

TOPIC: IN SUPPORT OF PROMOTION AND AWARENESS OF THE EFFECTS OF HUMAN-ANIMAL INTERACTION ON CHRONIC DISEASE

SUBMITTED BY: University of Missouri Sinclair School of Nursing

WHEREAS, human-animal interaction has been shown to significantly benefit numerous aspects of human health including physiological, psychological and mental health leading to prevention of chronic diseases; and

WHEREAS, pet owners have been shown to have lower systolic and diastolic blood pressures, heart rate, plasma cholesterol, and plasma triglyceride levels compared to non-pet owners; and

WHEREAS, evidence has shown that owning a pet can slow or even avert people from developing coronary heart disease and increase the survival rate for pet owners compared to non-pet owners 1-year after experiencing an acute myocardial infarction; and

WHEREAS, dog owners have been documented to sharply increase exercise regimens following adoption, walking 18 minutes more per week and meeting physical activity requirements of 150 minutes per week when compared to non-dog owners; and

WHEREAS, according to a recent study, pets can be a source of social support for owners during weight loss trials and also contribute to increased engagement of baseline physical activity compared to the control group; and

WHEREAS, nursing home residents interacting with visiting animals showed improvements in their social interaction, psychosocial function, life satisfaction, mental function, and level of depression, social competence and psychological well-being in comparison with the control group; therefore be it

RESOLVED, that the National Student Nurses' Association (NSNA) encourage its constituents to support the research of human-animal interaction and its effects on chronic diseases; and be it further

RESOLVED, that the NSNA encourage its constituents to advocate for human-animal interaction research as part of community health projects; and be it further

RESOLVED, that the NSNA publish an article in *Imprint* supporting the interaction of pets and humans on reducing cardiovascular disease, if feasible; and be it further

RESOLVED, that the NSNA send copies of this resolution to the American Obesity Association, the American Association of Human-Animal Bond Veterinarians, the American Association of Colleges of Nursing, the American Nurses Association, the National League for Nursing, the National Council of State Boards of Nursing, the National Organization for Associate Degree Nursing, each state board of nursing, and any others deemed appropriate by the NSNA Board of Directors.