PURINA®

PRO PLAN®

VETERINARY DIETS

# Let's Talk About Your Pet's Weight

Helping Pets Live
Their Best Lives

# Pet Obesity: A Growing Problem

An estimated 55.8% of dogs and 59.5% of cats in the USA are overweight or obese.[1] The most common contributing factors for obesity are either pet related (age, neutering, gender), owner related (overfeeding, excessive treats), or a combination of both.

Some owners might not see a problem with a “pleasantly plump” pet. Others might be hesitant to discuss their pet’s weight with their veterinarian for fear of being judged, or of having a difficult conversation. If you’re concerned or have questions about your pet’s weight, starting that conversation is an important first step in caring for your pet’s health.

# Weighty Consequences

Did you know that there are some very real risks that come with your pet's extra pounds?

**Overweight or obese cats are[2,3]:**

- nearly four times more likely to develop diabetes
- nearly five times more likely to develop lameness requiring veterinary care
- more likely to have nonallergic skin problems
- at risk for urinary tract diseases
- prone to liver disease and failure of the organ
- likely to experience osteoarthritis and ligament damage

**Overweight or obese dogs are at risk of developing[3]:**

- tracheal collapse
- diabetes
- cruciate ligament disease
- osteoarthritis
- urinary tract disease
- intervertebral disc disease
- pancreatitis

# A Healthy Step Starts With A Healthy Hug

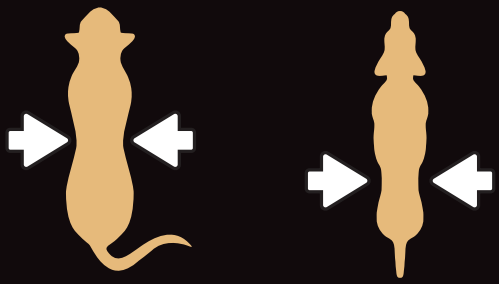
How do you know if a dog or cat is overweight? Start with a Healthy Hug! A simple body condition check is a great way to determine if a pet has a weight issue—and it's a great excuse to give them an extra hug today.

**STEP 1**

Place both thumbs on your pet's backbone and run your fingers along the rib cage. If you can't easily feel the bony part of each rib, they may need to lose weight.

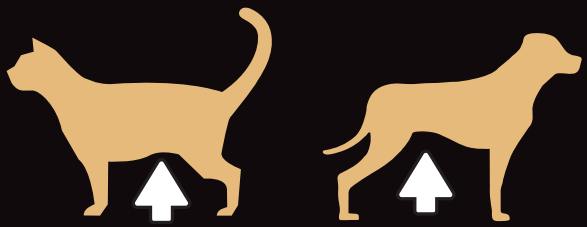
**STEP 2**

Stand directly over your pet while they are standing and look down on them. You should see a clearly-defined waist behind the ribs.



**STEP 3**

Check your pet's profile. If you don't see a clearly-defined abdomen tucked up behind their rib cage, they are probably overweight.



If any of these signs indicate that your pet is overweight, then it may be time to have a conversation with your veterinarian about next steps as soon as possible.

# 5 Tips for Pet Owners with Overweight Pets

**1. CREATE A NUTRITION PLAN** that feeds your pet to their ideal body condition. Refer to the feeding guidelines on packaging and adjust feeding amounts as necessary.

**2. MEASURE SERVINGS** according to your feeding plan. Divide the daily food allowance among multiple meals. This can help increase your pet's energy expenditure.

**3. BUILD A TREAT ALLOWANCE,** up to 10% of daily calories, into your pet's nutrition plan. Limit treats, especially table scraps as calories can add up quickly.

**4. DAILY EXERCISE** is one of the keys to your pet's health, such as walking or fetch with a dog or mobile toys and food puzzles for cats. Try to add an appropriate amount of activity to your pet's day.

**5. CONSIDER PERSONALIZED SOLUTIONS** like a puzzle feeder to slow down fast eaters, or separate feeding times and "smart bowls" for homes with multiple pets.

# Help Your Pet Return to Ideal Body Condition

The right nutrition can make a world of difference in your pet s weight and health. Purina® Pro Plan® Veterinary Diets offers formulas specifically designed to help pets lose body fat while maintaining lean muscle mass. We also offer a canine formula that provides additional joint support.

## OM METABOLIC RESPONSE + JOINT MOBILITY

CANINE FORMULA

- 3:1 protein-to-starch ratio
- Promotes a healthy metabolism
- High level of omega-3 fatty acids to help support joint health

## OM OVERWEIGHT MANAGEMENT

CANINE & FELINE FORMULAS

- Low in fat and calories
- High protein-to-calorie ratio promotes loss of body fat while helping maintain lean body mass
- Contains natural fiber to help contribute to satiety

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Questions? Concerns? Contact our
PURINA Veterinary Resource Center.

1-800-222-VETS (8387)
8am - 6:00pm CT
Monday through Friday

ProPlanVetDirect.com


1. petobesityprevention.org 2018 Pet Obesity Statistics. Accessed August 26, 2022.
2. Scarlett JM, Donoghue S. Associations between body condition and disease in cats. *J Am Vet Med Assoc* 1998;212:1725-1731.
3. German AJ, Ryan VH, German AC, Wood IS, Trayhurn P (2010): Obesity, its associated disorders and the role of inflammatory adipokines in companion animals. *Veterinary Journal* 185, 4-9.



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