Background

• Yoga, a mind and body practice, has received much attention from public and health professionals in the past decade.
• The 2007 National Health Interview Survey (NHIS) reported that yoga is one of the top 10 complementary health approaches used among Americans, with about 6% of adults having used yoga for health purposes in the previous 12 months.
• This study examined the NHIS 2012 data and described preliminary findings of American adult yoga practice.

Methods

Respondents:
• All individual completed 2012 NHIS adults core interviews (n=34,525) were included.
• 4,422 adults reported having practiced yoga before.
• 2,974 adults reported having practiced yoga in the past 12 months.

Variables:
• Prevalence of adult yoga practice.
• General yoga practice information: practice format, cost and communication.
• Conditions, reasons and outcomes of yoga practice.

Analysis
• STATA and SPSS.
• Unweight and weighted distributions and frequencies.

Results

• 13.2% (30.99 million) of adults practiced yoga before.
  • Only 33.7% of the respondents told their personal health care provider about yoga practice.
• 8.9% (20.95 million) practiced it in the past 12 month.
  • 89.7% of them did breathing exercise as part of yoga.
  • 54.9% of them did meditation as part of yoga.
  • 51.2% of them took a yoga class or received formal yoga training.
  • Average number of yoga class/training is 18.58±18.45 (Range:1-52) in the past 12 month.
  • Average cost per yoga class is $23.16±28.59 (Range: $1-$300) in the past 12 month.
• Of the CAM modalities surveyed in NHIS 2012, 13.2% of the respondents considered yoga as the first of top three most important CAM therapies.
• Of the 88 conditions inquired, back pain (19.7%), stress (6.4%) and arthritis (6.4%) are the top three specific health problems for which people practiced yoga as the first top therapy.
• Electronic media is main source of yoga information.

Discussion

• The self-reported positive outcomes of yoga on mind-body well-beings are consistent with the research findings.
• The proportion of adults practicing yoga in the past 12 months increased nearly 50%, from 6.1% in 2007 to 8.9% in 2012. This increase may be associated the recent research findings on the positive impact of yoga on health.