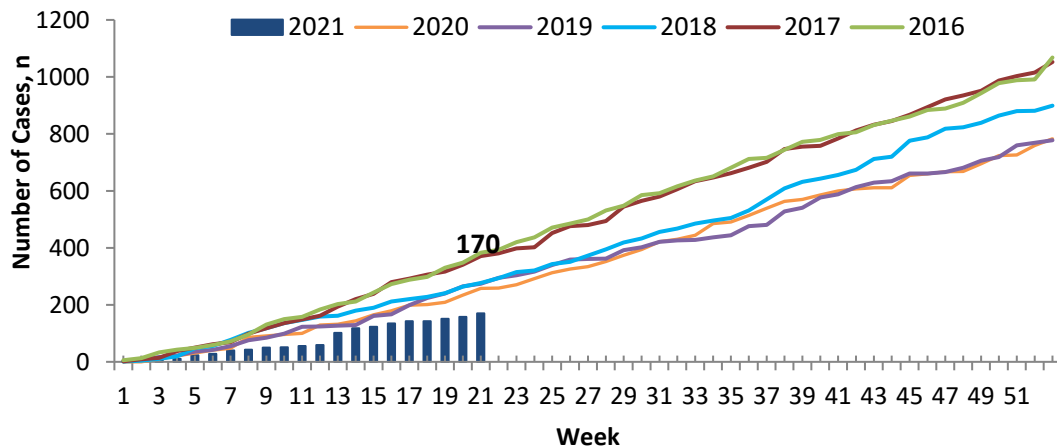


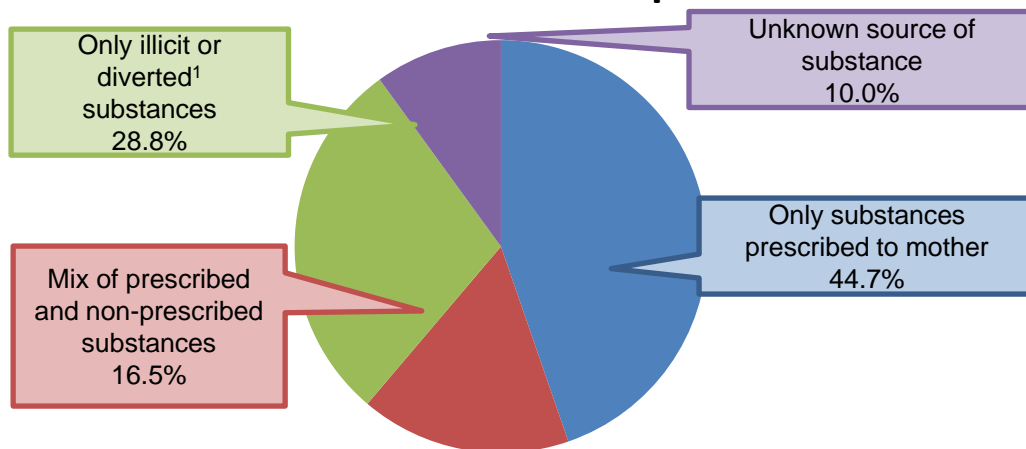
Neonatal Abstinence Syndrome Surveillance

May 2021 Update (Data through 05/29/2021)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **170 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through May 29, 2021.
- In most NAS cases (**61.2%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2021 have occurred in Sullivan and Knox Counties, East and Northeast Health Regions.

NAS Prevention Highlight – TN TOGETHER is a comprehensive plan and set of resources from the State of Tennessee to address the opioid crisis. The TN TOGETHER website includes multiple resources, including resources and information, treatment and crisis information, best practices for healthcare providers, and a “Drug Overdose in Tennessee” data dashboard. The Drug Overdose in Tennessee dashboard includes data by age, county, economic status, and other demographic data. Other data include fatal overdose, nonfatal overdose, and prescription trends for the state. County coalition data is also available for those who are interested in joining or supporting local drug prevention efforts in their community. Click [here](#) to visit the TN TOGETHER website developed by the Tennessee Department of Mental Health & Substance Abuse Services.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	99	58.24
Legal prescription of an opioid pain reliever	5	2.94
Legal prescription of a non-opioid	10	5.88
Prescription opioid obtained without a prescription	32	18.82
Non-opioid prescription substance obtained without a prescription	10	5.88
Heroin	15	8.82
Other non-prescription substance	38	22.35
No known exposure	1	0.59
Other ⁴	14	8.24

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	8	2
East	43	13.9
Hamilton	1	0.6
Jackson/Madison	0	0
Knox	20	9.9
Mid-Cumberland	13	2
North East	11	8.8
Shelby	28	5.6
South Central	4	2
South East	3	2.1
Sullivan	20	37.6
Upper Cumberland	13	8.8
West	6	2.8
Total	170	5.4

NAS Prevention Opportunities

Women of Childbearing Age

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

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>

For questions or additional information, contact Alice Nyakeriga at alice.nyakeriga@tn.gov