



Helene Langevin, M.D., has served as director of NCCIH since 2018. Prior to joining NCCIH, Dr. Langevin was the director of the Osher Center for Integrative Medicine, jointly based at Brigham and Women's Hospital and Harvard Medical School, and a principal investigator of several grants funded by the NIH.

About Complementary and Integrative Health

- Complementary health approaches include dietary supplements, probiotics, massage therapy, meditative practices, yoga, spinal manipulation, and acupuncture
- Integrative health care combines conventional and complementary approaches to improve clinical care for patients, promote health, and prevent disease
- 33 percent of U.S. adults use complementary or integrative health approaches and collectively spend around \$30.2 million a year on these interventions

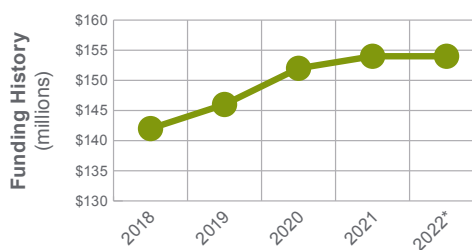
About NCCIH

The NCCIH is the Federal Government's lead agency for scientific research on complementary and integrative health approaches. NCCIH's mission is to determine, through rigorous scientific investigation, the fundamental science, usefulness, and safety of complementary and integrative health approaches and their roles in improving health and health care.

Facts and Figures

Number of Full-Time Equivalents (FTEs) FY 2021	78
Number of Supported Investigators (FY 2017–FY 2021)*	808
Number of Awards Given (FY 2017–FY 2021)*	668
Number of Peer-Reviewed Publications Supported*	9,320

*5-year totals



*Continuing Resolution
FY 2023 President's Budget Request—\$183,368,000

Timeline

- 1993**
The Office of Alternative Medicine (OAM) is established within the NIH Office of the Director
- 1998**
OAM becomes a center within NIH called the National Center for Complementary and Alternative Medicine (NCCAM)
- 2012**
NCCAM forms an intramural research program
- 2014**
NCCAM is renamed the National Center for Complementary and Integrative Health (NCCIH)
- 2018**
Dr. Helene Langevin becomes the third director of NCCIH
- 2021**
NCCIH releases fifth strategic plan



Research Highlights

The following are examples of supported intramural and extramural research projects:

- Understanding the basis of resilience in military recruits
- A probiotic intervention for veterans with post-traumatic stress disorder
- The role of botanicals in enhancing resilience during aging
- A randomized trial of dance on mood, balance, and the brain in Alzheimer's disease
- The impact of an app-based mindfulness training for adolescents
- A trauma-informed, mindfulness-based yoga intervention for youth in the juvenile justice system
- The management of hot flashes in women using self-administered hypnosis
- Exploring the potential pain-relieving properties of minor cannabinoids and terpenes
- Group-based mindfulness for patients with chronic low-back pain in the primary care clinic
- Enhancing exercise and psychotherapy to treat addiction and pain
- The impact of chronic pain on the brain and the opioid receptor system
- Sociocultural and biobehavioral influences on pain expression and assessment
- Mechanisms of chronic pain in people with sickle cell disease after stem cell therapy
- The brain mechanisms of a novel mind-body intervention for reducing polysubstance use

NCCIH Highlights

The following are some key initiatives and partnerships NCCIH is involved in.



The NIH-DoD-VA Pain Management Collaboratory

The NIH-DoD-VA Pain Management Collaboratory (PMC) is a partnership between NIH, the Department of Defense (DoD), and the Department of Veterans Affairs (VA). The Collaboratory develops, supports, and enacts the implementation of large-scale, pragmatic clinical research in military and veteran health care delivery organizations that studies nonpharmacologic approaches to pain management in innovative and integrative models of pain care delivery.



The NIH Health Care Systems Research Collaboratory

The NIH Health Care Systems Research Collaboratory is an NIH-wide initiative co-led by NCCIH and the National Institute on Aging. It supports research with the goal of strengthening the national capacity to implement cost-effective large-scale research studies that engage health care delivery organizations and patients as research partners.



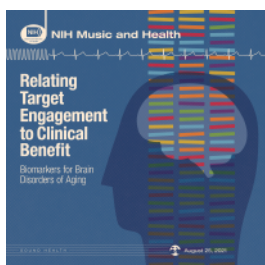
The NIH HEAL (Helping to End Addiction Long-term) Initiative

NCCIH is leading two programs within the NIH HEAL InitiativeSM: Pragmatic and Implementation Studies for the Management of Pain to Reduce Opioid Prescribing (PRISM) and Behavioral Research to Improve Medication Assisted Treatment (BRIM). The PRISM program seeks to take interventions and treatment guidelines that have already been shown to work for specific pain conditions and integrate them into health care delivery systems. The BRIM program seeks to understand whether psychological interventions can help improve recovery outcomes for patients with opioid use disorder.



Natural Products for Pain Management

In light of the ongoing opioid epidemic, discovery of new nonaddictive pain treatments is of the highest importance. Natural products have historically been a source of novel analgesic compounds developed into pharmaceuticals (e.g., willow bark to aspirin). NCCIH is investing in research to identify and test the pain-relieving and nonaddictive properties of natural products.



The Sound Health Initiative

The Sound Health Initiative is a partnership between NIH, the John F. Kennedy Center for the Performing Arts, and the National Endowment for the Arts. This initiative aims to advance our understanding of music's mechanism of action in the brain and how it may be applied more broadly to treat symptoms of disorders such as Parkinson's disease, stroke, chronic pain, and many more. NCCIH is helping to lead this major research area.

Future Directions

NCCIH released a new strategic plan for FY 2021 to FY 2025 titled *Mapping a Pathway to Research on Whole Person Health*. The plan, which builds on a foundation NCCIH has fostered for more than two decades, explains how the Center will continue and expand current activities while advancing new strategies and ideas. A key new focus is research on whole person health. This area of research focuses on health as a biopsychosocial

process that involves the whole person. By deepening our scientific understanding of the connections that exist across domains of human health, we can better understand how conditions interrelate, define multicomponent interventions that address these problems, and improve how we support patients through the full continuum of their health experience, including the return to health.