

Why Allow Pets at Work?

As a business, you might wonder about the benefits of being pet-friendly. Here are some statistics showing the power of pets and their impact on those around them.

According to the 2017-18 American Pet Products Association (APPA) survey:

- 81% of dog-owners say having a dog gives them companionship or love
- 53% say having a dog is good for their health or their family's health
- 59% think of their dog as being like a child or family member
- 67% say having a dog relaxes them or relieves stress
- 68% of U.S. households own a pet

Pets at work are valued, too. The 2017 BANFIELD™ Pet Hospital Pet-Friendly Workplace PAWrometer™ survey* found that:

- 88% of employees at pet-friendly workplaces said having pets at work improves sense of well-being
- 83% said it reduces stress
- 83% said it gives them greater company loyalty
- 81% said it improves work-life balance
- 80% said it improves morale
- 79% said it improves work relationships
- 66% said it increases productivity

The health and companionship benefits of spending time with pets are widely documented:

- Having a pet reduces blood pressure and lowers the risk of heart disease and high cholesterol. (Friedman et al 2010)
- Numerous studies have suggested dog walking is a great way to increase physical activity and may help reduce rates of obesity. (Timperio et al 2008)
- 94% of heart patients with pets survive serious heart attacks, compared to only 72% without pets. (Friedman et al 2010)
- Pet owners tend to visit doctors less often and spend less money on medication. (Heady et al 2007)
- Kids who grow up with pets tend to have greater self-esteem, less loneliness and enhanced social skills. (Purewal et al 2017)
- Children who grow up with pets demonstrate more empathy, are usually more popular with classmates and are more involved in activities. (Melson et al 1990)
- For those who have lost a spouse, pet ownership and a strong attachment to a pet is associated with significantly less depression. (Garrity et al 1989)
- Pet owners feel less afraid of being a victim of crime when walking with a dog or sharing a residence with a dog. (Serpell et al 1991)
- The presence of dogs increases the number and length of peoples' conversations with others in the community. (Jenkinson et al 2010)
- Pet owners are significantly more likely to form friendships in their neighborhood than non-pet owners. (Wood et al 2015)
- Almost 60% of dog walkers report feeling safer when walking their dog. (Christian et al 2016)

**If you choose to use the PAWrometer™ survey results, please identify them as originating from The BANFIELD™ Pet Hospital PAWrometer™ survey.*

References:

<http://www.americanpetproducts.org/>

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