

# How Mindful Are We?

Something important is happening in our society today: people are being mindful. More often. In more ways. And in more places. Here's an at-a-glance view of how far we've come.

## 1979

Jon Kabat-Zinn recruits chronically ill patients not responding well to traditional treatment to participate in his newly-formed eight-week stress reduction program.

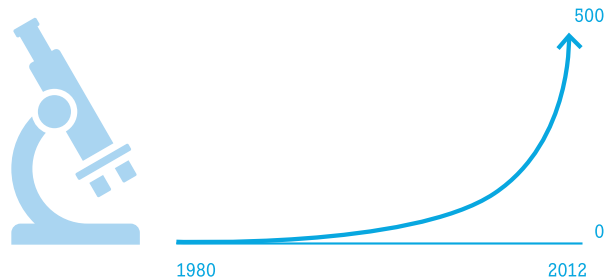
35 years later: Mindfulness-Based Stress Reduction (MBSR) and its offshoots have entered the mainstream of health care, scientific study, and public policy.

## 477

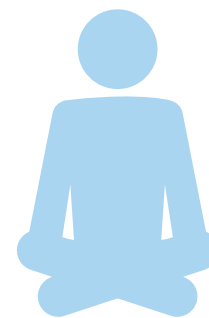
### Mindfulness Studies in 2012

The number of research publications on mindfulness per year grew from zero in 1980 to 477 in 2012.

Source: [mindfulexperience.org](http://mindfulexperience.org)



## 20,000 meditators



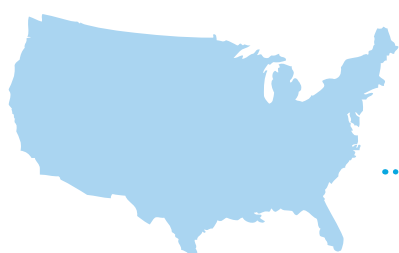
More than 20,000 people have completed the MBSR program at the UMass Stress Reduction Clinic and countless more in other locations.

Source: [Center for Mindfulness](http://Center for Mindfulness)

## \$4 billion

The amount Americans spent on mindfulness-based alternative medicine in 2007, including MBSR.

Source: [National Institutes of Health \(NIH\)](http://National Institutes of Health (NIH))



## 6.3 million

6.3 million people used mind-body therapies after referral by a mainstream medical doctor.

Source: [U.S. National Health Interview Survey, 2007](http://U.S. National Health Interview Survey, 2007)

## 18,000 schoolchildren



Mindful Schools—one of a growing number of programs presenting mindfulness for students and teachers—has presented its in-school program to more than 18,000 students in 53 schools since 2007.

Source: [Mindful Schools](http://Mindful Schools)

## 42 of 50 states

People can receive MBSR training in more than 500 locations in 42 of the 50 United States, with more being added monthly.

Source: [Center for Mindfulness](http://Center for Mindfulness)

## 12,000 health care professionals worldwide

The Oasis Institute has offered mindfulness teacher training to more than 12,000 health care professionals globally.

Source: [Center for Mindfulness](http://Center for Mindfulness)

## 80+ businesses

More than 80 corporations, small businesses, and institutions worldwide have made mindfulness-based training available within their organizations.

Source: [Mindful staff](http://Mindful staff)

