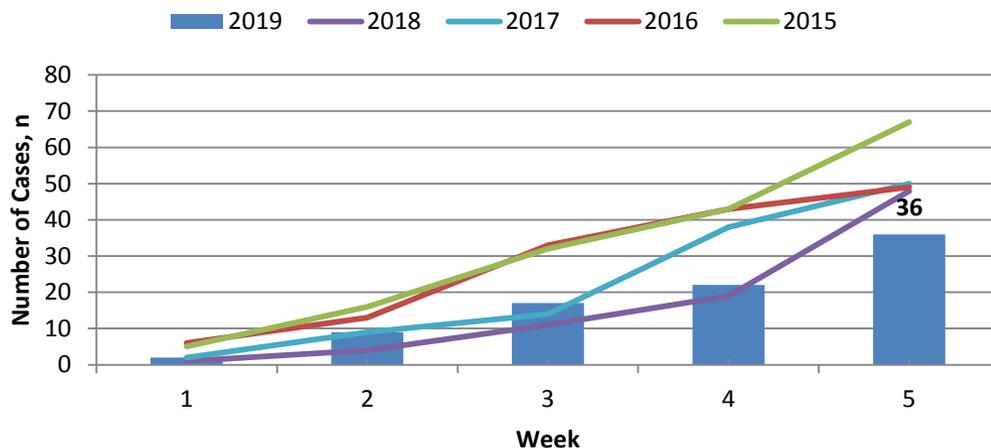


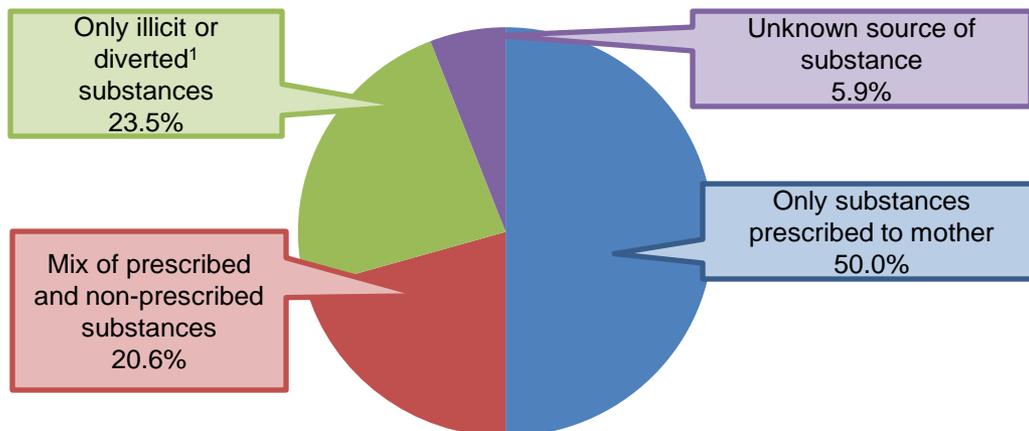
Neonatal Abstinence Syndrome Surveillance

January 2019 Update (Data through 02/02/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **34 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**70.6%**), 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 Northeast, Upper Cumberland Regions, and Sullivan County.

NAS Prevention Highlight – Count It! Lock It! Drop It! (CLD) is a comprehensive community initiative for prescription drug abuse prevention that began in Coffee County, Tennessee. In 2013, CLD won a national Community Anti-Drug Coalitions of America (CADCA) Got Outcomes Award. Through the work of the Tennessee Opioid Response Team and multiple stakeholders in the state, Count It! Lock It! Drop It! is now actively represented in all 95 counties in Tennessee. The BlueCross BlueShield Health Foundation has supported efforts to focus CLD expansion into “hot spots” where high prescription rates, overdose deaths and NAS births are disproportionately high. For more information, contact Alex Windings at alex.windings@kmclarkcg.com.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	22	64.7
Legal prescription of an opioid pain reliever	3	8.8
Legal prescription of a non-opioid	0	0
Prescription opioid obtained without a prescription	11	32.4
Non-opioid prescription substance obtained without a prescription	3	8.8
Heroin	2	5.9
Other non-prescription substance	6	17.7
No known exposure	0	0
Other	0	0

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	1	1.2
East	4	6.1
Hamilton	2	6.1
Jackson/Madison	0	0
Knox	1	2.2
Mid-Cumberland	6	4.7
North East	5	18.8
Shelby	2	1.8
South Central	3	7.1
South East	0	0
Sullivan	3	28.3
Upper Cumberland	5	15.4
West	2	4.5
Total	34	5.1

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](#).
- 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 need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- If your patients are women of childbearing age, discuss risks of any medications they may be taking.
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Monitor, secure and properly dispose of unused medication. Click [here](#) for disposal sites.

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 Dr. Angela Miller at angela.m.miller@tn.gov