Motivators of Physical Activity

• Children with dogs spend more time in vigorous physical activity and take more steps per day than those without pets.

Owen 2010
Motivators of Physical Activity

- Person-Pet pairs had greater increase in moderate physical activity over non-pet owners.
- Majority of increase in activity involved the dog.

Kushner 2006
Motivators of Physical Activity

- Companion dogs provide social support for physical activity.
- Weight loss among pet owners was maintained for over a year.
Motivators of Physical Activity

Dogs consistently:
• Initiate exercise.
• Add enjoyment.
• Are a source of "parental pride".

Brown 2006
Agents of Harm Reduction

• Pets can be **catalysts of harm reduction**.
Agents of Harm Reduction

- Pet owners curb drug use or alter drug choice to take care of their animals.
- They also refrain from criminal activity to avoid incarceration.

Lem 2013.
Pets as Therapeutic Interventions

- Pets **can be therapeutic.**
- Companion animals help people cope with loneliness and depression. They provide a positive and caring relationship.
- Cat ownership reduces the risk of cardiovascular disease and associated death.

Beck 2005 Qureshi 2008
Pets as Therapeutic Interventions

- Pets can be therapeutic for patients with stress and hypertension
- Pets provide non-judgemental social support that buffers pathogenic responses to stress.

Allen 2001
Pets as Therapeutic Interventions

- Pets induce a calming response.
- Petting an animal companion reduces anxiety.
- Watching pets at play diverts attention from stressful, worrying situations.

Beck 2005
Pets as Therapeutic Interventions

- Pets can be adjunct therapies for patients with mental illness.
Pets as Therapeutic Interventions

- Physical contact with a pet elevates oxytocin levels.
- Pets are a source of joy.

Beetz 2012
Pets & Quitting Smoking
Stages of Health Behaviour Change
Stages of Change

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

Prochaska 2005
Stages of Change & Quitting Smoking

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

- Smoker is not even thinking of quitting/cutting down.
Stages of Change & Quitting Smoking

1. Pre-contemplation

2. Contemplation
- Smoker is considering potential benefits of quitting/cutting down.

3. Preparation

4. Action

5. Maintenance
Stages of Change & Quitting Smoking

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

- Smoker is ready to quit/cut down, but unsure.
Stages of Change & Quitting Smoking

1. Pre-contemplation
2. Contemplation
3. Preparation
4. **Action**
   - Smoker is committed to quit/cut down.
5. Maintenance
Stages of Change & Quitting Smoking

1. Pre-contemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

• Smoker may lose motivation over time.
If a smoker owns a pet . . .

When is it useful to discuss the impact of second-hand smoke on the animal companion?
Stages of Change

Pre-contemplation
Contemplation
Preparation
Action
Maintenance
Stages of Change

Pre-contemplation
Contemplation
Preparation
Action
Maintenance

Can the pet be a motivator to smoking cessation?
Pets as Motivators
Pets as Motivators

- The veterinary team is a new base of supportive health care professionals to amplify smoking cessation message.

- Particularly significant for smokers who live alone with a pet.
Protect Us From Second-hand Smoke
Secondhand (and Third-Hand) Smoke May Be Making Your Pet Sick

If you’re a smoker, you probably realize the dangers smoking may pose to your health. But have you ever thought about how the habit affects your pet? According to Food and Drug Administration (FDA) veterinarian Carinola Staphner, D.V. M., the news is not good.

“Smoking’s not only harmful to people; it’s harmful to pets, too,” Staphner says. “If 58 million non-smoking adults and children are exposed to tobacco smoke, imagine how many pets are exposed at the same time.”

**What’s Lingerer on Your Rug, Furniture, and Clothes?**

Both secondhand smoke (which lingers in the air your animal breathes in) and third-hand smoke hurt pets. What’s third-hand smoke? It’s residue (harmful compounds that are left behind, such as nicotine) that can get on skin and clothes, as well as furniture, carpet, and other things where a smoker lives.

“Like children, dogs and cats spend a lot of time on or near the floor, where tobacco smoke residue concentrates in house dust, carpets and rugs. Then, it gets on their fur,” Staphner explains. “Dogs, cats and children not only breathe these harmful substances in, but pets can also ingest them by licking their owner’s hair, skin, and clothes.”

And of course, if your dog or cat grooms itself or another animal, he’s ingesting the residues as well, Staphner says.

**Facts That May Surprise You About Pets and Smoking**

Did you know...

- how tobacco smoke affects a dog depends on the length of the dog’s nose?
- that certain dog breeds are at increased risk of nose or lung cancer?
- that cats who live with people who smoke more than a pack of cigarettes a day have three times the risk of developing lymphoma, a cancer of the immune system?
- that your smoking can endanger your pet bird, guinea pig, and even your fish?

**Learn More**

Learn more about the dangers smoking can pose to your pet and find some resources to help a smoker you know cut back on or quit smoking in the article “Be Smoke-free and Help Your Pets Live Longer, Healthier Lives,” on the FDA website (http://www.fda.gov/animalveterinary/resourcesforyou/animalhealthliteracy/ucm520415.htm).

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For more Consumer Updates, visit www.fda.gov/consumer
Stages of Change

Pre-contemplation
Contemplation
**Preparation**
Action
Maintenance

Can the pet support the smoker through the cessation process?
The Support of Pets

• Fun activities as a distraction
• Calming exercises as stress management
• Healthier habits to displace smoking
• Build new friendships
Fun Activities with Pets

Pet-Positive Toolkit

So often, what’s good for you is good for your pet. Make family play-time a happy habit. Maintaining even a small, positive change can make a big difference to your pets and yourselves.

The two-part activity will help you to:
• plan and discover new fun activities to share with your pet, and
• include more creative play-time in your schedule.

Consider the activities below for people and pets to enjoy together, and come up with some great ideas yourself.
Fun Activities with Pets

Draw up a realistic, sustainable schedule to help establish a new habit. Considering your current commitments and responsibilities, use this blank calendar to schedule weekly Fun Activities with your Pets.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>

Morning

Afternoon

Evening

Pet Tips: Review your plan from time to time, and change the pet activities to keep fun and interesting.