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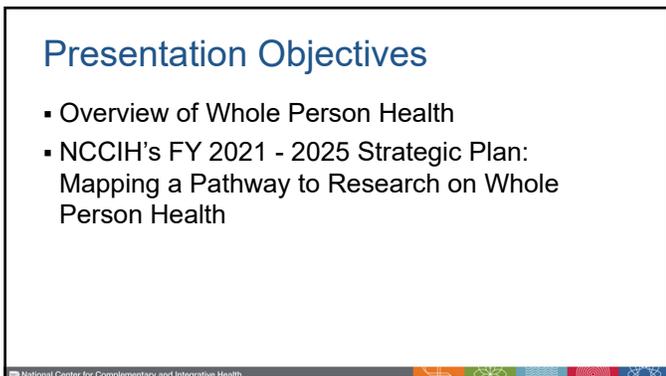
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## Building a path to whole person health



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Healthy    $\leftarrow$   $\rightarrow$    Less Healthy    $\leftarrow$   $\rightarrow$    Disease



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Healthy    $\leftarrow$   $\rightarrow$    Less Healthy    $\leftarrow$   $\rightarrow$    Disease



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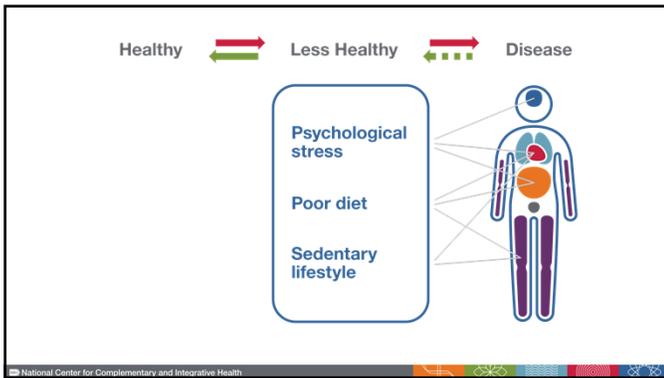
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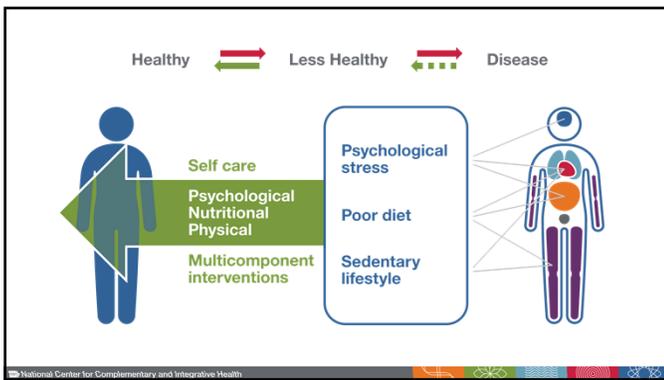
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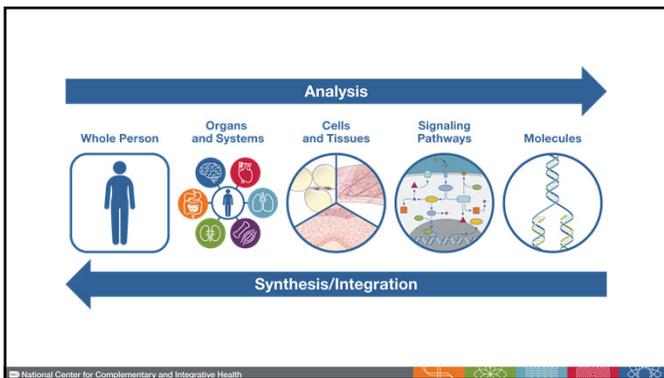
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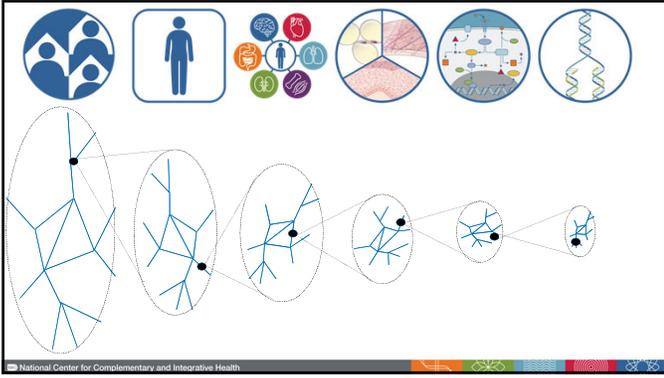
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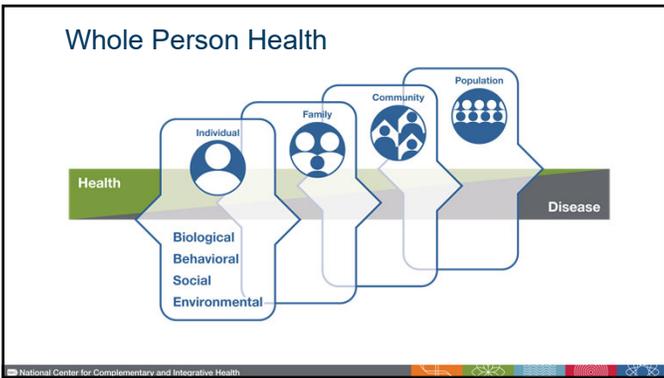
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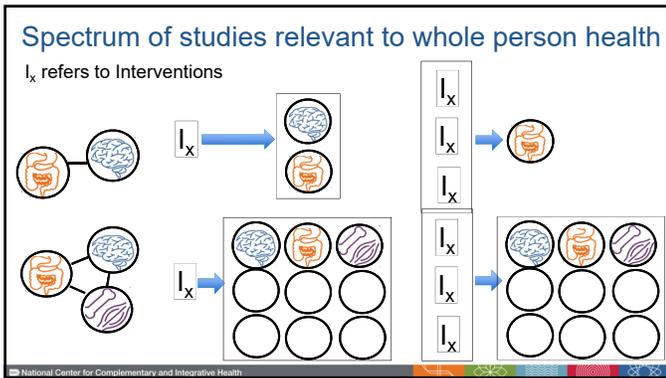
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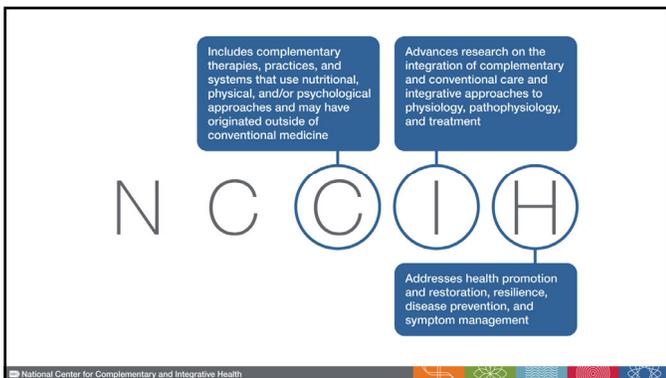
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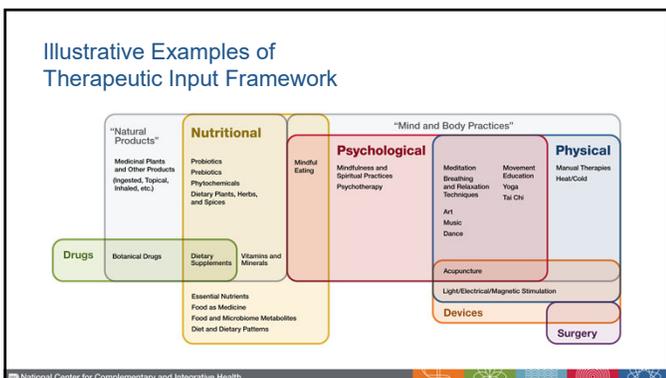
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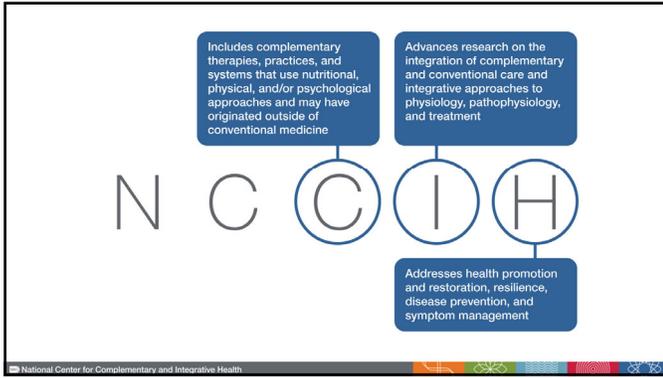
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**Objective 1: Advance Fundamental Science and Methods Development**

**Strategies**

1. Advance basic and mechanistic research relevant to nutritional, psychological, and/or physical approaches
2. Develop methods, tools, and technologies to study complementary health diagnostic, treatment, and prevention modalities and systems
  - a) Test the reliability and validity of complementary diagnostic systems
  - b) Define treatment algorithms for complementary interventions and systems and establish their fidelity and reproducibility
  - c) Develop, refine, and test clinical research models and relevant statistical methods for testing multicomponent interventions and systems
3. Develop outcome measures to quantify health restoration and resilience
4. Develop methods to conduct implementation science and effectiveness research on complementary and integrative health approaches

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### Objective 2: Advance Research on the Whole Person and on the Integration of Complementary and Conventional Care

#### Strategies

1. Promote basic and translational research to study how physiological systems interact with each other
2. Conduct clinical and translational research on multicomponent interventions, and study the impact of these interventions on multiple physiological systems (e.g., nervous system, gastrointestinal, immune) and domains (e.g., biological, behavioral, social, environmental)
3. Foster multicomponent intervention research that focuses on improving health outcomes
4. Conduct studies in real world settings, where interventions are routinely delivered to test the integration of complementary approaches into health care

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### Objective 3: Foster Research on Health Promotion and Restoration, Resilience, Disease Prevention, and Symptom Management

#### Strategies

1. Advance the understanding of mechanisms through which complementary and integrative health approaches affect health restoration, resilience, and well-being
2. Investigate the safety and efficacy of complementary health approaches and integrative treatment strategies for health promotion and restoration, resilience, disease prevention, and symptom management in diverse populations and settings
3. Conduct rigorous clinical studies on the effectiveness, dissemination, and implementation of complementary health approaches into health care

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### Objective 4: Enhance the Complementary and Integrative Health Research Workforce

#### Strategies

1. Support research training and career development opportunities to increase the diversity and number of well-trained scientists conducting rigorous, cutting edge research on complementary and integrative health practices
2. Foster interdisciplinary collaborations and partnerships at individual and institutional levels

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## Objective 5: Provide Objective Evidence-Based Information on Complementary and Integrative Health Interventions

### Strategies

1. Disseminate evidence-based information on complementary and integrative health interventions, as well as information about ongoing research, including whole person research, that examines the connections that exist across domains of human health
2. Continue to develop methods and approaches to enhance public understanding of basic scientific concepts and biomedical research

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## Current NCCIH-funded Projects

- Skeletal muscle extracellular matrix remodeling through cyclic compressive loading in old rats recovering from disuse atrophy
- Affective sensory pathways of light stroking and deep pressure touch
- Mechanisms underlying anabolic effects of cyclic compressive loading in muscle
- Mechanisms of manual therapy for the prevention and treatment of repetitive motion disorders
- Mechanisms underlying local and system effects of massage
- Neuromuscular mechanisms of manual therapies in chronic ankle instability patients

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## Past NCCIH-funded Projects

- Dosing study of massage for neck pain
- Multisite RCT Investigating the efficacy of massage in osteoarthritis
- Implementing evidence-based treatments for persistent back pain into primary care
- Massage therapy in eccentric exercise induced muscle weakness and inflammation
- Mechanisms underlying local and systemic effects of massage
- Efficacy of massage therapy for the treatment of generalized anxiety disorder

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## Current NCCIH Funding Opportunities

- Feasibility Clinical Trials of Mind and Body Interventions for NCCIH High Priority Topics (R34 Clinical Trial Required; PAR-21-240)
- NCCIH Multi-Site Feasibility Clinical Trials of Mind and Body Interventions (R01 Clinical Trial Required; PAR-21-241)
- Clinical Coordinating Center for NCCIH Multi-Site Investigator-Initiated Clinical Trials of Mind and Body Interventions (Collaborative UG3/UH3 Clinical Trial Required; PAR-21-243)
- Notice of Special Interest (NOSI): Fundamental Research on Complementary and Integrative Health Approaches, Including Natural Products or Mind and Body Interventions (NOT-AT-21-006)
- HEAL Initiative: Developing Quantitative Imaging and Other Relevant Biomarkers of Myofascial Tissues for Clinical Pain Management (R61/R33, Clinical Trial Required; RFA-AT-22-003)

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NIH HEAL Initiative Workshop on Myofascial Pain

Date: September 16, 2020 - 08:45 a.m. ET to September 17, 2020 3:30 p.m. ET

Location: Zoom and NIH Videocast

**View Recording**

**Workshop Summary**

**Event Description**

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## References

- Expenditures on complementary health approaches: United States, 2012. Nahin et al., *Natl Health Stat Report*. 2016 Jun 22;(95):1-11
- Longitudinal Analysis of Complementary Health Approaches in Adults Aged 25-74 Years from the Midlife in the U.S. Survey Sample. Scott et al., *J Altern Complement Med* 2021 Jul;27(7):550-568
- Evidence-based evaluation of complementary health approaches for pain management in the United States. Nahin et al., *Mayo Clin Proc* 2016;9:1292-1306

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