



OVERDOSE LEADING CAUSE OF PREGNANCY-ASSOCIATED DEATHS

The Ohio Department of Health recently released the (2017-2018) [Pregnancy Associated Mortality Review \(PAMR\) report](#). Drug overdose continues to be the leading cause of pregnancy associated deaths in Ohio, with **91% of these overdoses deemed preventable** by PAMR. Similar to other states, the postpartum period remains a period of high risk, as 88% of overdose deaths occur during this time.

NARCAN

Naloxone (Narcan) is an option that saves lives and is a tool to be used to fight against overdose deaths. Narcan can be used both during pregnancy and postpartum.

Naloxone, an opioid receptor antagonist, can effectively block the effects of high doses of opioid and reverse the depressed breathing which can lead to death. In 2023, the Food and Drug Administration (FDA) approved Narcan (naloxone nasal spray) as an over-the-counter medication.

You can make a difference by sharing [this link](#) to the OPQC Narcan Navigation Resource site with patients and family members to learn how to obtain a Narcan kit, including those available at no cost. Together, we've got the power to help reduce these alarming statistics.



Did you know that in the United States, every two hours an infant dies due to unsafe sleep practices?

It's time to turn awareness into action. The ABCs of Safe Sleep reminds us that a baby sleeps safest **alone (A)**, on their **back (B)**, in a **crib (C) that is empty**.

Safe Sleep Saves Lives.

[Read Our Story](#)



Supporting SUIDS Awareness and Action

Founded by Ohio parents who tragically lost an infant to Sudden Unexpected Infant Death Syndrome (SUIDS), Charlie's Kids mission is to ensure that "every infant wakes up from every sleep." Charlie's Kids offers practical guidance and resources for parents, caregivers, and families to create a safe sleep environment. Explore their offerings and find inspiration at: [Charlie's Kids \(charlieskids.org\)](https://charlieskids.org).

The American Academy of Pediatrics [HealthyChildren.org](https://www.healthychildren.org) revised its policy statement and technical report on safe sleep, and includes some new recommendations. Learn more here: [How to Keep Your Sleeping Baby Safe: AAP Policy Explained - HealthyChildren.org](#).

Additional Safe Sleep resources can be found at [The Ohio Department of Health](#) and the [Centers for Disease Control and Prevention](#).



Thank You for being part of the OPQC community, for your commitment to maternal and infant health and for making a difference every day.

Ohio Perinatal Quality Collaborative

