

Table 161. Adults 18 Years and Over Who Used Complementary and Alternative Medicine (CAM) in the Past Twelve Months by Selected Type of Therapy: 2002 and 2007

[The denominators for statistics shown exclude persons with unknown CAM information. Estimates were age adjusted to the year 2000 U.S. standard population using four age groups: 18 to 24 years, 25 to 44 years, 45 to 64 years, and 65 years and over]

Therapy	2002		2007	
	Number (1,000)	Percent	Number (1,000)	Percent
Alternative medical systems:				
Acupuncture	2,136	1.1	3,141	1.4
Homeopathic treatment	3,433	1.7	3,909	1.8
Biologically based therapies:				
Nonvitamin, nonmineral, natural products ¹				
Diet-based therapies ^{2, 3}	38,183	18.9	38,797	17.7
Vegetarian diet	7,099	3.5	7,893	3.6
Atkins diet	3,184	1.6	3,351	1.5
South Beach	3,417	1.7	2,673	1.2
Megavitamin therapy	(X)	(X)	2,334	1.1
Megavitamin therapy	5,739	2.8	(X)	(X)
Manipulative and body-based therapies:				
Chiropractic care ⁴				
Chiropractic or Osteopathic manipulation ⁴	15,226	7.5	(X)	(X)
Chiropractic or Osteopathic manipulation ⁴	(X)	(X)	18,740	8.6
Massage	10,052	5.0	18,068	8.3
Movement therapies	(X)	(X)	3,146	1.5
Pilates	(X)	(X)	3,015	1.4
Mind-body therapies:				
Meditation				
Guided imagery	15,336	7.6	20,541	9.4
Progressive relaxation	4,194	2.1	4,866	2.2
Deep breathing exercises	6,185	3.0	6,454	2.9
Yoga	23,457	11.6	27,794	12.7
Tai chi	10,386	5.1	13,172	6.1
Tai chi	2,565	1.3	2,267	1.0

X Not applicable. ¹ While questions were asked about nonvitamin, nonmineral, natural products in both 2002 and 2007, the data are not comparable due primarily to question order and the specific nonvitamin, nonmineral, natural product covered. ² The totals of the numbers and percents of the categories listed under "Diet-based therapies" are greater than the number and percent of their respective category heading because respondents could choose more than one of the categories. ³ While questions were asked about Diet-based therapies in both 2002 and 2007, the data are not comparable because respondents were asked about the South Beach Diet in 2007, but not in 2002. ⁴ While questions were asked about chiropractic therapy in both 2002 and 2007, the data are not comparable because respondents were asked about chiropractic care in 2002 and chiropractic or osteopathic manipulation in 2007.

Source: U.S. National Center for Health Statistics, National Health Statistics Reports, Number 12, December 10, 2008; <<http://www.cdc.gov/nchs/data/nhsr/nhsr012.pdf>>.