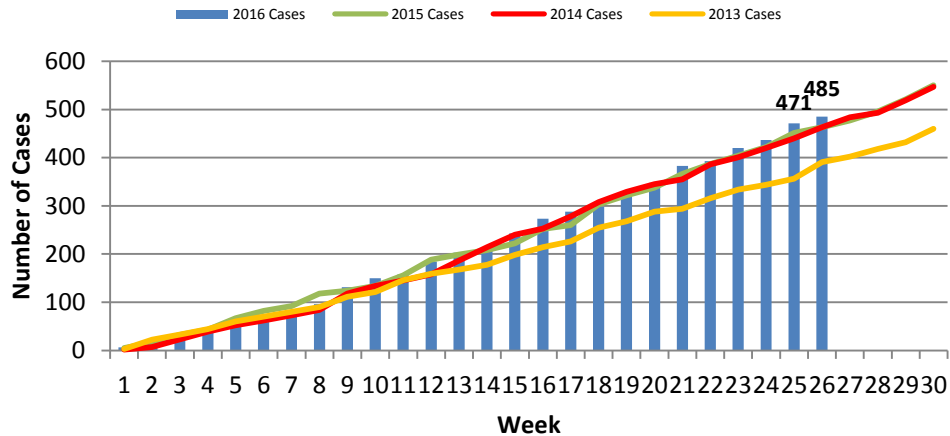


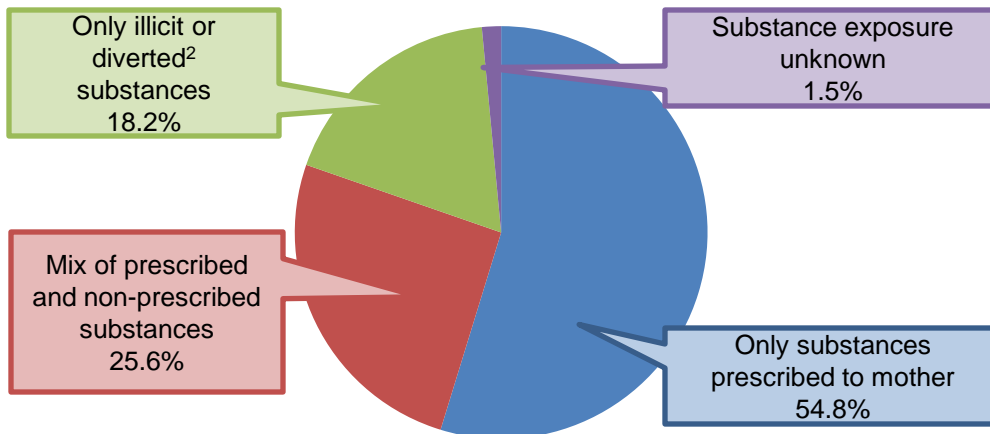
Neonatal Abstinence Syndrome Surveillance

June Update (Data through 07/02/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **485 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**81.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the Northeast Health Region and Sullivan County.

NAS Prevention Highlight

“[Born Drug-Free Tennessee](#)” is an initiative implemented by the East Tennessee Neonatal Abstinence Syndrome Task Force, representing agencies across the region, including: [East Tennessee Children’s Hospital](#), [Allies for Substance Abuse Prevention of Anderson County](#), [Metropolitan Drug Commission](#), [Rescue 180](#), HEAL of Sevier County, [Ridgeview Behavioral Health Services](#), and [Mary Beth West Communications](#). “Born Drug-Free Tennessee” raises awareness about babies being born exposed to prescription and other drugs by educating expectant mothers to discuss prescription and other drug use with their doctors and offers assistance to the women and families.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	337	69.5
Legal prescription of an opioid pain reliever	54	11.1
Legal prescription of a non-opioid	35	7.2
Prescription opioid obtained without a prescription	118	24.3
Non-opioid prescription substance obtained without a prescription	51	10.5
Heroin	11	2.3
Other non-prescription substance	74	15.3
No known exposure	7	1.4
Other ⁴	31	6.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	35	7.0
East	108	28.4
Hamilton	5	2.5
Jackson/Madison	1	1.7
Knox	43	16.5
Mid-Cumberland	57	7.6
North East	86	52.5
Shelby	1	0.2
South Central	26	11.4
South East	11	6.3
Sullivan	41	57.0
Upper Cumberland	54	28.5
West	17	5.9
Total	485	12.4

NAS Prevention Opportunities

Women of Childbearing Age

- Understand [family planning methods](#) and use them to prevent unwanted pregnancy
- Use prescription medications only as directed by a healthcare provider; talk to your provider about pregnancy prevention if you are taking opiates for pain.
- Dispose of medications [properly](#).

Health Care Providers

- Discuss pain treatment options, including options that do not include prescription pain medications.
- Talk with patients about the risks and benefits of prescription pain medications.
- Utilize Clinical Tools from the [CDC Guidelines for Prescribing Opioids for Chronic Pain](#)

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.
- Call your local [Poison Control Center](#) (1-800-222-1222) for questions about medications.

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