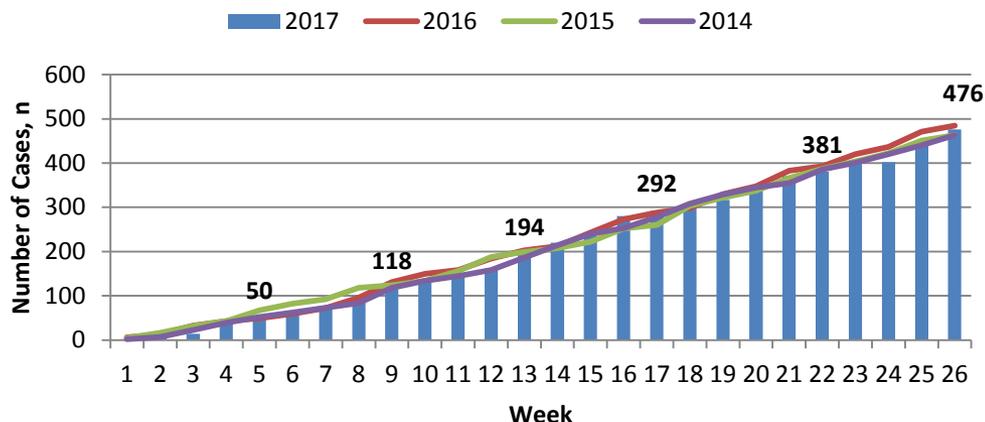


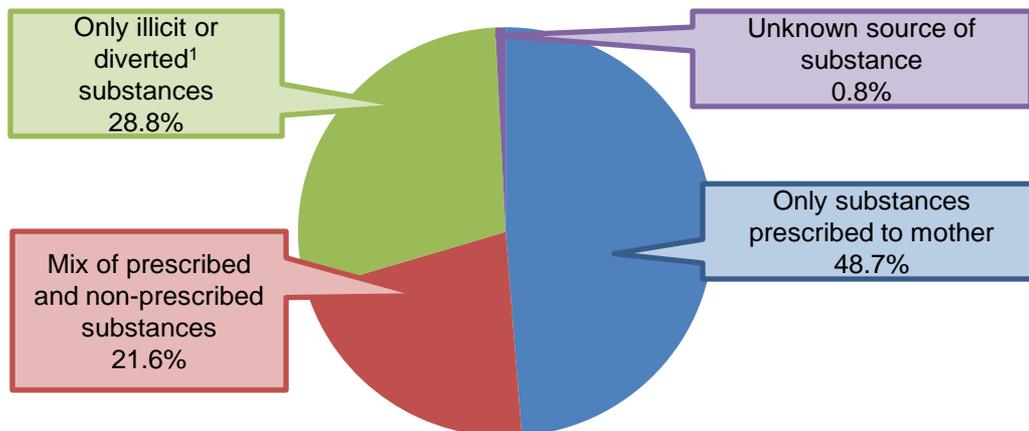
Neonatal Abstinence Syndrome Surveillance

June Update (Data through 07/01/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **476 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**70.3%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2017 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – Susannah's House is an intensive outpatient recovery program for mothers in recovery. The mission is to provide a source of help and hope in a therapeutic community for women and their children to break adverse cycles and rebuild their families. The facility invites foster parents and others caring for children with NAS to attend special programs designed to help them understand the special needs of the children under their care. Susannah's House is a not-for-profit organization with the gracious support of the community at large that partners with many churches of various denominations and non-profits throughout the community to serve families with the highest level of care possible. For more information, visit the website at www.susannahhouse.org.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	311	65.3
Legal prescription of an opioid pain reliever	30	6.3
Legal prescription of a non-opioid	34	7.1
Prescription opioid obtained without a prescription	137	28.8
Non-opioid prescription substance obtained without a prescription	70	14.7
Heroin	27	5.7
Other non-prescription substance	85	17.9
No known exposure	4	0.8
Other	44	9.2

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	38	7.9
East	90	23.4
Hamilton	14	6.7
Jackson/Madison	6	10.2
Knox	50	19.6
Mid-Cumberland	42	5.5
North East	79	48.2
Shelby	11	1.7
South Central	29	12.8
South East	22	12.7
Sullivan	38	52.6
Upper Cumberland	47	26.3
West	10	3.5
Total	476	12.2

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- Understand the [CDC Guideline for Prescribing Opioids for Chronic Pain](#)
- Utilize the [Tennessee Controlled Substance Monitoring Database](#)
- Ensure access to family planning and preconception care to women who use opioids
- Learn about [CDCs Treating for Two: Safer Medication Use in Pregnancy Initiative](#)

Everyone

- Get help for substance abuse the Tennessee Redline is 800-889-9789.
- Visit the [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/topic/nas>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov