Infant mortality is defined as the death of a baby before his or her first birthday. It is often used as an overall indicator of health status of a society, as well as maternal and infant health.

Some of the leading causes of infant death include:
- Congenital malformations
- Low birth weight
- Sudden infant death syndrome
- Unintentional injuries
- Maternal complications

Facts
- In 2019, there were 20,927 infant deaths in the United States.
- In 2019, the infant mortality rate in the United States was 5.58 deaths per 1,000 live births.
- In 2017-2019, the infant mortality rate in San Diego County was 3.88 deaths per 1,000 live births.

Prevention
- Seek pre-pregnancy and prenatal care
  Reaching a healthy weight and managing health conditions can help a woman achieve better health before getting pregnant.
- Avoid use of alcohol, tobacco, and drugs
  Substance use can increase the risk for birth defects.
- Create a safe infant sleep environment
  Always place a baby on their back to sleep and keep the sleep area cleared.
- Use newborn screening to detect unnoticeable conditions

Resources
- County of San Diego: Maternal, Child, and Family Health Services
  [www.sdmcfhs.org](http://www.sdmcfhs.org)
- American Sudden Infant Death Institute
  [www.sids.org](http://www.sids.org)