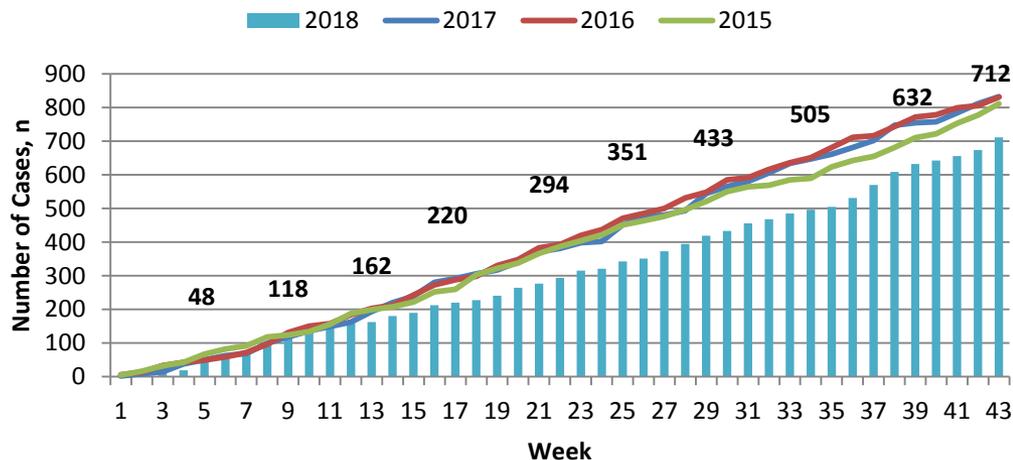


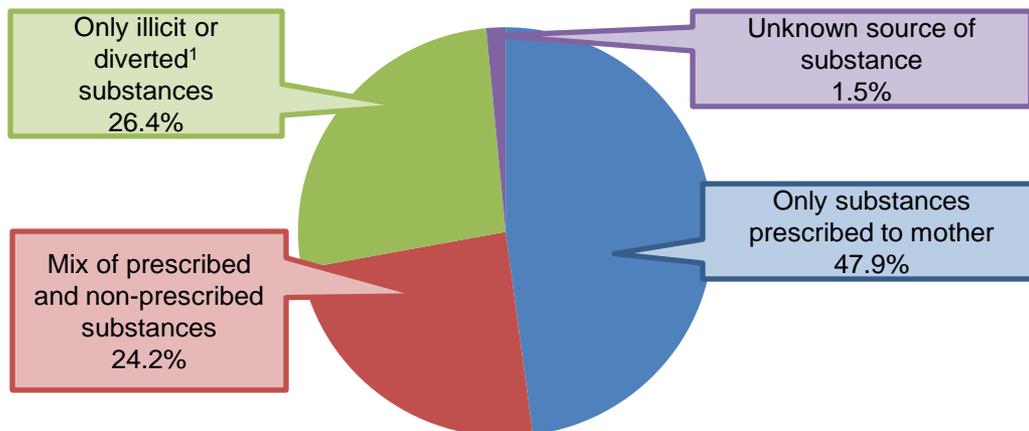
# Neonatal Abstinence Syndrome Surveillance

## August Update (Data through 10/27/2018)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **712 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**72.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast, Upper Cumberland and East Health Regions, and Sullivan County.

**NAS Prevention Highlight** – Local citizens in communities in Tennessee can join any number of anti-drug coalitions, most of which receive funding from the state of Tennessee. These coalitions are comprised of teachers, doctors, students, parents, police officers, mayors, pharmacists and others who use the [Strategic Prevention Framework](#) to improve conditions in their community. The coalitions address issues such as: tobacco, underage drinking, marijuana, and other illegal drug use...including the abuse of prescription drugs. Coalitions have been found to be an effective tool to impact community norms and behaviors regarding alcohol, tobacco, and other drugs. Coalitions also promote healthy behaviors and improve community connectedness. Click [here](#) to connect with a Tennessee anti-drug coalition in your area.

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	470	66.0
Legal prescription of an opioid pain reliever	47	6.6
Legal prescription of a non-opioid	55	7.7
Prescription opioid obtained without a prescription	230	32.3
Non-opioid prescription substance obtained without a prescription	89	12.5
Heroin	46	4.5
Other non-prescription substance	160	22.5
No known exposure	8	1.1
Other	12	1.7

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	53	6.3
East	172	26.5
Hamilton	24	6.8
Jackson/Madison	3	2.9
Knox	63	14.5
Mid-Cumberland	88	6.6
North East	98	35.7
Shelby	34	3.1
South Central	25	6.0
South East	22	6.9
Sullivan	31	23.9
Upper Cumberland	81	25.3
West	18	3.8
<b>Total</b>	<b>712</b>	<b>10.5</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Visit Narcotics Anonymous to [find recovery meetings](#).
- Discuss risks of medications with your healthcare provider before you become pregnant.
- Learn more about [effective ways to prevent an unintended pregnancy](#).

### Health Care Providers

- Educate patients about Tennessee REDLINE at 800-889-9789.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.

### Everyone

- Store all medications in a secure place.
- Never use medications prescribed for someone else.
- Utilize [prescription drug take-back boxes](#) to properly dispose of unused medications.
- Never use medications prescribed for someone else.
- Learn why [buying drugs online can be illegal](#) and dangerous; and how to [report suspected unlawful sales](#) of pharmaceutical drugs on the internet.

### 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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