



FOR IMMEDIATE RELEASE

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**Human Animal Bond Research Institute (HABRI) Shareable Infographic:
The Top Benefits of Pet Ownership for Healthy Hearts**

WASHINGTON, DC (February 1, 2021) – In recognition of Heart Health Month, the Human Animal Bond Research Institute (HABRI) has created a new shareable infographic, "[*The Top Benefits of Pet Ownership for Healthy Hearts*](#)". The infographic highlights research supporting the positive role of pets in improving cardiovascular health.

"Scientific research shows a link between pet ownership and improved heart health, including a lower risk of heart diseases and heart-related health issues," said HABRI President Steven Feldman. "HABRI's goal is to raise awareness of the important role of human-animal bond for healthier hearts during Heart Health Month, a time to focus on cardiovascular health."

This infographic is part of an ongoing series to share human-animal bond research. In June, HABRI shared "[*Can Pets Help You Live Longer?*](#)". In November, HABRI issued "[*5 ways the Human-Animal Bond is Improving Lives During the Pandemic*](#)".

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About HABRI

HABRI is a not-for-profit organization that maintains the world's largest online library of human-animal bond research and information; funds innovative research projects to scientifically document the health benefits of companion animals; and informs the public about human-animal bond research and the beneficial role of companion animals in society. For more information, please visit <https://habri.org/>.