

lighten the load for heavy pets

Ever try to carry a mountain bike? It's a heavy load, right – nearly 30 pounds of extra weight. Now picture a Cocker Spaniel that's just a bit overweight, let's say five pounds. It doesn't sound like a lot, but for them, it's like carrying around a mountain bike all day, every day. Yikes!

Don't worry, this isn't a math test. But we *are* talking about numbers – and the number of overweight and obese pets has been increasing for many years. Check it out: In 2011, 16% of the dogs Banfield saw were diagnosed as overweight or obese. By 2021, the percentage climbed to 34%. That's a 108% increase. For cats, the bump was even bigger: 114% more cats were diagnosed as overweight or obese in 2020, compared to 2011.

Does being overweight put pets at risk?

Yes, it does. Take a look at the graphic below, based on new data and analysis from Banfield. Some statistics really jump out at you about the risk for dogs and cats. Sure, we know that talking about weight gain or loss can be a touchy subject. But [being overweight or obese can put our four-legged friends at risk](#), and they need our help.

If your BFF or purry pal might be overweight or obese, here's what we recommend: Schedule an appointment with [your Banfield vet team](#), put a weight loss plan together, and get started. You can do it, and your pet will love you for it.

More good news: Banfield also offers virtual and in-office nutrition advice sessions with veterinary technicians to make it easier than ever to partner with pet owners on pet nutritional needs, diet ingredients, and a healthier weight. Give us a call to find out more, and also visit the Banfield Shop to [find prescription pet foods for your BFF](#).

You're not alone: Real pets, real stories

Lots of pets, pet owners, and vet teams are working together to help pets lose weight, including Holly, Harley, and Louie.

Holly's making strides

Holly is a 3-year-old Australian Shepard living in Chicago with her owner Julia. About a month into the pandemic, Julia noticed Holly was looking heavier and acting "lazier" than normal. Holly's veterinarian confirmed she was overweight. After the vet visit, Julia started feeding Holly less, exercising her more every day, and even bought her a life jacket to teach her to swim. Now that Holly has lost the weight, Julia



remains committed to providing her with a healthy lifestyle, and claims that Holly is more energetic and loving without the extra pounds.

Harley's getting healthy

Harley is a 4-year-old Shar Pei/Rottweiler mix

living in New Jersey. Before the pandemic, she had playdates every day with her two besties, Tesla and Sammy. They loved to swim, hike, and play fetch for hours at the dog park. Harley was always at a healthy weight – until she got too many treats and not enough exercise



during quarantine. Her veterinarian diagnosed her as obese in early 2021. Since then, Harley's owners have been committed to getting her back to a healthy weight. Go girl!

Louie's got work to do



Melissa noticed her 4-year-old Cavapoo, Louie, was gaining weight when the neon vest the dog wears for nighttime walks became a little snug. "Before the quarantine, it was loose on him," she said. "But with everyone at home, baking banana bread and feeding him table

scraps, we could barely strap it on.” Louie weighs 52 pounds, up 10 pounds over the past year and almost double his ideal weight. Time to see the vet.

How’s your BFF doing? Do you have questions or concerns about their weight, mobility, or overall health? We can help – Schedule an appointment with [your local Banfield Veterinary team](#).



What do **extra pounds** mean for **your pet?**

Pet owners reported extra pounds on their cats and dogs during the pandemic. But the number of overweight and obese pets have been increasing long before. Here’s a look at the very real impact extra pounds have on the pets we all love.



5 LBS OVERWEIGHT = 79 extra lbs for a human (Equivalent to a person carrying around 9 one-gallon jugs of water)

10 LBS OVERWEIGHT = 167 extra lbs for a human (Equivalent to a person carrying a dishwasher)



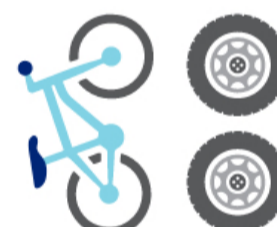
2 LBS OVERWEIGHT = 26 extra lbs for a human (Equivalent to a person carrying 5 bags of flour)

5 LBS OVERWEIGHT = 105 extra lbs for a human (Equivalent to a person carrying three cinder blocks)



5 LBS OVERWEIGHT = 28 extra lbs for a human (Equivalent to a person carrying a mountain bike)

10 LBS OVERWEIGHT = 56 extra lbs for a human (Equivalent to a person carrying two car tires)



15 LBS OVERWEIGHT = 35 extra lbs for a human (Equivalent to a person carrying 3 sacks of potatoes)

30 LBS OVERWEIGHT = 63 extra lbs for a human (Equivalent to a person carrying 2 three-year-olds on their back)



The risks of an *unhealthy weight*

Overweight & obese dogs are...

3.9x

more likely to be diagnosed with dermatological issues

2.4x

more likely to be diagnosed with respiratory conditions like COPD

3.7x

more likely to be diagnosed with endocrinological disorders like diabetes mellitus or hypothyroidism

3.1x

more likely to be diagnosed with orthopedic conditions like cranial cruciate ligament rupture

Overweight & obese cats are...

6.8x

more likely to be diagnosed with dermatological issues

5x

more likely to be diagnosed with diabetes mellitus

3.5x

more likely to be diagnosed with respiratory conditions such as asthma and bronchitis

3.9x

more likely to be diagnosed with urinary conditions such as urinary stones

Make a Healthy Change

Talk to your veterinarian and together create a plan to move your pet toward an ideal weight. Calorie intake, food types, snacks and exercise will all come into focus. The solution isn't meant to be a quick overnight cure, but a lifelong change for the better.





Start an Optimum Wellness Plan®

Smart and affordable preventive petcare packages
for the pet you love.

[Start now](#)



Come on in

Make an appointment now at a convenient Banfield
location near you.

[Make an appointment](#)

Banfield Pet Hospital, an Affiliate of [Mars, Incorporated](#)

© 2021 Banfield Pet Hospital