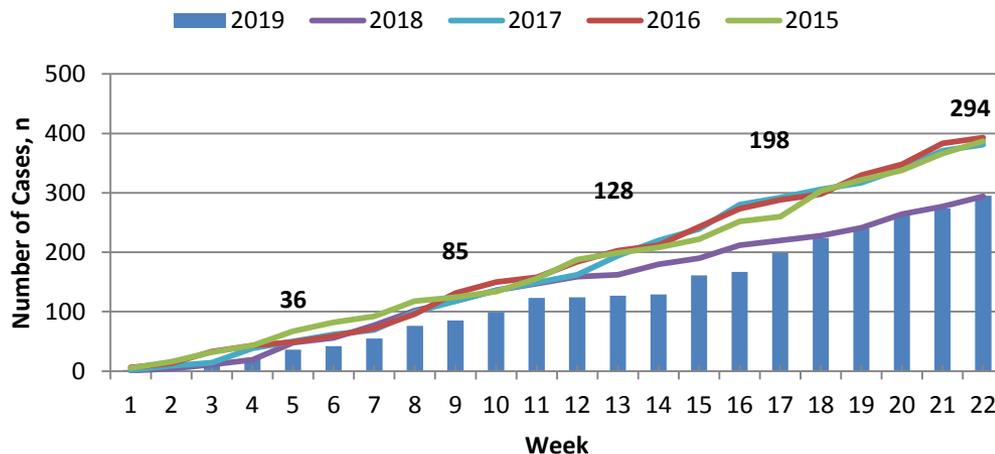


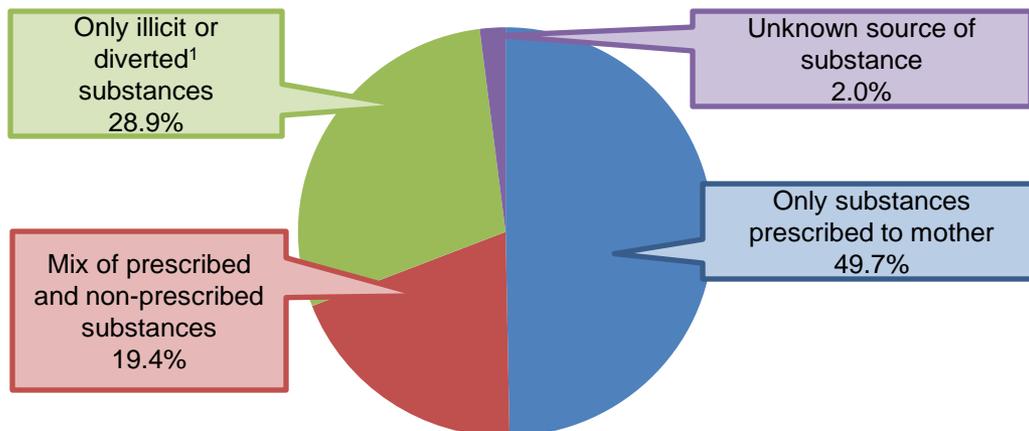
Neonatal Abstinence Syndrome Surveillance

May 2019 Update (Data through 06/01/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **294 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**69.1%**), 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 Tennessee Department of Health offers family planning services in every county health department clinic. The clinics are staffed by doctors, nurse practitioners and nurses. The staff is trained to provide education, counseling, physical assessments and treatment, if needed, and contraceptives. No one will be denied services due to an inability to pay. Clinics offer services for women, men and teens. All information is kept private. For more information about available services and contact information for regional and local health departments, visit the Tennessee Department of Health [web page](#). Clinics can also provide information and referral for substance abuse treatment or other available NAS services in your area.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	190	64.6
Legal prescription of an opioid pain reliever	16	5.4
Legal prescription of a non-opioid	17	5.8
Prescription opioid obtained without a prescription	82	27.9
Non-opioid prescription substance obtained without a prescription	39	13.3
Heroin	18	6.1
Other non-prescription substance	58	19.7
No known exposure	2	0.7
Other	7	2.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	3	0.7
East	52	16.5
Hamilton	6	3.6
Jackson/Madison	0	0
Knox	22	10.5
Mid-Cumberland	38	5.9
North East	51	38.2
Shelby	24	4.5
South Central	16	8
South East	8	5.4
Sullivan	30	52.6
Upper Cumberland	32	20.6
West	12	5.5
Total	294	9.1

NAS Prevention Opportunities

Women of Childbearing Age

- 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.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Visit [Recovery Support Services](#) for information about Alcoholics Anonymous, Narcotics Anonymous, or Celebrate Recovery.

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 [Naloxone Training Information](#) 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