Your Data ... Your Story
Data Resource Center for Child & Adolescent Health
A project of the Child and Adolescent Health Measurement Initiative

www.childhealthdata.org

Child Complementary and Alternative Medicine (CAM) Supplement

2012 National Health Interview Survey (NHIS)

Prevalence of CAM Use

CAM use overall, by type and modality (Data by modality not shown if sample size is small)

Overall CAM Use
(any CAM from the list of 34* CAM modalities)

- ❑ V1: Prevalence of CAM use, including vitamins/ minerals
- ❑ V2: Prevalence of CAM use, excluding multi-vitamins/ minerals
- ❑ V3: Prevalence of CAM use, excluding all vitamins/ minerals

* 33 CAM modalities excluding vitamins and minerals

- Children who used one or more CAM modalities
- Among CAM users, children who used two or more CAM modalities in the past 12 months
- Children who saw a CAM practitioner/provider/ instructor in the past 12 months (for V3 only)
- Number of times the child visited a CAM practitioner/ provider/instructor in the past 12 months (for V3 only)

Group A1: CAM services
(requires a CAM practitioner)

- ❑ One or more CAM services
- ❑ Acupuncture
- ❑ Ayurveda
- ❑ Biofeedback
- ❑ Chelation
- ❑ Chiropractic/Osteopathic manipulation
- ❑ Craniosacral therapy
- ❑ Energy healing therapy
- ❑ Hypnosis
- ❑ Massage therapy
- ❑ Movement or exercise techniques:
  - One or more movement or exercise therapies
  - Feldenkrais
  - Alexander technique
  - Pilates
  - Trager psychophysical integration
- ❑ Naturopathy
- ❑ Traditional Healers:
  - One or more traditional healers
  - Native American Healer/ Medicine Man
  - Shaman
  - Curandero, Machi or Parchero
  - Yerbero or Hierbista
  - Sobador
  - Huesero

Group A2: CAM products
(used independently or with practitioner guidance)

- ❑ One or more CAM products
- ❑ Herbal or other non-vitamin supplements
- ❑ Homeopathic treatment
- ❑ Special diets used for 2 weeks or more for health reasons:
  - One or more special diets
  - Vegetarian
  - Macrobiotic
  - Atkins
  - Pritikin
  - Ornish
- ❑ Vitamin or mineral supplements

Group A3: CAM practices
(does not require a CAM practitioner)

- ❑ One or more CAM practices
- ❑ Meditation: Mantra, Mindfulness, Spiritual
- ❑ Guided imagery
- ❑ Progressive relaxation
- ❑ Movement or exercise techniques:
  - One or more traditional healers
  - Feldenkrais
  - Alexander technique
  - Pilates
  - Trager psychophysical integration
- ❑ Special diets used for 2 weeks or more for health reason:
  - One or more special diets
  - Vegetarian
  - Macrobiotic
  - Atkins
  - Pritikin
  - Ornish
- ❑ Yoga
- ❑ Tai chi
- ❑ Qi gong

Croup B1: Alternative medical system/Energy healing therapy

- ❑ One or more alternative medical systems and/or energy healing therapies
- ❑ Acupuncture
- ❑ Ayurveda
- ❑ Energy healing therapy
- ❑ Homeopathic treatment
- ❑ Naturopathy
- ❑ Traditional Healers:
  - One or more traditional healers
  - Native American Healer/ Medicine Man
  - Shaman
  - Curandero, Machi or Parchero
  - Yerbero or Hierbista
  - Sobador
  - Huesero

GroupB2: Biologically-based therapies

- ❑ One or more biologically-based therapies
- ❑ Chelation
- ❑ Herbal or other non-vitamin supplements
- ❑ Special diets used for 2 weeks or more for health reason:
  - One or more special diets
  - Vegetarian
  - Macrobiotic
  - Atkins
  - Pritikin
  - Ornish
- ❑ Vitamin or mineral supplements

Group B3: Manipulative and body-based therapies

- ❑ One or more manipulative and body-based therapies
- ❑ Chiropractic/Osteopathic manipulation
- ❑ Craniosacral therapy
- ❑ Massage therapy
- ❑ Movement or exercise techniques:
  - One or more movement or exercise techniques
  - Feldenkrais
  - Alexander technique
  - Pilates
  - Trager psychophysical integration

Group B4: Mind-body therapies

- ❑ One or more mind-body therapies
- ❑ Biofeedback
- ❑ Hypnosis
- ❑ Meditation: Mantra, Mindfulness, Spiritual
- ❑ Guided imagery
- ❑ Progressive relaxation
- ❑ Yoga
- ❑ Tai chi
- ❑ Qi gong

- Children who used CAM
- Among CAM users, children who saw a CAM practitioner/provider/instructor in the past 12 months (Data by modality not shown if sample size is small)
- Number of times the child visited a CAM practitioner/provider/instructor in the past 12 months (Data by modality not shown if sample size is small)

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