



Media Release

From Victorian Canine Association Inc
trading as DOGS Victoria

People, Pets and Health

Following up on the *Pets, People and Planning Symposium* at Deakin University, DOGS Victoria President Peter Frost explained, “These eminent health experts have announced what we’ve always known: People with dogs are physically, emotionally and mentally healthier than those without.”

Mr Frost specifically referred to several presentations of interest to DOGS Victoria members, and Victorian dog owners in general:

Dr Jo Salmon of Deakin University’s School of Exercise and Nutrition Sciences looked specifically at young children and families in this study. As childhood obesity increases and their physical activity decreases, this is a very important finding.

Her study showed that children who owned a dog spent more time in what she calls “moderate- to vigorous-intensity” physical activity. The results were particularly true for young girls (study included ages 5-6 and 10-12 year-olds) and their mothers were more physically active as well.

“Many of our members have young children,” Mr Frost said, “Not only is this a great way for them to get exercise, but to spend supervised time with the family pet, which is important for the development of a positive relationship between dog and child.”

Dr Lisa wood of The University of Western Australia’s School of Population Health indicated that dog walking increased people’s social interaction with the community, including other people with dogs as well as those without.

“Lack of community interaction can lead to poor social support, loneliness and isolation.” Mr Frost said, “Simply walking your dog around the neighbourhood can help enhance the mental and emotional health of the whole community.”

Haley Cutt, also from The University of Western Australia’s School of Population Health, presented another study on dogs and physical health. These findings showed that dog owners walked more per week than non-owners. However, Ms Cutt’s study also showed that 60% of dog owners report they don’t walk with their dog.

MEDIA CONTACT:
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A DOGS Victoria representative can be made available for interviews on a variety of topics including training tips, choosing the right dog, and general dog information.



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“Considering all the benefits of a simple walk for you, your dog and your family,” Mr Frost said to DOGS Victoria members, “I would like to remind everyone with a dog to walk regularly in their local park. And don’t forget that members of our organisation can use the dog-friendly facilities in KCC Park, Skye, including on-leash walking space, off-leash, fully fenced play areas and a lake for doggy swimming.”

Visit www.dogsvictoria.com.au for more information on joining DOGS Victoria, as well as a map of the KCC Park facilities.

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