

Child Complementary and Alternative Medicine (CAM) Supplement

2012 National Health Interview Survey (NHIS)

Reasons for and Benefits of CAM Use

Reasons for CAM Use

- Children who used CAM because it is natural
- Children who used CAM because it focuses on the whole person, mind, body, and spirit
- Children who used CAM because it treats the cause and not just the symptoms
- Children who used CAM because it was part of child upbringing
- Children whose parents named a specific health condition CAM was used for

Children who used CAM because it was recommended by:

- A medical doctor
- A family member
- A friend
- A parents' co-worker or a co-worker of family member

Expected Benefits of CAM Use

- Children who used CAM for general wellness or general disease prevention
- Children who used CAM to Improve energy
- Children who used CAM to improve immune function
- Children who used CAM to improve athletic or sports performance
- Children who used CAM to improve memory or concentration

Perceived Benefits of CAM Use

- Children who used CAM for motivation to eat healthier
- Children who used CAM for motivation to eat more organic foods
- Children who used CAM for motivation to exercise more regularly
- Children who used CAM to give the child a sense of control over health
- Children who used CAM to reduce stress level or to relax
- Children who used CAM for better sleep
- Children who used CAM because it made them feel better emotionally
- Children who used CAM because it made it easier to cope with health problems
- Children who used CAM to improve overall health and feel better
- Children who used CAM to improve relationships with others
- Children who used CAM to improve school attendance
- Parental perception of level of importance of CAM use in maintaining health and well-being