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What you need to know aboutTM Obesity risks

Health risks of obesity

Condition	Signs
Diabetes mellitus	<ul style="list-style-type: none"> ■ Weakness ■ Increased thirst ■ Frequent urination ■ Depression ■ Abdominal pain
Arthritis and other joint disorders	<ul style="list-style-type: none"> ■ Behavioral changes ■ Limping ■ Stiffness ■ Difficulty climbing stairs
Heart disease	<ul style="list-style-type: none"> ■ Coughing ■ Lethargy ■ Difficulty breathing ■ Intolerance to exercise
High blood pressure	<ul style="list-style-type: none"> ■ No visible warning signs ■ Regular veterinary visits are critical
Skin problems	<ul style="list-style-type: none"> ■ Unkempt hair coat ■ Repeated itching and scratching

You can help your pet maintain a healthy body weight and prevent serious disease by providing proper nutrition, increased physical activity, and regular veterinary wellness visits.

Is your pet overweight? Overfeeding, unlimited access to food, and lack of exercise are all reasons why nearly 35% of pets in the U.S. are overweight.^{1,2} It's not always easy to recognize that a pet is overweight, but it's important to acknowledge obesity when identified because excess weight is a wellness issue and a risk factor for disease. It's so important for the health of your pet that the **Alliance for Healthier Pets – Obesity Awareness and Prevention Program*** has been formed to help pet owners and veterinary health care teams tackle this often difficult issue.

What's the harm of a little extra weight? A couple extra pounds may not seem like a big deal for your pet, but consider what those extra pounds translate to in terms of human weights. For example, 3 extra pounds on a 10-pound cat are equivalent to an extra 38 pounds on a 125-pound woman. An extra 5 pounds on a 30-pound dog are equivalent to an extra 21 pounds on a 125-pound woman. Extra weight can lead to serious health risks such as heart disease and high blood pressure, diabetes, arthritis, skin problems, and even shortened life expectancy – all of which are preventable. Be sure your veterinarian measures your pet's weight and records it for comparison from visit to visit.

If your pet is overweight, you can do something about it! Ask your veterinarian which food is best for your pet's current health needs. You can help your pet maintain a healthy body weight and prevent serious disease by providing proper nutrition, increased physical activity, and regular veterinary wellness visits. To learn more and to customize your pet's fitness program, visit PetFit.com. ■

* Formed by the American Veterinary Medical Association (AVMA) and Hill's Pet Nutrition, Inc.

Body frame versus weight

BREED	Great Dane	Beagle	Chihuahua	Maine Coon	Persian	Singapura
Average	130 lb	30 lb	4 lb	17 lb	11 lb	6 lb
Increase	+11 lb	+5 lb	+1 lb	+8 lb	+4 lb	+1 lb
Equivalent human weight	+10 lb	+21 lb	+31 lb	+59 lb	+45 lb	+21 lb
Average 125 lb						

REFERENCES

1. Prevalence and risk factors for obesity in adult dogs from private United States veterinary practices. Lund EM, Armstrong PJ, Kirk CA, et al. *Intl J Appl Res Vet Med* 4:177-186, 2006.
2. Prevalence and risk factors for obesity in adult cats from United States private veterinary practices. Lund EM, Armstrong PJ, Kirk CA, et al. *Intl J Appl Res Vet Med* 2:88-96, 2005.