**OVERWEIGHT PETS TIPPING THE SCALES**

According to the Banfield State of Pet Health Report, approximately 1 out of 3 dogs and cats in the U.S. are overweight. This issue has become prevalent over the past several years, with overweight pets having increased healthcare costs and risks of obesity-related diseases.

### What are overweight pets?

Dogs and cats that weigh more than 10% over their ideal body weight are considered overweight. This increase can lead to various health issues and higher healthcare costs.

### Why does pet obesity matter?

Overweight dogs are more susceptible to obesity-related diseases such as diabetes, arthritis, and heart disease. These conditions can increase healthcare costs and reduce the lifespan of pets.

### How do treats impact my pet's weight?

Treats can be a significant source of additional calories for pets. It's important to ensure that treats do not make up more than 3% of a pet's daily caloric consumption.

### How can I tell if my pet is overweight?

Body condition scoring is a method used by veterinarians to determine if a pet is underweight, ideal weight, or overweight. It's crucial to discuss your pet's current body condition with a veterinarian.

### Overweight pets vs. owners of healthy weight pets

Overweight pets are more likely to have certain chronic diseases. Additionally, they are at a higher risk of being overweight than other breeds or species. Diseases like arthritis, diabetes, and hypertension are common in overweight dogs and cats.

### How do I help my overweight pet?

**Nutrition**
- Consult with a veterinarian about a weight-loss plan and nutritional counseling.
- Ensure treats do not make up more than 3% of your pet's daily caloric consumption.

**Activity**
- Encourage more exercise to burn extra calories.
- Use fun activities like playing ball, dancing, or walking the dog.

**Behavioral Changes**
- Reward your pet with treats instead of food during training sessions.
- Use interactive toys to stimulate your pet's mind and body.

**Lifestyle**
- Manage stress in overweight pets to help maintain their weight.
- Provide a healthy environment for your pet to live in.

### Pets that get more exercise...

Pets that get more exercise are less likely to be overweight. Encourage your pet to get regular exercise and ensure they are getting an appropriate amount of activity.

### Dogs:

- Small dogs need fewer calories to maintain their weight.
- Medium-sized dogs require moderate calorie intake.
- Giant dogs need more calories to maintain their weight.

### Cats:

- Toy cats require fewer calories than larger cats.
- Medium cats need a moderate calorie intake.
- Giant cats need more calories to maintain their weight.

### Why does pet obesity matter?

Overweight pets are more likely to have chronic diseases and may have serious consequences due to carrying extra pounds. It's important to work with your veterinarian to help your pet maintain a healthy weight.