**Body Condition Scoring**

- **1**: Bones and ribs easily seen or felt; waist visible.
- **2**: Bones and ribs visible but not easily felt; waist barely visible.
- **3**: Bones and ribs not easily seen or felt; waist barely visible but not obvious.
- **4**: Bones and ribs not easily seen or felt; waist barely visible but not obvious.

**Dietary Considerations**

- For overweight pets, reduce caloric intake and increase exercise.
- For underweight pets, increase caloric intake and encourage regular activity.

**Regular Activity**

- Activities for dogs: Walking, swimming, frisbee, tug-of-war.
- Activities for cats: Play with toys, laser pointers, scratching posts.

**TIPS**

- Include more home-cooked foods or human foods as treats.
- Reduce the amount of high-calorie treats.
- Offer rewards other than food, such as belly rubs or toys.

**State of Pet Health Report Data**

- In New Zealand, obesity in cats and dogs has doubled over the past 10 years.
- Pet owners of pet obesity likely experience increased cost to pet owners.
- Obesity may have serious consequences.

**Breed & Genetics**

- Certain breeds are more prone to obesity.
- Breed and genetics play a role in human health.

**Disease Conditions**

- Diseases like arthritis may benefit from specialized nutrition.
- Pets with certain conditions have specific nutritional needs.

**References**

- German AJ. The growing problem of obesity in dogs and cats. J Nutr.
- Banfield Applied Research and Knowledge. MSB Research Project Executive Summary: Obesity Cost.