

TABLE 2.1

Benefits of the Human-Animal Bond^a

Physical	Increased physical activity Decreased physical isolation Hypertension management and prevention Cardiovascular risk reduction
Emotional	Joy Emotional comfort Security Companionship Decreased social isolation

a Wein H, ed. The power of pets. NIH News in Health. March 6, 2018. Available at: <https://newsinhealth.nih.gov/2018/02/power-pets>. Accessed January 10, 2023.

The 2025 AAHA One Health Guidelines are available at aaha.org/onehealthpartnerships.

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