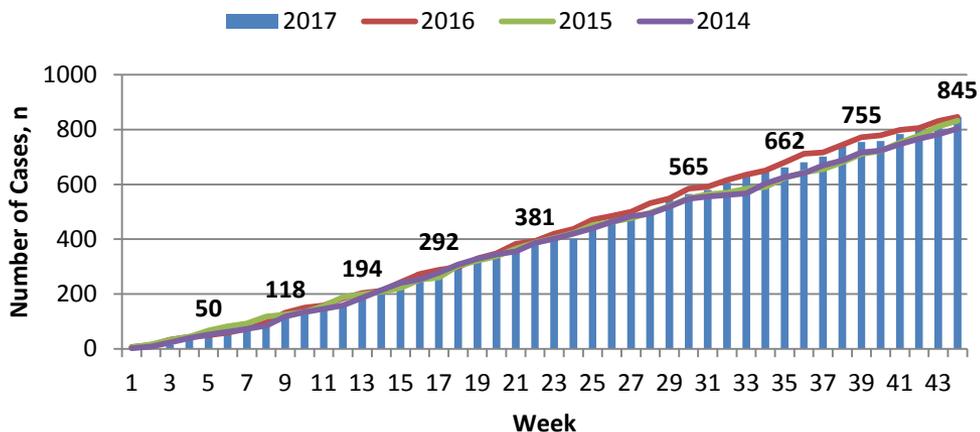


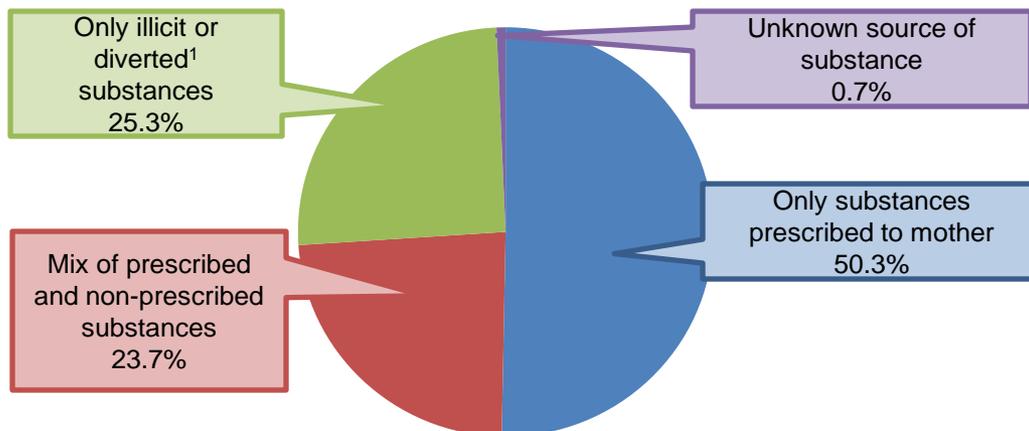
# Neonatal Abstinence Syndrome Surveillance

## October Update (Data through 11/04/2017)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **845 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**74.0%**), 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 East Health Regions, and Sullivan County.

**NAS Prevention Highlight** – At the TriMED Healthcare Education Summit in September, Dr. Michael Warren, TN Department of Health Deputy Commissioner for Population Health, presented information on state NAS prevention efforts. He shared that the incidence of NAS rose substantially until 2010, but appears to be plateauing. Also, most cases are related to maternal use of at least one medication prescribed by a healthcare provider. However, it was noted that there has been a 61% decrease in doctor shopping and a 22% decrease in the morphine milligram equivalents (MMEs) dispensed by providers since 2016. Also, that Tennessee was recognized for making progress with policy efforts to reduce NAS; and that the state NAS rates were stable from 2015 to 2016. To see the presentation slides, visit the Tennessee Medical Association site at this [link](#).

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	587	69.5
Legal prescription of an opioid pain reliever	46	5.4
Legal prescription of a non-opioid	65	7.7
Prescription opioid obtained without a prescription	242	28.6
Non-opioid prescription substance obtained without a prescription	128	15.2
Heroin	45	5.3
Other non-prescription substance	183	21.7
No known exposure	3	0.4
Other	28	3.3

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	57	6.8
East	180	27.1
Hamilton	21	5.9
Jackson/Madison	8	7.9
Knox	89	20.1
Mid-Cumberland	83	6.2
North East	132	46.9
Shelby	26	2.4
South Central	52	13.1
South East	28	9.3
Sullivan	74	59.5
Upper Cumberland	70	22.5
West	24	4.8
Unknown	1	N/A
<b>Total</b>	<b>755</b>	<b>12.5</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](#).
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

### Health Care Providers

- See the Department of Health presentation to the TriMED Healthcare Education Summit - *Tennessee's Neonatal Abstinence Syndrome (NAS) Epidemic and Prevention Efforts* presentation slides [here](#) for latest statistics on NAS.

### Everyone

- Get help for substance abuse at 1-800-662-HELP.
- The “Count It! Lock It! Drop It!” helps communities who want to reduce access to prescription medications. For more information visit <http://countitlockitdropit.org/>

### 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>

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