



Use of Complementary Health Approaches in the U.S. National Health Interview Survey (NHIS)

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The 2012 National Health Interview Survey provides the most comprehensive information on the use of complementary health approaches in the United States.

34,525
adults

10,218
children

100+ PRACTICES & PRODUCTS

Click on any practice or product below

Mind & Body Practices

Adults

- Chiropractic or osteopathic manipulation
- Massage
- Meditation
- Yoga

Children

- Chiropractic or osteopathic manipulation
- Massage
- Meditation
- Yoga

Natural Products

Adults

- Coenzyme Q10
- Cranberry (pills, capsules)
- Echinacea
- Fish oil/omega-3 fatty acids
- Garlic supplements
- Ginkgo biloba
- Ginseng
- Glucosamine and/or chondroitin
- Melatonin
- Probiotics/prebiotics

Children

- Combination herb pill
- Cranberry (pills, capsules)
- Echinacea
- Fish oil/omega-3 fatty acids
- Garlic supplements
- Ginseng
- Glucosamine and/or chondroitin
- Melatonin
- Probiotics/prebiotics