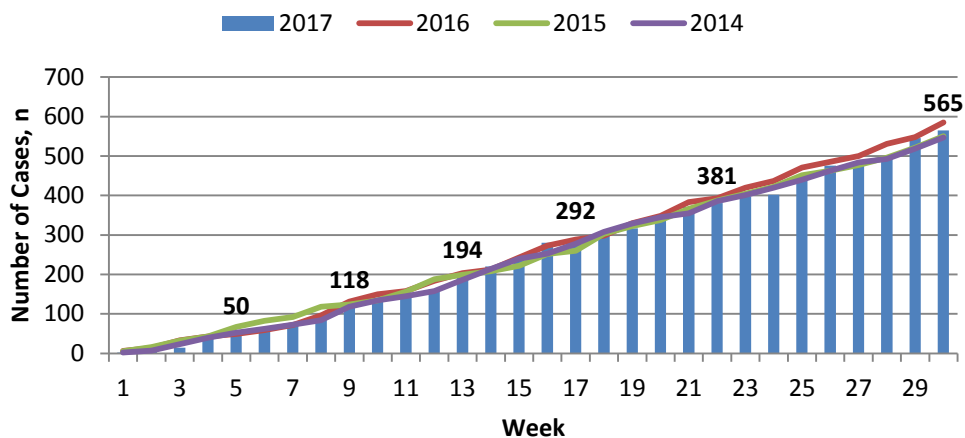


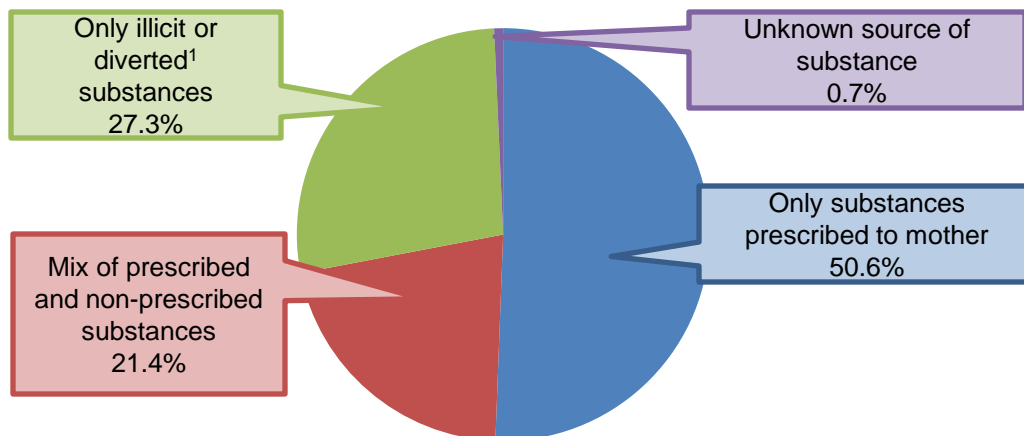
Neonatal Abstinence Syndrome Surveillance

July Update (Data through 07/30/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **565 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**72.0%**), 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 Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – The Tennessee **REDLINE** (1-800-889-9789) is a free information and referral line designed to provide information for alcohol, drug, problem gambling and other addiction information to the citizens of Tennessee. The **REDLINE** does not provide therapy, but gives callers information about professionals who can diagnose and assess the mental or physical health of a substance user/abuser. The **REDLINE** will also provide callers with specific referrals based on their needs for a multitude of issues, including: NAS, drug dependence, smoking, domestic violence, depression, eating disorders, and others. For more information, visit the Tennessee Association of Alcohol, Drug & Other Addictions Services website (TAADAS) or simply call a **REDLINE** Information Specialist at 800-889-9789.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	380	67.3
Legal prescription of an opioid pain reliever	33	5.8
Legal prescription of a non-opioid	44	7.8
Prescription opioid obtained without a prescription	159	28.1
Non-opioid prescription substance obtained without a prescription	83	14.7
Heroin	29	5.1
Other non-prescription substance	123	21.8
No known exposure	4	0.7
Other	13	2.3

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	41	7.2
East	109	23.9
Hamilton	17	6.9
Jackson/Madison	6	8.6
Knox	55	18.2
Mid-Cumberland	50	5.5
North East	97	50.5
Shelby	15	2.0
South Central	39	14.7
South East	24	11.9
Sullivan	47	55.3
Upper Cumberland	51	24.4
West	14	4.2
Total	565	12.3

NAS Prevention Opportunities

Women of Childbearing Age

- 50% of all pregnancies are unplanned. If you are a sexually active woman ages 15-45 and taking an opioid painkiller (and not practicing birth control), please talk to your doctor to ask about a “lowest dose for the least amount of time” method for pain management and [birth control options](#) to avoid pregnancy.

Health Care Providers

- Familiarize yourself with [ACOG's Committee Opinion on Opioid Use and Opioid Use Disorder in Pregnancy](#)
- Talk with women of childbearing age about [effective strategies](#) for preventing an unintended pregnancy.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine

Everyone

- Make sure you “Count, Lock, and Drop” your medications to reduce abuse of opiates and other prescription drugs. For more information about how to secure your medications, click [here](#).

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>

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