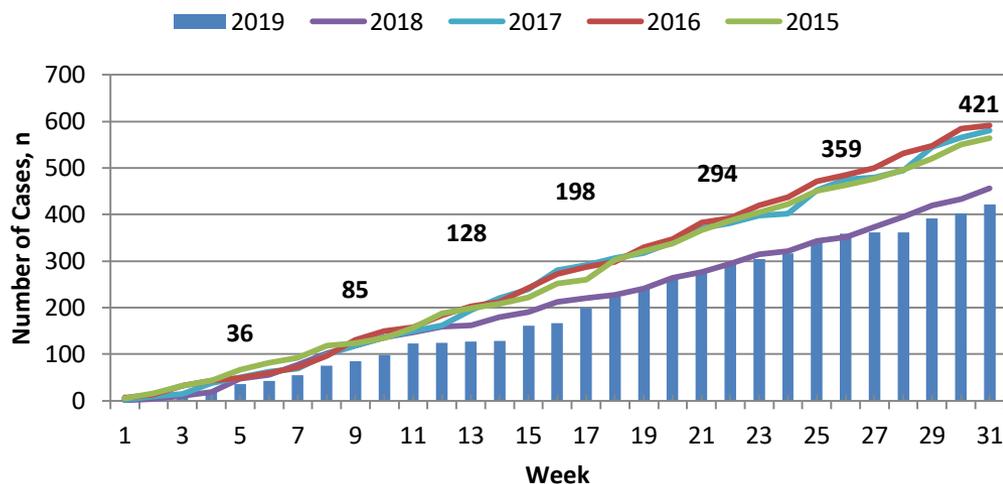


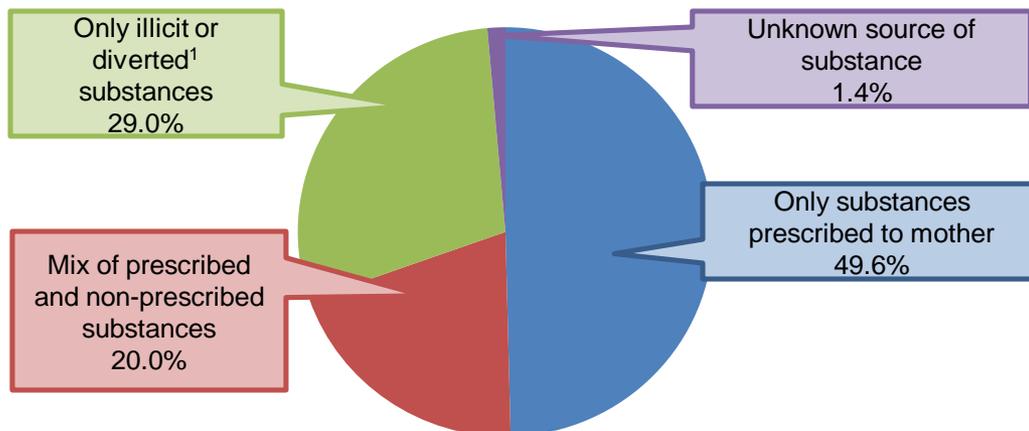
Neonatal Abstinence Syndrome Surveillance

July 2019 Update (Data through 08/03/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **421 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**69.6%**), 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 and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – The federal “[21st Century Cures Act](#)” could lead to Tennessee receiving as much as \$13.8 million dollars over the next two years to help battle the opioid epidemic. The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) is required to spend 20% of the money on prevention, which could include providing naloxone kits to those at high risk of overdose; conducting a statewide media campaign; using social media and athletes to widen awareness of the epidemic and resources for help. Nurses may also be hired to train individuals and community organizations on the use of naloxone; hold educational events; and distribute resources such as “safety kits” at treatment sites. For more information contact [Sarah Cooper](#) at TDMHSA.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	271	64.3
Legal prescription of an opioid pain reliever	25	5.9
Legal prescription of a non-opioid	25	5.9
Prescription opioid obtained without a prescription	111	26.4
Non-opioid prescription substance obtained without a prescription	49	11.6
Heroin	29	6.9
Other non-prescription substance	89	21.1
No known exposure	2	0.5
Other	12	2.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	6	1.1
East	80	17.8
Hamilton	11	4.6
Jackson/Madison	0	0
Knox	34	11.5
Mid-Cumberland	45	4.8
North East	75	39.4
Shelby	31	4.1
South Central	33	12.0
South East	15	7.1
Sullivan	34	41.5
Upper Cumberland	42	19.3
West	15	4.9
Total	421	9.2

NAS Prevention Opportunities

Women of Childbearing Age

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

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

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