



## Overview/description

### The lighter side of obesity: Making weight loss fun and inspiring for families

'How do I even bring up weight loss to families?' 'We've dropped the amount twice and the dog still isn't losing weight, what now!?' Participants will walk away with strategies to answer weight loss question like these and to engage families in creative conversations to make weight loss more fun and effective. Troubleshooting through case examples in this session will provide ready-to-use and practical tools for veterinarians.

#### Program Agenda:

- Client communication about obesity including diagnosis, clinical considerations, and consequences of obesity.
  - Full nutritional assessment based on WSAVA and AAHA guidelines
  - Client communication surrounding diagnosis and engagement in weight loss plans
  - Clinical considerations and sequelae from obesity
- A review of resources that are available to pet owners and to veterinarians online, such as evidence-based blogs and websites written by specialists with non-biased information.
  - University websites with pet nutrition information ([www.petfoodology.org](http://www.petfoodology.org))
  - WSAVA Nutrition Toolkit, AAHA Weight Management Guidelines, and Obesity Algorithms available online
- Case examples will provide an opportunity to see how these resources and additional strategies can be applied to patients and in interactions with owners.
  - Obtaining complicated diet histories and troubleshooting difficult cases
  - Creating nutritional goals and empowering families to improve their pet's quality of life

#### Learning Objectives:

After this session, participants will be able to:

- Perform a full nutritional assessment that incorporates the needs of the pet and family.
- Identify resources and tools for providing evidence-based obesity information to clients.
- Engage pet owners more efficiently in conversations about obesity.



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## Speaker's bio and credentials



### **Deborah Linder, DVM, MS, Dipl. ACVIM (nutrition)**

As a board-certified veterinary nutritionist at Cummings Veterinary School and co-director of the Tufts Institute for Human-Animal Interaction, I bring broad teaching, clinical, and research expertise to my current position. My research background has focused on small animal clinical nutrition and comparative nutrition within the interaction of human and animal health. My work has been supported by an NIH-funded KL2 Career Development Award and more recently an NIH-funded R21 to evaluate the impact of physical activity and nutrition for people and their pets. My research experience also includes multidisciplinary collaborative research settings such as a multi-center study evaluating the effects of animal-assisted interventions on children with cancer and the impact of a novel One Health curriculum on undergraduate students learning the intersection of veterinary and human health. Lastly, I have conducted a variety of clinical trials as well as survey studies to determine the optimal nutrition for cats and dogs. These practical, didactic, and clinical experiences, along with my passion for studying the impact of clinical nutrition, are the foundation of my previous research success and aligns with my long term goal of improving health and wellness for all through optimal nutrition.



## Questionnaire

- 1. Which of the following is included in the AAHA guidelines as one of the four factors that should be explored during a comprehensive nutrition history?**
  - Environment
  - Animal
  - Diet
  - Human
  - All of the above
- 2. Which of the following methods is likely to be the most successful when trying to achieve patient weight loss?**
  - Reducing the amount fed
  - Switching to a low calorie diet
  - Tailoring nutritional changes to an individual pet and pet owner
- 3. Which of the following is NOT a potential issue when implementing food puzzles for feline patients?**
  - The owners are concerned about having food scattered throughout the house
  - Food puzzles have been shown to be dangerous for cats
  - Other pets may interfere with its use
  - The owner does not want to commit to daily food puzzle preparation
- 4. Which of the following is an example of an open-ended question on daily feeding habits?**
  - Can you walk me through what your pet eats from morning to night?
  - How does mealtime work?
  - Can you describe for me any extra food your pet receives in addition to kibble?
  - All of the above
- 5. True or False. In one study of overweight pets, a 25% reduction in food intake was shown to increase median lifespan and delay onset of chronic disease.**
  - True
  - False
- 6. True or False. Discussing a potential improvement in quality of life can help lead to more successful client conversations surrounding weight loss.**
  - True
  - False



7. **Adherence, engagement and commitment stem from:**
  - The human-animal bond
  - Improved quality of life
  - Encouragement and troubleshooting
  - All of the above
  
8. **The maximum daily caloric intake for treats should be under:**
  - 5%
  - 10%
  - 15%
  - 20%
  
9. **True or False. When it comes to diets indicated for weight loss, the focus should rest on energy density of the food and less so on the protein, fibre and fat content.**
  - True
  - False
  
10. **True or False. There is an over-the-counter multivitamin that compensates for all nutrient restrictions due to caloric restriction using a diet not indicated for weight loss.**
  - True
  - False

**PERSONAL INFORMATION:**

**First name:** \_\_\_\_\_

**Last name:** \_\_\_\_\_

**Type:** \_\_\_\_\_

*(Veterinarian, Technician)*

**Licence number:** \_\_\_\_\_

**Province where you practise:** \_\_\_\_\_

**Email:** \_\_\_\_\_



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## **CERTIFICATE OF COMPLETION**

**Educational webcast**

**The lighter side of obesity: Making weight loss fun and inspiring  
for families**

**Presented by**

**Deborah Linder, DVM, MS, Dipl. ACVIM (nutrition)**

**This document confirms that**

***Dr. Lorem Ipsum***

has viewed the above-mentioned webcast and has answered and submitted the questionnaire meant to evaluate the understanding of the content.

Date:

Province of licensure:

Licence number:

**CE credit earned: 1**