## Pet-to-Human Weight Equivalent Chart

Cats - Domestic short, medium and long-haired

| Cat's <br> Weight (lbs) | Percentage Overweight | Equivalent <br> Weight 5'4" <br> Adult <br> Female | Equivalent <br> Pounds <br> Overweight <br> - Adult <br> Female | BMI for 5'4" <br> Adult <br> Female | Equivalent <br> Weight 5'9" <br> Adult Male | Equivalent <br> Pounds <br> Overweight <br> - Adult Male | BMI for 5'9" <br> 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 |

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.

