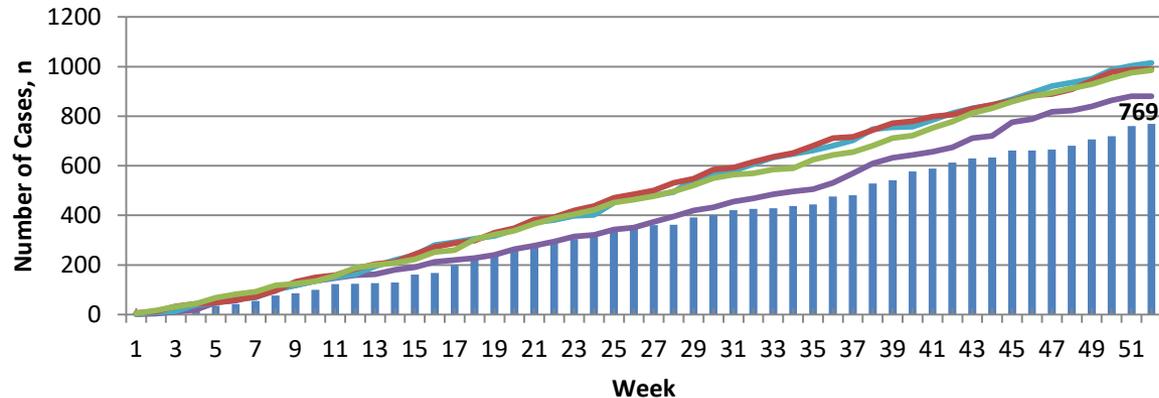


Neonatal Abstinence Syndrome Surveillance

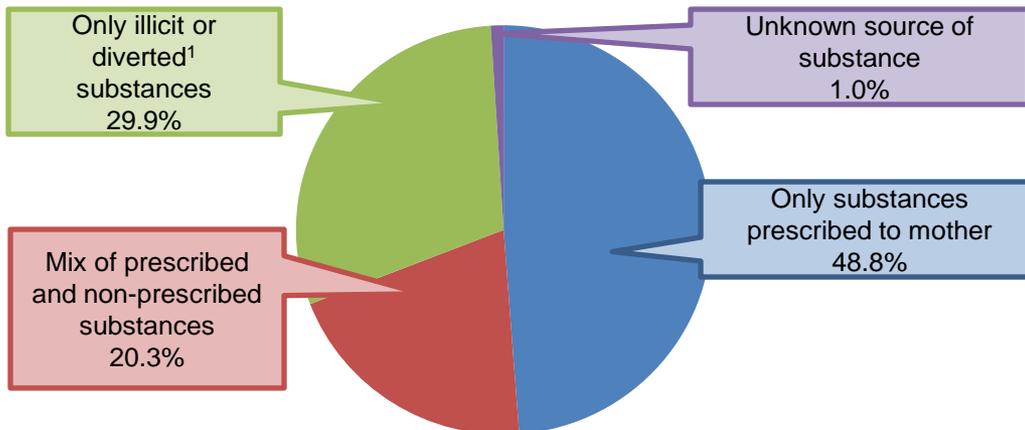
December 2019 Update (Data through 12/28/2019)

Cumulative NAS Cases Reported

■ 2019 ■ 2018 ■ 2017 ■ 2016 ■ 2015



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **769 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**69.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2019 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – A Step Ahead is a non-profit organization that has a mission to remove barriers to Long-Acting, Reversible, Contraceptives (LARC) and provide women a *step ahead* to maximize their potential. It was founded in Memphis in 2011 by Claudia Haltom, a Juvenile Court Judicial Magistrate who often saw cases in which the parent was a single mother who had become pregnant before she was emotionally, physically, or financially prepared to provide for her children. Women in 15 counties may obtain LARCs (IUD, implant, or Depo-Provera shot) regardless of income, ability to pay or insurance. Patients also can receive a free “Well Woman’s Visit” that includes a pregnancy, STI, and other tests. Transportation can also be requested. For more information, visit www.astepaheadeasttn.org.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	494	64.2
Legal prescription of an opioid pain reliever	40	5.2
Legal prescription of a non-opioid	47	6.1
Prescription opioid obtained without a prescription	206	26.8
Non-opioid prescription substance obtained without a prescription	81	10.5
Heroin	61	7.9
Other non-prescription substance	182	23.7
No known exposure	3	0.4
Other	37	4.8

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	26	2.5
East	154	19.6
Hamilton	20	4.7
Jackson/Madison	0	0
Knox	69	13.4
Mid-Cumberland	90	4.7
North East	115	34.9
Shelby	49	3.6
South Central	63	13.3
South East	28	8.4
Sullivan	67	39.7
Upper Cumberland	64	14.9
West	24	4.7
Total	769	9.3

NAS Prevention Opportunities

Women of Childbearing Age

- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee
- 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.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Discuss risks of any medications you are prescribing with your patients who can become pregnant.

Everyone

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

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>

For questions or additional information, contact Joana Rosales joana.rosales@tn.gov