

## In A Nutshell September 2022 Dog versus Cat

Studies have shown that pet ownership yielded "Higher survival rates, fewer heart attacks, less loneliness, better blood pressure, better psychological well-being, lower rates of depression and stress levels, fewer doctor visits, increased self esteem, better sleep and more physical activity."

On the flip side there are studies that found pet owners "are more likely to be lonely, depressed and have panic attacks, more likely to have asthma, obesity, high blood pressure, gastric ulcers, migraine headaches, and use more medicine, et cetera."

As often occurs in science, studies have had mixed results. Some research shows benefits to having a pet, other studies say there's no difference between the health of those who do and don't own pets. Still more research suggests there could even be negatives about pet ownership.

My opinion is that because we have so many pets in animal shelters that it has to be a win/win to adopt and think positively that ownership will bring brighter days.

[Benefits of having a pet and some surprising science behind it - CNN](#)

### Just For Fun

Gallop's annual Lifestyle Poll highlights exciting statistics and facts about Americans and their pets.

- 40% of Americans own a dog, while 29% own a cat.
- 27% of Americans only own a dog, 12% only own a cat, and 17% own both a cat and a dog.
- Most American dog owners have only one dog, while cat owners tend to have more than one cat.
- Married couples are more likely to own cats and dogs than single people.
- Couples with young children are more likely to own both cats and dogs than people without young children.

## What Are The Differences Between Dog People And Cat People?

A recent study by the Proceedings of the National Academy of Sciences shows that cat people and dog people do have different personalities.

Researchers surveyed 600 college students. Approximately 60% of participants said they were dog lovers, compared to the 11% who claimed they were cat people.

Dog lovers were attracted to the companionship that their pets offered, while cat owners enjoyed the affection of their cats.

The survey finds that dog people are more vibrant and lively than cat people. This could be due to the fact that having a dog keeps you active. You need to take them out for their walks and help them burn off their excess energy.

On the other hand, cat owners prefer activities that do not require much energy. This includes reading and cooking because they don't need to take their cat out for a walk.

Cat Lovers Are More Independent Than Dog Owners.

Dog Owners Obey Rules Carefully; Cat Owners Are Non-Conformists

Cat Owners Are More Open-Minded Than Dog Lovers.

Cat owners, however, can leave their pets at home for longer periods of time.

Dogs Are Preferred In Republican States, While Cats Are Preferred In Democratic States.

Cat People Are More Prone To Anxiety Than Dog People.

Cat Owners Are More Artistic Than Dog Owners.

Cat Owners Are Less Likely To Develop Allergies Than Dog Owners.

Dog People Tend To Be Extroverts, And Cat Owners Are Introverts.

[US Dog Owners VS Cat Owners - Statistics and Facts - Praise The Dogs](#)

Which of these sweeties will capture your heart?

This is Tobias looking for a forever home:



[- A Forever Home Animal Rescue - Tavares, FL - AVAILABLE PETS \(rescueme.org\)](http://www.rescueme.org)

This is sugar looking for a forever home:



[Cat Gallery – Adopt Pet | Central Fl | Humane Society/SPCA of Sumter County,FL \(yhsspca.org\)](http://yhsspca.org)