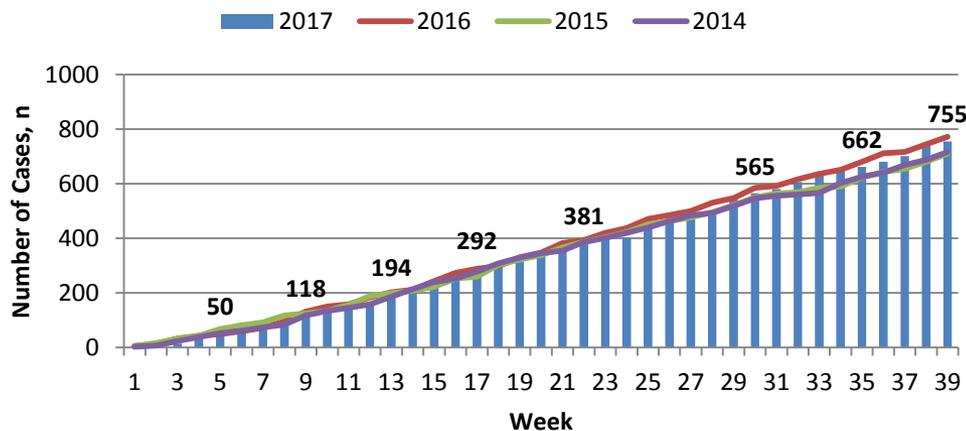


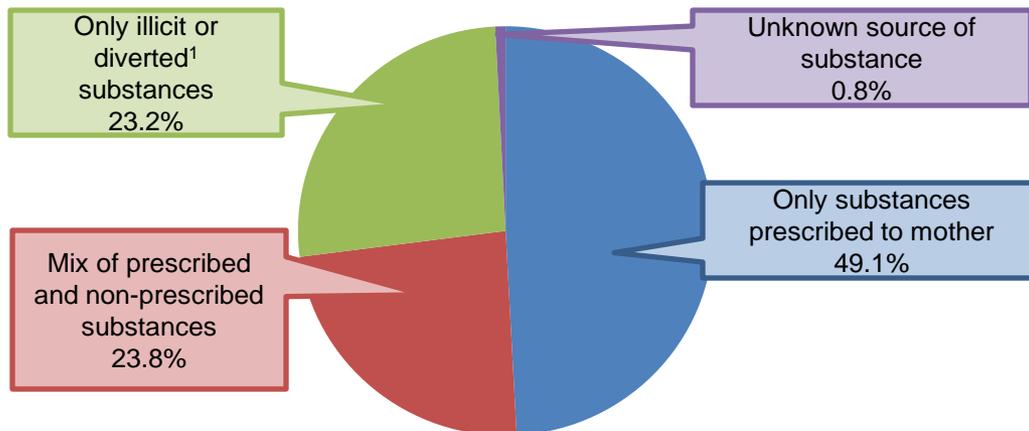
# Neonatal Abstinence Syndrome Surveillance

## September Update (Data through 09/30/2017)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **755 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**72.2%**), 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** – “[MotherToBaby](#)”, based in Brentwood, TN, recently was awarded \$6M in federal funding to help prevent birth defects. The Health Resources and Services Administration (HRSA) is funding the Organization of Teratology Information Specialists’ network to strengthen collaborations with other HRSA grantees such as Title V Maternal Child Health, Community Health Centers, Poison Control Systems, Healthy Start and Nurse Family Partnerships to make a collective impact on healthy pregnancy outcomes. MotherToBaby connects providers and the general public with experts to birth defects. To contact experts about prenatal drug exposure, click [here](#) for text, live chat, or email. You can also download the [app](#) or call 866-626-6847 for assistance.

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	515	68.2
Legal prescription of an opioid pain reliever	44	5.8
Legal prescription of a non-opioid	61	8.1
Prescription opioid obtained without a prescription	219	29.0
Non-opioid prescription substance obtained without a prescription	115	15.2
Heroin	40	5.3
Other non-prescription substance	168	22.3
No known exposure	3	0.4
Other	22	2.9

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	54	7.2
East	159	26.6
Hamilton	21	6.5
Jackson/Madison	8	8.7
Knox	78	19.6
Mid-Cumberland	70	5.8
North East	114	45.3
Shelby	22	2.2
South Central	46	12.9
South East	27	10.0
Sullivan	63	56.8
Upper Cumberland	70	25.2
West	23	5.2
<b>Total</b>	<b>755</b>	<b>12.5</b>

### 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 need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

#### 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

- Get help for substance abuse at 1-800-662-HELP.
- Utilize [prescription drug take-back boxes](#) to properly dispose of unused medications.

#### 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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