

# OVERWEIGHT PETS ARE TIPPING THE SCALES

Partnering with a veterinarian can help pet owners understand and manage their pets' weight and overall health

APPROXIMATELY

1 out of 3

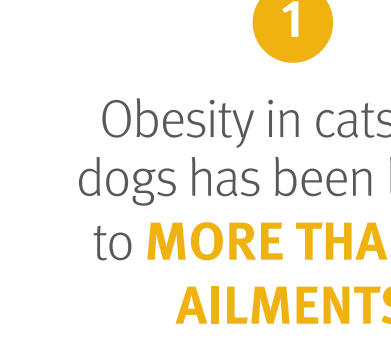
DOGS & CATS ARE OVERWEIGHT

and these numbers continue to grow; over the past 10 years we've seen...

↑169%  
Overweight cats

↑158%  
Overweight dogs

## Why does pet obesity matter?



Carrying those extra pounds may have serious consequences for a pet's overall health, not to mention the increased cost to pet owners

### DID YOU KNOW?

1

Obesity in cats and dogs has been linked to **MORE THAN 20 AILMENTS**



2

A healthy weight may delay the onset of **MANY CHRONIC DISEASES**



3

As the prevalence of overweight pets has increased over the past 10 years, so have certain comorbidities, **SUCH AS ARTHRITIS (+82%) AND TRACHEAL COLLAPSE (+83%) IN DOGS**

### OVER A 4-YEAR PERIOD, OWNERS OF OVERWEIGHT...

#### Dogs

Spend **17% MORE IN HEALTHCARE COSTS** vs. owners of healthy-weight dogs. These owners also spend **NEARLY 25% MORE ON MEDICATIONS**

#### Cats

Spend **36% MORE IN DIAGNOSTIC PROCEDURES** vs. owners of healthy weight cats

## Why do pets become overweight?



#### Lack of exercise

Like people, exercise for pets is a key component of maintaining a healthy weight



#### Misconceptions about what qualifies as 'overweight'

Overweight pets are becoming the new normal due to how common they are, leading some owners to underestimate the true body condition of their pet



#### Overfeeding

Pets are part of the family, and owners often use food as a form of communication and love

Additionally, some pet owners are uncertain about how much food they should be feeding their pet



#### Certain diseases

Diseases like arthritis can make movement uncomfortable, discouraging pets from maintaining regular activity levels



#### Breed & genetics

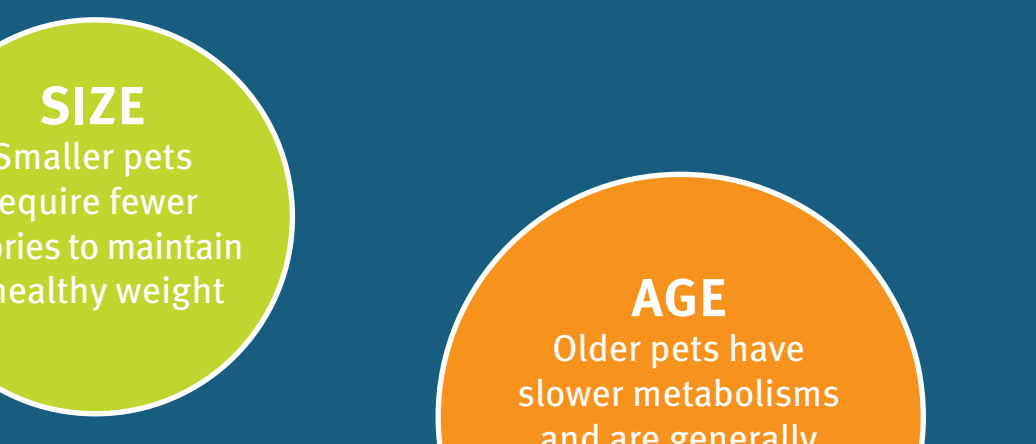
Just as genetics can play a role in human health, certain dog and cat breeds are predisposed to becoming overweight

#### Dog breeds with a higher prevalence of obesity:

- Labrador Retrievers
- Cairn Terriers
- Cocker Spaniels

#### Cat breeds with a higher prevalence of obesity:

- Manx
- Maine Coons



## What are pets' nutritional needs?



#### Species

Dogs and cats have very different nutritional needs—many don't realize cats are carnivores and dogs are omnivores



#### Breed

Certain breeds are more prone to being overweight than others, likely due to genetic factors that influence their metabolism



#### Disease Conditions

Pets with certain conditions, such as kidney disease and diabetes, benefit from specialized diets to aid in the management of these diseases

**SIZE**  
Smaller pets require fewer calories to maintain a healthy weight

**ACTIVITY LEVEL**  
Pets that get more exercise require more calories than sedentary pets

**AGE**  
Older pets have slower metabolisms and are generally less active than younger pets

### HOW CAN I TELL IF MY PET IS OVERWEIGHT?

Body condition scoring is a way to determine if a pet is underweight, ideal weight or overweight. Discuss your pet's current and ideal weight with your veterinarian

#### DOGS

#### CATS

### BODY CONDITION SCORE

top view | side view

top view | side view

**1 VERY THIN**  
Severely defined ribs and waist

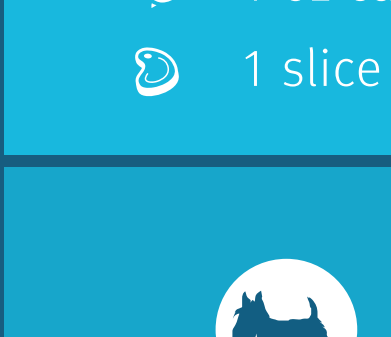
**2 THIN**  
Easily visible ribs and waist

**3 IDEAL WEIGHT**  
Ribs easily felt, but not seen  
Obvious waist

**4 OVERWEIGHT**  
Ribs not easily seen or felt  
Waist barely visible

**5 OBESE**  
Cannot feel ribs  
Waist absent

### HOW DO TREATS IMPACT MY PET'S WEIGHT?



Ensure treats do not make up more than 10% of your pet's daily caloric consumption

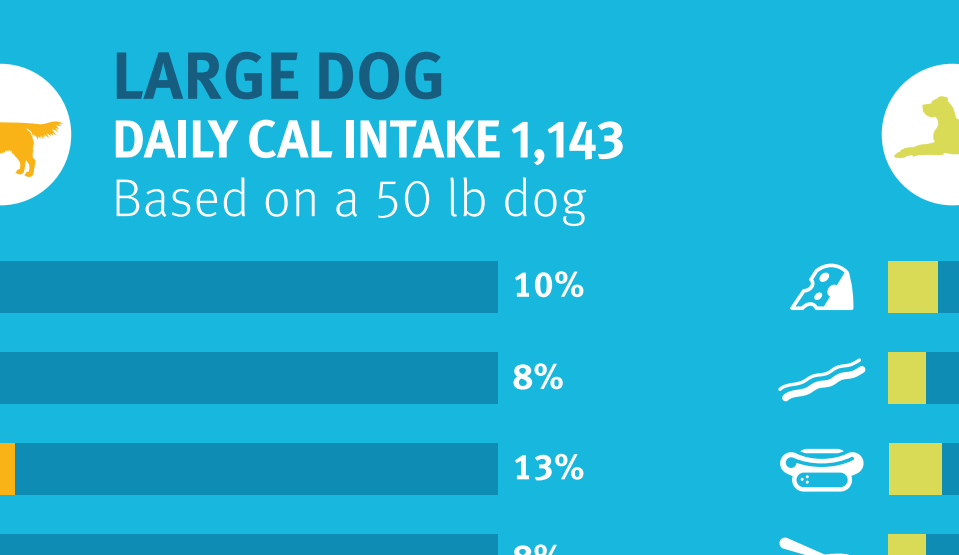
A slice of cheese for a small dog represents 33% of their daily caloric need, whereas the same for a giant dog represents just 6%

#### SLICE OF CHEESE



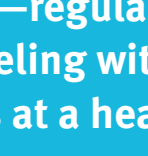
6%

33%

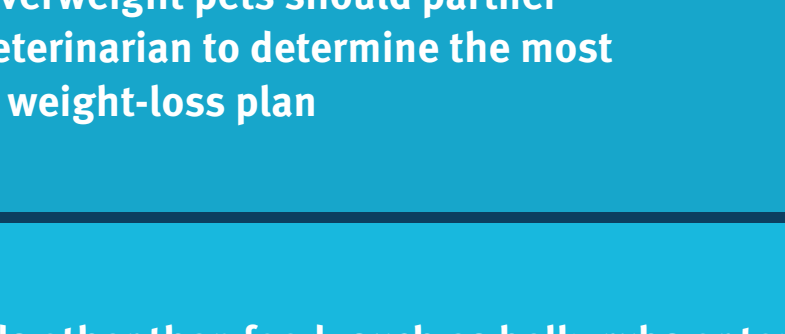


While both dogs and cats often receive human food as treats, pet owners do not realize that even in small quantities, human food can represent a large percent of a pet's daily caloric (cal) requirement

- 1 oz cheese: 114 cal
- 1 jerky strip: 88 cal
- 1 beef hot dog: 147 cal
- 1 tbsp peanut butter: 94 cal
- 2 oz 2% milk: 30 cal
- 1 oz canned tuna: 36 cal
- 1 slice deli meat ham: 46 cal



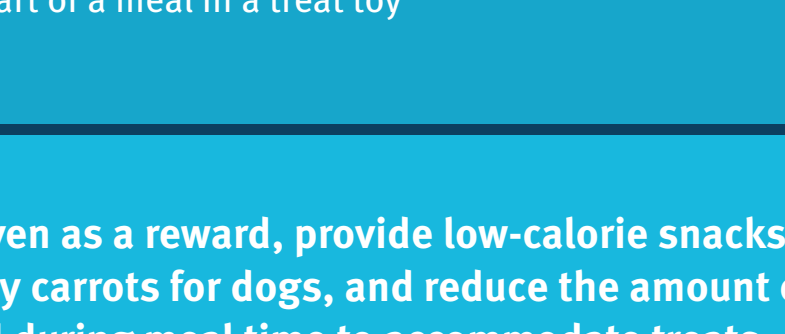
**CAT**  
DAILY CAL INTAKE 227  
Based on a 10 lb cat



**TOY/SMALL DOG**  
DAILY CAL INTAKE 342  
Based on a 10 lb dog



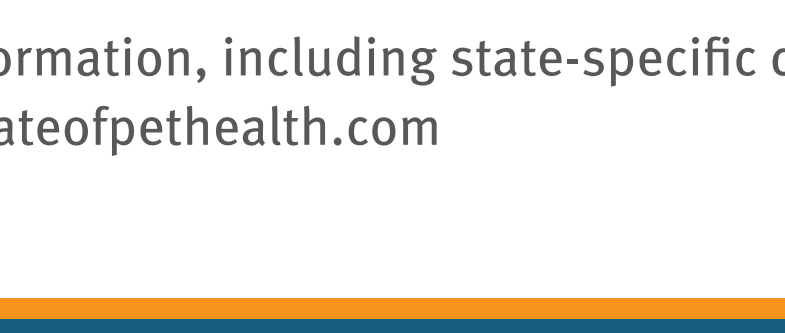
**MEDIUM DOG**  
DAILY CAL INTAKE 779  
Based on a 30 lb dog



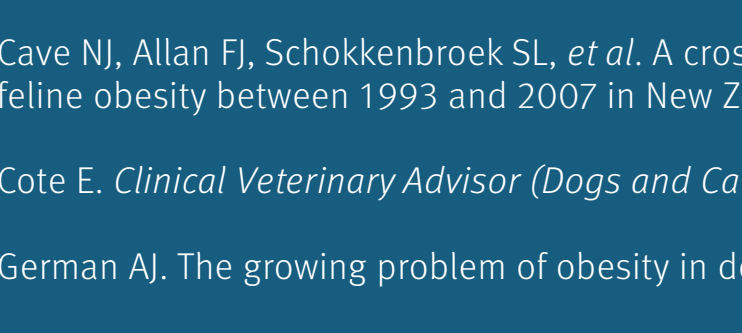
**LARGE DOG**  
DAILY CAL INTAKE 1,143  
Based on a 50 lb dog



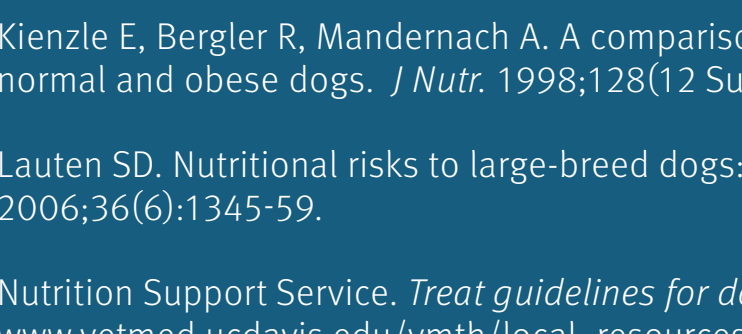
**GIANT DOG**  
DAILY CAL INTAKE 1,777  
Based on a 90 lb dog



### WHAT CAN I DO TO ENSURE MY PET IS A HEALTHY WEIGHT?



Prevention is key—regular check-ups and nutritional counseling with a veterinarian can help owners keep pets at a healthy weight



Owners of overweight pets should partner with their veterinarian to determine the most appropriate weight-loss plan



Offer rewards other than food, such as belly rubs or toys



Make sure your pet gets the appropriate amount of exercise

- Cats: Play with a jingle ball, feather teaser or laser pointer
- Dogs: Go on a walk, play catch or make meal time active by hiding part of a meal in a treat toy



If food is given as a reward, provide low-calorie snacks such as baby carrots for dogs, and reduce the amount of food offered during meal time to accommodate treats given during the day

#### REFERENCES:

Banfield Applied Research and Knowledge. *MSB Research Project Executive Summary: Obesity Cost*. Banfield Pet Hospital, Vancouver, Wash., 2015.

Banfield Applied Research and Knowledge. *State of Pet Health 2017 Report data*. Banfield Pet Hospital, Vancouver, Wash.

Cave NJ, Allan FJ, Schokkenbroek SL, et al. A cross-sectional study to compare changes in the prevalence and risk factors for feline obesity between 1993 and 2007 in New Zealand. *Prev Vet Med.* 2012;107(1-2):121-133.

Cote E. *Clinical Veterinary Advisor (Dogs and Cats): Second Edition*. St. Louis, Mo: Elsevier, 2011. Print.

German AJ. The growing problem of obesity in dogs and cats. *J Nutr.* 2006; 136(7 Suppl):1940S-1946S.

Kealy RD, Lawler DF, Ballam JM, et al. Effects of diet restriction on life span and age-related changes in dogs. *J Am Vet Med Assoc.* 2002;220(9):1315-1320.

Kienzle E, Bergler R, Mandernach A. A comparison of feeding behavior and the human-animal relationship in owners of normal and obese dogs. *J Nutr.* 1998;128(12 Suppl):2795-2782S.

Lauten SD. Nutritional risks to large-breed dogs: from weaning to the geriatric years. *Vet Clin North Am Small Anim Pract.* 2006;36(6):1345-59.

Nutrition Support Service. *Treat guidelines for dogs*. U.C. Davis School of Veterinary Medicine. [www.vetmed.ucdavis.edu/vmth/local\\_resources/pdfs/Treats\\_guidelines.pdf](http://www.vetmed.ucdavis.edu/vmth/local_resources/pdfs/Treats_guidelines.pdf). Accessed April 28, 2017.

Sandoe P, Palmer C, Corr S, et al. Canine and feline obesity: a One Health perspective. *Vet Rec.* 2014;175(24):610-616.