Lightfoot Ragdolls

Is Your Cat an Appropriate Weight? Body Scoring

Have you ever heard of Body Scoring your pet? There are specific things you can look for in your cat to determine if they are a healthy weight, underweight or overweight.

When you take home your kitten, do this test and then a week later and a month later, then about once a month thereafter. It can help you spot issues before they get severe.

The following are charts to help you determine how your cat is doing. Keep in mind that fluffy cats can be more difficult to assess and you may have to do more feeling than just observing. Ragdolls are also bigger cats. There have been vets that are concerned that the cat is overweight based on weight alone. That is not an accurate diagnostic on a ragdoll. Body scoring is much more accurate. If you have concerns, please contact your vet. Along with the baseline breathing rate and heartrate talked about in the First Aid article, it's good to chart this for yourself so you know where your cat is and can notice changes if you documented them somewhere. You can make a folder that has that info, along with vaccine records to keep all health stuff together.

You can find more info here:

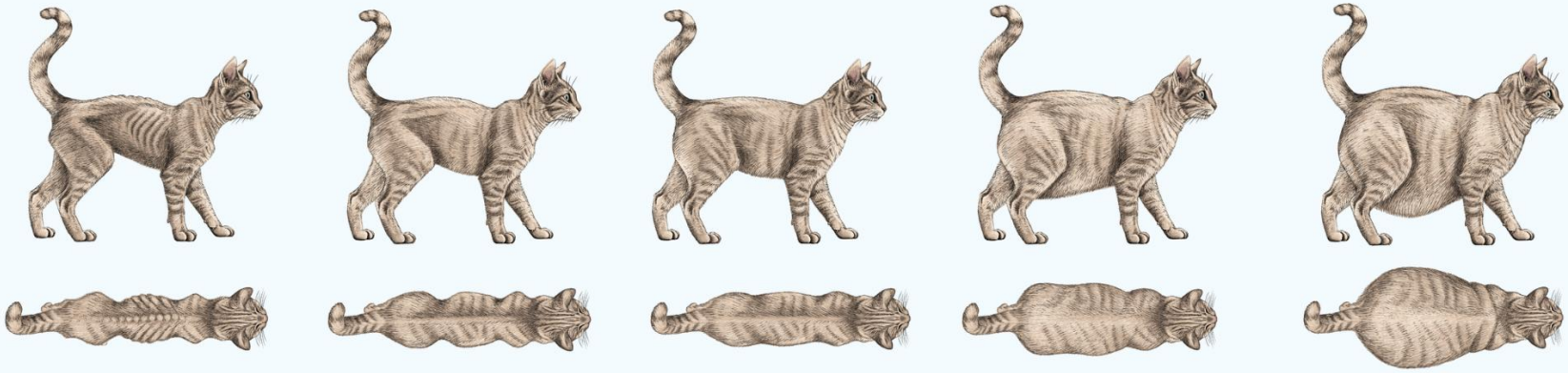
https://www.petobesityprevention.org/catbcs

See charts on the following pages. There is a chart for you to use for your cat at the end.

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Body Condition Scoring Cats

Association for Pet Obesity Prevention



1 2 3 4 5 6 7 8 9

Very Thin

- Ribs, spine and hip bones are visible (coat may interfere with visibility)
- Fat can not be seen or felt under the skin
- Obvious loss of muscle mass

Thin

- Ribs, spine and hip bones are visible (coat may interfere with visibility)
- Fat can not be seen or felt under the skin
- Obvious loss of muscle mass

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

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

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

Bjornvad CR, et al Evaluation of a nine-point body condition scoring system in physically inactive cats. *AJVR* 2011;72:433-437.
Laflamme DP. Development and validation of a body condition score for cats. *Feline Pract* 1997; 25: 13-18.

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SHAPING UP TO PET OBESITY

SUPPORTED BY ROYAL CANIN

BODY CONDITION SCORE
CAT

ROYAL CANIN®

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

ABOVE IDEAL



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 pad



8

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

OBESE



9

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

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Personal Home Assessment

Cat Name ______________________________

Birth date ______________________________

Date	Body Score	Respiratory Rate	Heartrate