

# OVERWEIGHT PETS ARE TIPPING THE SCALES

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

APPROXIMATELY

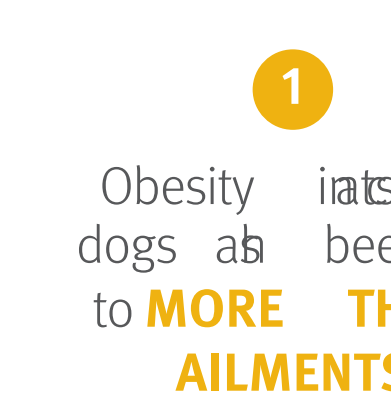
**1 out of 3 DOGS & CATS ARE OVERWEIGHT**

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

**↑169%** Overweight cats

**↑158%** Overweight dogs

## Why do pet obesity matter?

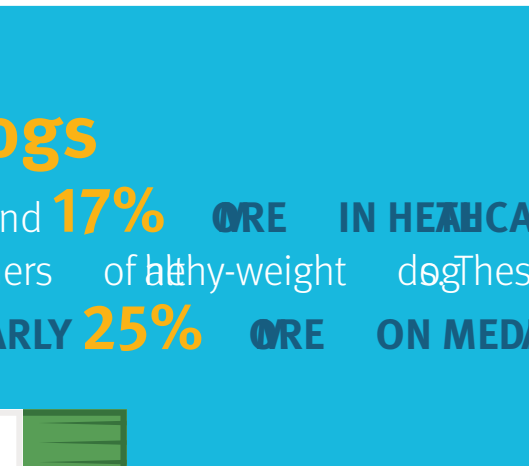


Carrying those extra pounds may have serious consequences for a pet's overall health, not to mention the increased cost of pet owners

### DID YOU KNOW?

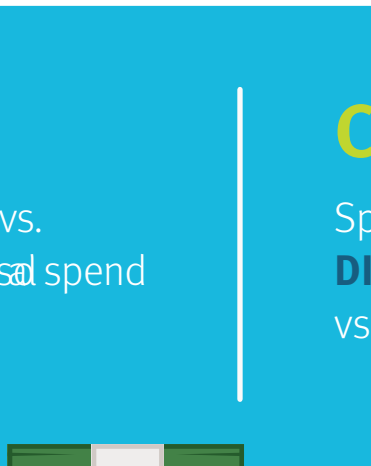
1

Obesity in cats and dogs has been linked to **MORE THAN 10 AILMENTS**



2

A healthy eight day delay the cost 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

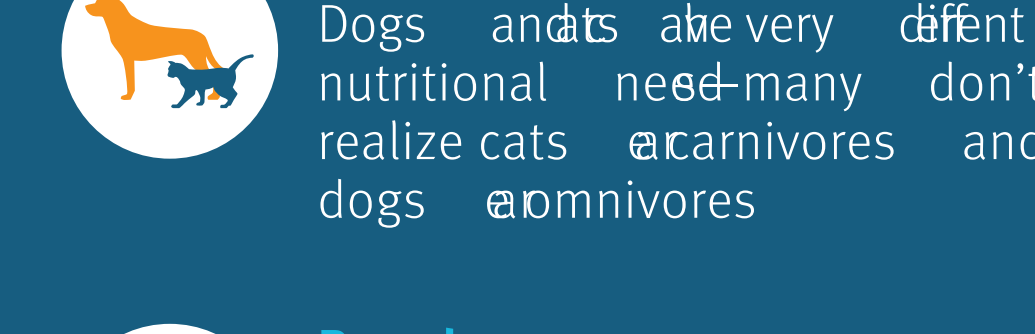
Just as genetics can play a role in human health, certain dog and cat breeds are predisposed to becoming overweight

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

- Labrador Retrievers
- Cairn Terriers
- Cocker Spaniels

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

- Maine Coons

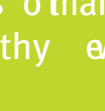


## What are pets' nutritional needs?



### 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 the diseases

### ACTIVITY LEVEL

Pets that exercise require more calories than sedentary pet

### SIZE

Smaller pets require fewer calories to maintain a healthy weight

### AGE

Older pets are slower metabolisms and generally live longer than younger pets

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

#### DOGS

#### CATS

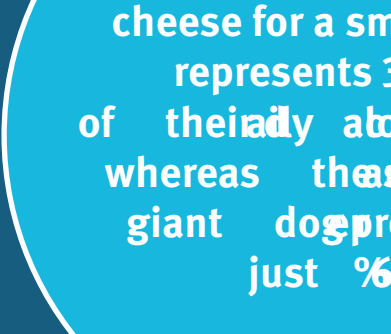
### BODY CONDITION SCORE

top view | side view

top view | side view

Score	Description	Dog Top View	Dog Side View	Cat Top View	Cat Side View
1	<b>VERY THIN</b> Severely defined ribs and waist	[Illustration]	[Illustration]	[Illustration]	[Illustration]
2	<b>THIN</b> Easily visible ribs and waist	[Illustration]	[Illustration]	[Illustration]	[Illustration]
3	<b>IDEAL WEIGHT</b> Ribs easily felt, but not seen. Obvious waist	[Illustration]	[Illustration]	[Illustration]	[Illustration]
4	<b>OVERWEIGHT</b> Ribs not easily seen or felt. Waist barely visible	[Illustration]	[Illustration]	[Illustration]	[Illustration]
5	<b>OBSESE</b> Cannot feel ribs. Waist absent	[Illustration]	[Illustration]	[Illustration]	[Illustration]

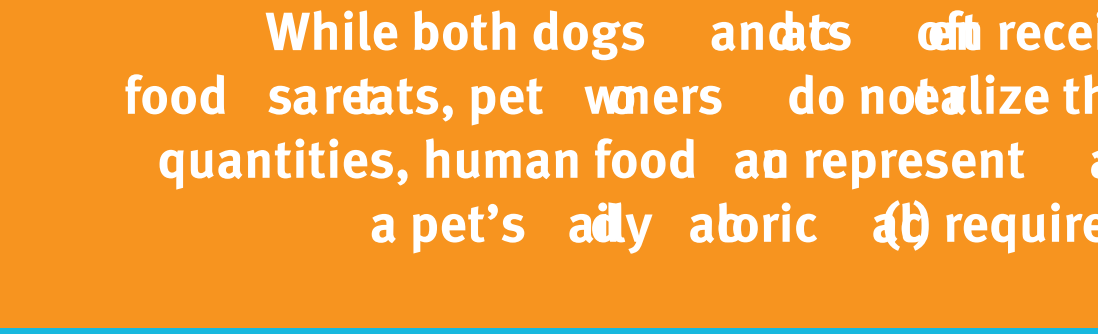
### HOW DOES TREATING MY PET WEIGHT?



Ensure treats do not take 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 for a giant dog represents just 6%

**SLICE OF CHEESE**



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

Item	Calories
1 slice cheese	114 cal
1 jerky strip	88 cal
1 beef hot dog	47 cal
1 tbsp peanut butter	94 cal
2 2oz% milk	30 cal
1 canned tuna	36 cal
1 slice deli meat	46 cal

#### CAT DAILY CALORIC INTAKE 227

Item	Percentage
[Cheese]	13%
[Jerky]	16%
[Hot Dog]	50%
[Peanut Butter]	20%

#### TOY/SMALL DOG DAILY CALORIC INTAKE 342

Item	Percentage
[Cheese]	33%
[Jerky]	26%
[Hot Dog]	43%
[Peanut Butter]	27%

#### MEDIUM DOG DAILY CALORIC INTAKE 779

Item	Percentage
[Cheese]	15%
[Jerky]	11%
[Hot Dog]	19%
[Peanut Butter]	12%

#### LARGE DOG DAILY CALORIC INTAKE 1,143

Item	Percentage
[Cheese]	10%
[Jerky]	8%
[Hot Dog]	13%
[Peanut Butter]	8%

#### GIANT DOG DAILY CALORIC INTAKE 1,777

Item	Percentage
[Cheese]	6%
[Jerky]	5%
[Hot Dog]	8%
[Peanut Butter]	5%

### 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 pet should partner with their veterinarian to determine the most appropriate weight-loss plan



Offer rewards other than food, such as play, toys, or hugs



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 fetch or make meal time a daily highlight of a fun in each day



If food is given as a reward, provide low-calorie snacks of 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. Banfield Pet Hospital, Vancouver, Wash., 2015.

Banfield Applied Research and Knowledge. State of Pet Health 2017 Report. 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 of feline obesity between 1993 and 2007 in New Zealand. *Prev Vet*. 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 dog and cats. *J Nutr*. 2006; 136(7 Suppl):1940S-1946S.

Kealy RD, Dawler DF, Ballam JM, et al. Effects of diet restriction on life span and age-related changes in dogs. *Am Vet Res*. 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):2779S-2782S.

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

Nutrition Support. *State Treat Guidelines for dogs*. 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 Res*. 2014;175(24):610-616.