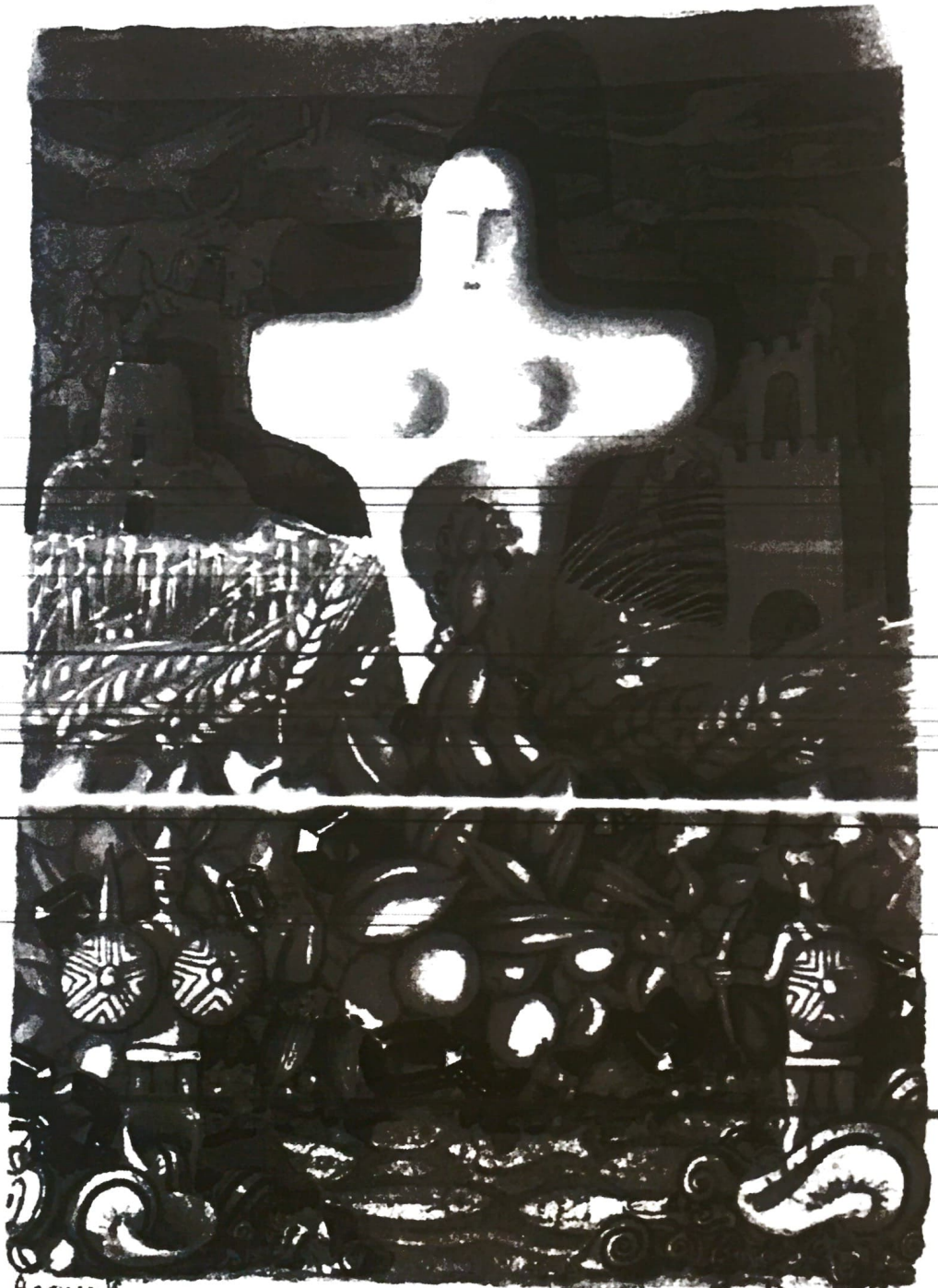


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## Characteristics of owners who contribute to the canine obesity

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**Introduction:** The canine obesity is the nutritional alteration more frequent in the canine population, with an estimated prevalence of 24-30%. The data on the incidence of this problem in dogs vary with different authors. Studies in recent years estimate that the number of canine obesity prevalence varies between 25 and 44%. In the human population overweight and obesity are currently one of the most important and worrying public health problems. Several studies show that both the weight and the health of the owner influence on dietary habits and physical activity as a result of the dog and in the presence of obesity and diseases associated with it, this could make it interesting to analyze the relationship. Objective: To study factors related to weight status, lifestyle and nutritional habits and physical activity of owners who contribute and influence the canine obesity.

**Materials and Methods:** Descriptive observational multicenter study on a convenience sampling of a group of obese dogs and their owners. The study sample consisted of 137 obese dogs (Body condition BC > 6 (scale 1-9. Laflamme, 1997) urban owners, who visited several veterinary centers for routine consultations and gave their consent to participate in this study. The weight status of the dogs was determined by BC ≥ 6 obese (body condition according to the scale 1-9. Laflamme, 1997). The owners were assessed, age, sex, education level and had found that excess weight when Body mass index (BMI) was ≥ 25 kg/m<sup>2</sup>. For data analysis used the software SPSS version 15.0 for Windows.

**Results:** The distribution of body condition in dogs was BC6 = 28 (14.1%), BC7 = 45 (22.7%), BC8 = 46 (23.2%), BC9 = 18 (9.1%) of 137 dog owners were 91 obese patients with excess weight. 41.4% (82/137) of owners of obese dogs were female and 27.8% (55/137) were men 39.4% of owners were over 40 years and 11.6% had no college education. A significant 46% (91/137) of owners of dogs are obese, overweight, of whom 26.3% were women and 21.2% were men.

~~Regarding the physical activity of the owners of obese dogs 43.4% (86/137) did not engage in physical activity.~~

**Conclusions:** Owners of obese dogs are mainly women, older than 40 years and not doing physical activity. The dog owners with overweight are more likely to be obese. It shows the importance of environmental and nutritional factors in the development of human obesity and canine. ~~The variables that act on the excess weight of the dogs, which explains that a dog is overweight were the owner's excess weight (overweight owners are more likely in obese dogs and dog sex).~~