



Transforming Lives



**let's end pet
obesity together**

**Get tools to make weight
conversations easier.**

Scan for these tools & more.



**90% of pet parents
with an overweight
pet don't realize it.**



simple steps to weight loss success

Developed in conjunction with Angela Rollins DVM, PhD, DACVN

1 assess the patient

- › Measure current body weight
- › Estimate body condition score (BCS) and/or body fat index (BFI)
- › Estimate ideal body weight based on BCS or BFI
- › Treat and/or manage comorbidities

the food

- › Estimate current calorie intake from primary food
- › Note type of food (canned, dry, other) and frequency of feeding
- › Record calories from treats and extra foods

the household

- › Preemptively troubleshoot obstacles (access to other pets' food, people in the household who feed extras, begging behaviors)
- › Assess opportunities for environmental enrichment and activity
- › Evaluate pet parent's ability to provide different forms and frequencies of meals

2 make a plan

- › Calculate goal calories based on ideal weight
- › Recommend food based on patient and pet parent needs
- › Limit treats and extras to less than 10% of daily calorie intake
- › Give specific food and feeding instructions, including total daily and meal time feeding amounts — don't forget to count calories from treats

The Quick Reco tool on [QuickReco.HillsVet.com](https://www.hillspet.com/quickreco) makes recommendations easy

3 follow up

- › Recheck weight at least every 4 weeks
- › Aim for weight loss of 0.5 to 2.0% of starting body weight per week in dogs and 0.5 to 1.0% for cats
- › Adjust food recommendations based on rate of weight loss
- › Troubleshoot problems
- › Provide encouragement and celebrate progress

4 make it last

- › Once goal is achieved, continue to adjust calories and recheck until weight is stable
- › Determine if a food change is needed based on the patient's metabolism
 - Pet eating less than the daily energy requirement (DER) for obese-prone pets based on ideal weight — consider reevaluating ideal weight estimation or contact Hill's Veterinary Consult Service at 1-800-548-8387
 - Pet eating more than DER for obese-prone pets based on ideal weight — consider weight maintenance food

