

Non-conventional therapy: Key results

Health Interview Survey 2023-2024



What are non-conventional therapies?

Non-conventional therapies are treatments without scientific evidence of medical effectiveness. They often not meet safety and quality standards, and their long-term effects have been studied to a limited extent.

Four acknowledged non-conventional therapies in Belgium



Osteopathy is a therapeutic and diagnostic manual approach that focuses on abnormalities in the musculoskeletal and peripheral nervous systems.



Chiropractic focuses on disorders of the spine and nervous system, using manual techniques such as mobilisation and manipulation of joints, particularly targeting subluxations.



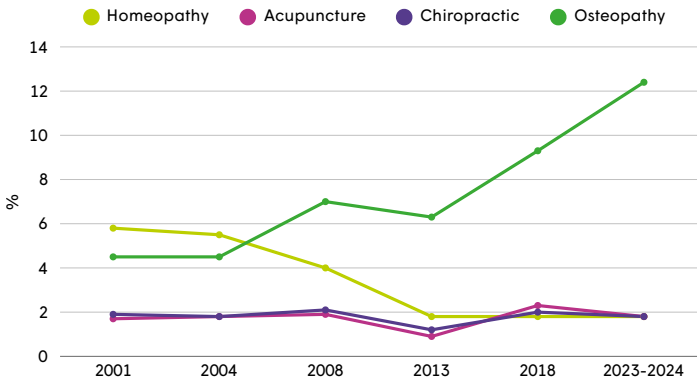
Acupuncture, derived from traditional Chinese medicine, uses stainless steel needles on acupuncture points. Modern applications include laser, low-frequency current, or small injections.



Homeopathy aims to improve symptoms and general well-being by administering a dynamised and possibly diluted remedy, with minimal side effects.

Evolution in time

The **osteopath** is consulted most often. The percentage of the population aged 15 and older who have consulted an osteopath in the past 12 months has **risen** linearly: from 4.5% in 2001 to 12.4% in 2023-2024.



Who uses non-conventional therapies more often?



Women: 18.0%
versus
Men: 13.9%



35-44 years: 23.4%
45-54 years: 22.4%
versus
15-24 years: 10.0%



Higher education: 20.5%
versus
Secondary: 13.9%
No diploma: 6.4%

Recommendations

The growing use of non-conventional therapies requires reliable information for patients and healthcare providers. Without conclusive evidence, they should only be used as a complementary treatment. Research into their effectiveness and risks remains crucial for safe use.