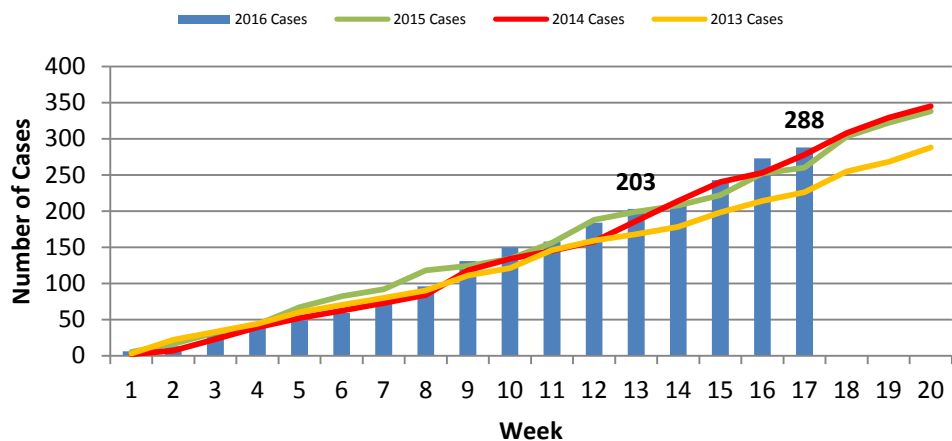


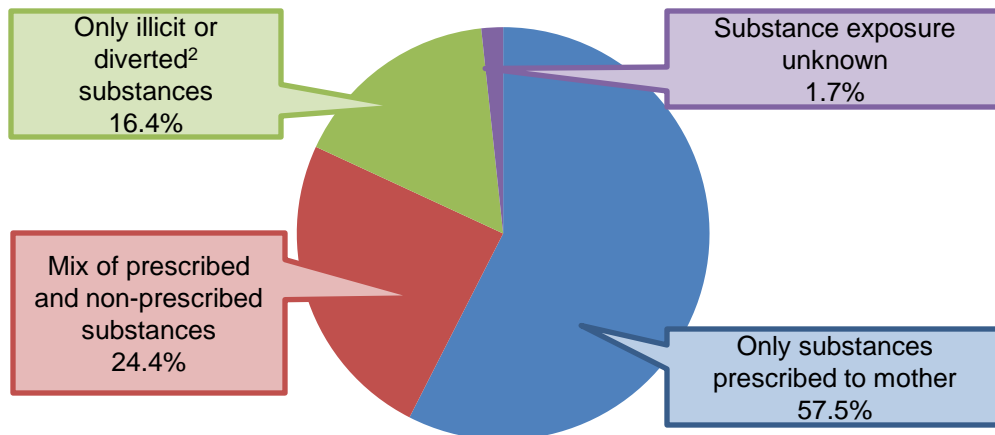
Neonatal Abstinence Syndrome Surveillance

April Update (Data through 04/30/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **288 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**81.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the Upper Cumberland Health Region and Sullivan County.

NAS Prevention Highlight

The East Tennessee State University has established a new, inter-professional research center that will focus on prescription drug abuse to address the dramatic increase in prescription drug abuse and drug overdose deaths in the Appalachian region. Past efforts, such as the Prescription Drug Abuse Working Group fostered community outreach, research and educational activities, including NAS prevention. The new research center strengthened partnerships on and off campus, with the aim of identifying and answering research questions of regional and national importance.

For more information visit the [website](#) or contact Dr. Robert Pack at packr@mail.etsu.edu.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	210	72.9
Legal prescription of an opioid pain reliever	25	8.7
Legal prescription of a non-opioid	19	6.6
Prescription opioid obtained without a prescription	70	24.3
Non-opioid prescription substance obtained without a prescription	28	9.7
Heroin	6	2.1
Other non-prescription substance	38	13.2
No known exposure	5	1.7
Other ⁴	16	5.6

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	25	7.6
East	60	23.8
Hamilton	2	1.5
Jackson/Madison	1	2.6
Knox	24	13.7
Mid-Cumberland	33	6.6
North East	48	43.6
Shelby	0	0.0
South Central	13	8.6
South East	4	3.5
Sullivan	28	57.1
Upper Cumberland	35	28.5
West	15	7.8
Total	288	11.1

NAS Prevention Opportunities

Women of Childbearing Age

- Talk to your healthcare provider about all the substances (prescribed or non-prescribed) that you may be taking.
- Let your provider know your wishes about having children and talk to them about the best way to prevent an unintended pregnancy.
- Focus on becoming healthy and sober before you ever become pregnant.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment in your practice setting. Learn more at: <http://www.samhsa.gov/prevention/sbirt/>
- Ask every woman of childbearing age about substance use.

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Ask your physician about [Naloxone](#) as a tool to reduce overdose death prevention.

Notes

1. Individual weekly summary reports are archived at: <http://www.tn.gov/health/article/nas-summary-archive>
2. "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.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

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