

## Pet-to-Human Weight Equivalent Chart

### Cats – Domestic short, medium and long-haired

Cat's Weight (lbs)	Percentage Overweight	Equivalent Weight 5'4" Adult Female	Equivalent Pounds Overweight - Adult Female	BMI for 5'4" Adult Female	Equivalent Weight 5'9" Adult Male	Equivalent Pounds Overweight - Adult Male	BMI for 5'9" Adult Male
8	0%	108	0	18.5	125	0	18.5
10	0%	145	0	24.9	169	0	25.0
11	10%	160	15	27.4	186	17	27.4
12	20%	174	29	29.9	203	34	29.9
13	30%	189	44	32.4	220	51	32.4
14	40%	203	58	34.8	237	68	34.9
15	50%	218	73	37.3	254	85	37.4
16	60%	232	87	39.8	270	101	39.9
17	70%	247	102	42.3	287	118	42.4
18	80%	261	116	44.8	304	135	44.9
19	90%	276	131	47.3	321	152	47.4
20	100%	290	145	49.8	338	169	49.9
21	110%	305	160	52.3	355	186	52.4
23	130%	334	189	57.2	389	220	57.4
25	150%	363	218	62.2	423	254	62.4

*Note: For comparative purposes only. Your pet's actual body condition should be determined by your veterinarian. Not intended to be used as a substitute for BCS or medical evaluation.*

Each excess pound on a cat is equal to approximately 15 pounds on an average adult woman and 17 pounds on the average adult male. 58% of all adult cats are estimated to be overweight. 21.4% are classified as obese. This equals approximately 54.3 million cats that are too heavy and 8.1 million cats are obese.