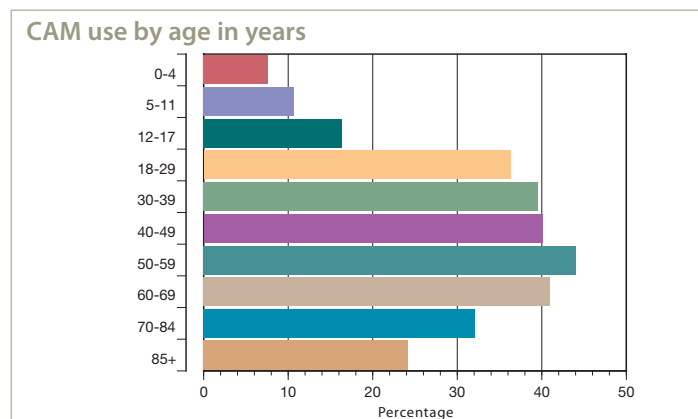
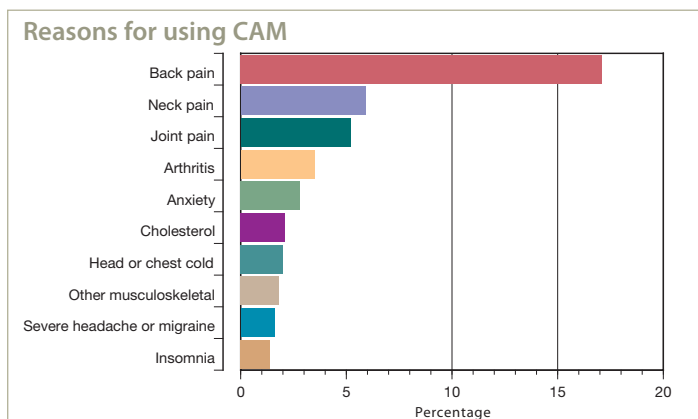
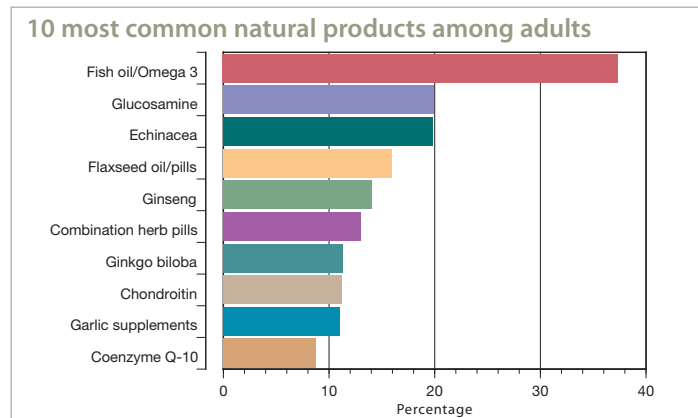
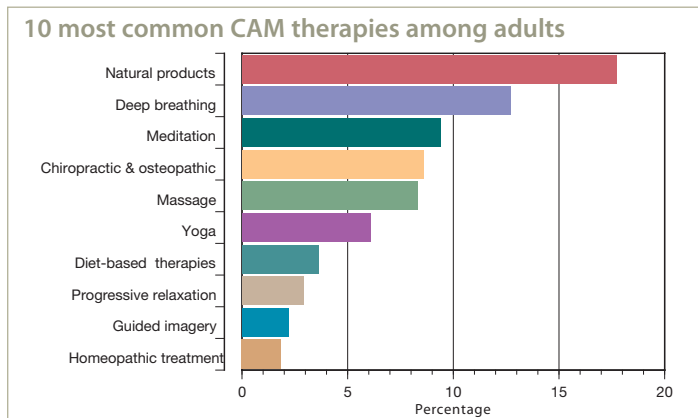


# Alternative medicines by age and condition

About 38% of U.S. adults use some form of complementary and alternative medicine (CAM), according to the 2007 National Health Interview Survey (NHIS), an annual study that interviewed more than 23,300 American adults through the National Center for Complementary and Alternative Medicine (NCCAM).



## FAST FACTS

CAM's use among adults has remained relatively steady—36% in 2002 and 38% in 2007. However, use of specific therapies has varied. Deep breathing, meditation, massage therapy and yoga all showed significant increases.

Adults used CAM most often to treat pain including back or neck pain, joint pain or stiffness (including arthritis), and other musculoskeletal conditions. CAM therapies for head or chest colds decreased from 9.5% in 2002 to 2.0% in 2007.

In 2007 CAM use among adults was greater among:

- Women (42.8%, compared to men 33.5%)
- Those aged 30-69 (30-39 years: 39.6%, 40-49 years: 40.1%, 50-59 years: 44.1%, 60-69 years: 41.0%)

- Those with higher levels of education (master's, doctorate or professional: 55.4%)
- Those who were not poor (poor: 28.9%, near poor: 30.9%, not poor: 43.3%)
- Those living in the West (44.6%)
- Those who have quit smoking (48.1%)

NCCAM also tracked children for the first time. Overall, CAM use among children is nearly 12%, or about 1 in 9 children. Children are five times more likely to use CAM if a parent or other relative uses CAM. CAM therapies were used most often for back or neck pain, head or chest colds, anxiety or stress, other musculoskeletal problems, and attention deficit/hyperactivity disorder (ADD/ADHD).

Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use among Adults and Children: United States, 2007. December 10, 2008. National Center for Complementary and Alternative Medicine.