Obesity
A threat for people and pets

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Obesity is a chronic disease that harms every organ system

Weight bias gets in the way of progress
“Obesity is a chronic disease that harms every organ system”
Obesity is a chronic disease that harms every organ system.

Shortened lifespan

- Labrador retriever
- German shepherd
- Golden retriever
- Boxer
- Pit bull
- American cocker spaniel
- Beagle
- Dachshund
- Shih tzu
- Pomeranian
- Chihuahua
- Yorkshire terrier
Chronic diseases cannot be cured
Percentage weight loss kinetics

Days on programme

Weight loss (%/wk)
Owner compliance and overall success of weight loss programmes

<table>
<thead>
<tr>
<th>Months</th>
<th>% of dogs (n=149)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>97 (0.28)</td>
</tr>
<tr>
<td>2</td>
<td>92 (29-56)</td>
</tr>
<tr>
<td>3</td>
<td>86 (57-84)</td>
</tr>
<tr>
<td>4.5</td>
<td>62 (85-168)</td>
</tr>
<tr>
<td>7</td>
<td>32 (169-252)</td>
</tr>
<tr>
<td>10</td>
<td>41 (253-336)</td>
</tr>
<tr>
<td>14</td>
<td>18 (337-504)</td>
</tr>
<tr>
<td>20</td>
<td>4 (505-672)</td>
</tr>
</tbody>
</table>

Legend:
- Red: Stopped
- Green: On going
- Dark Green: Completed
Obesity is a chronic disease that harms every organ system

Weight bias gets in the way of progress
Struggling on legs again, esp hindlegs, stiffness in hips i think. rest of legs ok, stifles ok. takes a while to get up. is overweight +++, adv diet. discussed exercise, regular gentle exercise is best. start metacam and see if improvement. also discussed cod liver oil and glucosamines.

Dispense METACAM 32ml. give 25kg dose once daily with or after food.

8 year old female neutered border collie

We searched computer records & looked at the free text of 21,145 consultations…

SEARCH TERMS:
“obese”
“overweight”

~1 %
DIET FAIL

PERDU KIKI
Action on pet obesity

1. Define obesity as a disease
Most medical organisations now recognise obesity as a disease...
The Global Pet Obesity Initiative

Universal Body Condition Score System

We propose the global veterinary community adopt a standardized body condition scoring system to facilitate international comparisons and provide a consistent and reliable method for evaluating body condition.

Defining Quality as a Review

Formally endorsed by the 
American Veterinary Medical 
Association on 16th July 2018

...and another 9 
associations including...

- BSAVA
- BVA
- Dogs Trust
Action on pet obesity

1. Define obesity as a disease

2. Improve communication about obesity
Action on pet obesity

1. Define obesity as a disease

2. Improve communication about obesity

3. Redefine weight loss goals
Benefits seen with 6-9% weight loss
Redefine weight loss goals

Percentage weight loss kinetics

Owner compliance and overall success of weight loss programmes

- Stopped
- On going
- Completed
...And finally... a word on prevention

Abstract

Limited information is available on what constitutes optimal growth in dogs. The primary aim of this study was to develop evidence-based growth standards for dogs, using retrospective analysis of bodyweight and age data from 14 million young dogs attending a large corporate network of primary care veterinary hospitals across the USA. Electronic medical records were used to generate bodyweight data from immature client-owned dogs, that were healthy and had remained in ideal body condition throughout the 3 years of life. Growth centile curves were constructed using Generalised Additive Models for Location, Shape and Scale. Curves were displayed graphically as centile charts covering the age range 12 weeks to 2 years. Over 100 growth charts were modelled, specific to different combinations of breed, sex and neuter status. Neutering before 27 weeks was associated with a slight upward shift in growth trajectory, whilst neutering after 27 weeks was associated with a slight downward shift in growth trajectory. However, these shifts were small in comparison to inter-individual variability amongst dogs, suggesting that separate curves for neutered dogs were not needed. Five bodyweight categories were created to cover breeds up to 42kg, using both visual assessment and Hierarchical cluster analysis of breed-specific growth curves. For 20/24 of the individual breed centile curves, agreement with curves for the corresponding bodyweight categories was good. For the remaining 4 breed curves, occasional deviation across centile lines was observed, but overall agreement was acceptable. This suggested that growth could be described using size categories rather than requiring curves for specific breeds. In the current study, a series of evidence-based growth standards have been developed to facilitate charting of bodyweight in healthy dogs. Additional studies are required to validate these standards and create a clinical tool for growth monitoring in pet dogs.