

**55%** of US dogs are either overweight or obese.

**37 million** US dogs are at increased risk for weight-related disorders, such as diabetes, osteoarthritis, hypertension, and cancer.

Don't let your pet  
become a statistic!

**Make nutrition  
a priority.**



*2014 AAHA Weight Management Guidelines for Dogs and Cats.*

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Source: Association for Pet Obesity Prevention, 2012 National Pet Obesity Survey.

# Start the Conversation!

**1** Point out the health risks listed on the poster and mention any warning signs you either see or might expect to see. Ask your client, “Will you watch for these warning signs and call us if you see any change, no matter how slight?”

**2** Relate the conditions to the pet’s weight. Talk about the pet’s weight as a “modifiable lifestyle risk.” Relay to your client, “We can reduce the risks by controlling Buster’s weight. It’s not easy, but many pet owners are successful. We’re here to help every step of the way.” Then ask the client, “Are you willing to do this for Buster’s long-term health?”

**3** Make a nutritional recommendation. Ask your client, “Will you make this change to Buster’s diet today?”

**For more weight management tools and tips, go to the AAHA Download Center:**

[aahanet.org/library/Weight\\_Management\\_Download\\_Center.aspx](http://aahanet.org/library/Weight_Management_Download_Center.aspx)

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This implementation toolkit was developed by the American Animal Hospital Association (AAHA) to provide information for practitioners regarding weight management for canines and felines. The information contained in this toolkit should neither be construed as dictating an exclusive protocol, course of treatment, or procedure, nor should it be interpreted as an AAHA standard of care. This implementation toolkit is supported by a generous educational grant from Hill's Pet Nutrition and Zoetis.

About AAHA—The American Animal Hospital Association is an international organization of nearly 6,000 veterinary care teams comprising more than 48,000 veterinary professionals committed to excellence in companion animal care. Established in 1933, AAHA is recognized for its leadership in the profession, its high standards for pet health care, and most important, its accreditation of companion animal practices. For more information about AAHA, visit [aahanet.org](http://aahanet.org)