

# Pets Support Wellbeing More Than Ever



From the pandemic to politics, and economic uncertainty to everyday stressors, maintaining our mental and emotional wellbeing is more difficult than ever. But research shows pets can have an incredibly “paws-itive” impact.

Mars Petcare’s “Pets for Better Wellbeing” report includes survey findings that demonstrate why a pet-friendly world isn’t just good for pets. It’s good for people’s wellbeing and for communities and businesses, too.

In trying times, pets play an increasingly important role in easing our minds and filling our hearts.

**92%** of pet parents say their relationship with pets improved their mental and physical wellbeing in the last three years.

**2x** as many pet parents reported improved wellbeing vs. non-pet owners.

**60%** say pets improved their children’s mental wellbeing and helped with the stress of social isolation.

Yet there are barriers that stand in the way to life with a pet.

Among people considering a pet, concerns include:



ability to afford cost of pet ownership  
**66%**



being away from the pet for work or travel  
**47%**



finding pet-friendly housing  
**42%**

Those with pets want even more ways to spend time together.



**66%** of employed pet parents say they’re more likely to stay at a company that lets them bring pets to work.



**52%** of pet parents plan to bring pets when they resume traveling.

When pet parents struggle, here’s what they say would help them keep their pets.

short-term support for pet costs including food  
**35%**

pet-friendly housing options  
**29%**

affordable training for pet behavior issues  
**24%**

Shelters and rescues face severe resource challenges. Adoption is a solution that helps pets and people.

**61%** of those considering a pet say they’ll adopt from a shelter or rescue.

**84%** of adopters say their new pet improved their mental wellbeing.

While positive strides have been made, there’s still work to be done to help people and pets be — and stay — together. Read the full report to see how Mars Pet Nutrition North America and its brands acted on these needs in 2022, and how you can help.

[BetterCitiesForPets.com/2022Report](https://www.bettercitiesforpets.com/2022report)