

Data Brief 324. Use of Yoga, Meditation, and Chiropractors Among U.S. Children Aged 4–17 Years

Data table for Figure 1. Age-adjusted percentage of children aged 4–17 years who used yoga, meditation, or a chiropractor during the past 12 months, by year: United States, 2012 and 2017

Complementary health approach	2012	2017
	Percent (95% confidence interval)	
Yoga	3.1 (2.6–3.6)	8.4 (7.6–9.3)
Meditation	0.6 (0.4–0.8)	5.4 (4.8–6.2)
Chiropractor	3.5 (3.0–4.0)	3.4 (2.9–3.9)

NOTES: Estimates are age adjusted using the projected 2000 U.S. population as the standard population and two age groups: 4–11 and 12–17 years. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, 2012 and 2017.

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Data table for Figure 2. Age-adjusted percentage of children aged 4–17 years who used yoga, meditation, or a chiropractor during the past 12 months, by sex: United States, 2017

Complementary health approach	Girls	Boys
	Percent (95% confidence interval)	
Yoga	11.3 (10.0–12.7)	5.6 (4.7–6.7)
Meditation	6.0 (5.0–7.1)	4.9 (4.1–5.9)
Chiropractor	3.7 (3.0–4.6)	3.0 (2.4–3.7)

NOTES: Estimates are age adjusted using the projected 2000 U.S. population as the standard population and two age groups: 4–11 and 12–17 years. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, 2017.

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Data table for Figure 3. Percentage of children aged 4–17 years who used yoga, meditation, or a chiropractor during the past 12 months, by age group: United States, 2017

Complementary health approach	4–11 years	12–17 years
	Percent (95% confidence interval)	
Yoga	8.7 (7.6–10.0)	8.0 (6.8–9.3)
Meditation	4.7 (3.9–5.6)	6.5 (5.4–7.6)
Chiropractor	2.1 (1.6–2.7)	5.1 (4.2–6.1)

NOTE: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, 2017.

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Data table for Figure 4. Age-adjusted percentage of children aged 4–17 years who used yoga, meditation, or a chiropractor during the past 12 months, by race and Hispanic origin: United States, 2017

Complementary health approach	Non-Hispanic white	Non-Hispanic black	Hispanic
Percent (95% confidence interval)			
Yoga	10.5 (9.3–11.8)	4.6 (2.7–7.2)	5.9 (4.4–7.9)
Meditation	5.9 (5.0–6.9)	4.7 (2.9–7.0)	4.7 (3.5–6.3)
Chiropractor	5.1 (4.3–6.1)	1.0 (0.4–2.0)	1.4 (0.8–2.2)

NOTES: Estimates are age adjusted using the projected 2000 U.S. population as the standard population and two age groups: 4–11 and 12–17 years. Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, 2017.