

**Table 166. Percent Distribution of Number of Visits to Health Care Professionals by Selected Characteristics: 2000 and 2009**

[Covers ambulatory visits to doctor's offices and emergency departments, and home health care visits during a 12-month period. Based on the redesigned National Health Interview Survey, a sample survey of the civilian noninstitutionalized population]

Characteristic	None		1-3 visits		4-9 visits		10 or more visits	
	2000	2009	2000	2009	2000	2009	2000	2009
<b>All persons</b> <sup>1,2</sup>	<b>16.7</b>	<b>15.4</b>	<b>45.4</b>	<b>46.7</b>	<b>24.6</b>	<b>24.7</b>	<b>13.3</b>	<b>13.2</b>
<b>SEX</b> <sup>2</sup>								
Male	21.7	20.3	45.9	47.1	22.3	22.0	10.1	10.6
Female	11.9	10.5	44.8	46.4	27.0	27.4	16.3	15.7
<b>AGE</b>								
Under 18 years old	12.3	9.1	53.8	56.9	26.2	27.4	7.6	6.5
18 to 44 years old	23.5	22.7	45.2	45.7	19.1	19.3	12.2	12.3
45 to 64 years old	15.0	15.4	43.4	43.6	25.7	24.9	15.9	16.1
65 to 74 years old	9.0	5.6	34.5	37.6	34.5	34.6	22.1	22.2
75 years old and over	5.8	3.7	29.3	31.1	39.3	38.0	25.6	27.2
<b>RACE</b> <sup>2,3</sup>								
Race alone:								
White	16.1	15.1	45.1	46.5	25.2	25.0	13.6	13.5
Black or African American	17.2	14.6	46.7	46.8	23.4	24.8	12.6	13.8
American Indian or Alaska Native	21.3	21.7	43.0	50.1	20.0	18.4	15.7	9.9
Asian	20.3	20.8	49.2	50.6	20.8	20.7	9.7	8.0
Two or more races	12.1	16.2	41.7	41.4	28.2	28.9	18.0	13.4
<b>HISPANIC ORIGIN AND RACE</b> <sup>2,3,4</sup>								
Hispanic or Latino	26.8	23.8	41.8	44.3	19.8	21.2	11.6	10.8
Mexican	31.0	25.9	40.8	44.5	17.8	20.1	10.3	9.5
Not Hispanic or Latino	15.2	13.7	45.9	47.2	25.3	25.5	13.6	13.7
White, non-Hispanic	14.5	12.9	45.4	47.0	25.9	25.9	14.1	14.2
Black, non-Hispanic	17.1	14.4	46.8	46.6	23.5	25.2	12.6	13.8

<sup>1</sup> Includes other categories not shown separately. <sup>2</sup> Estimates are age adjusted to the year 2000 standard using six age groups: Under 18 years, 18-44 years, 45-54 years, 55-64 years, 65-74 years, and 75 years and over. <sup>3</sup> Estimates by race and Hispanic origin are tabulated using the 1997 standards for federal data on race and ethnicity. Estimates for specific race groups are shown when they meet requirements for statistical reliability and confidentiality. The categories "White only," "Black or African American only," "American Indian and Alaska Native (AI/AN) only," and "Asian only" include persons who reported only one racial group; and the category "2 or more races" includes persons who reported more than one of the five racial groups in the 1997 standards or one of the five racial groups and "Some other race." <sup>4</sup> Persons of Hispanic or Latino origin may be any race.

Source: U.S. National Center for Health Statistics, *Health, United States, 2010*. See also <[www.cdc.gov/nchs/hus.htm](http://www.cdc.gov/nchs/hus.htm)>.

**Table 167. Adults 18 Years and Over Who Used Complementary and Alternative Medicine (CAM) in the Past Twelve Months by 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
<b>Alternative medical systems:</b>				
Acupuncture	2,136	1.1	3,141	1.4
Homeopathic treatment	3,433	1.7	3,909	1.8
<b>Biologically based therapies:</b>				
Nonvitamin, nonmineral, natural products <sup>1</sup>	38,183	18.9	38,797	17.7
Diet-based therapies <sup>2,3</sup>	7,099	3.5	7,893	3.6
Vegetarian diet	3,184	1.6	3,351	1.5
Atkins diet	3,417	1.7	2,673	1.2
South Beach	(X)	(X)	2,334	1.1
Megavitamin therapy	5,739	2.8	(X)	(X)
<b>Manipulative and body-based therapies:</b>				
Chiropractic care <sup>4</sup>	15,226	7.5	(X)	(X)
Chiropractic or osteopathic manipulation <sup>4</sup>	(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
<b>Mind-body therapies:</b>				
Meditation	15,336	7.6	20,541	9.4
Guided imagery	4,194	2.1	4,866	2.2
Progressive relaxation	6,185	3.0	6,454	2.9
Deep breathing exercises	23,457	11.6	27,794	12.7
Yoga	10,386	5.1	13,172	6.1
Tai chi	2,565	1.3	2,267	1.0
Energy healing therapy/Reiki	1,080	0.5	1,216	0.5

X Not applicable. <sup>1</sup> 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.

<sup>2</sup> 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. <sup>3</sup> 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. <sup>4</sup> 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, *Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007*, National Health Statistics Reports, Number 12, 2008. See also <<http://www.cdc.gov/nchs/data/nhsr/nhsr012.pdf>>.