Pets Are Family

The human-animal bond is universal across countries and cultures. Globally, pets are considered an important part of the family.

- 95% of pet owners from around the world consider their pet a part of their family
- 92% say there’s no reason they would ever be convinced to give up their pet
- 76% say they would make major life changes for their pet, if necessary

Pets Improve Mental Health

- Owning a pet is linked to significantly lower heart rate and blood pressure in response to stress.
- According to a HABRI survey of family physicians, 87% said their patients’ mood or outlook had improved as a result of pet ownership.
- Pets can provide people with the kind of social support that can help reduce feelings of loneliness and isolation.
- According to a Nationwide and HABRI survey:
  - 96% of pet owners agreed that their pet has had a positive impact on their life
  - 85% of pet owners reported their pet brings them joy
  - 82% said their pet comforts them
  - 73% said their pet enhances their mental health
- Research shows that pets provide long term help for those with mental health challenges.

Pets Boost Physical Health

- Studies show that in the presence of a pet, people experience less stress in response to a stressful event. People with pets have also demonstrated recovering faster from the stress they did experience, compared to non-pet-owners.
- Living with pets can keep blood pressure and cholesterol levels low
- Pet ownership increases physical activity in the form of walking
- Dog and cat ownership increases longevity.

Pets Are a Force for Good

Pets have the power to unite. Pets serve as important connectors, bringing people together, creating community, and improving neighborhoods.

- 75% of pet owners agree that pets help bring people together from different walks of life
- 63% of pet owners agree that having a pet makes it easier to connect with people