

Data Brief 325. Use of Yoga, Meditation, and Chiropractors Among U.S. Adults Aged 18 and Over

Data table for Figure 1. Age-adjusted percentage of adults 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	9.5 (9.1–10.0)	14.3 (13.7–14.9)
Meditation	4.1 (3.8–4.4)	14.2 (13.5–14.9)
Chiropractor	9.1 (8.7–9.6)	10.3 (9.8–10.8)

NOTES: Estimates are age adjusted using the projected 2000 U.S. population as the standard population and three age groups: 18–44, 45–64, and 65 and over. Estimates are based on household interviews of a sample of the 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 adults who used yoga, meditation, or a chiropractor during the past 12 months, by sex: United States, 2017

Complementary health approach	Men	Women
	Percent (95% confidence interval)	
Yoga	8.6 (7.9–9.3)	19.8 (18.8–20.7)
Meditation	11.8 (11.0–12.7)	16.3 (15.5–17.2)
Chiropractor	9.4 (8.8–10.1)	11.1 (10.5–11.9)

NOTES: Estimates are age adjusted using the projected 2000 U.S. population as the standard population and three age groups: 18–44, 45–64, and 65 and over. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, 2017.

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Data table for Figure 3. Percentage of adults who used yoga, meditation, or a chiropractor during the past 12 months, by age: United States, 2017

Complementary health approach	Age group (years)		
	18–44	45–64	65 and over
	Percent (95% confidence interval)		
Yoga	17.9 (16.9–18.9)	12.2 (11.3–13.1)	6.7 (6.0–7.4)
Meditation	13.4 (12.6–14.3)	15.9 (14.9–17.0)	13.4 (12.3–14.5)
Chiropractor	9.9 (9.2–10.7)	11.4 (10.7–12.2)	9.5 (8.6–10.3)

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 adults 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	17.1 (16.3–17.9)	9.3 (7.9–10.8)	8.0 (6.9–9.2)
Meditation	15.2 (14.4–16.0)	13.5 (11.8–15.4)	10.9 (9.4–12.5)
Chiropractor	12.7 (12.0–13.4)	5.5 (4.4–6.7)	6.6 (5.5–7.8)

NOTES: Estimates are age adjusted using the projected 2000 U.S. population as the standard population and three age groups: 18–44, 45–64, and 65 and over. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: NCHS, National Health Interview Survey, 2017.