

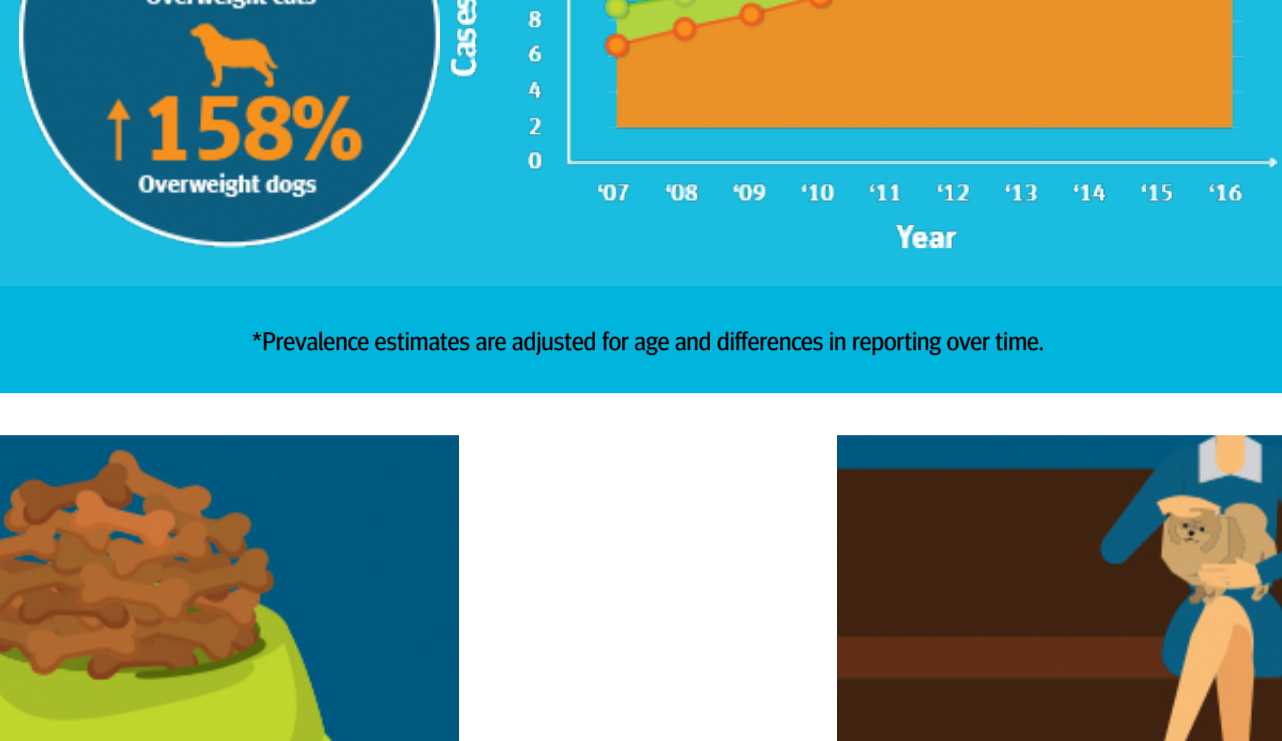


Obesity is an Epidemic

1 out of 3 dogs and cats are overweight, and the numbers are growing.

1 How Did Pets Get So OVERWEIGHT?

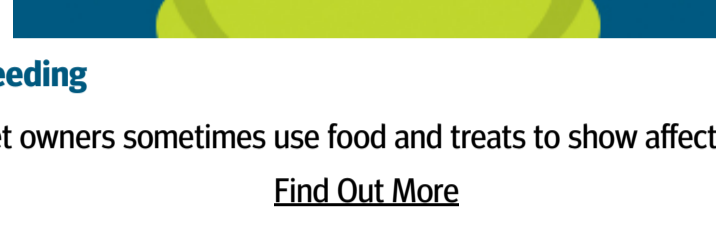
Over the past 10 years we've seen an increase in overweight pets.



↑ 169%
Overweight cats

↑ 158%
Overweight dogs

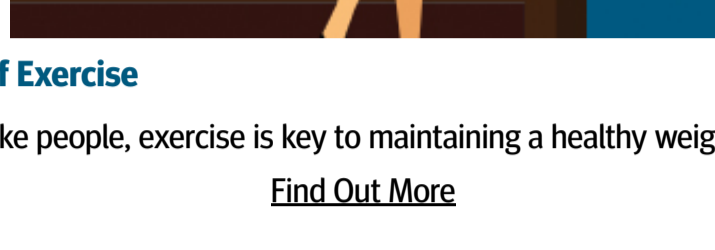
*Prevalence estimates are adjusted for age and differences in reporting over time.



Overfeeding

Pet owners sometimes use food and treats to show affection.

[Find Out More](#)



Lack of Exercise

Like people, exercise is key to maintaining a healthy weight.

[Find Out More](#)



It's the New Normal

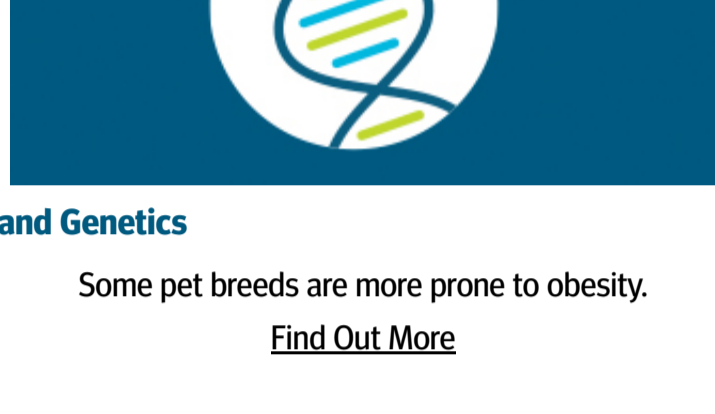
Obesity is so common that many people underestimate their pet's body condition, preventing them from taking action to manage their pet's weight.



Other Diseases

Discomfort from diseases like arthritis can keep pets from being active, making it easier for pets to gain weight.

[Find Out More](#)



Breed and Genetics

Some pet breeds are more prone to obesity.

[Find Out More](#)

2 So What if Your Pet's PLUMP?

While that extra squish may be cute, carrying extra weight around can have serious consequences for your dog or cat.

Test Your Knowledge on the Consequences of Obesity

(Click to reveal the answer)

Q

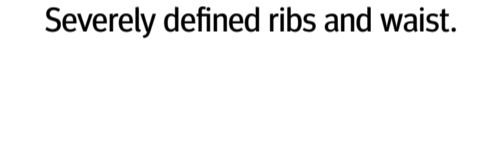
What are examples of diseases in cats that can be complicated by obesity?

3 How Can You Tell if Your Pet is OVERWEIGHT?

Use this body condition score guide to determine if your pet is overweight, underweight or ideal weight.

What is My Pet's Body Condition Score?

Click through these 5 body condition scores and compare with your pet's appearance. Are his or her ribs, spine and hip bones barely detectable when touched? Can you see a defined waist? Do you notice any belly fat?



Very Thin

Severely defined ribs and waist.



Side View



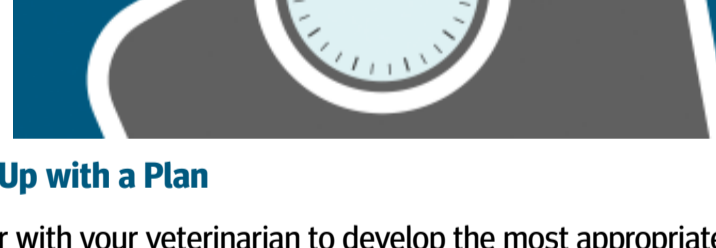
Overhead View

4 How Do You Keep Your Pet From Being PUDGY?

Determine Your Pet's Nutritional Needs

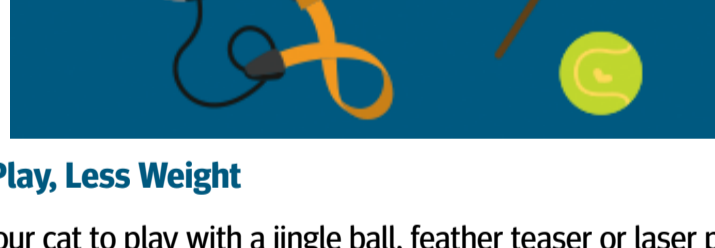
It's best to consult with your veterinarian about your pet's nutritional needs, but you can use our helpful guide in the meantime.

[Learn More »](#)



Come Up with a Plan

Partner with your veterinarian to develop the most appropriate weight loss plan for your pet.



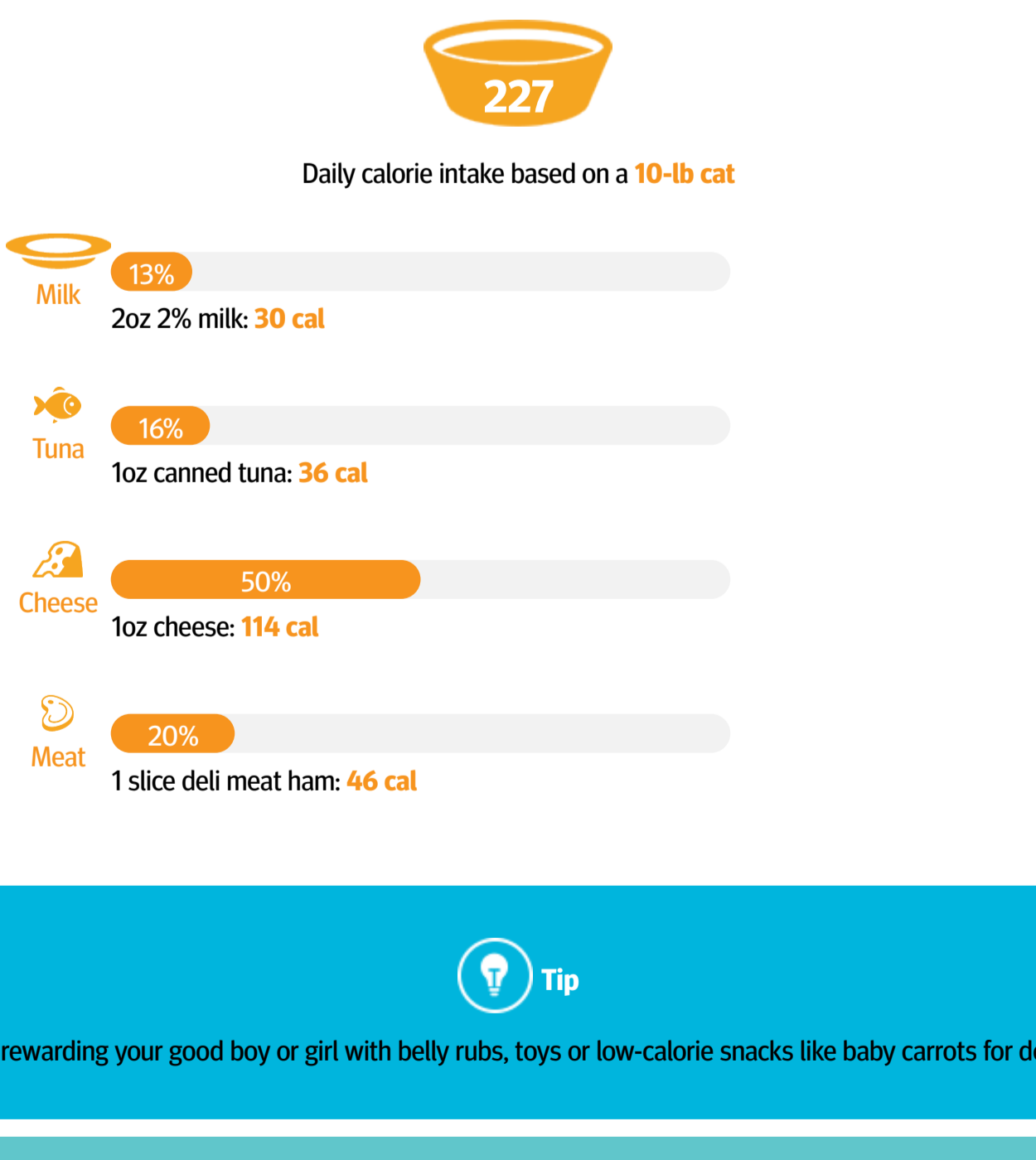
More Play, Less Weight

Get your cat to play with a jingle ball, feather teaser or laser pointer. Take your dog on a walk, play catch or hide snacks in a treat toy.

Take It Easy on the Treats

You may be tempted to reward your cat or dog with human food, but even in small quantities, it can represent a large percent of your pet's daily caloric intake.

Interact with the chart below to see the impact different foods have on your pet's weight.



Tip

Try rewarding your good boy or girl with belly rubs, toys or low-calorie snacks like baby carrots for dogs.

View our State of Pet Health infographic for pet owners.

[Download Infographic »](#)

All statistics calculated by the Banfield Applied Research and Knowledge Team based on 2.5 million dogs and 505,000 cats seen at Banfield Hospitals in 2016.



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