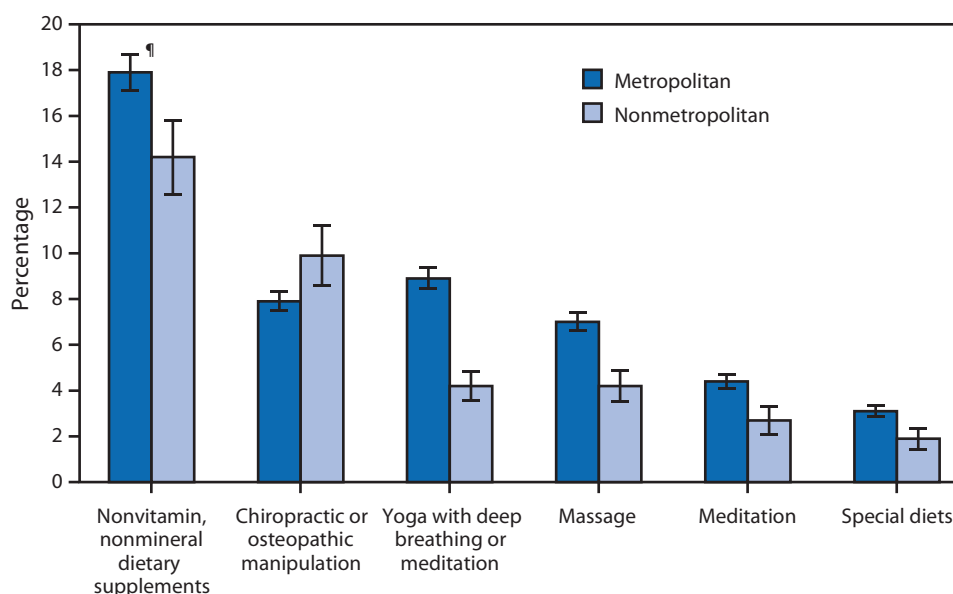


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage of Adults Who Used Selected Complementary Health Approaches* in the Preceding 12 Months, by Metropolitan Status of Residence[†] — National Health Interview Survey,[§] United States, 2012



* Based on the six most commonly used complementary health approaches among U.S. adults in 2012.

[†] Based on the household residence location. Metropolitan is located within a metropolitan statistical area, defined as a county or group of contiguous counties that contains at least one urbanized area of $\geq 50,000$ population. Surrounding counties with strong economic ties to the urbanized area also are included. Nonmetropolitan areas do not include a large urbanized area and are generally thought of as more rural.

[§] Estimates are based on household interviews of a sample of the civilian noninstitutionalized U.S. population.

[¶] 95% confidence interval.

During 2012, the percentages of U.S. adults aged ≥ 18 years who used nonvitamin, nonmineral dietary supplements, yoga, massage, meditation, and special diets were higher in metropolitan areas than in nonmetropolitan areas. A greater proportion of adults in nonmetropolitan areas used chiropractic or osteopathic manipulation (9.9%) compared with those in metropolitan areas (7.9%). In both metropolitan and nonmetropolitan areas, dietary supplements had the highest percentage of use (17.9% in metropolitan; 14.2% in nonmetropolitan), and special diets had the lowest percentage of use (3.1% in metropolitan; 1.9% in nonmetropolitan).

Source: National Health Interview Survey, 2012. Available at <http://www.cdc.gov/nchs/nhis.htm>.

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