
Health Benefits of Pets

Most households in the United States have at least one pet. Why do people have pets? There are many reasons. Some of the health benefits of pets are listed below.

Pets can decrease your:

Blood pressure

Cholesterol levels

Triglyceride levels

Feelings of loneliness

Pets can increase your:

Opportunities for exercise and outdoor activities

Opportunities for socialization

Many groups support the health benefits of pet ownership. You can learn more about the health benefits of pets and how to keep your pets healthy by visiting the following sites.

- Human Animal Bond Resource Center: [Pet Partners \(http://www.petpartners.org/humananimalbondresourcecenter/\)](http://www.petpartners.org/humananimalbondresourcecenter/) provides abstracts, articles, and bibliographies on the health benefits of animals to people.
- [Can Pets Keep you Healthy? \(http://newsinhealth.nih.gov/2009/February/feature1.htm\)](http://newsinhealth.nih.gov/2009/February/feature1.htm) : NIH News in Health explores the health benefits of pets.
- [HABRI \(http://www.habri.org/\)](http://www.habri.org/) : Human Animal Bond Initiative.

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Content source: Centers for Disease Control and Prevention (<http://www.cdc.gov/>)

National Center for Emerging and Zoonotic Infectious Diseases (NCEZID) ([/ncezid/dw-index.html](http://www.cdc.gov/ncezid/dw-index.html))