

Canine and Feline Obesity

Obesity is a common nutritional disease in dogs and cats, particularly older animals. Overweight pets:

- Have an increased risk of heart and lung disease
- Have an increased risk of developing diabetes
- Are more likely to develop arthritis
- Are more likely to develop disc disease
- Have an increased risk of developing skin disease
- Are an increased surgical risk
- More prone to heat stress

What causes Obesity?

The most common causes of obesity are over feeding or inadequate exercise or both.

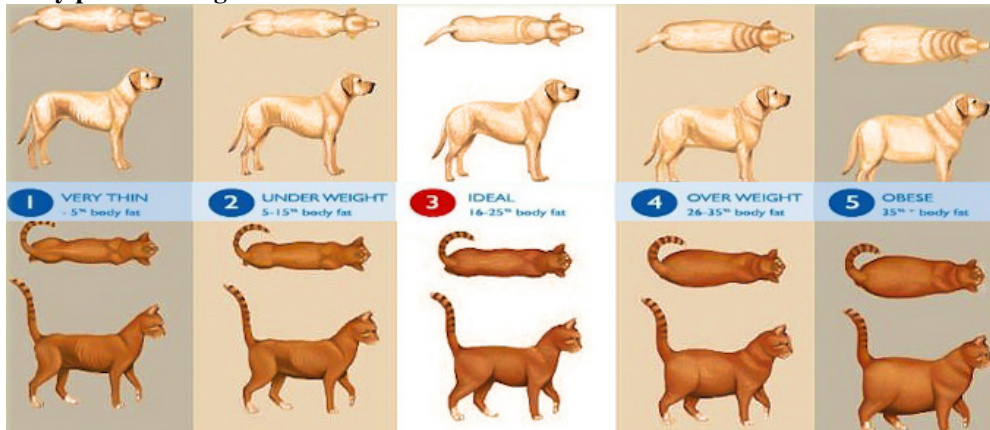
Pets fed treats and snacks are more likely to be obese than those fed only set meals.

Over feeding of puppies and kittens during the growing period predisposes them to obesity as adults.

There are a few diseases that cause obesity, however they are uncommon.

Older, desexed, inactive female animals are at greatest risk of obesity.

Is my pet over weight?



In overweight animals:

- The ribs are difficult to feel under moderate fat cover
- The back is slightly broadened at base
- No abdominal tuck when viewed from the side
- May have a pendulous abdomen
- May have a waddling gait

Management of obesity

1. Reduce your pets feed intake to match the appropriate energy (kcal) requirements
2. Minimise treats, but if you would like to give your pet some treats, incorporate this into the animals energy (kcal) daily requirements
3. Feed your pet separately from other pets, so it can not get the other pets food
4. Exercise your pet regularly. Start by short periods of exercise and build it up
5. Once a week, weigh your pet and record its weight on a graph. This allows you to monitor you pet's progress.
6. You need to understand that the weight loss will be over a period of months, as sudden dramatic weight loss can cause other health problems for your pet.

Diet Management Plan

Current weight:kg

Ideal weight target:kg (85% of current weight)

Aiming for 1 % Body weight loss per week =g/ week

Amount of Energy your pet needs per day calculation =kcal/day

(Dogs Daily Energy Requirement= 30 (target bodyweight) + 70 and Cats DER= 70 x target bodyweight (Inactive cat) 80 x bodyweight (active cat))

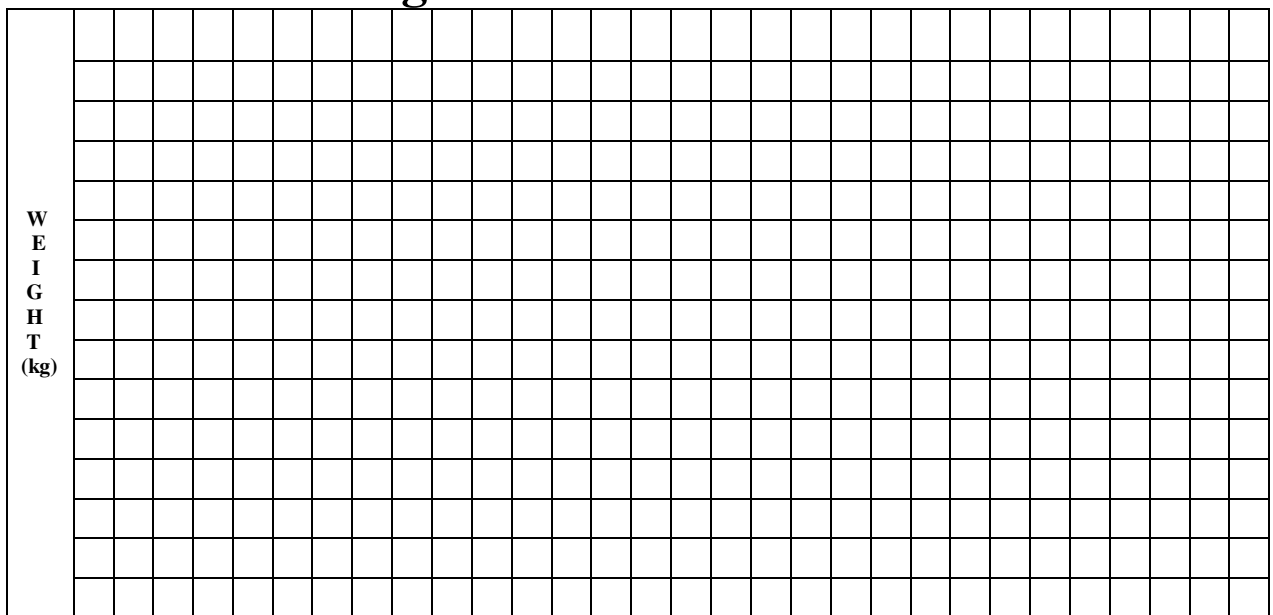
You can then look at the current pet’s diet and calculate the require grams per day needed for you pet

Alternate to this you may change your pet’s diet to a weight loss commercial diet. An example diet and calculated amount:

Diet	Type	Grams per day	Grams each meal (Feeding twice a day)
Hills R/d- Weight loss/ low calorie	Dry foodg/dg

It will take months to achieve this weight loss. Once we have reached the target weight of kg, we can then reassess your pet’s appearance and determine if any more weight is needed to be lost (we can then organise another feeding program).

Weight Loss Chart



(Weeks)