

What percentage of people reporting chronic pain use CAM therapies?

US

The 2007 National Health Interview Survey showed that use of complementary health approaches was common among adults with painful conditions. For example, 47 percent of survey respondents who had migraine or back pain with sciatica used complementary approaches, as did 41 percent of those who had headaches regularly.

“More adults used complementary health approaches for painful conditions than for any other type of health problem.”

<http://nihseniorhealth.gov/complementaryhealthapproaches/researchonpainmanagement/01.html>

A retrospective analysis of self-reported clinical data with 5,750 black and white adults presenting for initial assessment between 1994 and 2000 at the University of Michigan Multidisciplinary Pain Center was performed.

CAM therapies were used in high frequencies, with 34.7% users. Specifically 8.3% used acupuncture, 13.0% used biofeedback/relaxation, and 24.9% used manipulation techniques.

[http://onlinelibrary.wiley.com/doi/10.1111/j.1526-](http://onlinelibrary.wiley.com/doi/10.1111/j.1526-4637.2009.00767.x/abstract;jsessionid=3CD4CCB007B0FA958DDC16C49B9AAC73.f04t02)

[4637.2009.00767.x/abstract;jsessionid=3CD4CCB007B0FA958DDC16C49B9AAC73.f04t02](http://onlinelibrary.wiley.com/doi/10.1111/j.1526-4637.2009.00767.x/abstract;jsessionid=3CD4CCB007B0FA958DDC16C49B9AAC73.f04t02)

Eisenberg and colleagues estimated that Americans made approximately 425 million visits to CAM practitioners in 1990, more than the total number of visits to primary care physicians during that period [1]. A large-scale follow-up study showed that CAM use among the general public increased from 34% in 1990 to 42% in 1997 [2]. By 2001, hospitals that offered CAM services were citing patient demand as a primary motivating factor [3]. CAM is emerging as an important form of care.

Chronic pain is also an area where CAM use has flourished. In 1997, researchers found that 54% of Americans who reported back or neck pain in the previous 12 months had used complementary therapies to treat their condition. At that time, chiropractic therapy was the most common "unconventional" therapy used in the United States [11]. The more recent NCCAM/NCHS survey [6] supports these findings from 1997, indicating that CAM approaches are very often used to treat body pain, especially in the back and neck. This survey also revealed CAM use is greater among certain groups such as women, those with higher education, those who had been hospitalized within the previous year, and former smokers

<http://www.biomedcentral.com/1472-6882/6/34/>

Europe / UK

Survey of chronic pain in Europe: Prevalence, impact on daily life, and treatment

This large scale computer-assisted telephone survey was undertaken to explore the prevalence, severity, treatment and impact of chronic pain in 15 European countries and Israel.

In-depth interviews with 4839 respondents with chronic pain (about 300 per country) showed: 66% had moderate pain (NRS = 5–7), 34% had severe pain (NRS = 8–10), 46% had constant pain, 54% had intermittent pain. 59% had suffered with pain for two to 15 years, 21% had been diagnosed with depression because of their pain, 61% were less able or unable to work outside the home, 19% had lost

their job and 13% had changed jobs because of their pain. 60% visited their doctor about their pain 2–9 times in the last six months. Only 2% were currently treated by a pain management specialist. One-third of the chronic pain sufferers were currently not being treated. Two-thirds used nonmedication treatments, e.g., massage (30%), physical therapy (21%), acupuncture (13%).

http://www.nascholingnoord.nl/presentaties/2012_02_02_Breivik_et_al_Survey_of_chronic_pain_in_Europe.pdf

The Use of CAM and Conventional Treatments Among Primary Care Consultants with Chronic Musculoskeletal Pain

Results: 138 interviews were completed. 116 participants (84%) had used at least one CAM treatment for pain in the previous year. 65% were current users of CAM. The ratio of over-the-counter CAM use to care from a CAM provider was 3:2. 111 participants (80%) had used conventional treatment. 95 (69%) were using a combination of CAM and conventional treatment. Glucosamine and fish oil were the most commonly used CAM treatments (38%, 35% respectively). Most CAM treatments were scored on average as being helpful, and users indicated that they intended to use again 87% of the CAM treatments they had already used.

<http://www.medscape.com/viewarticle/560140>

What percentage of people reporting mental health issues use CAM therapies?
What is the average cost of a CAM therapy in LA? Nationally?

Chiropractic Services

Los Angeles:

90052, Los Angeles, California - September 22, 2014

- \$96.99 - \$118.84 for initial examination (typically one hour)
This initial examination and therapy planning session price considers the cost of time. Also includes consultation and examination. Cost estimate excludes spinal adjustment.
<http://chiropractors.promatcher.com/cost/los-angeles-ca-chiropractors-costs-prices.aspx>
- Life Coaching averages about \$100 per session for L.A. based coaches
https://therapists.psychologytoday.com/rms/prof_results.php?city=Los+Angeles&spec=13

National Avg

- **On average, adults in the United States spent \$121.92 per person for visits to CAM providers and paid \$29.37 out of pocket per visit. Across categories of self-care CAM products, most adults who purchased the products spent less than \$30 per purchase. However, about 5% of individuals who bought nonvitamin, nonmineral, natural products or who purchased self-help materials to learn relaxation techniques spent more than \$120 per purchase**
<https://nccih.nih.gov/news/2009/073009.htm>
- Fees per chiropractic session **average \$65** Sessions can range **from \$34 to \$106** per session. Average fees are highest in the South, around **\$70 per session**, and lowest in the Midwest, at **\$60**. New patients should expect to pay slightly more on their first visit, **from \$61**

to \$161, because an overall health consultation is usually required. Chiropractors charge additional fees for X-rays, which can range from \$44 to \$159.

<http://health.costhelper.com/chiropractor.html>

- Life Coaches charge rates similar to other helping professionals. Most life coaches charge somewhere between \$75 and \$200 per hour. However, you can find coaches who fall outside of that range. Monthly packages will generally range somewhere between \$200 and \$750 per month.

<http://www.noomii.com/article/cost-hire-life-coach>

What is the average amount an individual spends on CAM therapies annually?

Americans spent \$33.9 billion out-of-pocket on complementary and alternative medicine (CAM) over the previous 12 months, according to a 2007 government survey¹. CAM is a group of diverse medical and health care systems, practices, and products such as herbal supplements, meditation, chiropractic, and acupuncture that are not generally considered to be part of conventional medicine. CAM accounts for approximately 1.5 percent of total health care expenditures (\$2.2 trillion²) and 11.2 percent of total out-of-pocket expenditures (conventional out-of-pocket: \$286.6 billion² and CAM out-of-pocket: \$33.9 billion¹) on health care in the United States.

U.S. adults also spent approximately \$11.9 billion on an estimated 354.2 million visits to CAM practitioners such as acupuncturists, chiropractors, massage therapists, etc.

To put these figures in context, the \$14.8 billion spent on nonvitamin, nonmineral, natural products is equivalent to approximately one-third of total out-of-pocket spending on prescription drugs, and the \$11.9 billion spent on CAM practitioner visits is equivalent to approximately one-quarter of total out-of-pocket spending on physician visits.

<https://nccih.nih.gov/news/2009/073009.htm>

In 2007, NHIS interviews were completed in 29,266 households, which yielded 75,764 persons in 29,915 families and a household response rate of 87.1%. This report is based on data from 23,393 completed interviews with sample adults aged 18 years and over.

Adults who made CAM self-care purchases spent a total of \$4.1 billion out of pocket on yoga, tai chi, or qigong classes.

In 2007, 38.1 million adults made an estimated 354.2 million visits to CAM practitioners, at an estimated out-of-pocket cost of \$11.9 billion dollars

<https://nccih.nih.gov/sites/nccam.nih.gov/files/nhsrn18.pdf>

What are limiting factors inhibiting CAM growth?

- Quackwatch

- Doctor hesitation
- No insurance coverage

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- Is there any way to get NCCIH backing
 - What about a membership model (YogaWorks | Springs | Wanderlust)

Chronic pain affects 1.5 billion people worldwide, an estimated 100 million of whom live in the United States. Yet we currently have no effective treatment options. - See more at: http://www.dana.org/Cerebrum/2012/A_Future_Without_Chronic_Pain__Neuroscience_and_Clinical_Research/#sthash.v4EZQW1E.dpuf