

SUDC AND SUDC UK INFORMATION

WHAT IS SUDC?

- SUDC stands for 'Sudden Unexplained Death in Childhood'
- Sudden Unexplained Death in Childhood is the sudden and unexpected death of a child between 1 and 18 years of age, which remains unexplained after a thorough investigation is conducted. This must include: examination of the death scene, a post-mortem and a review of the child and family's medical history.
- Most often, it occurs in seemingly healthy children during sleep.
- Sadly, at this time, we do not know what causes SUDC and medical professionals do not know how to predict it or how to prevent it.

HOW OFTEN DOES SUDC OCCUR?

- SUDC is rare and its incidence is approximately 1 death per 100,000 children.
- 40 children in England and Wales die every year without reason; more young children than to traffic accidents, drowning or fires. SUDC is most prevalent in toddlers and children in their late teens.
- It is the 5th leading category of death in England and Wales for children aged 1-4 years. (Source: Office of National Statistics)
- SUDC is a 'category of death', not a cause of death. There are most likely multiple reasons why these children are dying.
- SUDC is one of the most under-recognised medical tragedies of our time.

CAN SUDC BE PREDICTED OR PREVENTED?

- No. Through research, it is our hope that we will be able to discover the risk factors and underlying causes of SUDC that will lead to its prevention.
- SUDC is different to Sudden Infant Death Syndrome (SIDS), which affects babies under 12 months. Although they are both terms used for an unexplained, sudden death, one important difference is that there is currently nothing parents can do to mitigate the risk of SUDC. Research into SIDS has resulted in important 'safer sleep' guidance for babies. More research into SUDC is crucial to determine whether there is anything that can be done to protect older children from dying without reason.

HOW DOES SUDC UK HELP?

- The sudden unexplained death of a child is one of the most under-recognised medical tragedies of our time. Co-founded by three bereaved mothers in 2017, in memory of all SUDC children, SUDC UK aims to make a difference by shining their light on SUDC.
- Our vision is for SUDC to be predictable and preventable in the future. Our mission is to raise awareness and fund research. We provide information and resources for families and professionals and bring together families affected.
- SUDC UK is not set up to provide direct emotional bereavement support. For this, we are proud to link registered families with our global affiliate, the SUDC Foundation (www.sudc.org).

HOW CAN YOU HELP?

- Follow SUDC UK on social media, support us and please share our content
   @SUDCUK  @SUDCUK1
- Donate or raise funds to support our mission – to learn more about our fundraising resources, please visit www.sudc.org.uk/fundraising
- Many people, including medical professionals, have yet to learn about SUDC. Please request copies of our leaflets via the website and help improve awareness of SUDC and our dedicated charity.
- Volunteer your skills, resources and time to support our work

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