

October is Sudden Infant Death Syndrome (SIDS) Awareness Month and in recognition, Gov. Phil Murphy issued an official proclamation in support of the SIDS Center of New Jersey. In the U.S., SIDS is the leading cause of infant mortality from one month to one year of age. The SIDS Center of New Jersey promotes safe infant sleep practices, led by **Barbara M. Ostfeld, PhD**, professor of pediatrics and program director of the SIDS center, and **Thomas Hegyi, MD**, professor of pediatrics, and medical director of the SIDS Center.

Through the leadership of the SIDS Center of New Jersey, New Jersey hospitals are raising their safe sleep education profile. Efforts include offering demonstrations of how to create a safe sleep setting, making sure that the free safe sleep mobile phone app is shared with families before discharge, providing the SIDS Center's short safe sleep video and distributing education material. Those efforts have helped keep New Jersey's rate of Sudden Unexpected Infant Deaths among the lowest in the nation.

Earlier this year, the SIDS Center received a health services grant from the New Jersey Department of Health for continuation of its missions of bereavement support, research and the development and dissemination risk-reduction initiatives. The award of \$330,000 also included new funding to support the SIDS Center's collaboration with New Jersey's Healthy Women Healthy Families initiative to improve health outcomes for women and their families and reduce disparities in these outcomes.

More information about reducing the risk of SIDS may be found on the SIDS Center of New Jersey [website](#).