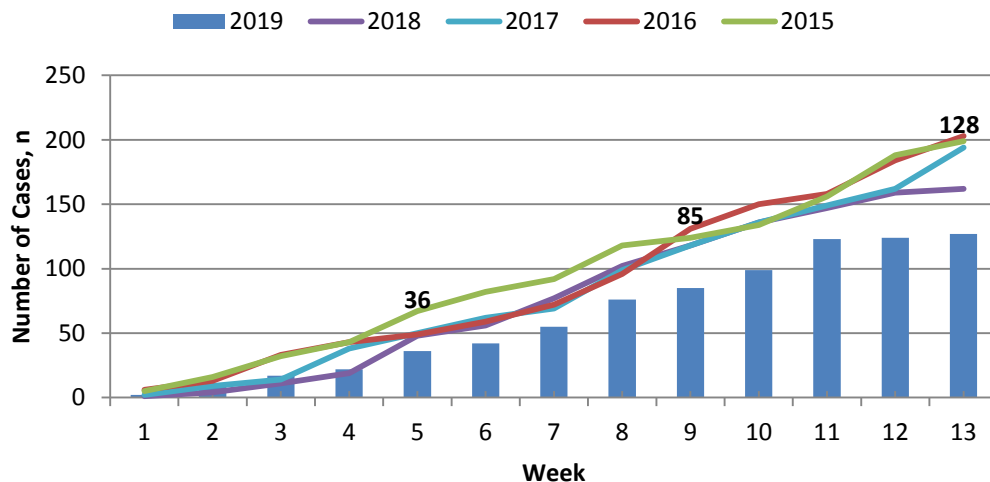


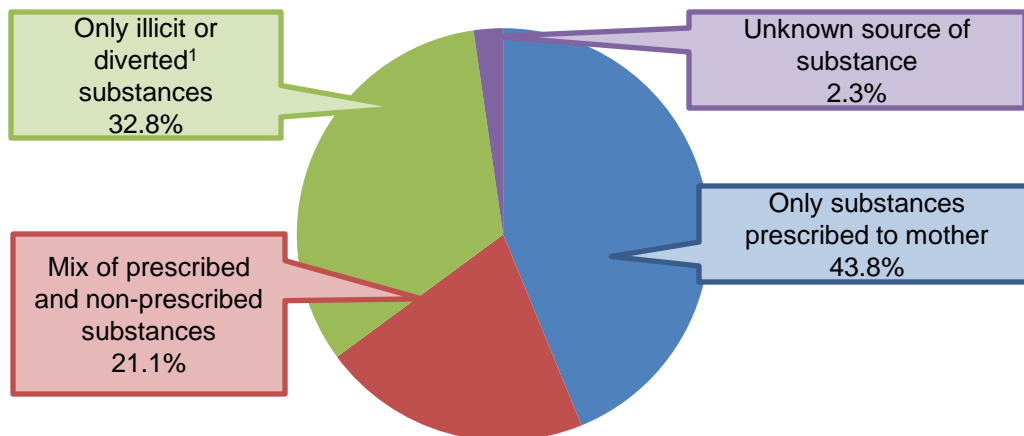
# Neonatal Abstinence Syndrome Surveillance

## March 2019 Update (Data through 03/30/2019)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **128 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**64.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2019 have occurred in the Northeast, Upper Cumberland Regions, and Sullivan County.

**NAS Prevention Highlight** – The Tennessee REDLINE (**1-800-889-9789**) is a toll-free information and referral line coordinated by Tennessee Association of Alcohol and other Addiction Studies and funded by the Tennessee Department of Mental Health Substance Abuse Services. The purpose of the REDLINE is to provide accurate, up-to-date alcohol, drug, problem gambling, and other addiction information and referrals to all citizens of Tennessee at their request. The REDLINE strives to provide the caller with specific referrals based on their stated needs and callers are provided with at least 3 referral sources when possible. The REDLINE can also provide resources for NAS, domestic violence, depression and other mental health issues. REDLINE is available 24 hours a day, 7 days a week. Visit the [REDLINE web page](#) for more information.

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	76	59.4
Legal prescription of an opioid pain reliever	9	7.0
Legal prescription of a non-opioid	7	5.5
Prescription opioid obtained without a prescription	38	29.7
Non-opioid prescription substance obtained without a prescription	18	14.1
Heroin	9	7.0
Other non-prescription substance	20	15.6
No known exposure	0	0
Other	5	3.9

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	2	0.8
East	26	13.6
Hamilton	5	5.0
Jackson/Madison	0	0
Knox	7	5.6
Mid-Cumberland	23	6.1
North East	16	20.2
Shelby	13	4.0
South Central	7	5.8
South East	4	4.5
Sullivan	10	29.1
Upper Cumberland	7	7.6
West	8	6.4
<b>Total</b>	<b>128</b>	<b>6.6</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- Visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.
- Taking opioids during pregnancy can cause birth defects. If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

#### Health Care Providers

- Utilize the [Tennessee Controlled Substance Monitoring Database](#).
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Ensure access to family planning and preconception care for women who use opioids.
- Learn about [CDCs Treating for Two: Safer Medication Use in Pregnancy Initiative](#).

#### Everyone

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

#### 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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