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| **Intended Users:** | **Consumers** | **Healthcare Providers** | **Information Professionals** | **Researchers** |

# [NIH: National Center for Complementary and Integrative Health](https://www.nccih.nih.gov/) (NCCIH)

**Description:** Formed over 20 years ago, NCCIH is one of the 27 institutes, centers, and offices that comprise the National Institutes of Health. The center focuses on advancing scientific research on complementary medicine and the integrative health of the whole person. NCCIH also works to disseminate reliable, evidence-based information about complementary health practices. Researchers, healthcare providers, and the general public can find helpful, up-to-date information about approaches to wellness that consider the whole person.

## Popular uses of this product:

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| **Consumers** | **Healthcare Providers** | **Information Professionals** | **Researchers** |
| * Find reliable, easy to understand information about complementary treatments and approaches to health. * Find short, engaging articles about holistic health and wellness. * Learn about the science behind complementary and integrative approaches to health. | * Learn about the latest research on complementary health practices and earn CME and CEU credits. * Find reliable, plain language resources to share with patients. * Follow the [NCCIH Clinical Digest](https://www.nccih.nih.gov/health/providers/digest) to stay up to date on evidence-based information for complementary health practices. | * Guide patrons to A-Z Health Topics to explore plain language health resources. * [Know the Science](https://www.nccih.nih.gov/health/know-science) to integrative and complementary health and inform patrons about health misinformation. * Find recently published articles on complementary health practices. | * Find funding opportunities to expand scientific research on complementary and integrative health. * Explore [NCCIH Research Blog](https://www.nccih.nih.gov/research/blog) for developments and updates on complementary health research. * Find training, CE, and career development resources involving complementary health practices. |

**Key Points:**

1. NCCIH has resources for researchers, clinicians, and the general public. The website seeks to inform people about complementary health practices, evidence-based approaches, and expand research into complementary and integrative health.

**Considerations:**

1. While the whole website is not available in Spanish, but many of the pages and health topics have a Spanish translation available.
2. Be mindful of terminology. Complementary health practices are used in addition to conventional medicine. Integrative health looks for ways to combine complementary and conventional medicine to better treat the whole person. Whereas, alternative medicine is a non-mainstream approach that is used *instead* of conventional medicine.

**Teaching Examples:**

1. Review methods for evaluating the trustworthiness and reliability of a website. Have participants select a topic from [Herbs at a Glance](https://www.nccih.nih.gov/health/herbsataglance). Then have participants review a similar topic on a less reliable site such as WebMD, Dr. Axe, or a commercial website, and practice identifying authoritative resources.
2. Participants can find links to evidence-based research throughout NCCIH. Have participants look through [Health Topics](https://www.nccih.nih.gov/health/atoz), [NCCIH Research Blog](https://www.nccih.nih.gov/research/blog), or [NCCIH Research](https://www.nccih.nih.gov/research/blog) page. Find 1 to 2 scientific articles and have participants explain how they found located the articles.

**Real Life Examples:**

1. A public librarian suggests NCCIH as a resource to a patron interested in alternative medicines. The librarian shows them “[Know the Science](https://www.nccih.nih.gov/health/know-science)” and “[Health Topics A-Z](https://www.nccih.nih.gov/health/atoz)” as a starting point.
2. A clinician is interested in complementary medicines to help patients with chronic pain and migraines. They use NCCIH to find clinical guidelines, recent research, and share plain language articles with their patients.

**More Information:**

[NCCIH Clinical Digest](https://www.nccih.nih.gov/health/providers/digest) [NCCIH](https://www.nccih.nih.gov/about/offices/od/director) Director’s Page [Información de Salud en Español](https://www.nccih.nih.gov/health/espanol) [NCCIH](https://www.nccih.nih.gov/grants) Grants