

2019

## Complementary medicine use and health literacy in older Australians

Caroline A. Smith

Esther Chang

Gisselle Gallego

*The University of Notre Dame Australia*, [gisselle.gallego@nd.edu.au](mailto:gisselle.gallego@nd.edu.au)

Follow this and additional works at: [https://researchonline.nd.edu.au/med\\_article](https://researchonline.nd.edu.au/med_article)



Part of the [Medicine and Health Sciences Commons](#)

This article was originally published as:

Smith, C. A., Chang, E., & Gallego, G. (2019). Complementary medicine use and health literacy in older Australians. *Complementary Therapies in Medicine*, 42, 53-58.

Original article available here:

<https://doi.org/10.1016/j.ctim.2018.10.025>

This article is posted on ResearchOnline@ND at  
[https://researchonline.nd.edu.au/med\\_article/1001](https://researchonline.nd.edu.au/med_article/1001). For more  
information, please contact [researchonline@nd.edu.au](mailto:researchonline@nd.edu.au).





©2019. This manuscript version is made available under the CC-BY-NC-ND 4.0 International license <http://creativecommons.org/licenses/by-nc-nd/4.0/>

This is the accepted manuscript version of an editorial published as:

Smith, C.A., Chang, E., and Gallego, G. (2019) Complementary medicine use and health literacy in older Australians. *Complementary Therapies in Medicine*, 42, 53-58. doi: 10.1016/j.ctim.2018.10.025

This article has been published in final form at <https://doi.org/10.1016/j.ctim.2018.10.025>

**Table 2 Health characteristics of the study participants**

<b>Characteristics n=153</b>	<b>n</b>	<b>%</b>
<b>Current health status*</b>		
No health problem	26	17.0
Arthritis	76	49.7
Heart problems	40	26.1
Back pain	41	26.8
Asthma	22	14.4
Diabetes	19	12.4
Cancer	19	12.4
Stroke	3	2.0
<b>Attended a hospital emergency dept in past 12 months</b>		
No	123	80.4
<b>Current health status</b>		
Excellent	7	4.6
Very good	58	37.9
Good	63	41.2
Fair	22	14.4
Poor	3	2.0
<b>Non-smoker</b>	<b>148</b>	<b>96.7</b>
<b>Alcohol consumption in past 12 months</b>		
Never	43	28.1
<b>Frequency of alcohol</b>		
Everyday	13	8.5

---

1-2 days/week	24	15.7
3-4 days /week	13	8.5
5-6 days a week	8	5.2
1-3 days/month	19	12.4
5-6 days a year	25	16.3
1-2 days a year	8	5.2
<b>Amount (n=105)</b>		
1-2 drinks	87	82.9
3-10+ drinks	18	17.1
<b>Regular physical activity at</b>		
<b>least once a week</b>	8	5.2

---