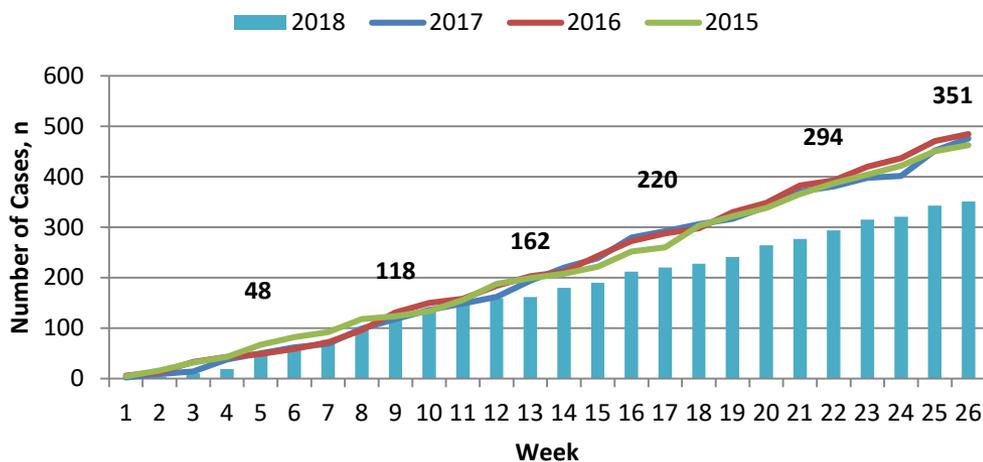


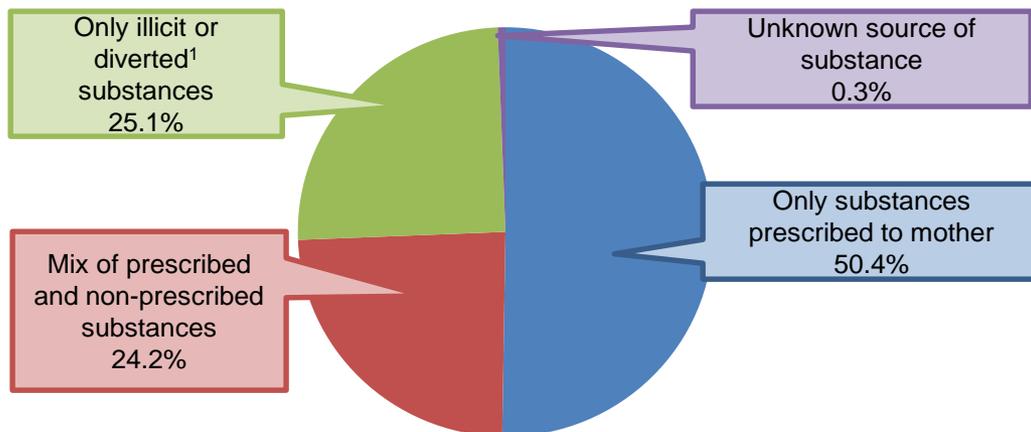
# Neonatal Abstinence Syndrome Surveillance

## June Update (Data through 06/30/2018)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **351 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**74.6%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast Region, Upper Cumberland Region, and Sullivan County.

**NAS Prevention Highlight** – On May 14-16, the Tennessee Department of Health hosted the Southeast and Southwest Regional Injury Prevention Network for a three day conference. The network is comprised of 13 state injury prevention programs, university-based research centers, national injury prevention resource centers and hospital injury prevention efforts. Dr. Michael Warren, MD, MPH, FAAP, Deputy Commissioner for Population Health, shared information regarding collaboration opportunities for injury prevention and maternal child health, as well as substance abuse and opioids. Highlights from Tennessee’s NAS prevention efforts were shared along with progress in reducing root causes of NAS and the stabilization of the NAS rate from 2015 to 2016. For more information about the SE & SW Injury Prevention Network, visit <http://seandsw.org/>.

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	244	69.5
Legal prescription of an opioid pain reliever	21	6.0
Legal prescription of a non-opioid	26	7.4
Prescription opioid obtained without a prescription	115	32.8
Non-opioid prescription substance obtained without a prescription	45	12.8
Heroin	18	5.1
Other non-prescription substance	83	23.7
No known exposure	1	0.3
Other	7	2.0

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	15	3.1
East	87	23.7
Hamilton	11	5.6
Jackson/Madison	2	3.4
Knox	32	12.7
Mid-Cumberland	38	5.0
North East	57	36.6
Shelby	16	2.6
South Central	14	6.1
South East	9	5.1
Sullivan	24	31.3
Upper Cumberland	34	18.1
West	12	4.5
<b>Total</b>	<b>351</b>	<b>9.1</b>

## 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 who take opioids do 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

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

### 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>

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