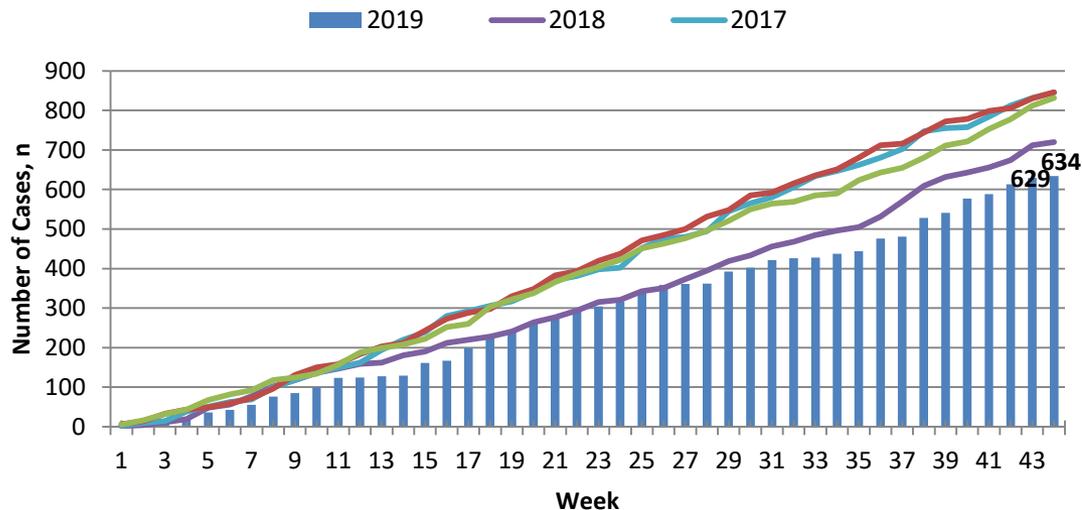


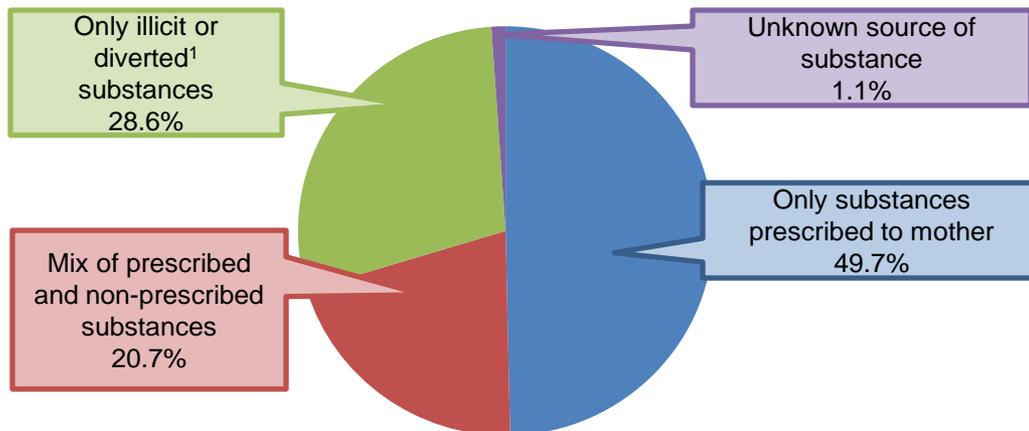
Neonatal Abstinence Syndrome Surveillance

October 2019 Update (Data through 11/02/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **634 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**70%**), 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 East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – The [Count It! Lock It! Drop It!](#) program now has drug prevention programs in all 95 Tennessee counties. A total of 103 programs encourage citizens to monitor, secure, and properly dispose of medications to prevent the abuse of opioids and other drugs. The Count It! Lock It! Drop It! staff and volunteers also partner with the Tennessee Department of Environment and Conservation (TDEC) to promote the 349 medication drop boxes spread throughout the 95 counties in Tennessee. As a result of multiple partnerships with law enforcement, drug coalitions, Drug Enforcement Agency staff and others, 78,403 pounds of medications were collected from October 1 2018 to September 30 2019. To locate a drug drop box visit the TDEC [web page](#) or contact Kathy Glapa at 615-253-8780.

Additional Detail for Maternal Sources of Exposure

| Source of Exposure | # Cases ² | % Cases |
|---|----------------------|---------|
| Medication assisted treatment | 416 | 65.6 |
| Legal prescription of an opioid pain reliever | 33 | 5.2 |
| Legal prescription of a non-opioid | 37 | 5.8 |
| Prescription opioid obtained without a prescription | 166 | 26.2 |
| Non-opioid prescription substance obtained without a prescription | 68 | 10.7 |
| Heroin | 46 | 7.3 |
| Other non-prescription substance | 143 | 22.6 |
| No known exposure | 2 | 0.3 |
| Other | 31 | 4.9 |

NAS Cases by County/Region

| Maternal County of Residence (By Health Department Region) | # Cases | Rate per 1,000 births |
|---|------------|--------------------------|
| Davidson | 20 | 2.4 |
| East | 125 | 19.1 |
| Hamilton | 14 | 4.0 |
| Jackson/Madison | 0 | 0 |
| Knox | 52 | 12.1 |
| Mid-Cumberland | 69 | 5.1 |
| North East | 105 | 37.4 |
| Shelby | 39 | 3.6 |
| South Central | 59 | 14.8 |
| South East | 28 | 9.2 |
| Sullivan | 54 | 43.1 |
| Upper Cumberland | 50 | 15.7 |
| West | 19 | 4.3 |
| Total | 634 | 9.5 |

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
- 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 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.

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>

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