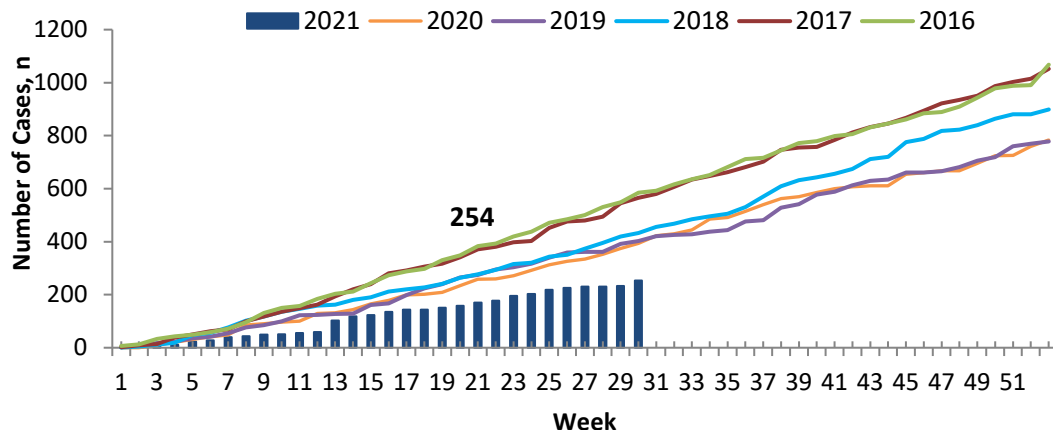


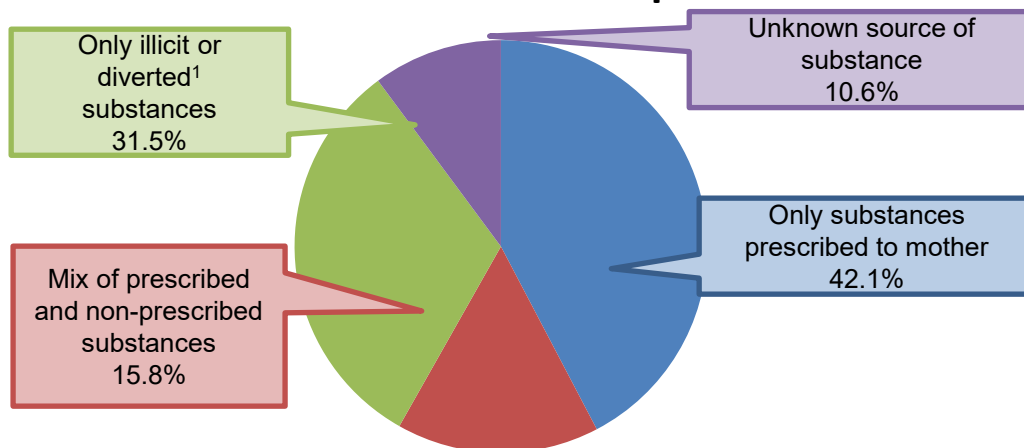
Neonatal Abstinence Syndrome Surveillance

July 2021 Update (Data through 07/31/2021)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **254 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through July 31, 2021.
- In most NAS cases (**57.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2021 have occurred in Sullivan and Knox Counties, and East Health Region.

NAS Prevention Highlight – The Next Door

Addiction Treatment for Women is a non-profit organization dedicated to serving women in crisis and provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration. The organization provides recovery and re-entry services exclusively for women in the Nashville and Chattanooga areas. The Next Door Chattanooga offers a unique program in partnership with the Tennessee Department of Correction. Prior to release from prison, women are transported to the Next Door Chattanooga’s Correctional Release Center. While there, women work toward gaining job and life skills needed for re-entry into society and are equipped for independent living, free from drug and alcohol abuse. To watch a brief video, click the [“Jamie’s Story of Hope”](#) link. For more information visit <https://thenextdoor.org/>.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	142	55.91
Legal prescription of an opioid pain reliever	6	2.36
Legal prescription of a non-opioid	14	5.51
Prescription opioid obtained without a prescription	52	20.47
Non-opioid prescription substance obtained without a prescription	22	8.66
Heroin	17	6.69
Other non-prescription substance	67	26.38
No known exposure	1	0.39
Other ⁴	19	7.48

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	9	1.6
East	72	16.4
Hamilton	1	0.4
Jackson/Madison	0	0
Knox	30	10.1
Mid-Cumberland	15	1.6
North East	13	7.1
Shelby	47	6.6
South Central	10	3.5
South East	5	2.5
Sullivan	24	30.5
Upper Cumberland	20	9.6
West	8	2.6
Total	254	5.7

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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