Feeling lonely? Consider a pet

More than half of Americans surveyed believe social isolation is a growing concern and many believe it affects both families and communities.

Pets may help us combat loneliness and may improve our health.

When it comes to both pet owners and non-pet-owners:

- 85% of respondents believe interaction with companion animals can help reduce loneliness.
- 76% agree human-animal interactions can help address social isolation.

Most pet owners recognize that their pets make them feel less lonely.

- Nearly 9 in 10 (89%) people who got a pet for loneliness feel their pet has helped them feel less lonely.
- 3 in 4 pet owners who got their pets for a reason other than loneliness also feel their pet has helped them feel less lonely.

Addressing “loneliness” was the most frequent reason for people to recommend pet ownership to others.

Pet owners with the closest bonds with their pets see the highest positive impact on their feelings of loneliness and social isolation.
Owning a pet may help improve your mental health

1 in 4 (26%) pet owners stated they got a **pet to improve their mental health** – with respondents aged 55+ doing so more frequently (55%)

Our plan to better understand how pet interaction can be a way to address social isolation and loneliness

Recognizing the power of pets to overcome social isolation and loneliness, HABRI and Mars Petcare have convened working groups of experts across pet care, human health and government to:

- Advance high-quality, **human-animal interaction research**
- Share and support **best practices** in **human-animal interaction** that help prevent, reduce and mitigate **social isolation and loneliness**
- Help address **barriers** and provide **solutions to pet ownership** so more people can benefit from the **human-animal bond**

To learn more about HABRI and Mars Petcare’s recommendations on furthering research, best practices and solutions on how pets can help address the social isolation and loneliness epidemic please visit [Insert URL]. To learn more about the research into the benefits of pets on loneliness please visit [www.waltham.com](http://www.waltham.com) and [www.habri.org](http://www.habri.org).

To learn more about the Market Research, visit [bit.ly/petsagainstloneliness](http://bit.ly/petsagainstloneliness)