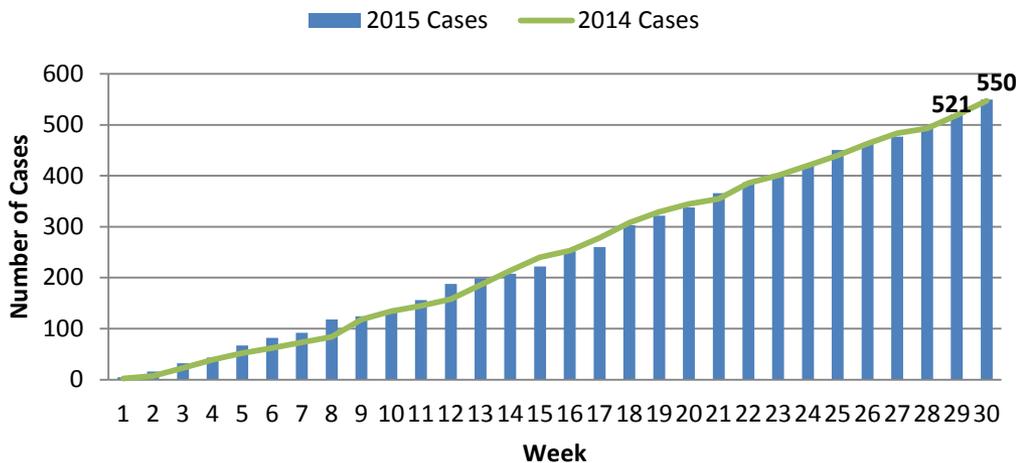


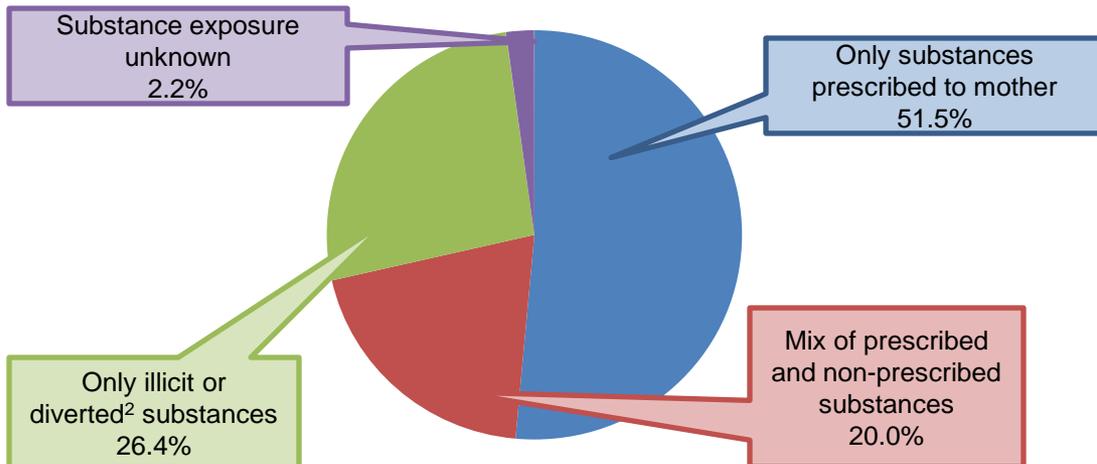
# Drug Dependent Newborns (Neonatal Abstinence Syndrome)

## June Update (Data through 08/01/2015)

### Cumulative Cases NAS Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **550 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

In 2013, Tennessee was the first state to implement a Statewide Surveillance System for Neonatal Abstinence Syndrome. This new surveillance system identified a high rate of NAS and demonstrated a 16-fold increase in the syndrome since 2000. Also, a higher rate of NAS was identified in eastern, more mountainous counties. The location-specific data collected by the NAS Surveillance System can be used by local coalitions, healthcare providers, and others to design primary prevention and intervention strategies to impact at-risk populations. For more information, go to In the CDC Morbidity and Mortality Weekly Report (MMRW) found [here](#).

### Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) <sup>3</sup>	# Cases <sup>3</sup>	% Cases
Supervised replacement therapy	341	62.0
Supervised pain therapy	58	10.5
Therapy for psychiatric or neurological condition	42	7.6
Prescription substance obtained WITHOUT a prescription	186	33.8
Non-prescription substance	125	22.7
No known exposure but clinical signs consistent with NAS	4	0.7
No response	8	1.5

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	34	5.8
East	126	27.8
Hamilton	15	6.3
Jackson/Madison	0	0
Knox	69	23.1
Mid-Cumberland	54	6.0
North East	78	39.7
Shelby	18	2.3
South Central	27	9.5
South East	11	5.5
Sullivan	47	51.5
Upper Cumberland	58	26.1
West	13	3.8
<b>Total</b>	<b>550</b>	<b>11.9</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

#### Health Care Providers

- According to the Centers for Disease Control, “More than a third of reproductive-aged women enrolled in Medicaid, and more than a quarter of those with private insurance, filled a prescription for an opioid pain medication each year during 2008-2012...the most commonly prescribed opioids among both groups of women were hydrocodone, codeine and oxycodone”. Studies suggest that opioid use in pregnancy might increase the risk of neural tube defects, congenital heart defects, and gastroschisis. For more information visit the CDC press release found [here](#).

#### Everyone

- For more information about NAS, access the “Neonatal Abstinence Syndrome (NAS) Frequently Asked Questions” document [here](#).

#### 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.

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