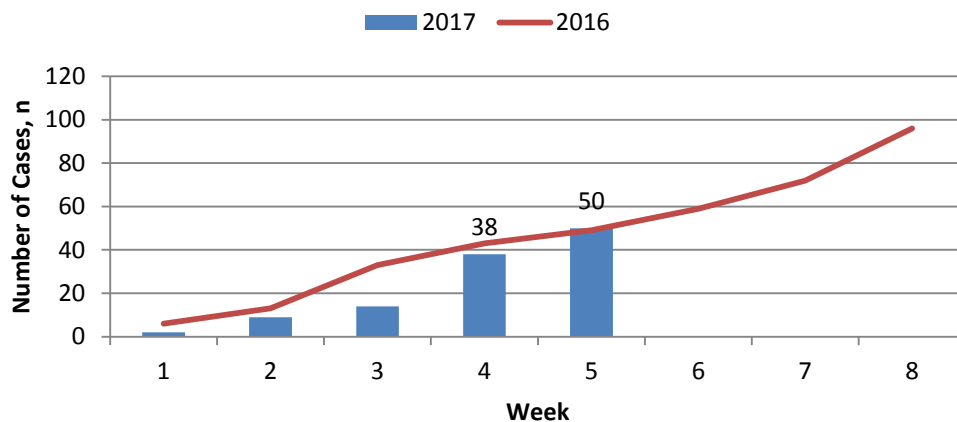


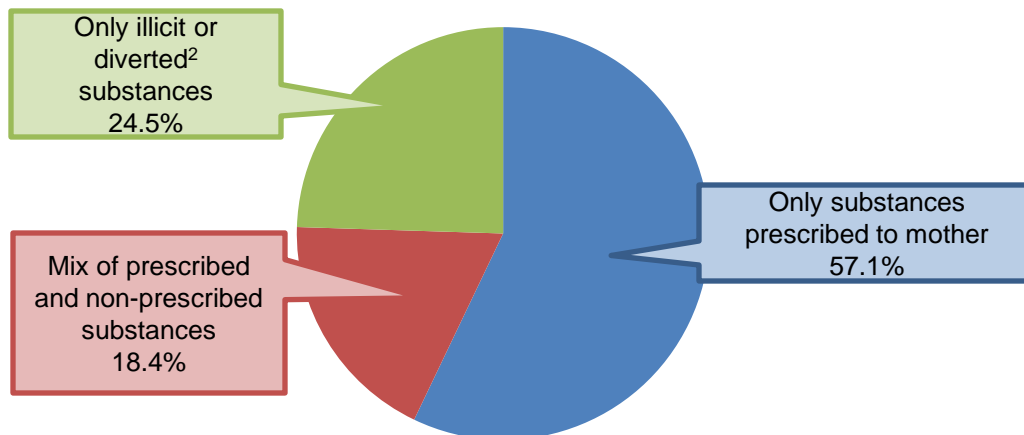
Neonatal Abstinence Syndrome Surveillance

January Update (Data through 02/04/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **50 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**75.5%**), 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 – New Legislative Task Force on Opioid and Prescription Drug Abuse Formed On January 27, The task force was created by House Speaker Beth Harwell with the immediate goal of working on legislation and best strategies to solve Tennessee’s opioid problems. During the initial meeting, Mr. Jeremy Kane, Director of EdCom, spoke of the importance of educating women of child-bearing age on birth control to prevent the birth of babies born addicted. Seven legislators were appointed to the task force and will work together to create comprehensive solutions to the epidemic of opioid and prescription drug abuse. Future meetings of the task force will be announced as they are scheduled.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	36	72.0
Legal prescription of an opioid pain reliever	2	4.0
Legal prescription of a non-opioid	4	8.0
Prescription opioid obtained without a prescription	14	28.0
Non-opioid prescription substance obtained without a prescription	9	18.0
Heroin	7	14.0
Other non-prescription substance	7	14.0
No known exposure	0	0
Other ⁴	0	0

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	3	3.8
East	3	4.9
Hamilton	1	2.8
Jackson/Madison	1	10.4
Knox	6	13.9
Mid-Cumberland	1	0.8
North East	13	46.6
Shelby	1	0.9
South Central	2	5.2
South East	0	0
Sullivan	9	83.3
Upper Cumberland	8	27.3
West	2	4.0
Total	50	7.8

NAS Prevention Opportunities

Women of Childbearing Age

- 50% of all pregnancies are unplanned. If you are a sexually active woman ages 15-45; taking an opioid painkiller (and not practicing birth control); you may be at a higher risk for having a newborn with a spinal or abdominal wall defect. 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

- Learn more about [health care providers responsibilities](#) to protect society from substance abuse; prevent drug diversion; recognize drug impaired co-workers who can put patients at risk; and what you can do to help.

Everyone

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

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