



**Helene M. 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 billion a year on these interventions

## About NCCIH

The National Center for Complementary and Integrative Health (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 2023	94
Number of Supported Investigators (FY 2019–FY 2023)*	922
Number of Awards Given (FY 2019–FY 2023)*	709
Number of Peer-Reviewed Publications Supported*	10,031

\*5-year totals



FY 2025 President's Budget Request – \$170,894,000  
\*Indicates Continuing Resolution

## 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 M. 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:

- A probiotic intervention for veterans with post-traumatic stress disorder
- Determining the biological signature of cannabidiol as a treatment for social anxiety disorder
- The interactions between cannabis and kratom constituents and their effects on pain and anxiety
- The effect of a novel body-mind intervention on the brain and polysubstance use
- The integration of physical therapy with mindfulness for patients with chronic musculoskeletal pain and long-term opioid treatment
- The use of psilocybin to improve co-occurring chronic lower back pain and depression
- The effect of tele-collaborative outreach to rural patients with chronic pain
- Sociocultural and biobehavioral influences on pain expression and assessment
- Mechanisms of chronic pain in people with sickle cell disease after stem cell therapy
- The effects of music training on neurodevelopment and associated health outcomes
- The effect of a muscle-building supplement on mechanisms of neurodegeneration
- A web-based mind-body exercise intervention to promote physical activity in chronic cardiopulmonary disease
- The impact of talking circles on Native American youth wellness
- The influence of dietary botanical supplements on biological and behavioral resilience
- A topological atlas and repository for acupoint research

## NCCIH Highlights

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



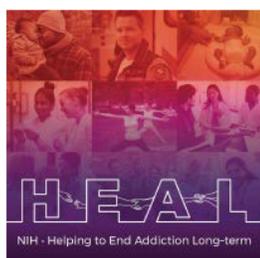
### The NIH-DOD-VA Pain Management Collaboratory

The NIH-DOD-VA Pain Management Collaboratory (PMC) is a partnership between NIH, the Department of Defense (DOD), and the U.S. 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.



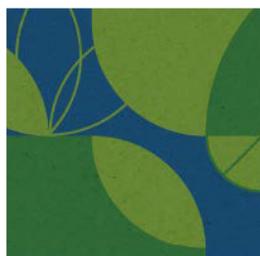
### The NIH Pragmatic Trials Collaboratory

The NIH Pragmatic Trials 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. This program emphasizes dissemination and implementation research that seeks to integrate effective interventions into clinical care.



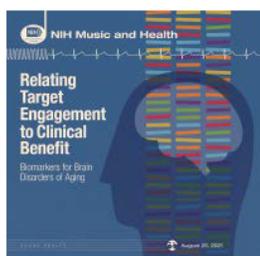
### The NIH HEAL (Helping to End Addiction Long-term) Initiative

NCCIH is leading multiple programs within the NIH HEAL Initiative®. These programs focus on basic pain research (i.e., Biomarkers for Myofascial Pain initiative, Restoring Joint Health and Function to Reduce Pain [Re-JOIN] initiative), pain management (i.e., NIH Back Pain Research Consortium [NIH BACPAC], Pragmatic and Implementation Studies for the Management of Pain to Reduce Opioid Prescribing [PRISM], Pragmatic and Implementation Studies for the Management of Sickle Cell Disease Pain), and opioid addiction treatment (i.e., Behavioral Research to Improve Medication Assisted Treatment [BRIM]).



### The NIH-Wide Therapeutic Cannabinoid Research Working Group

NCCIH is leading an NIH-wide therapeutic cannabinoid research working group with 17 other NIH Institutes, Centers, and Offices. This group is actively working to identify ways that NIH could address hurdles associated with cannabis/cannabinoid research and coordinate efforts to stimulate research in the field.



### 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 many disorders, including Parkinson's disease, stroke, and chronic pain. NCCIH is helping to lead this major research area.

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## Future Directions

NCCIH has begun, with its most recent strategic plan (FY 2021–2025), to add an important new component to its research priorities: whole person health. Whole person health emphasizes integration—not only the integration of complementary and conventional care, but also integration across physiological systems, such that an individual is viewed as a whole, rather than a collection of parts. Whole person health is a concept

and a vision as well as an organizing principle. By expanding 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.