Body Condition Score (BCS) for Dogs

1. Very Thin
   - 20% under ideal weight
   - Ribs, spine and hip bones are easily visible (coat may interfere with observation)
   - Fat can not be seen or felt under the skin
   - Obvious loss of muscle mass
   - Extreme waist and abdominal tuck

2. Thin
   - Ribs, spine and hip bones are easy to feel and visible
   - Fat can not be seen or felt under the skin, especially around the ribs and lower back
   - Obvious waist and abdominal tuck
   - Some muscle loss

3. Ideal
   - Ribs, spine and hip bones are easily felt and may be visible (coat may interfere with visibility)
   - A waist and abdominal tuck are seen when viewed from above and side
   - Fat can be felt around ribs, spine and hip bones

4. Overweight
   - Ribs, spine and hip bones are not visible and difficult to feel
   - Excess fat is felt around ribs, spine and hip bones
   - Waist and abdominal tuck are minimal or absent

5. Obesity
   - Ribs, spine and hip bones are difficult to feel under a thick layer of fat
   - Waist and abdomen distended when viewed from above and side
   - Prominent fat deposits over lower spine, neck and chest


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**Weight Management for Body Condition Score 7 - 9**

The number of pets that are overweight or have obesity (BCS 6-9) continues to increase in the U.S. and globally. Obesity is a complex, multifactorial disease that requires early recognition and intervention to achieve a healthy body condition, prevent secondary medical problems, extend longevity, and improve quality of life.

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<th>Why is my pet overweight or has a high BCS?</th>
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| Body Condition Score (BCS) is a screening tool used to estimate body fat accumulation in an animal. Body condition scores are most accurate when performed by a trained professional. | Common Weight-Related Diseases in Dogs:  
- Arthritis & osteoarthritis  
- Respiratory disease  
- Bladder & urinary tract disease  
- Diabetes  
- Insulin resistance  
- Cancer  
- Heart disease  
- Hip, elbow, & shoulder dysplasia  
- Hypertension  
- Hypothyroidism  
- Kidney disease  
- Liver disease  
- Reproductive disease  
- Skin disease | Awareness & Recognition: Obesity is a complex disease influenced by several factors, including genetics, medical conditions, caloric intake, diet and feeding habits, physical activity, and general lifestyle.  
A human-animal-family treatment approach works best if your dog has been identified as over their ideal body condition.  
Develop a nutritional management, exercise, and medical plan with your veterinarian and pet healthcare team. | Next steps vary depending on the medical assessment and immediate health needs and risk factors for your cat.  
- Identify & treat any underlying medical conditions  
- Calculate daily caloric needs  
- Select a diet  
- Create a healthy feeding & treat program  
- Feed pets separately  
- Aim for 30 minutes of daily aerobic activity  
- Weigh monthly  
- Involve the entire family |

Dog owners often underestimate their dog’s ideal or healthy body condition.

If excess fat accumulation and obesity are unrecognized, untreated, or unmanaged, it can lead to many weight-related health problems, including decreased life expectancy, chronic pain, and poor quality of life.

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The Association for Pet Obesity Prevention (APOP) is a 501(c)(3) organization dedicated to the awareness, prevention, and treatment of pets with obesity and weight-related disorders. We are committed to making the lives of dogs, cats, all other animals, and people healthier and more vital.

www.petobesityprevention.org

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