Gender differences

in the use of complementary and integrative health (CIH) by Veterans with chronic musculoskeletal pain

36%

of women used CIH

"Among women, patients under age 44 who were Hispanic, White, or patients of other race/ethnicities are similarly likely to use CIH; in contrast, Black women, regardless of age, are least likely to use CIH."

26%

of men used CIH

"Among men, White and Black patients, and especially Black men under age 44, are less likely to use CIH than men of Hispanic or other racial/ethnic identities."

CONCLUSION: "**Women veteran patients** with chronic musculoskeletal pain are **more likely than men** to use **CIH therapies,** with variations in CIH use rates by race/ethnicity and age. **Tailoring CIH therapy** engagement efforts to be **sensitive to gender, race/ethnicity, and age** could reduce differential CIH use and thereby help to **diminish existing health disparities among veterans.**"

Infographic by VA Research Communications, September 2018. Photo: © iStock/vladru. Based on the records of 79,537 women and 386,269 men between ages 18 and 54 with chronic musculoskeletal pain who received VA care between 2010 and 2013. From "Gender Differences in Use of Complementary and Integrative Health by U.S. Military Veterans with Chronic Musculoskeletal Pain," *Women's Health Issues,* Sept.–Oct. 2018.