surveys were made using McNemar's test for paired dichotomous variables. Statistical analyses for this report were performed using SPSS for Windows, Version 26.0.

Appendix A. Spanish-Speaking Participants**Table 1. Spanish-Speaking Participant Characteristics (n=93)**

	n (%)
Number of Support People Attending	
0-18 years (median, range)	1 (0-7)
18+ years (median, range)	1 (0-6)
Age (mean, SD)	28 (7)
Race/Ethnicity	
Hispanic	86 (95)
Non-Hispanic Black	1 (1)
Non-Hispanic White	4 (4)
Multiracial	
Marital Status	
Single	34 (37)
Married	36 (40)
Partnered	19 (21)
Separated	1 (1)
Other	1 (1)
Partner Race/Ethnicity	
Hispanic	77 (83)
Non-Hispanic Black	2 (2)
Non-Hispanic White	6 (7)
Multiracial	1 (1)
Not Applicable/Choose Not to Answer	7 (8)
Mother's Education	
Some High School	32 (36)
High School Graduate or GED	28 (32)
2-year Community College Graduate	9 (10)
4-year College Graduate	10 (11)
Other	10 (11)
Insurance Status	
Self-Pay	53 (62)
KanCare/Medicaid	22 (26)
Private Insurance	8 (9)
Other	2 (2)
Military	1 (1)
Prenatal Care Provider	
Hospital Clinic	28 (31)
Community Health Clinic	27 (30)
County Health Department	13 (14)
Other	9 (10)
Private Provider's Office	8 (9)
None	6 (7)

Note. Missing data due to non-response: race/ethnicity (n=2); marital status (n=2); education level (n=4); insurance status (n=7); prenatal care (n=2).

Table 2. Spanish-Speaking Participants - Changes in Intended Safe Sleep Practices (n=93)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Anticipated sleep position			<0.001*
Back only	58 (65)	76 (85)	
At least one unsafe position	31 (35)	13 (15)	
Anticipated sleep surface			<0.001*
Only safe surfaces (crib or bassinet only)	61 (66)	82 (88)	
At least one unsafe surface	32 (34)	11 (12)	
Anticipated crib items			0.007*
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	48 (58)	63 (76)	
At least one unsafe item	35 (42)	20 (24)	
Inclined Sleep Surface			0.003*
Safe (no)	61 (67)	78 (86)	
Unsafe (yes, not sure)	30 (33)	13 (14)	
Anticipated Sleep Location			N/A
My/parent room	89 (96)	88 (95)	
Other shared room (with children or adults)	2 (2)	2 (2)	
Other private room (baby's room or nursery)	2 (2)	3 (3)	
Have or plan to discuss safe sleep with others			<0.001*
Yes	39 (48)	79 (96)	
No	43 (52)	3 (4)	
Know at least one person who will support Safe Sleep			N/A
Yes	--	82 (89)	
No	--	5 (5)	
Not Sure	--	5 (5)	

Note. *p*-value <.05 indicates statistically significant difference between pre- and post-survey responses.

Missing data: position (n=4); items (n=10); inclined (n=2); talk with others (n=11); one person (n=1)

Table 3. Spanish-Speaking Participants - Smoking Exposure, Cessation Resources, and Intent to Quit (n=93)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Secondhand exposure in home or car			0.083
Never	80 (96)	83 (100)	
Weekly	3 (4)	0 (0)	
Know at least 3 ways to avoid secondhand exposure			<0.001*
Yes	43 (54)	72 (91)	
No	36 (46)	7 (9)	
Know at least 3 <u>local resources</u> for tobacco cessation			0.006*
Less than 3	71 (92)	61 (79)	
3 or more	6 (8)	16 (21)	
Interested in quitting tobacco use[‡]			N/A

Note. *p*-value <.05 indicates statistically significant difference between pre- and post-survey responses.

Missing data: secondhand exposure (n=10); three ways to avoid (n=14); local resources (n=16).

[‡]No participants indicated current or previous tobacco use.

Table 4. Spanish-Speaking Participants - Breastfeeding Intent and Knowledge of Resources (n=93)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Intended length of time breastfeeding			0.414
Don't plan to breastfeed	8 (10)	8 (10)	
6 months or less	21 (26)	20 (25)	
Longer than 6 months	52 (64)	53 (65)	
Knowledge of at least 3 local breastfeeding resources			0.007*
Less than 3	68 (85)	54 (68)	
3 or more	12 (15)	26 (33)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data: breastfeeding duration (n=12); three local breastfeeding resources (n=13).

Table 5. Spanish-Speaking Participants - Knowledge of Perinatal Mental Health (n=93)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Ways to reduce risk of depression, anxiety, and other mood disorders			1.000
Only safe reduction strategies	80 (92)	81 (93)	
At least one unsafe strategy	7 (8)	6 (7)	
Knowledge of at least 3 perinatal mental health resources			0.003*
Less than 3	74 (85)	59 (68)	
3 or more	13 (15)	28 (32)	
Know at least one person to who will support mental health concerns			N/A
Yes	--	85 (99)	
No	--	1 (1)	
Not Sure	--	0 (0)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data: ways to reduce risk (n=6); perinatal mental health resources (n=6); support person (n=7).

Table 6. Spanish-Speaking Participants - Knowledge of Substance Use Resources (n=93)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Knowledge of at least 3 substance use resources			0.219
Less than 3	75 (89)	71 (85)	
3 or more	9 (11)	13 (15)	

**p-value* <.05 indicates statistically significant difference between pre- and post-survey responses. Missing data (n=9).

Table 7. Spanish-Speaking Participants - Confidence (post-survey only) (n=93)

	Less Confident n (%)	No Change n (%)	More Confident n (%)
Get baby to sleep on his/her back	8 (9)	2 (2)	82 (89)
Have baby sleep in my room, but separate crib, portable crib, or bassinet	4 (5)	2 (2)	83 (93)
Keep loose blankets out of crib	27 (30)	2 (2)	62 (68)
Avoid secondhand smoke	17 (19)	2 (2)	71 (79)
Breastfeed only	6 (7)	2 (2)	80 (91)
Follow safe sleep recommendations even when people give different advice	3 (3)	2 (2)	82 (94)
Recognize signs and symptoms of perinatal depression or anxiety	3 (4)	6 (7)	76 (89)
Access screening or support for symptoms of perinatal depression or anxiety	3 (4)	8 (9)	74 (87)
Access screening or support for substance use disorders, if needed	5 (6)	8 (10)	69 (84)

Note. Missing data due to non-response: sleep on back (n=1); baby sleep in room (n=4); loose blankets (n=2); secondhand smoke exposure (n=3); breastfeeding (n=5); following safe sleep recommendations (n=6); recognize signs and symptoms (n=8), access perinatal depression or anxiety screening (n=8), access substance use support (n=11).

Table 8. Spanish-Speaking Participants - Overall Event Satisfaction (post-survey only) (n=93)

	n (%)
Very Satisfied	77 (85)
Satisfied	11 (12)
Neutral	1 (1)
Dissatisfied	0 (0)
Very Dissatisfied	2 (2)
Missing data (n=2)	

Spanish-Speaking Participant Comments and Suggestions

- Es un evento muy util, gracias a las heramientas que se ofrecen.
- estoy muy satisfecha por la ayuda que an brindado
- Everything explained well.
- For having more information to care for my child.
- gRACIAS PER EL APOYO QUE MECLAN
- Lots of info
- Me motiva como madre me cicuto segura de me misma
- Muchas gracias!
- Muy bueno mucha informacion acerca de sueno seguro del bebe
- Muy satisfecha por la buena explicacion y sobre todo el idioma exelente. Me encanta el apollo a la comunidad.
- My lindoos todos .
- por que aprendi cosas ave no sabia
- Por que me enseñaron cosas que yo no sabia, y ahora lo pondre en practica.
- Por que nos brindaron una informacion muy favorable sobre el sueno seguro del bebe.
- Son cosas nevas el conocimiento que comparten me es muy util ya que hay cosas que desconocia
- Son muy amables, esfa muy bien explicada todo lo infernocion. Gracias por el apoyo briudado.
- Speak Spanish
- TE EXPLICAN DEMASIDAS CASAS QUE SOBIA Y DAN EJEMPLOS
- Thank you for this opportunity it was a great way to learn about safe sleep for my baby. I learned a lot about safe sleep
- Thank you for today it will help me a lot.
- Thank you I learned a lot today
- Todo bien
- Todo excelente
- Una muy buena informacion para mi por que soy ma primerisa muchas gracias.
- Very happy learned a lot I did not know
- You did great!

*The comments and suggestions are direct quotes taken from the comments/suggestions section of the post-survey.