**Appendix 1:**

**Figure 1a:** Flow Chart of TCQ use among US adults: 2007 NHIS

**Figure 1b:** Flow Chart of TCQ use among US adults: 2012 NHIS

During the past 12 months, did you practice Tai Chi or Qi Gong (TCQ)? (Sample adults 18+, n= 22,619)

No: (n=22,332)

If so (n=1485), what are the reasons for you to practice YTQ?

If so (n=1485), did you let your personal medical care provider know about using YTQ?

If so (n=1485), did you use YTQ for your health problems or conditions?

No: (n=1254)

If so (n=225), what are the top three health problems or conditions for which YTQ were used the most?

Pain conditions, arthritis, and mental health issues

**Figure 1a**: Use of Yoga, Tai Chi, or Qi Gong (YTQ) among U.S. adults: NHIS 2007 (flow chart)

**TCQ (Tai Chi and Qi Gong): TCQ** refers to those sample adults who stated that they practiced either Tai Chi and/or Qigong during the past 12 months based on the NHIS questionnaires.

**YTQ (Yoga, Tai Chi and Qi Gong): YTQ** refers to those sample adults who stated that they practiced either Yoga, Tai Chi and/or Qigong during the past 12 months based on the NHIS questionnaires.

During the past 12 months, did you practice Tai Chi or Qi Gong (TCQ)? (Sample adults 18+, n= 33,395)

No: (n=32,190)

If so (n=3205), did you use Yoga, Tai Chi, or Qi Gong (YTQ) as your top three therapies?

If so (n=2636), what are the reasons for you to practice YTQ?

If so (n=2636), who recommended you use YTQ and where did you get the information?

If so (n=2636), did you use YTQ for your health problems or conditions?

If so (n=465), did you let your personal medical care provider know about using YTQ?

If so (n=465), what are the top three health problems or conditions YTQ was used the most?

If so (n=465), what are the reasons for you to practice YTQ?

Pain conditions, mental health issues, and arthritis

How much do you think YTQ helped with your health problems or conditions? (e.g., a great deal, some, a little, or not at all)

**Figure 1b**: Use of Tai Chi and/or Qi Gong (TCQ) among U.S. adults: NHIS 2012 (flow chart)

**TCQ (Tai Chi and Qi Gong): TCQ** refers to those sample adults who stated that they practiced either Tai Chi and/or Qigong during the past 12 months based on the NHIS questionnaires.

**YTQ (Yoga, Tai Chi and Qi Gong): YTQ** refers to those sample adults who stated that they practiced either Yoga, Tai Chi and/or Qigong during the past 12 months based on the NHIS questionnaires.