DETERMINE IDEAL WEIGHT IN 2 STEPS

Hill's — Transforming Lives

Maintaining or reaching an ideal weight can help reduce the risks associated with high body fat percentage.

As body fat increases, so does the risk for:

- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Kidney disease
- Cancer

STEP 1

Establish the dog's current body fat percentage by selecting the body shape and description that best matches theirs.

See reverse side for Step 2.

BFI Risk Chart

	UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	OBESE			
		Low Risk	**Moderate Risk**	**High Risk**	**Serious Risk**	**Severe Risk**	**Extreme Risk**
BODY CONDITION SCORE (BCS)	≤3	4-5	6-7	8-9	9	—*	—*
Laflamme DP. Development and validation of a body condition scoring system for dogs. *Canine Practice*. 1997;22(4):10-15.							
BODY FAT INDEX (BFI)	—**	20	30	40	50	60	70
Witzel, AL, et al. Use of a novel morphometric method and body fat index system for estimation of body composition in overweight and obese dogs. *J Am Vet Med Assoc.* 2014;244:1279-1284.							
BODY FAT PERCENTAGE	<16%	16–25%	26–35%	36–45%	46–55%	56–65%	>65%

Low Risk (16–25%)

Ribs Slightly prominent. Easily felt. Thin fat cover.
Shape From Above Well-proportioned lumbar waist.
Shape From the Side Abdominal tuck present.
Shape From Behind Clear muscle definition, smooth contour.
Tail Base Bones Slightly prominent. Easily felt.
Tail Base Fat Thin fat cover.

Moderate Risk (26–35%)

Ribs Slightly to not prominent. Can be felt. Moderate fat cover.
Shape From Above Detectable lumbar waist.
Shape From the Side Slight abdominal tuck.
Shape From Behind Losing muscle definition, rounded appearance.
Tail Base Bones Slightly to not prominent. Can be felt.
Tail Base Fat Moderate fat cover.

High Risk (36–45%)

Ribs Not prominent. Very difficult to feel. Thick fat cover.
Shape From Above Loss of lumbar waist, broadened back.
Shape From the Side Flat to bulging abdomen.
Shape From Behind Rounded to square appearance.
Tail Base Bones Not prominent. Very difficult to feel.
Tail Base Fat Thick fat cover. May have a small fat dimple.

Serious Risk (46–55%)

Ribs Not prominent. Extremely difficult to feel. Very thick fat cover.
Shape From Above Markedly broadened back.
Shape From the Side Marked abdominal bulge.
Shape From Behind Square appearance.
Tail Base Bones Not prominent. Extremely difficult to feel.
Tail Base Fat Very thick fat cover. Fat dimple or fold present.

Severe Risk (56–65%)

Ribs Not prominent. Impossible to feel. Extremely thick fat cover.
Shape From Above Extremely broadened back.
Shape From the Side Severe abdominal bulge.
Shape From Behind Square appearance.
Tail Base Bones Not prominent. Impossible to feel.
Tail Base Fat Extremely thick fat cover. Large fat dimple or fat fold.

Extreme Risk (>65%)

Ribs Unidentifiable. Impossible to feel. Extremely thick fat cover.
Shape From Above Extremely broadened back, bulging mid-section.
Shape From the Side Very severe abdominal bulge.
Shape From Behind Irregular or upside down pear shape.
Tail Base Bones Unidentifiable.
Tail Base Fat Extremely thick fat cover. Large fat folds or pads.

*The relationship between BCS and Body Fat >45% has not been validated.

**Body Fat Index has not been validated for underweight pets.

STEP 2 ➡

STEP 2

Using the dog's current weight and their established body fat percentage from Step 1, now determine their ideal weight.

Get more tools to help manage your patients' weight at HillsVet.com/weight.

Current Weight	IDEAL BODY WEIGHT [LB]					
	Body Fat % **20**	Body Fat % **30**	Body Fat % **40**	Body Fat % **50**	Body Fat % **60**	Body Fat % **70**
10	10	8.8	7.5	6.3	5.0	3.8
11	11	9.6	8.3	6.9	5.5	4.1
12	12	10.5	9.0	7.5	6.0	4.5
13	13	11.4	9.8	8.1	6.5	4.9
14	14	12.3	10.5	8.8	7.0	5.3
15	15	13.1	11.3	9.4	7.5	5.6
20	20	17.5	15.0	12.5	10.0	7.5
25	25	21.9	18.8	15.6	12.5	9.4
30	30	26.3	22.5	18.8	15.0	11.3
35	35	30.6	26.3	21.9	17.5	13.1
40	40	35.0	30.0	25.0	20.0	15.0
45	45	39.4	33.8	28.1	22.5	16.9
50	50	43.8	37.5	31.3	25.0	18.8
55	55	48.1	41.3	34.4	27.5	20.6
60	60	52.5	45.0	37.5	30.0	22.5
65	65	56.9	48.8	40.6	32.5	24.4
70	70	61.3	52.5	43.8	35.0	26.3
75	75	65.6	56.3	46.9	37.5	28.1
80	80	70.0	60.0	50.0	40.0	30.0
85	85	74.4	63.8	53.1	42.5	31.9
90	90	78.8	67.5	56.3	45.0	33.8
95	95	83.1	71.3	59.4	47.5	35.6
100	100	87.5	75.0	62.5	50.0	37.5
105	105	91.9	78.8	65.6	52.5	39.4
110	110	96.3	82.5	68.8	55.0	41.3
115	115	100.6	86.3	71.9	57.5	43.1
120	120	105.0	90.0	75.0	60.0	45.0
130	130	113.8	97.5	81.3	65.0	48.8
140	140	122.5	105.0	87.5	70.0	52.5
150	150	131.3	112.5	93.8	75.0	56.3
160	160	140.0	120.0	100.0	80.0	60.0

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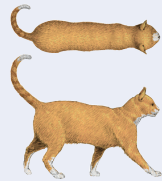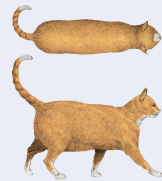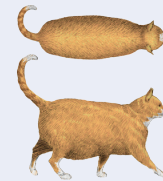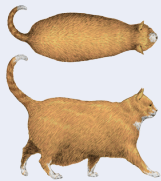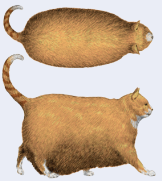
As body fat increases, so does the risk for:

- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Hepatic Lipidosis
- Kidney disease
- Cancer
- Bladder stones

STEP 1

Establish the cat's current body fat percentage by selecting the body shape and description that best matches theirs.

See reverse side for Step 2.

BFI Risk Chart

	UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	OBESE			
		Low Risk	**Moderate Risk**	**High Risk**	**Serious Risk**	**Severe Risk**	**Extreme Risk**
BODY CONDITION SCORE (BCS)	≤3	4–5	6–7	8–9	9	—*	—*

Reference: Laflamme DP. Development and validation of a body condition score system for cats: A clinical tool. *Feline Practice*. 1997;25(5/6):13-18.

BODY FAT INDEX (BFI)	—**	20	30	40	50	60	70

Reference: Witzel, AL, et al. Use of a novel morphometric method and body fat index system for estimation of body composition in overweight and obese cats. *J Am Vet Med Assoc*. 2014;244(11):1279-1284.

BODY FAT PERCENTAGE	<16%	16–25%	26–35%	36–45%	46–55%	56–65%	>65%

	16–25%	26–35%	36–45%	46–55%	56–65%	>65%
Head & Neck	Prominent distinction between head & shoulder. Loose scruff. No scruff fat	Clear distinction between head & shoulder. Loose scruff. Slight scruff fat	Clear to slight distinction between head & shoulder. Loose to snug scruff. Slight to moderate scruff fat	Minimal distinction between head & shoulder. Loose to snug scruff. Moderate scruff fat	Poor to no distinction between head & shoulder. Snug to tight scruff. Very thick scruff fat	No distinction between head & shoulder. Tight scruff. Very thick scruff fat
Ribs	Prominent. Very easy to palpate	Not prominent. Easy to palpate	Not prominent. Palpable	Not prominent. Difficult to palpate	Not prominent. Extremely difficult to impossible to palpate	Not prominent. Impossible to palpate
Abdomen	Loose abdominal skin. Easy to palpate abdominal contents	Loose abdominal skin with minimal fat. Easy to palpate abdominal contents	Obvious skin fold with moderate fat. Easy to palpate abdominal contents	Heavy fat pad. Difficult to palpate abdominal contents	Very heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents	Extremely heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents
Tail Base	Prominent bony structure. Easy to palpate. Minimal fat cover	Slightly to minimally prominent bony structure. Palpable. Slight fat cover	Minimally prominent bony structure. Palpable. Slight to moderate fat cover	Poorly defined bony structure. Difficult to palpate. Moderate to thick fat cover	Bony structure not prominent. Very difficult to palpate. Very thick fat cover	Bony structure not prominent. Extremely difficult to palpate. Extremely thick fat cover
Shape From the Side	Moderate to slight abdominal tuck	No abdominal tuck	Slight abdominal bulge	Moderate abdominal bulge	Severe abdominal bulge	Very severe abdominal bulge
Shape From Above	Marked hourglass	Slight hourglass / lumbar waist	Lumbar waist	Broadened back	Severely broadened back	Extremely broadened back

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STEP 2 ➡

STEP 2

Using the cat's current weight and their established body fat percentage from Step 1, now determine their ideal weight.

Current Weight	IDEAL BODY WEIGHT [LB]					
	Body Fat % 20	Body Fat % 30	Body Fat % 40	Body Fat % 50	Body Fat % 60	Body Fat % 70
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10	10	8.8	7.5	6.3	5.0	3.8
11	11	9.6	8.3	6.9	5.5	4.1
12	12	10.5	9.0	7.5	6.0	4.5
13	13	11.4	9.8	8.1	6.5	4.9
14	14	12.3	10.5	8.8	7.0	5.3
15	15	13.1	11.3	9.4	7.5	5.6
16	16	14.0	12.0	10.0	8.0	6.0
17	17	14.9	12.8	10.6	8.5	6.4
18	18	15.8	13.5	11.3	9.0	6.8
19	19	16.6	14.3	11.9	9.5	7.1
20	20	17.5	15.0	12.5	10.0	7.5
21	21	18.4	15.8	13.1	10.5	7.9
22	22	19.3	16.5	13.8	11.0	8.3
23	23	20.1	17.3	14.4	11.5	8.6
24	24	21.0	18.0	15.0	12.0	9.0
25	25	21.9	18.8	15.6	12.5	9.4
26	26	22.8	19.5	16.3	13.0	9.8
27	27	23.6	20.3	16.9	13.5	10.1
28	28	24.5	21.0	17.5	14.0	10.5
29	29	25.4	21.8	18.1	14.5	10.9
30	30	26.3	22.5	18.8	15.0	11.3
31	31	27.1	23.3	19.4	15.5	11.6
32	32	28.0	24.0	20.0	16.0	12.0
33	33	28.9	24.8	20.6	16.5	12.4
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35	35	30.6	26.3	21.9	17.5	13.1

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