

POLL QUESTIONS

Use of and Interest in Integrative Medicine Strategies

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INSTITUTE FOR HEALTHCARE
POLICY AND INNOVATION
**NATIONAL POLL
ON HEALTHY AGING**
UNIVERSITY OF MICHIGAN



Q1. Do you currently receive or do any of the following integrative medicine strategies to treat or prevent a health concern?

	1. Yes	2. Not now, but have done in the past	3. No, but have interest in trying it	4. No, and not interested in trying it
a. Acupuncture				
b. Biofeedback				
c. Clinical hypnosis				
d. Guided imagery				
e. Massage therapy				
f. Meditation and mindfulness				
g. Tai chi/qi gong				
h. Yoga				
i. Chiropractic care				



Q2. What is the main reason you use/practice [Insert Q1 response]?

1. Physical symptoms (e.g., pain, insomnia, digestive issues, common cold)
2. Mental health (e.g., depression/anxiety)
3. Acute injury (e.g., sports injury/overuse injury)
4. Chronic disease (e.g., diabetes, obesity, high blood pressure)
5. Stress management
6. Relaxation
7. Other

Q3. Did your health care provider suggest [Insert Q1 response]?

1. Yes
2. No

Q4. How beneficial do you find these integrative medicine strategies you use to your overall health?

1. Very beneficial
2. Somewhat beneficial
3. Not beneficial
4. Too early to tell

If all Q1a–i responses = 2, 3, or 4

Q5. Why are you not using/no longer using any integrative medicine strategies? Please select all that apply.

1. Don't know about them
2. Don't know how to access them
3. Don't think they work
4. Don't need them/no interest
5. Cost
6. Other

Q6. Have you ever talked about integrative medicine strategies with a health care provider?

1. Yes
2. No

Q7. How comfortable do you feel talking about complementary and integrative health approaches with your health care providers?

1. Very comfortable
2. Somewhat comfortable
3. Not comfortable

Q8. Where, if at all, do you get information about complementary and integrative health approaches? Please select all that apply.

1. Primary care provider
2. Other health care provider
3. Family/friend
4. Magazines or TV
5. Social media
6. Internet
7. Do not get information on complementary and integrative health approaches

If Q1a–i = 1 or 3

Q9. Does your current health insurance cover the integrative medicine strategies you use or want to try?

1. Yes
2. No
3. Don't know

If Q9 = 2 or 3

Q10. How likely are you to try integrative medicine strategies if they were covered under your insurance?

1. Likely
2. Somewhat likely
3. Not likely



Q11. How often does your primary care provider talk with you about lifestyle factors such as exercise, sleep, and nutrition?

1. At all visits
2. At most visits
3. At some visits
4. Never

Q12. How much do you think the mind (mental status) impacts health?

1. Major impact
2. Minor impact
3. No impact

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan's Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC's AmeriSpeak probability-based panel. This survey module was administered online and via phone between January and February 2022 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,277). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 68% among panel members contacted to participate. The margin of error is ± 1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

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