

HOW THE HUMAN-ANIMAL BOND MAKES AN IMPACT

PETS ARE FAMILY

A survey from the Human Animal Bond Research Institute (HABRI) revealed that 95% of pet owners from around the world consider their pet a part of their family. Pets make such a powerful impact on human wellness that many pet owners are willing to make significant lifestyle changes for their pets, such as changing jobs or housing.

In a world where so many different things divide us, the human-animal bond is universal across countries and cultures.

PETS BOOST MENTAL HEALTH



Alleviate Stress¹
and Anxiety²



Improve Mood and³
Fight Depression⁴



Reduce Social
Isolation⁵



Provide Long-term Help
for Those with Mental
Health Challenges⁶

PETS IMPROVE PHYSICAL HEALTH



Lower Blood Pressure
and Cholesterol⁷



Increase Physical
Activity⁸



Buffer Physical
Responses
to Stress⁹



Increase
Longevity¹⁰

PETS ARE A FORCE FOR GOOD

Pets serve as important connectors, bringing people together, creating community, and improving neighborhoods. Research from HABRI found that 75% of pet owners agree that pets help bring people together from different walks of life and 63% of pet owners agree that having a pet makes it easier to connect with people.

As a pet industry professional, you witness how pets have the power to bring people together and share a deep love for pets. Anyone who helps pet owners feed and care for their pets is also a force for good, and together we can strengthen the human-animal bond for everyone.



Learn more about human-animal bond research and the beneficial role of companion animals in society at www.HABRI.org.

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