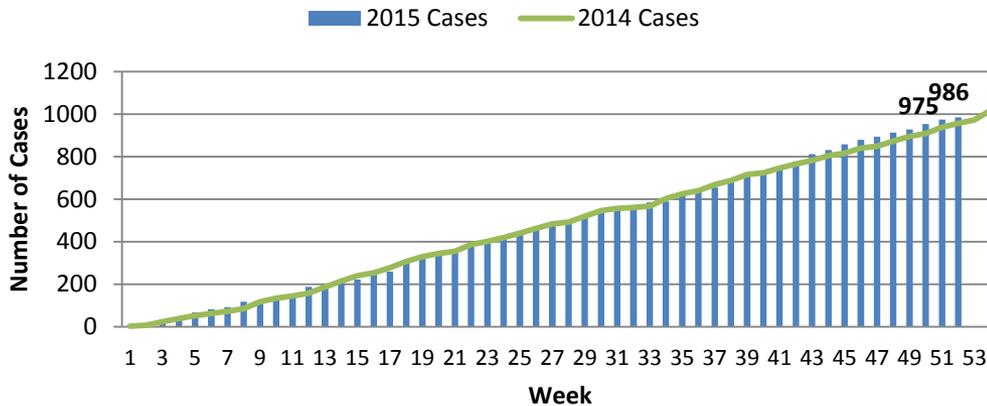


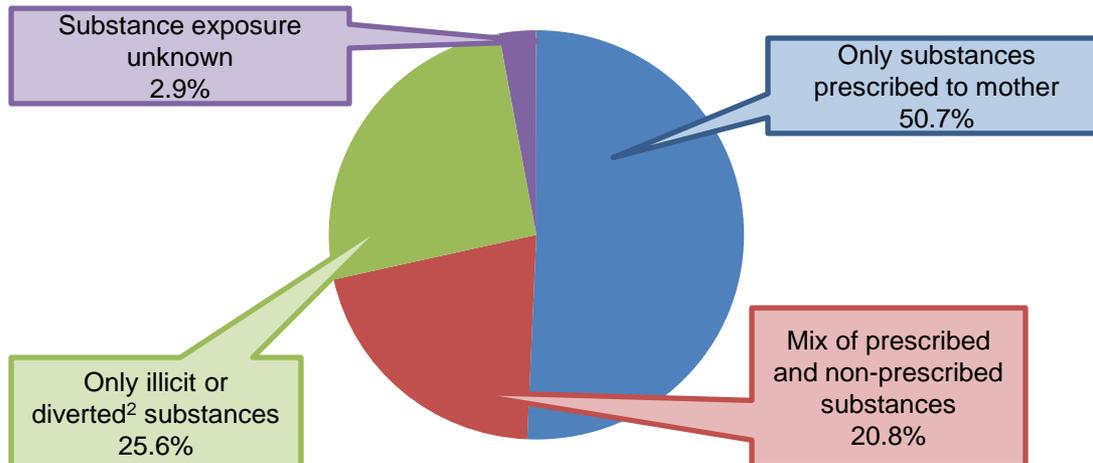
Drug Dependent Newborns (Neonatal Abstinence Syndrome)

December Update (Data through 01/02/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **986 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**71.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2015 have occurred in Sullivan County and the Northeast region.

NAS Prevention Highlight

The [Prevention Alliance of Tennessee](#) (PAT) is an alliance of coalitions across Tennessee who work together to prevent substance abuse. PAT members work to inform and educate, coordinate, and leverage resources to reduce substance abuse. By strengthening capacity to implement local environmental change, PAT is improving the health of Tennesseans. One example is promoting the “Count It! Lock It! Drop It!” program encouraging everyone to monitor, secure, and properly dispose of unused prescription medications.

If you would like information regarding PAT's efforts, visit the [website](#) or contact Leah Festa at leah@tncoalitions.org.

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	606	61.5
Supervised pain therapy	104	10.6
Therapy for psychiatric or neurological condition	85	8.6
Prescription substance obtained WITHOUT a prescription	338	34.3
Non-prescription substance	223	22.6
No known exposure but clinical signs consistent with NAS	5	0.5
No response	24	2.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	49	4.8
East	240	29.7
Hamilton	24	5.8
Jackson/Madison	0	0
Knox	116	22.1
Mid-Cumberland	91	5.8
North East	147	42.9
Shelby	36	2.6
South Central	43	8.9
South East	35	9.8
Sullivan	74	47.0
Upper Cumberland	100	26.0
West	31	5.3
Total	986	12.1

NAS Prevention Opportunities

Women of Childbearing Age

- Ask your health care provider about the risks of any medication that you are taking.
- Take only medications that are prescribed to you.
- Never use someone else's medication.

Health Care Providers

- [Screen all pregnant women](#) for substance use and refer for appropriate treatment.
- Talk with patients about the risks and benefits of prescription pain medications. Counsel them on [effective strategies](#) to prevent unwanted pregnancies.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.

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