

Getting the Weight Off: Utilizing a Nutritional Advocate

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What is obesity?

- Condition characterized by excess body fat
- Defined as an increase in fat tissue sufficient to contribute to disease
- >20% over ideal weight

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It's a health issue
It's an epidemic

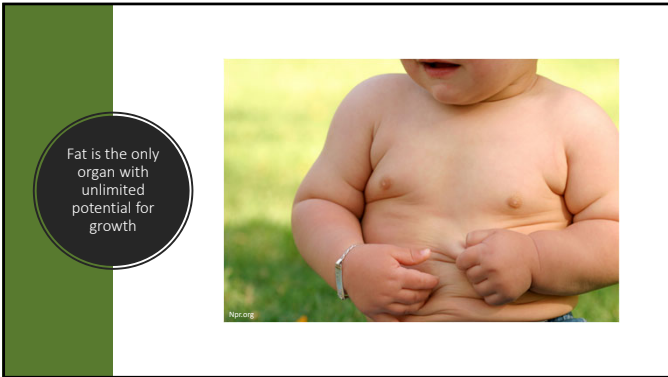
Obesity is not just a cosmetic issue



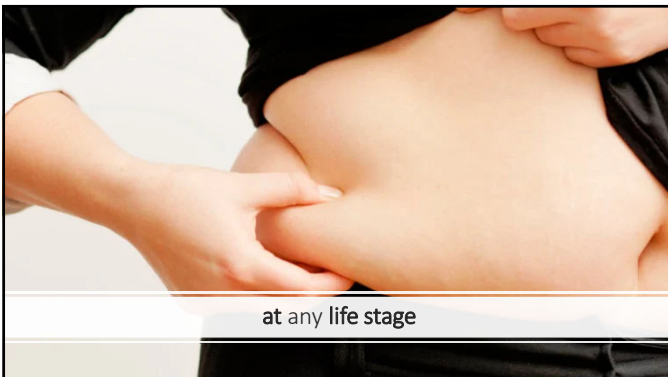
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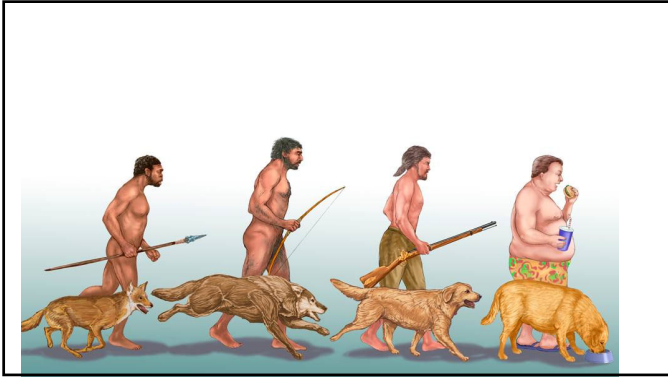
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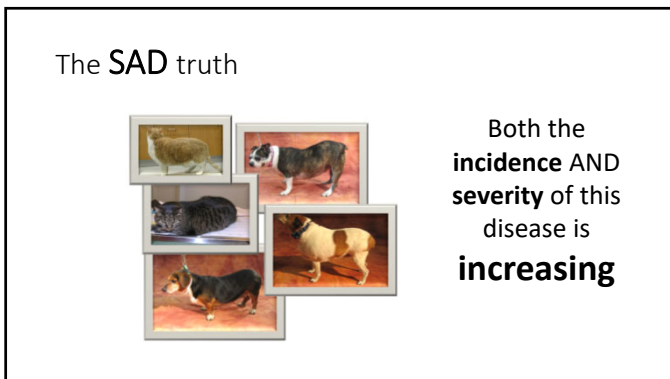
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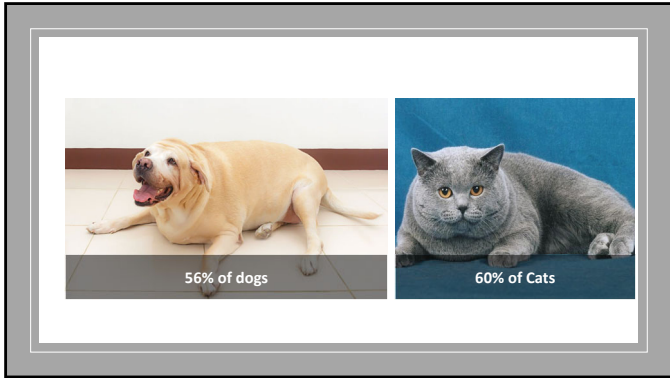
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2008-2017

- prevalence of overweight dog and cat patients increased
- 158% in dogs
- 169% in cats




Did you just call me FAT?

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Fat and Happy

- "She couldn't run or jump"
- "He started to get a little pudgy."
- "Was unable to walk, looked miserable."
- "She was lethargic, had absolutely no energy"

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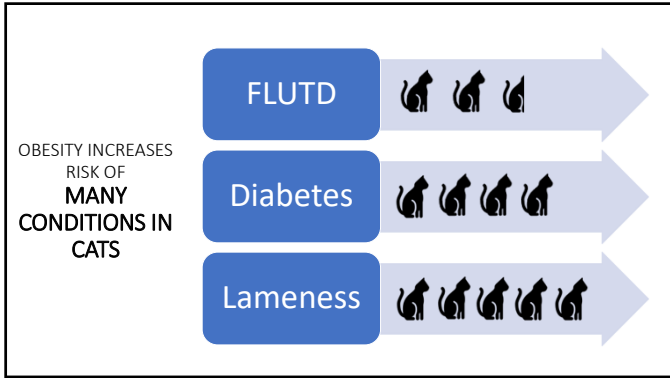
What are consequences of obesity?

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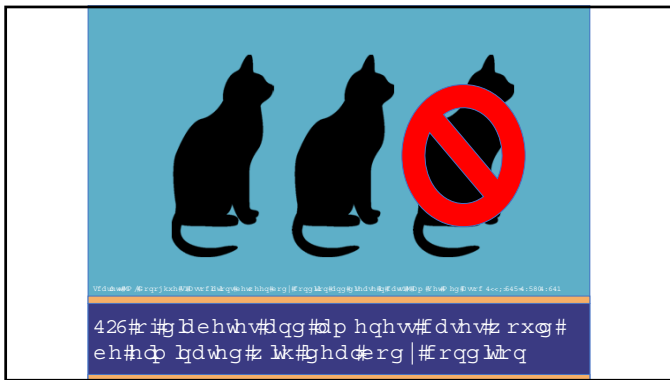
CONSEQUENCES OF EXCESS FAT IN DOGS & CATS
2014 AAHA

Reduced Life Expectancy
 Diminished Quality of Life
 Chronic Inflammation
 Adipose Cell
 Kidney Dysfunction
 Respiratory Disorders
 Skin Disorders
 Orthopedic Disease
 Cancer
 Metabolic and Endocrine Disorders
 Pet Obesity Prevention
 Pet Obesity Prevention

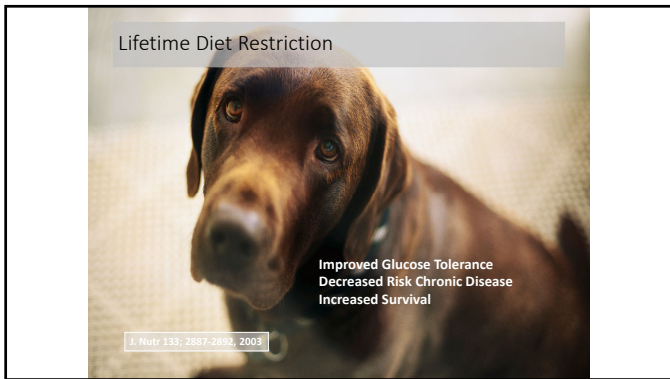
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The **GOOD NEWS:**
Weight Loss **Improves** Quality of Life

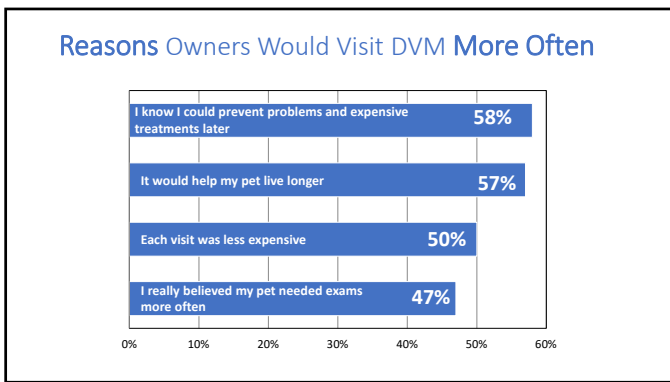
Improved Vitality $p = 0.03$
Decreased Emotional Disturbance $p=0.03$




Lean and Happy

German et al. 2012 Vet J 192(3) 428-434

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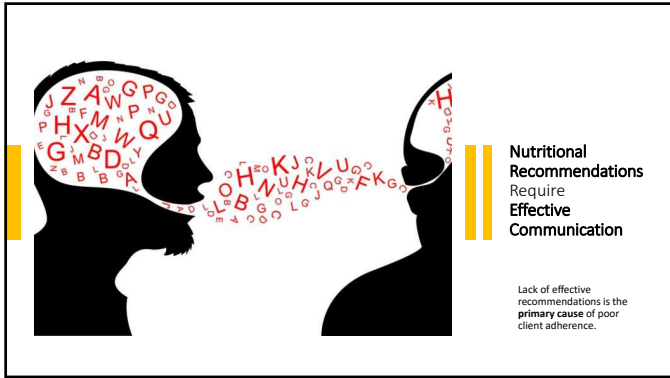


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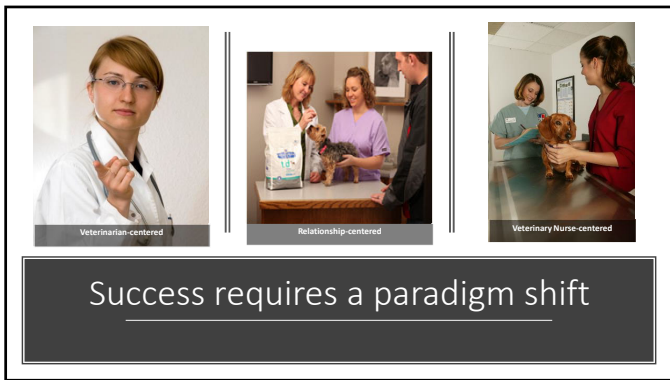


When Should You Talk to Owners about **NUTRITION?**

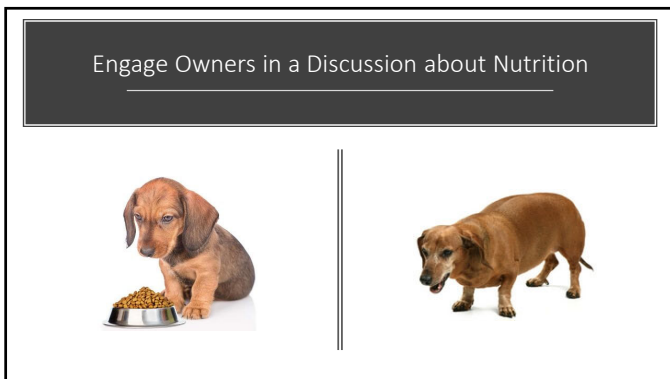
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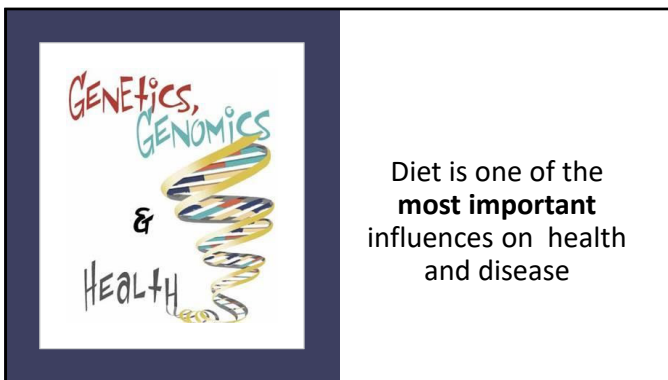
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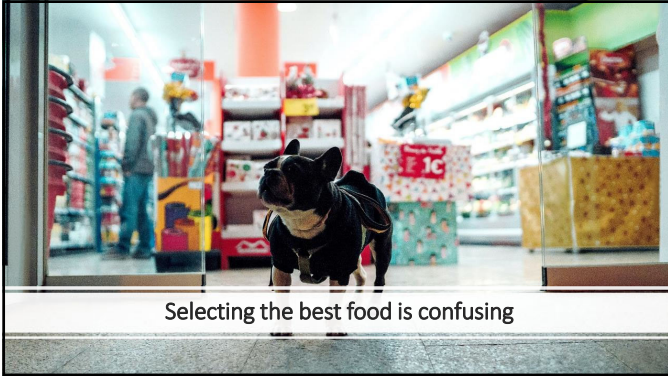
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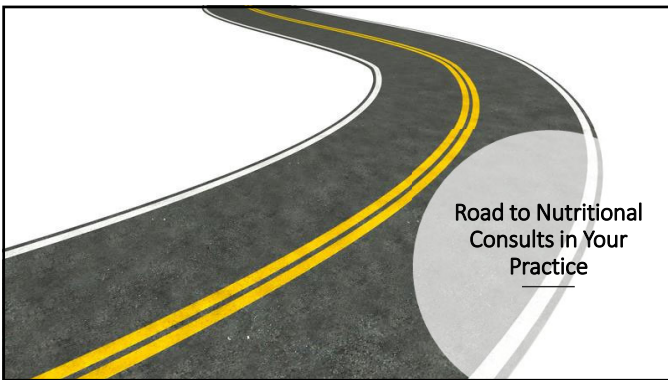
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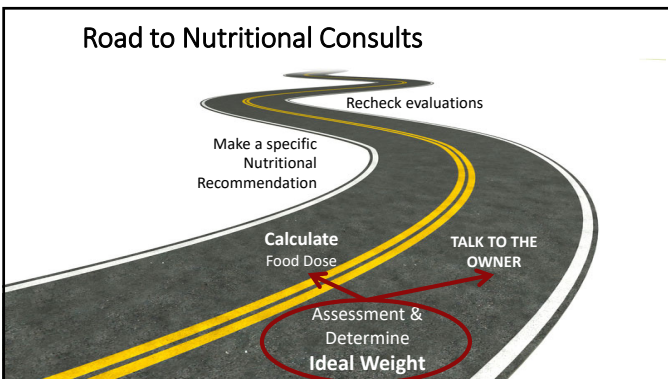
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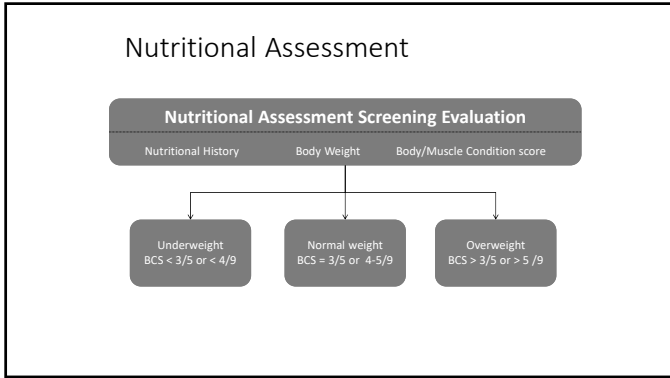
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Nutritional Risk Factors


Potential Nutritional Risk Factors

- Age
- Body condition
- Coat condition
- Disease/Dental
- Extras
- Food
- Gastrointestinal upset
- Housing

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Nutritional Evaluation

- Every Pet
- Every Time
- Nutritional Needs
- Feeding Goals



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Start by asking what the pet owner is currently feeding and why?



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Non-Formulary Questions

Date: _____ Pet's name: _____ Species: _____

Breed: _____ Date of Birth: _____

Gender: _____ Neutered/Spayed? No Yes

1. Tell me about your pet's living environment - indoors outdoors both

2. Tell me about your pet's activity level? Play/Walks 3 times/day 1-2 times/day Never

3. Do you have other pets? Yes No

4. Are you a vegetarian? No Yes

5. Does your pet have access to other, unmonitored food sources? No Yes

6. If so, please describe: _____

7. Tell me about your pet's exercise: _____

8. Why feeds your pet? _____

9. What changes have been made to your pet's diet in the past 30 days? _____

10. Please list the brands and product names (if applicable) of ALL foods, treats, snacks, dental hygiene products, supplements, and any other foods that your pet is currently eating.

Food/Treat	Form	Amount	How Often	Date Started

11. Tell me what supplements your pet receives: _____

12. What medications is your pet taking and how is each administered? _____

13. Tell me about the toys your pet enjoys: _____

14. Tell me about food or treats not formulated for pets that your pet receives: _____

15. Tell me what foods/treats are NOT tolerated by your pet: _____

16. If you are going on medication for your pet, tell me everything I need to do for your pet while you are gone: _____

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Short Diet History Form

Please answer the following questions about your pet

Pet's name: _____ Sex/Breed: _____ Age: _____

Owner's name: _____

Gender: male female Neutered/Spayed? No Yes

1. How active is your pet? Very active Moderately active Not very active

2. How would you describe your pet's weight? Overweight Ideal weight Underweight

3. Where does your pet spend most of the time? Indoors Outdoors Indoors and outdoors

Please list the brands and product names (if applicable) and the amount of ALL foods, treats, snacks, dental hygiene products, supplements and any other foods that your pet currently eats, including foods used to administer medications.

Food	Form	Amount	Frequency	Date Started
Example: Purina Dog Chow	dry	1 1/2 cups	twice	Jan 2012
Example: Purina One	dry	1/2 cup	twice	Jan 2012
Example: Purina One	dry	1/2 cup	twice	Jan 2012
Example: Purina One	dry	1/2 cup	twice	Jan 2012
Example: Purina One	dry	1/2 cup	twice	Jan 2012

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Nutritional History

- Open Ended Questions
- Tell me what Fluffy eats in a day
- What brand of food do you feed your pet (try to get specific name)?
- Do you feed moist or dry or both?
- How do you feed your pet – feeding method

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Communication Tip

- Pretend you are going on vacation and I will be caring for your pet.
- Tell me everything I will need to do in order to feed your pet just as you do.




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What is the NEXT step?

Nutritional Assessment Screening Evaluation

Nutritional History Body Weight Body/Muscle Condition score



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WHERE DOES YOUR PET FIT?

USE THE VISUAL INDICATORS TO SELECT A BODY CONDITION SCORE FOR YOUR PET



1	2	3	4	5
VERY THIN	UNDERWEIGHT	IDEAL	OVERWEIGHT	OBESE


1. VERY THIN: Unable to feel ribs or fat cover. TAIL BASE: Bones are visible on tail. COAT VIEW: Severely unkempt coat. OVERWEIGHT VIEW: Assumptions of irregular shape.
 2. UNDERWEIGHT: Easily felt ribs with little fat cover. TAIL BASE: Bones are visible, ribs slight fat cover. COAT VIEW: Unkempt coat. OVERWEIGHT VIEW: Mildly irregular shape.
 3. IDEAL: Easily felt ribs with slight fat cover. TAIL BASE: Smooth contour with slight fat cover. COAT VIEW: Unkempt coat. OVERWEIGHT VIEW: Mildly irregular shape.
 4. OVERWEIGHT: Difficult to feel ribs, moderate fat. TAIL BASE: Some ribbing, some palpable with pressure. COAT VIEW: No definition. OVERWEIGHT VIEW: Tail is slightly translucent in color.
 5. OBSE: Difficult to feel ribs, thick fat cover. TAIL BASE: Unkempt and difficult to feel under coat. COAT VIEW: No definition. OVERWEIGHT VIEW: Tail is highly translucent in color.

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Body Condition Score


Complementary Assessment
 Your pet's BCS can be supplemented with an assessment that simply uses your own hand. You can estimate what a very thin, ideal, or obese pet feels like by examining your knuckles in 3 different positions.



Very Thin
 Make a tight fist and run your fingers across your knuckles. This represents an underweight dog. No fat is felt, and the muscle/tissue between each rib has diminished, resulting in valleys in between the ribs.



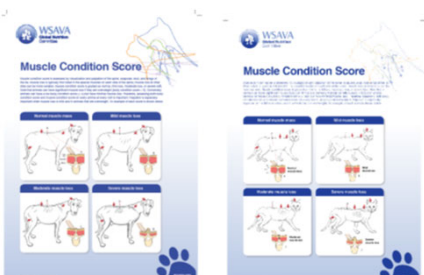
Ideal
 Relax your hand and run your fingers across the back of your hand around the knuckles. You should be able to feel individual bones covered with minimal fat without pushing hard. This is how a pet with an appropriate weight should feel.



Obese
 Turn your hand over, relax your hand, and run your fingers across the palm. You will feel a thick covering similar to how an obese dog would feel when you are petting the ribs. You know there is a bone in there somewhere, but you cannot feel it.

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Muscle Condition Scoring



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Calculate caloric intake

$$RER = 70 \times BW_{kg}^{3/4}$$

Or

$$RER = (30 \times BW_{kg}) + 70$$

(valid for patients >2kg to <30kg)


Or

$$RER = (kg \times kg \times kg, \sqrt{\quad}, \sqrt{\quad}) \times 70$$

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$RER = (kg \times kg \times kg, V, V) \times 70$

- Fribble, Canine, 20 lbs
 - $20/2.2 = 9.1$ kg
 - $9.1 \times 9.1 \times 9.1 = 753.57$
 - $753.57 \times V = 27.45$
 - $27.45 \times V = 5.24$
 - $5.24 \times 70 = 366.76$ kcal/day



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**Every Pet,
Every Time.**



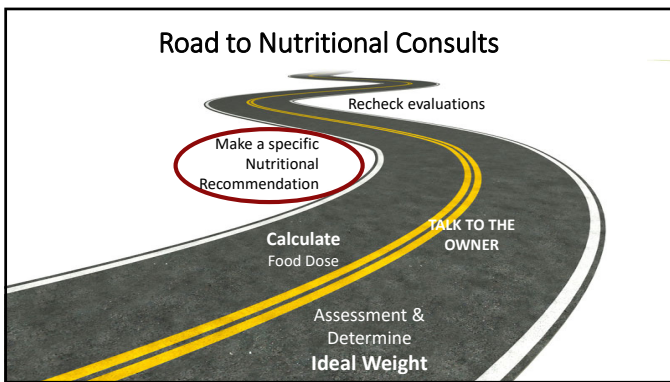
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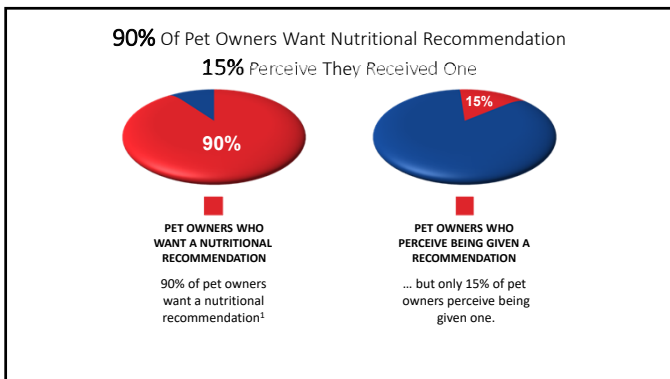
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Make A Specific Recommendation

1. Tell the client what food you recommend, **and why**. Be specific.
2. Ask what concerns they might have in following your recommendation.
3. **What other questions do they have?**
4. Write your specific nutritional recommendation in patient record.

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Nutritionists Recommendations
WSAVA recommendations for selecting pet foods

WSAVA Global Nutrition Commission Recommendations on Selecting Pet Foods

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Is the manufacturer's contact information available on the product for the veterinary team and pet owner?

Does the manufacturer employ full-time veterinary nutritionist(s), veterinarians, and credentialed veterinary technicians?

Where are the foods produced and manufactured?

Nutritionist Recommendations

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Nutritionist Recommendations



Are specific quality control measures in place to assure product consistency and quality?



Will the manufacturer provide a complete nutrient analysis for the pet food in question—above and beyond the guaranteed analysis?



Has the product undergone research? And are the results published in peer-reviewed journals?

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Nutritional Adequacy Statement

What method was utilized to substantiate that the food is complete and balanced?

AAFCO feeding trials:

Were the products fed to the intended species & intended life stage?

Does the product label state "Animal feeding tests using AAFCO procedures substantiate [Product Name] provides complete and balanced nutrition for [life stage(s)]"?

AAFCO nutrient profiles:

Do the foods meet AAFCO nutrient profiles by formulation or by analysis of the finished product?

Does the product label state "[Product Name] is formulated to meet the nutritional levels established by the AAFCO (Dog or Cat) Food Nutrient Profiles for [life stage(s)]"?



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Follow up with clients



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Summary






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**Nutrition is Vital
Be the Nutrition Champion!**



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Thank You

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