Goat Yoga: A Public Health Perspective

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Enteric Zoonoses Activity
Division of Foodborne Waterborne and Environmental Diseases
Centers for Disease Control and Prevention

USAHA Committee on Sheep, Goats, and Camelids
October 23, 2018
Enteric Zoonoses Activity (EZA) and Outbreak Response

- Rapid response and management of zoonotic enteric disease outbreaks
  - *Salmonella*
  - *E. coli*
  - Occasionally other pathogens (e.g., *Listeria, Campylobacter*)
- Focused on multistate zoonotic outbreaks
- Coordinate efforts of local, state, and federal health officials
  - CDC PulseNet
  - State and local health departments
  - USDA Food Safety Inspection Service (FSIS) – meat and poultry
  - USDA Animal Plant Health Inspection Service (APHIS)
  - FDA Centers for Veterinary Medicine – animal feed and products
Regulation
EZA in Outbreak Prevention

- Provides scientific direction on activities related to enteric zoonoses
- Develops recommendations and educational materials
- Collaborates with the U.S. Food and Drug Administration, U.S. Department of Agriculture, and other state and federal partners
- Develops multidisciplinary collaboration across CDC and consults with public and animal health organizations
- Enhances collaboration and communication with regulatory & industry partners regarding enteric zoonoses infection prevention
Pet Ownership in the United States

  - >90% of dog owners across a wide range of demographic segments agree that their dog has a positive impact on their mental or physical health
What % of American households have pets?

55%
### Pet Ownership in U.S.

**Number of U.S. Households that Own a Pet (millions)**

<table>
<thead>
<tr>
<th>Pet Type</th>
<th>Millions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bird</td>
<td>6.1</td>
</tr>
<tr>
<td>Cat</td>
<td>42.9</td>
</tr>
<tr>
<td>Dog</td>
<td>54.4</td>
</tr>
<tr>
<td>Horse</td>
<td>2.5</td>
</tr>
<tr>
<td>Freshwater Fish</td>
<td>12.3</td>
</tr>
<tr>
<td>Saltwater Fish</td>
<td>1.3</td>
</tr>
<tr>
<td>Reptile</td>
<td>4.9</td>
</tr>
<tr>
<td>Small Animal</td>
<td>5.4</td>
</tr>
</tbody>
</table>

*2015-2016 APPA National Pet Owners Survey*
Factors Related to Pet Ownership in the United States

- Exploring the differences between pet and non-pet owners: Implications for human-animal interaction research and policy
  Jessica Saunders, Layla Parast, Susan H. Babey, Jeremy V. Miles

- Pet owners are more likely to be:
  - Single females or married, younger, white, live in more rural areas, live in homes, and belong to households where everyone is employed full time
  - Dog owners are more likely to be home owners and have a higher household annual income
  - Dog and cat owners are more likely to own their own home and have larger households
Pet Ownership Demographics—Age

  - 18- to 34-year-old age group has highest likelihood of owning a pet
  - A decade ago, 34% of adults aged >70 years owned pets
    - In 2015 and 2016, percentage jumped to 40%
Non-Canine and Non-Feline Pets

- Birds, fish and other pets live in 15 million households
- Children major factor in ownership of other pets

Hollywood Effect

After Movies, Unwanted Dalmatians
By MIREYA NAVARRO
Published: September 14, 1997

MIAMI, Sept. 13— In the movie, the Dalmatians are cute and fun. But at home, they shed, tend to snap and sometimes bite, and often do not particularly like children, former owners complain.

Animal shelters around the country have reported sharp increases in the number of unwanted Dalmatian dogs this year, many of them given to children as gifts last Christmas after the release of Disney’s remake of the movie "101 Dalmatians." Although nationwide figures are not available, some shelters say they have seen the number of abandoned dogs more than double and that they fear the problem will only grow worse with the new "101 Dalmatians" television program on ABC.
'Goat yoga' is a thing - and hundreds are lining up for it

By AJ Willingham, CNN
© Updated 11:08 AM ET, Thu January 12, 2017

Story highlights

'Goat Yoga' takes place on a farm in Oregon. It's founder also uses the goats for animal assisted therapy

(CNN) — It's actually a little hard to believe we, as both a goat- and yoga-loving society, have slept on this concept for so long. Leave it to Lainey Morse of Albany, Oregon to realize something as glorious as goat yoga.

Her goat yoga classes have become so popular, there's a 1,200-person waiting list that's growing by the day.

The classes are held at Morse's scenic Oregon farm, where the goats have open access to the guests during their practice. Snuggles are not uncommon, and neither is the occasional upward goat on a downward dog.
Benefits

- Human-animal bond
- Exercise
- Socialization of animals

Benefits of goat yoga

Participants with illnesses, such as anxiety, depression, and even cancer, have reported the benefits of goat yoga. It is hard to be sad while surrounded by cute, interactive animals. Many use the yoga as a coping method for whatever stress is present in their life.

Reference: empowerhealthinsuranceusa.com/health-benefits-of-goat-yoga/
Risks: Zoonotic Pathogens and Goats

- *E. coli*
- *Salmonella*
- *Cryptosporidium*
- *Rabies*
- *Coxiella burnetii*
- *Campylobacter*
Sore mouth in a person with a weak immune system. Photo courtesy Henry A. DeGroot, MD.
What do we do to prevent illness?

- Growing in popularity and working farms connecting with the community
- Eliminating all risk from animal contact might not be achievable
- Preventing and minimizing disease and injury is the goal
- Providing standardized recommendations

http://nasphv.org/documentsCompendiumAnimals.html
Recommendations for Local, State, and Federal Agencies

- Disseminate the compendium
- Provide educational and training material
- Encourage or require oversight at animal contact venues
Partnerships

- Informational webinar, workshop or conference
- Handwashing campaigns
- Portable handwashing stations
Recommendations for Handwashing

- Ensure access to handwashing stations
- Provide verbal hand hygiene reminders
- Use signs that outline proper protocols
- Ensure compliance with handwashing, especially young children
Recommendations for Animal Areas and Facility Design

- Promote unidirectional visitor flow and handwashing stations at the exit
- Do not allow food, beverages, toys, pacifiers, spill-proof cups, baby bottles, or strollers
- Feed animals only if contact is controlled (e.g., barriers)
Recommendations for Cleaning

- Adopt standard procedures for cleaning to minimize risk of exposure
- Restrict access to areas contaminated with manure or birthing by-products
- Maintain proper waste management and promptly remove manure, soiled animal bedding and birthing products
Hand Sanitation Laws and Staying Healthy at Animal Contact Exhibits

Menu of State Hand Sanitation Laws for Animal Contact Exhibits

Some animals can be carriers of pathogens that cause diseases in humans.1 Animals at petting zoos and agricultural fairs (animal contact exhibits),2 such as cows, sheep, and goats, can be carriers of pathogens, including gastrointestinal pathogens, such as *Escherichia coli* (E. coli).3 Several E. coli outbreaks in the United States have been linked to animal contact exhibits in recent years.4 Disease outbreaks at animal contact exhibits can be prevented by washing hands properly with soap and water after contact with animals and by keeping food and beverages away from exhibits.5 To reduce disease outbreaks at animal contact exhibits, seven states have established hand sanitation laws for animal contact exhibits in their statutory or regulatory code.6 This menu assesses and provides examples of these laws, which include laws requiring hand sanitation stations and those that require related signage at the animal contact exhibits.7

For more information on gastrointestinal diseases from contact with animals, visit CDC's National Center for Emergency and Zoonotic Infectious Diseases webpage, *Gastrointestinal (Enteric) Diseases from Animals:* Additional information about prevention measures can be found in the National Association of State Public Health Veterinarians' *Compendium of Measures to Prevent Disease Associated with Animals in Public Settings,* 2013.

http://www.cdc.gov/phlp/docs/menu-animalsanitation.pdf

Stay Healthy at Animal Exhibits

Stay Healthy at Animal Exhibits

There are many ways to explore the animal world. Follow these tips to help prevent illness when visiting animal exhibits like petting zoos.

From watching calf roping at the rodeo to petting goats at the county fair, there are many ways to explore the animal world. Exhibits such as petting zoos and fairs allow children to experience coming face-to-face with animals. This interaction allows people to learn more about animals and helps to build important human-animal bonds.

http://www.cdc.gov/features/animalexhibits/
What’s Next?
Thank you

Don't kiss your GOATS

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.