

# BODY CONDITION SCORE GUIDE FOR MEDIUM DOGS

Assessing your pet's body condition score with this 9-point scale can help determine if your pet is under, over or at their ideal body condition. It focuses on the look and feel of your pet, not just their weight. Check out the different scores and descriptions below and let us know which score you feel best matches your pet.



## TOO THIN

**1**

- Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance
- No discernible body fat
- Obvious loss of muscle mass

**2**

- Ribs, lumbar vertebrae and pelvic bones easily visible
- No palpable fat
- Some bony prominences visible from a distance
- Minimal loss of muscle mass

**3**

- Ribs easily palpable and may be visible with no palpable fat
- Tops of lumbar vertebrae visible; pelvic bones becoming prominent
- Obvious waist and abdominal tuck

## IDEAL

**4**

- Ribs easily palpable with minimal fat covering
- Waist easily noted when viewed from above
- Abdominal tuck evident

**5**

- Ribs palpable without excess fat covering
- Waist observed behind ribs when viewed from above
- Abdomen tucked up when viewed from side

**6**

- Ribs palpable with slight excess of fat covering
- Waist is discernible when viewed from above but is not prominent
- Abdominal tuck apparent

## OVERWEIGHT

**7**

- Ribs palpable with difficulty; heavy fat cover
- Noticeable fat deposits over lumbar area and base of tail
- Waist absent or barely visible
- Abdominal tuck maybe absent

**8**

- Ribs not palpable under very heavy fat cover or palpable only with significant pressure
- Heavy fat deposits over lumbar area and base of tail
- Waist absent
- No abdominal tuck
- Obvious abdominal distension may be present

**9**

- Massive fat deposits over thorax, spine and base of tail
- Waist and abdominal tuck absent
- Fat deposits on neck and limbs
- Obvious abdominal distension

## Benefits of an Ideal Weight

- Increased life expectancy** – Studies reveal dogs with an ideal weight could live up to 2.5 years longer.<sup>1</sup>
- Decreased risk of health issues** – Pets that are above an ideal weight have a higher risk of developing associated diseases and conditions like diabetes mellitus, joint disease, heart disease and more.<sup>2,3</sup>
- Improved quality of life** – Pets with an ideal weight can experience increased energy and playfulness, improved mobility and joint health, and much more.

## A Few Extra Pounds May Mean More Than You Think



2.2 extra pounds on a 22 lb dog = 15.4 extra pounds on a 143.3 lb person

1. Teng KT et al. Strong associations of 9-point body condition scoring with survival and life span in cats. *J Feline Med Surg* 2018;1-9. 2. Scarlett JM and Donoghue S. Obesity in cats: Prevalence and prognosis. *Vet Clin Nutr* 1996; 3:128-132.

3. German A.J. et al. Obesity, its associated disorders and the role of inflammatory adipokines in companion animals. *Vet J*; 185:4-9.

Adapted from Lallamme D. Development and validation of a body condition score system for dogs: a clinical tool. *Canine practice volume 25 N° 5-6*, 1997.

# BODY CONDITION SCORE GUIDE FOR CATS

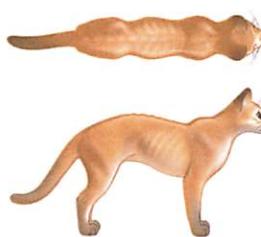
Assessing your pet's body condition score with this 9-point scale can help determine if your pet is under, over or at their ideal body condition. It focuses on the look and feel of your pet, not just their weight. Check out the different scores and descriptions below and let us know which score you feel best matches your pet.



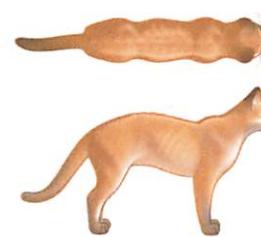
## TOO THIN

**1**

- Ribs, spine and pelvic bones easily visible on shorthaired cats
- Very narrow waist
- Small amount of muscle
- No palpable fat on the rib cage
- Severe abdominal tuck

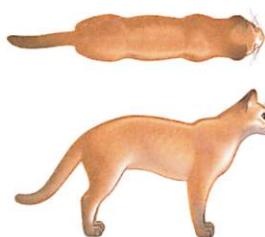
**2**

- Ribs easily visible on shorthaired cats
- Very narrow waist
- Loss of muscle mass
- No palpable fat on the rib cage
- Very pronounced abdominal tuck

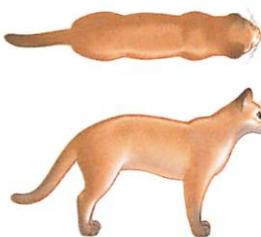
**3**

- Ribs visible on shorthaired cats
- Obvious waist
- Very small amount of abdominal fat
- Marked abdominal tuck

## IDEAL

**4**

- Ribs not visible but are easily palpable
- Obvious waist
- Minimal amount of abdominal fat

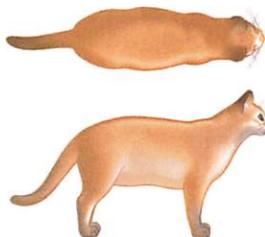
**5**

- Well proportioned
- Ribs not visible but are easily palpable
- Obvious waist
- Small amount of abdominal fat
- Slight abdominal tuck

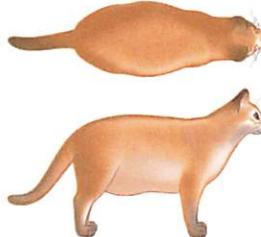
**6**

- Ribs not visible but palpable
- Waist not clearly defined when seen from above
- Very slight abdominal tuck

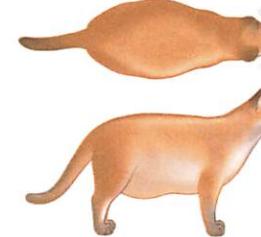
## OVERWEIGHT

**7**

- Ribs difficult to palpate under the fat
- Waist barely visible
- No abdominal tuck
- Rounding of abdomen with moderate abdominal fat pad

**8**

- Ribs not palpable under the fat
- Waist not visible
- Slight abdominal distension

**9**

- Ribs not palpable under a thick layer of fat
- Waist absent
- Obvious abdominal distension
- Extensive abdominal fat deposits

## Benefits of an Ideal Weight

- **Increased life expectancy** – Studies reveal cats with an ideal weight could live up to 1.9 years longer.<sup>1</sup>
- **Decreased risk of health issues** – Pets that are above an ideal weight have a higher risk of developing associated diseases and conditions like diabetes mellitus, joint disease, heart disease and more.<sup>2,3</sup>
- **Improved quality of life** – Pets with an ideal weight can experience increased energy and playfulness, improved mobility and joint health, and much more.

## A Few Extra Pounds May Mean More Than You Think



2.2 extra pounds on an 8.8 lb cat = 35.2 extra pounds on a 143.3 lb person

1. Teng KT et al. Strong associations of 9-point body condition scoring with survival and life span in cats. *J Feline Med Surg* 2018;1-9. 2. Scarlett JM and Donoghue S. Obesity in cats: Prevalence and prognosis. *Vet Clin Nutr* 1996; 3:128-132.

3. German A.J. et al. Obesity, its associated disorders and the role of inflammatory adipokines in companion animals. *Vet J*; 185:4-9. Adapted from Laflamme D. Development and validation of a body condition score system for dogs: a clinical trial. *Crit Rev Animal Sci* 2004; 33:17-27.