

Baby's Sleep Position by Race/Ethnicity in Major Cities

Large percentages of mothers across the state indicated that they planned to lay their babies on their backs to sleep. Iowa City had the highest percentage of mothers indicating that they planned to lay their baby on their back to sleep (96%). The mothers in the Quad Cities had the highest reports of no preference (7%) for the position they plan to lay their baby in to sleep (see Table A33a).

Table A33a. Baby's Sleep Position

	STATE	DM	QC	SC	WL	CR	DB	IC
On his or her back	94	94	91	90	92	95	94	96
On his or her side	02	01	02	03	02	01	01	01
On his or her stomach	<01	<01	<01	01	<01	<01	<01	<01
No preference	05	04	07	06	05	03	04	03

Asian mothers had the highest reports (15%) of not having a preference in their baby's sleep position compared to mothers of other races. Hispanic mothers had the highest reports (5%) of having their baby sleep on their side compared to mothers of other races (see Table A33b).

Table A33b. Baby's Sleep Position by Race

	STATE	White	Black	Asian	American Indian	Hispanic
On his or her back	94	95	85	82	88	83
On his or her side	02	01	05	02	02*	05
On his or her stomach	<01	<01	01*	01*	01*	<01*
No preference	05	03	09	15	10	12

a. The * denotes a cell size of less than 10 and it should be interpreted with caution

In general, White mothers across all major cities in Iowa reported their baby would sleep on their back. White mothers in the Quad Cities and Sioux City had the lowest reports of having their baby sleep on their back (93% and 93%; see Table A33c).

Table A33c. Baby’s Sleep Position – White Mothers

	STATE	DM	QC	SC	WL	CR	DB	IC
On his or her back	94	96	93	93	94	97	95	97
On his or her side	02	01	02	03*	02	01*	01*	01*
On his or her stomach	<01	<01*	<01*	<01*	<01*	<01*	<01*	<01*
No preference	05	03	05	02	03	02	03	02

a. The * denotes a cell size of less than 10 and it should be interpreted with caution

Among Black mothers, those in the Quad Cities had the highest reports (13%) of no preference on their baby’s sleep position (see Table A33d).

Table A33d. Baby’s Sleep Position – Black Mothers

	STATE	DM	QC	SC	WL	CR	DB	IC
On his or her back	94	87	79	83	88	81	86	83
On his or her side	02	03	08*	06*	04*	06*	10*	06*
On his or her stomach	<01	01*	<01*	<01*	<01*	05*	<01*	<01*
No preference	05	09	13	11*	08	08*	05*	11*

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Asian mothers across the major cities had higher reports of no preference compared the overall state’s average (see Table A33e).

Table A33e. Baby’s Sleep Position – Asian Mothers

	STATE	DM	QC	SC	WL	CR	DB	IC
On his or her back	94	88	92	67*	69	86	60*	91
On his or her side	02	01*	<01*	<01*	03*	04*	<01*	02*
On his or her stomach	<01	<01*	<01*	08*	03*	<01*	<01*	<01*
No preference	05	10	08*	25*	24	11*	40*	07*

a. The * denotes a cell size of less than 10 and it should be interpreted with caution

While there were very few American Indian mothers in general, they tended to report that they would be having their baby sleep on their back (see Table A33f).

Table A33f. Baby's Sleep Position – American Indian Mothers

	STATE	DM	QC	SC	WL	CR	DB	IC
On his or her back	94	93	75*	94	83*	100*	100*	71*
On his or her side	02	<01*	<01*	<01*	17*	<01*	<01*	<01*
On his or her stomach	<01	<01*	<01*	<01*	<01*	<01*	<01*	<01*
No preference	05	07*	25*	06*	<01*	<01*	<01*	29*

a. The * denotes a cell size of less than 10 and it should be interpreted with caution

Hispanic mothers had higher reports across all major cities of having their baby sleep on their side with Hispanic mothers in Sioux City having the highest reports (10%; see Table A33g).

Table A33g. Baby's Sleep Position – Hispanic Mothers

	STATE	DM	QC	SC	WL	CR	DB	IC
On his or her back	94	82	81	80	82	92	92	93
On his or her side	02	05	04*	10*	07*	02*	<01*	01*
On his or her stomach	<01	<01*	<01*	<01*	<01*	02*	<01*	<01*
No preference	05	13	16	11*	12*	04*	08*	06*

a. The * denotes a cell size of less than 10 and it should be interpreted with caution