

## Child Complementary and Alternative Medicine Supplement 2012 National Health Interview Survey (NHIS)

### **FAST FACTS about the SURVEY**

#### **What is the Child Complementary and Alternative Medicine Supplement?**

- The Child CAM Supplement is administered as a supplement of the National Health Interview Survey and was conducted in 2007 and again in 2012.
- The Child Complementary and Alternative Medicine (CAM) Supplement collects information about non-conventional health services, products, and practices commonly used in the United States.
- The 2012 Child CAM Supplement included questions on 34 specific CAM modalities - 10 types of provider-based therapies and 24 other therapies that may or may not require a practitioners/providers or instructors.
- One child age 17 years or younger (if any) was randomly selected in each household as the sample child in the Sample Child Core and Child CAM Supplement (4-17 years ONLY for 2012).
- In 2012, the Child CAM Supplement collected information about 10,218 sample children aged 4-17 years.
- State-level estimates can be produced for the states with larger population. State identifier information is not publicly released, but can be obtained through the NCHS Research Data Centers.
- Survey data files include sampling weights that permit the development of estimates that are nationally representative of the population of noninstitutionalized children ages 0-17 years.

## **What is the purpose of the Child CAM Supplement?**

- To assess at the national and state level (if sample size is sufficient) population-based estimates of CAM use among US children.

## **Who sponsors the Child CAM Supplement?**

- The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health provided the primary funding for the Child CAM Supplement.
- The National Center for Health Statistics of the Centers for Disease Control and Prevention oversaw the sampling, personal and telephone interviews and data management for the supplement.

## **How are data for the survey collected?**

- The NHIS uses computer-assisted personal interviewing by U.S. Census Bureau interviewers.
- The survey data are collected through multi-stage area probability design that permits the representation of households and non-institutional group quarters (e.g., college dormitories).

## **What CAM modalities are asked about in the Child CAM Supplement?**

- Chiropractic or osteopathic manipulation
- Massage
- Acupuncture
- Energy healing therapy
- Naturopathy
- Hypnosis
- Biofeedback
- Ayurveda
- Chelation
- Craniosacral therapy
- Traditional healers:
  - Native American Healer/Medicine Man
  - Shaman, Curandero/Machi/Parchero
  - Yerbero/Hierbista
  - Sobador
  - Huesero
- Vitamins or minerals
- Herbal or other non-vitamin supplements

- Homeopathic treatment
- Meditation (mantra, mindfulness, and spiritual)
- Guided imagery
- Progressive relaxation
- Yoga
- Tai Chi
- Qi Gong
- Special diets:
  - Vegetarian
  - Macrobiotic
  - Atkins
  - Pritikin
  - Ornish
- Movement or exercise techniques:
  - Feldenkrais
  - Alexander technique
  - Pilates
  - Trager psychophysical integration
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### **What is new in 2012 Child CAM Supplement compared to 2007?**

- Survey questions were asked only of children ages 4-17 years in the 2012 supplement.
- A question about having a personal health care provider
- Type of personal health care provider and usual source of care
- Items asking about whether the child ever used CAM
- Practitioner or provider visits for self-care practices
- New CAM modalities asked about:
  - Craniosacral therapy
  - Type of traditional healer: Huesero, Machi, and Parchero
  - Types of meditation: Mantra, Mindfulness, Spiritual
- Frequency of use
- Distinguish between chiropractic and osteopathic therapies
- Costs: covered by health insurance and out-of-pocket
- Reasons for use, such as:
  - To improve health and functioning
  - Motivation to healthy life-style
  - Recommended by someone
  - Relating to conventional medical treatment: too expensive, not working, side effects, combined both would help, etc.
  - Other reasons: desired characteristics of CAM, part of upbringing
- How much helped most important reason for using CAM
- Added new conditions CAM was used for
- Medical treatments received for conditions CAM modality was used for: prescription medication, mental health care etc.

- Purchase of a self-help book or DVD and costs for
- How important was CAM to maintaining health and well-being
- Disclosure about CAM use and reasons did not tell personal health care provider
- Sources of information About CAM modality

## **Are data from the survey available to the public?**

- The Data Resource Center website provides hands-on access to the 2012 NHIS Child CAM Supplement data – and allows users to compare national and US census region findings for children of different ages, race/ethnicity, income levels, health status, etc. Visit: [www.childhealthdata.org](http://www.childhealthdata.org)
- Cleaned and labeled datasets with new variables appearing on the Data Resource Center website’s interactive data query are available at no cost in SPSS format. For more information, contact [cahmi@ohsu.edu](mailto:cahmi@ohsu.edu)
- Data files from the 2012 National Health Interview Survey can be downloaded in ASCII format, with programs for reading the ASCII files into SAS, SPSS, or Stata at no cost from the National Center for Health Statistics website: [www.cdc.gov/nchs](http://www.cdc.gov/nchs)