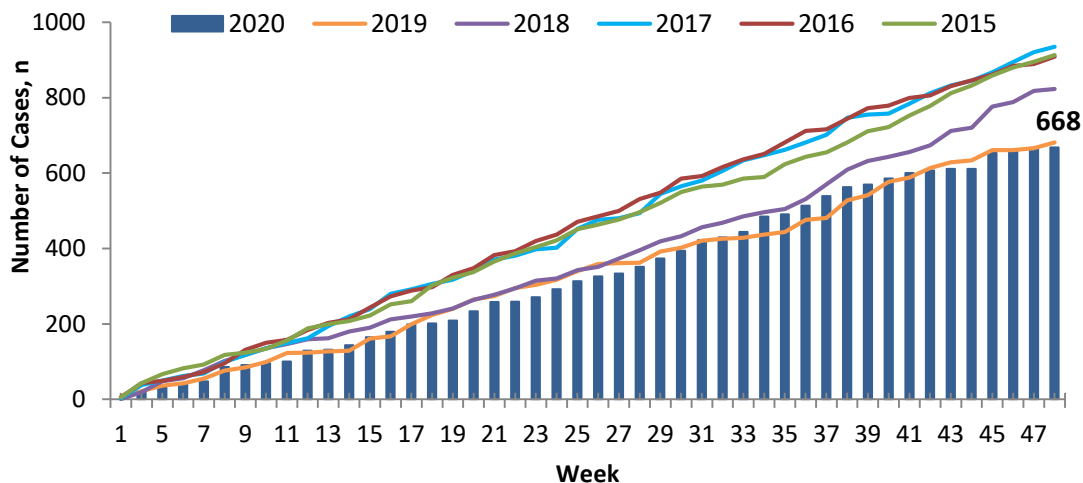


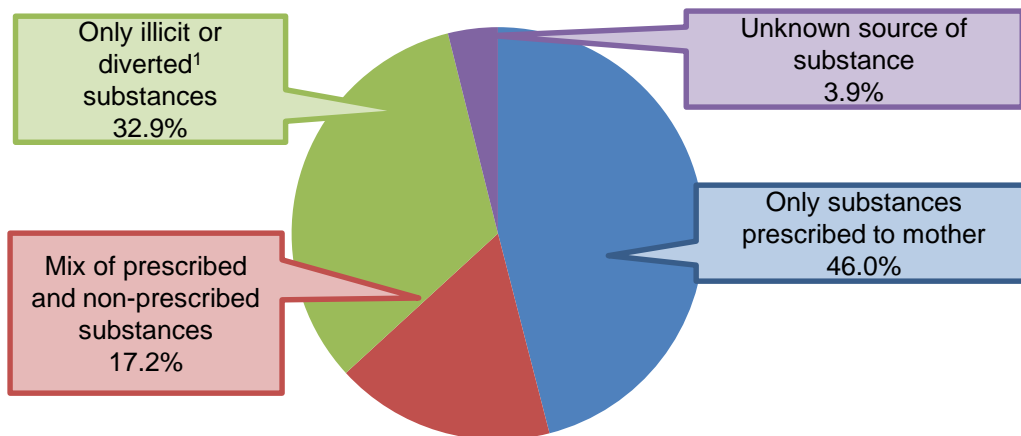
# Neonatal Abstinence Syndrome Surveillance

## November 2020 Update (Data through 10/28/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **668 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through November 28, 2020.
- In the majority of NAS cases (**63.2%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast and East Regions, Knox and Sullivan Counties.

**NAS Prevention Highlight** – The March of Dimes has a long history in America of the prevention of health problems for babies. The agency has also made information available to mothers who need to care for a baby with NAS. The March of Dimes infographic “Caring for a Baby with NAS” is available online at this [link](#). In addition to providing resources for moms regarding care for babies with NAS, other tips to reduce sudden infant death, and the Centers for Disease Control (CDC) Act Early website is provided. To download multiple resources such as the Milestone Tracker, print materials, research, and other tools, visit that site at [www.cdc.gov/ncbddd/actearly/index.htm](http://www.cdc.gov/ncbddd/actearly/index.htm).

The March of Dimes general website is [www.marchofdimes.org](http://www.marchofdimes.org) and the Tennessee Chapter Facebook page can be found at this [link](#).

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	403	60.33
Legal prescription of an opioid pain reliever	17	2.54
Legal prescription of a non-opioid	28	4.19
Prescription opioid obtained without a prescription	157	23.50
Non-opioid prescription substance obtained without a prescription	73	10.93
Heroin	55	8.23
Other non-prescription substance	167	25.00
No known exposure	0	0.00
Other <sup>4</sup>	35	5.23

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	40	4.4
East	137	18.6
Hamilton	23	5.8
Jackson/Madison	3	0.6
Knox	55	48.3
Mid-Cumberland	54	3.6
North East	89	30.3
Shelby	70	6.0
South Central	52	11.5
South East	13	3.9
Sullivan	79	58.3
Upper Cumberland	39	10.8
West	14	2.7
<b>Total</b>	<b>668</b>	<b>9.0</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- 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](#).
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.

#### 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>

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