

### Definition/Description:

Population aged 12 and over who have consulted with alternative health care providers in the past 12 months. Alternative health care providers include: massage therapists, acupuncturists, homeopaths or naturopaths, Feldenkrais<sup>(1)</sup> or Alexander<sup>(1)</sup> teachers, relaxation therapists, biofeedback teachers, rolfers, herbalists, reflexologists, spiritual healers, religious healers, etc.

### Source:

Statistics Canada, Canadian Community Health Survey, 2000/01

### Findings:

Indicator	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Contact with alternative health care providers	Both	Canada	11.0	10.7	11.2
		Manitoba	10.8	9.7	11.8
		Winnipeg Health Region	10.8	9.3	12.4
	Females	Canada	13.9	13.5	14.3
		Manitoba	13.8	12.4	15.2
		Winnipeg Health Region	13.1	11.0	15.2
	Males	Canada	8.0	7.6	8.3
		Manitoba	7.6	6.2	9.0
		Winnipeg Health Region	8.3	6.2	10.5

### Highlights:

- In the WHR, 10.8% of residents consulted with an alternative health care provider in the past 12 months. A similar pattern found in Manitoba residents (10.8%) and Canada (11.0%).
- The percent of population in all jurisdictions who report having consulted with an alternative health care provider is well below those who seek consultation with traditional medical doctors. For example, 80% of residents in the WHR have consulted a medical doctor compared to 11% of residents who have consulted an alternative health care provider.
- Males in all jurisdictions consult an alternate care provider less often than women in the same jurisdictions (8.3% vs 13.1% respectively for WHR).

(1) The Feldenkrais Method is based on principles of physics, biomechanics and an empirical understanding of learning and human development. It is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. This Method can increase your ease and range of motion, improve flexibility and coordination, and rediscover a capacity for graceful, efficient movement. These improvements will often generalize to enhance functioning in other aspects of everyday life.

"The Alexander Technique is a method that works to change (movement) habits in our everyday activities. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. The technique teaches the use of the appropriate amount of effort for a particular activity, giving you more energy for all your activities. It is not a series of treatments or exercises, but rather a reeducation of the mind and body. The Alexander Technique is a method, which helps a person discover a new balance in the body by releasing unnecessary tension. It can be applied to sitting, lying down, standing, walking, lifting, and other daily activities..." -- <http://www.alexandertechnique.com/at.htm>