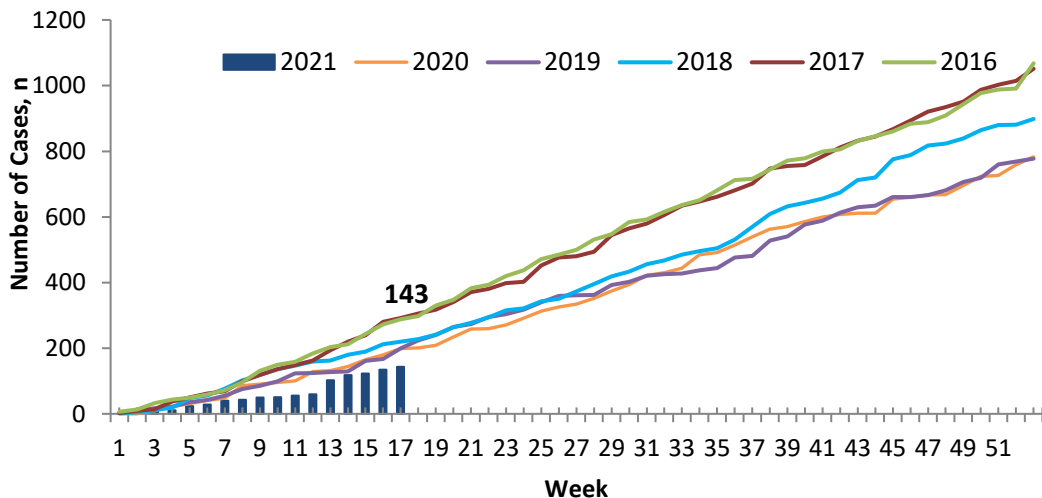


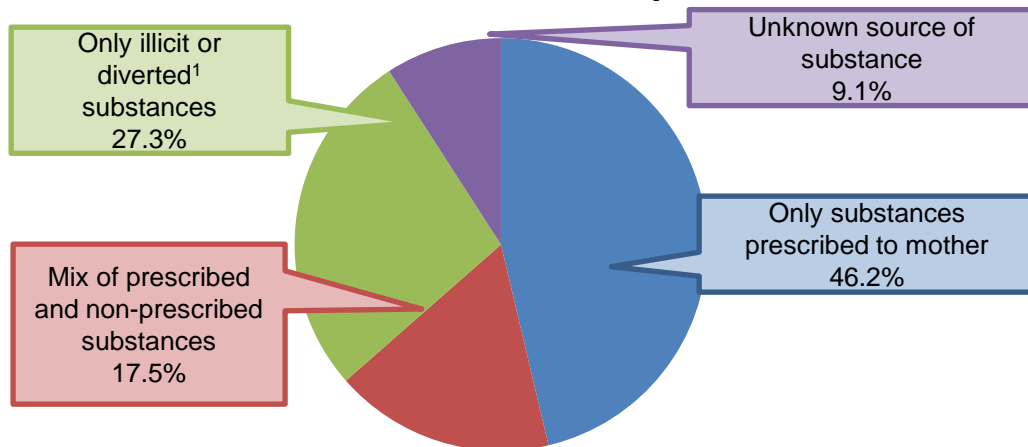
Neonatal Abstinence Syndrome Surveillance

April 2021 Update (Data through 05/01/2021)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **143 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through May 01, 2021.
- In most NAS cases (**63.6%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2021 have occurred in Sullivan and Knox Counties, East and North East Health Regions.

NAS Prevention Highlight – The **Kidcentral tn** website offers multiple resources for families and young mothers. One online [Kidcentral tn](#) page includes information and tips on prenatal care. It is important that pregnant women seek and receive prenatal care early. Doing so will help increase chances that your baby will be born with adequate birth weight. Babies that don't receive prenatal care are five times more likely to die, so starting early with a doctor will help ensure treatment and prevention of health problems. Other steps women can take before pregnancy include: take folic acid; stop smoking, stop drinking alcohol; control existing medical conditions; talk to your doctor about any medications or supplements (including opioids); and avoid contact with toxic substances. Pregnant women can find more tips for self-care at this [Kidcentral tn link](#). For more resources, go to the Kidcentral home page or email kid.central@tn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	86	60.14
Legal prescription of an opioid pain reliever	5	3.50
Legal prescription of a non-opioid	10	6.99
Prescription opioid obtained without a prescription	23	16.08
Non-opioid prescription substance obtained without a prescription	7	4.90
Heroin	14	9.79
Other non-prescription substance	32	22.38
No known exposure	0	0.00
Other ⁴	13	9.09

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	7	2.2
East	35	14.2
Hamilton	1	0.7
Jackson/Madison	0	0.0
Knox	17	10.6
Mid-Cumberland	10	2.0
North East	11	10.8
Shelby	23	5.8
South Central	4	2.5
South East	2	1.8
Sullivan	19	46.5
Upper Cumberland	10	8.5
West	4	2.3
Total	143	5.7

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](#).

Health Care Providers

- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Get help for substance abuse at 1-800-662-HELP.

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 Alice Nyakeriga at alice.nyakeriga@tn.gov