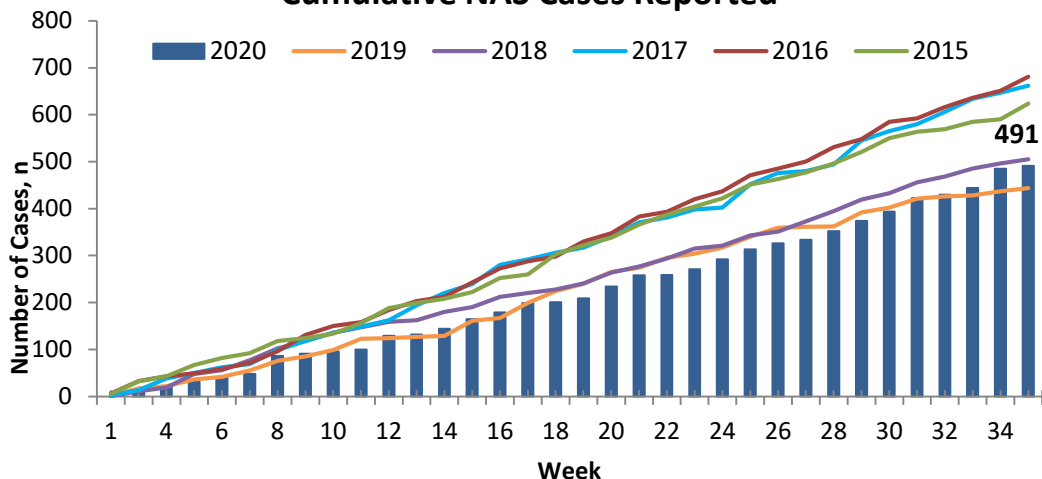


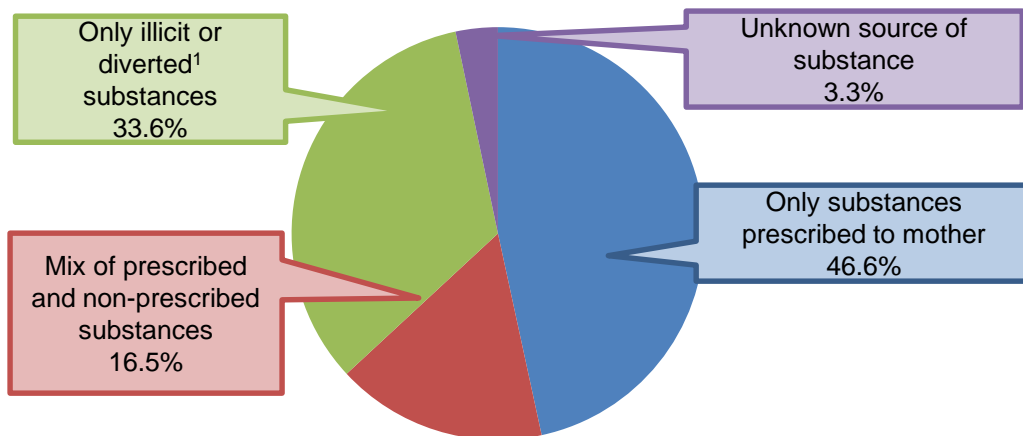
# Neonatal Abstinence Syndrome Surveillance

## August 2020 Update (Data through 08/29/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **491 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through August 29, 2020.
- In the majority of NAS cases (**63.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast and East Regions, and Sullivan County.

**NAS Prevention Highlight** – The Tennessee Department of Mental Health and Substance Abuse Services makes drug abuse prevention resources available to all Tennesseans, including women of childbearing age. Efforts to prevent addiction and substance use disorders in Tennessee take many forms. From [local community coalitions](#) to training and naloxone distribution by [Regional Overdose Prevention Specialists](#), the reduction of risk factors and increasing protective factors are all key factors in drug abuse prevention. The Tennessee [REDLINE](#), anti-drug coalitions, [prescription drug take back boxes](#), and [TN Recover App](#) are all resources provided by the department. For more information about risks, warning signs, and other programs, visit the TN Mental Health & Substance Abuse Services Prevention webpage at this [link](#).

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	298	60.69
Legal prescription of an opioid pain reliever	12	2.44
Legal prescription of a non-opioid	24	4.89
Prescription opioid obtained without a prescription	113	23.01
Non-opioid prescription substance obtained without a prescription	55	11.2
Heroin	36	7.33
Other non-prescription substance	131	26.68
No known exposure	0	0
Other <sup>4</sup>	21	4.28

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	34	5.2
East	105	20.1
Hamilton	16	5.6
Jackson/Madison	2	2.4
Knox	34	10.1
Mid-Cumberland	40	3.7
North East	75	36.4
Shelby	45	5.4
South Central	39	12.2
South East	7	2.9
Sullivan	61	64
Upper Cumberland	25	9.6
West	8	2.2
<b>Total</b>	<b>491</b>	<b>9.3</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.

### Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee.

### Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Get help for substance abuse at 1-800-662-HELP.

### Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

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