

# Pets Promote Public Health!



Celebrate National Pet Week! Did you know that pet ownership has great benefits for your health?

## MENTAL WELL-BEING

- Companion animals improve mental and emotional well-being in humans.
- Pet owners are less likely to suffer from stress, anxiety, and depression than non-pet owners.
- Pet therapy improves a wide array of mental health disabilities, including anxiety, panic, post-traumatic stress, mood, obsessive compulsive, and other disorders.

56% of US households own pets



## OBESITY PREVENTION

- The National Institutes of Health found that dog owners who walk their dogs are significantly more likely to meet physical activity guidelines and are less likely to be obese than non-dog owners or walkers.
- By providing motivation and social support, pets make it easier for owners to adopt long-term behavior changes that lead to weight loss and other positive health outcomes.
- Pet ownership is associated with key indicators of cardiovascular health such as lower blood pressure, cholesterol, and triglycerides.



## TOBACCO CESSATION



28.4% of smokers said knowing the adverse impact of cigarette smoke on pet health would motivate them to stop smoking. Second hand smoke exposure is associated with certain cancers in cats and dogs, allergies in dogs, and eye, skin, and respiratory diseases in birds.

National Pet Week is May 3-9, 2015

Celebrate the ways pets improve our lives and our health by promoting pet ownership, pet health, and the Surgeon General's National Prevention Strategy goals of active living, tobacco-free living, and mental and emotional well-being through the human-animal bond.



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