Why Is Your Pet Overweight?

- Overfeeding / giving table scraps or high calorie treats
- Lack of exercise
- Early age spay/neuter
- Age
- Lack of knowledge about the issue

Consequences of Obesity

Adipose tissue is biologically active, secreting inflammatory hormones. This causes a disruption in normal cell function, allowing for an increase in free radicals contributing to a number of health problems:

- Diabetes - especially in indoor cats
- Increased risk of cancer
- Liver dysfunction
- Kidney dysfunction; bladder stones seen often in cats
- High blood pressure which can lead to heart disease
- Osteoarthritis at an earlier age and quicker degeneration of joints
- Breathing problems
- Exercise intolerance - usually due to breathing problems and arthritis
- An overall shortened lifespan by an average of 1.8 years

Ways To Prevent and Manage

Weight Loss

- Gradual
- Under supervision of a veterinarian

Activities and Exercise

- Plan daily physical activities
- For cats: chasing toys, walks on a leash, food games, activity platforms
- For dogs: walking or running, chasing a ball, agility training, swimming
- Socializing at parks

Diet and Treats

- Complete and balanced diet
- Avoid feeding human food and table scraps
- Cats: feed set amount of food, into 2-4 smaller meals throughout day
- Healthy treat options: raw vegetables like carrots or pumpkin
- Time restricted feeding techniques or quantity restricted meals

Who Needs More Attention?

Dog Breeds:
- Labrador Retriever
- Dachshund
- Basset Hound
- Beagle
- Cavalier King Charles Spaniels
- Pug
- Bulldogs
- Golden Retriever
- Welsh Corgis
- Miniature Schnauzers
- Cocker Spaniels

Cat Breeds:
- Sphynx
- Birman
- Exotic, American, British
- Manx
- Peke-faced
- Persian

Fun Facts

- 55.8% of dogs
- 59.5% of cats in the U.S. are overweight/obese
- 1 pound on a human is roughly equivalent to 5 pounds on a dog
- Overweight pets tend to have overweight owners

Bibliography