

# Diet and Exercise

Treatment for orangutan  
obesity

By Rachel Alvarez

Obesity may have a negative effect on health leading to reduced life expectancy and/or increased health problems.

- Health
- Attitude
- Energy
- Learning
- Social interaction
- Reproduction
- Diet
- Exercise

# Health

- Arthritis
- Heart disease
- High blood pressure
- Infertility
- Diabetes
- Shorter life span

# Attitude

- No motivation
- Short attention span
- No cooperation
- Only motivation...food





# Energy



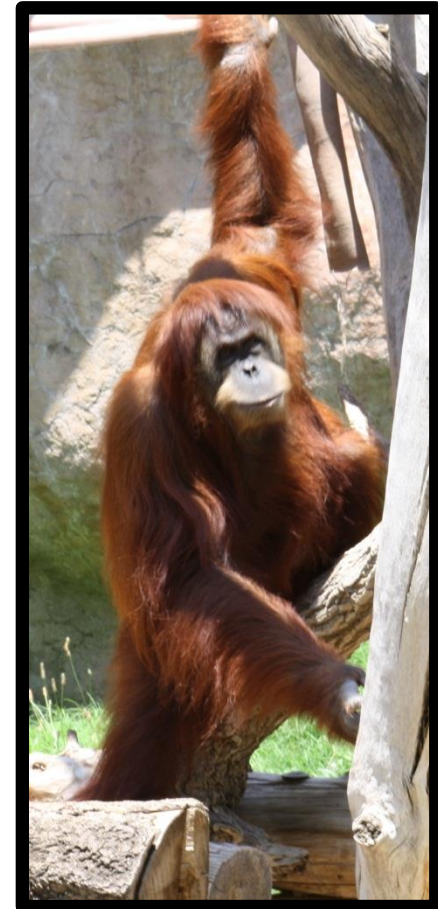
- Due to excess weight Ibu's energy level on exhibit was extremely low.



# Energy



- Less weight = More energy!



# Learning

- Advantages
  - Alert
  - Cooperative
  - Focused
  - Interested in her training sessions
  - Self motivated





# Social Interaction & Reproduction



- Obesity can affect social interaction between orangs and can minimize the interaction between keeper and animal.
- Obesity can also affect reproduction:
  - Infertility
  - Problems during pregnancy
  - Difficulties at time of delivery



# Diet

- 1<sup>st</sup> step – Evaluated total calorie intake
  - Worked with Zoo vet to determine correct calorie intake using husbandry guidelines
  - Included enrichment (food) calories in Ibu's overall daily diet



# Diet

## Orangutan Diet Prep

### Ibu

- 85g of biscuits: 7 (21 small) biscuits in bucket for 8am feeding  
The rest in 12:00 feeding container
- 200g of greens in bucket for 8am feeding
- 10:00 feeding container: 50g of veggies
- 12:00 feeding container: 60g of veggies
- 2:00 feeding container 50g of veggies
- 1 small container of best fruit cut into small pieces for conditioning

\*Put all of the containers in grey A.M. bucket

\*The rest of her diet goes in her evening diet container (see schedule for evening prep)

### Butch

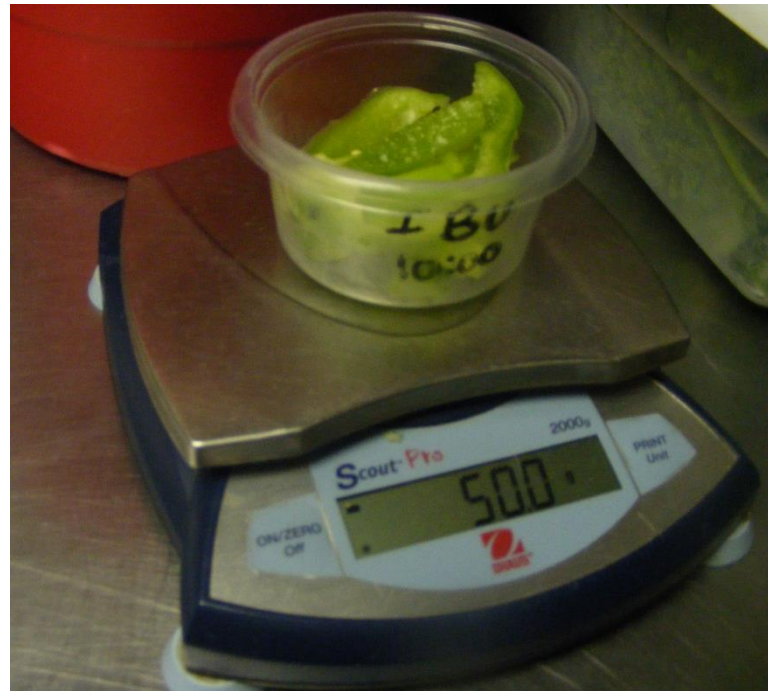
- 85g of biscuits: 5 (15 small) in 8am container and 5 (15 small) in 12:00 container
- 8:00 feeding container: 40g of veggies + 5 (15 small) biscuits
- 10:00 feeding container: 50g of veggies
- 12:00 feeding container: 60g of veggies + 5 (15 small) biscuits
- 2:00 feeding container: 70g of veggies
- 1 small container of best fruit cut into small pieces for conditioning

\*Put all of the containers in same grey A.M. bucket

\*Rest of his diet goes in evening diet container (see schedule for evening prep)

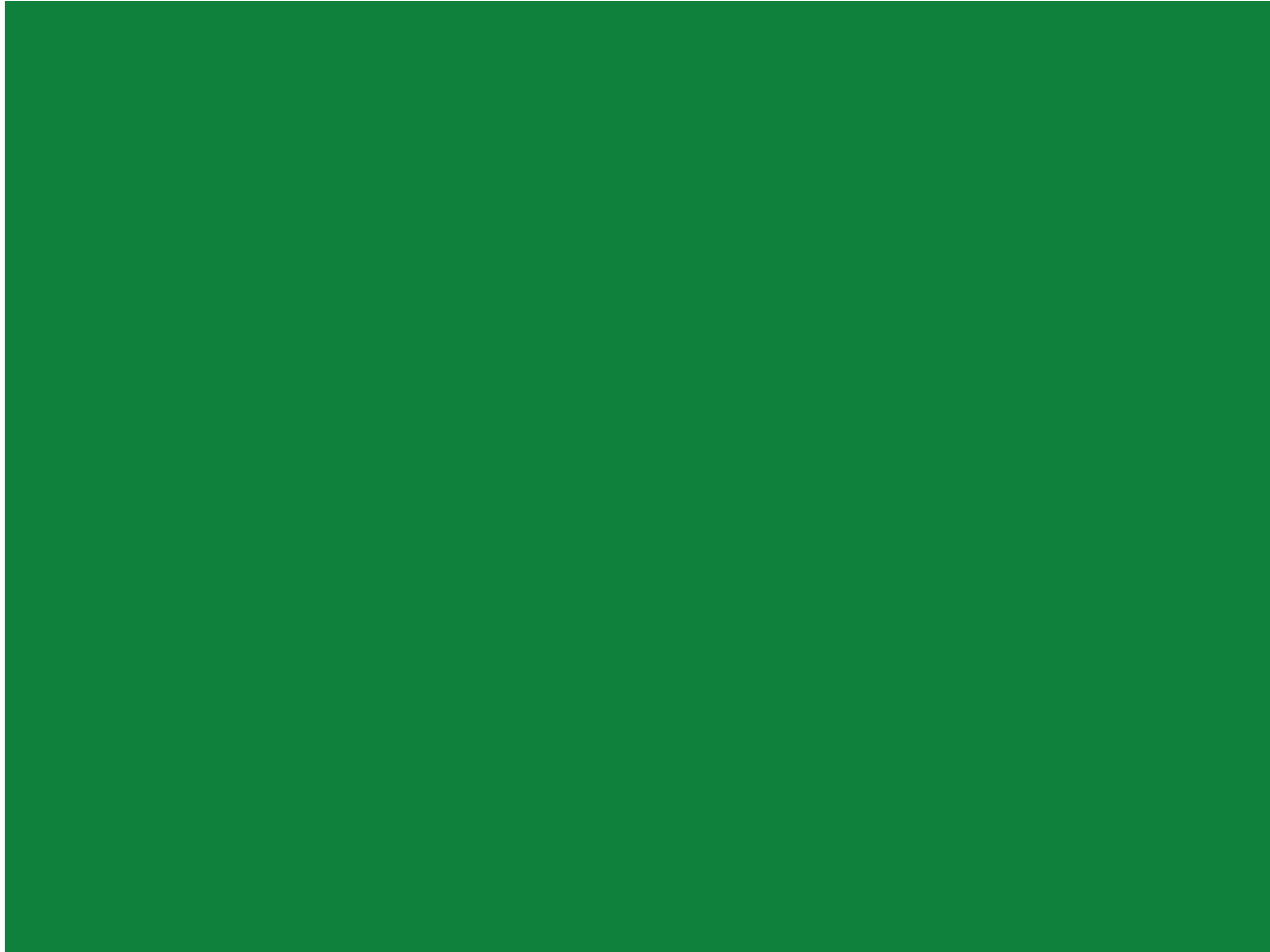
- 3<sup>rd</sup> step – Complete diet broken down into several feedings throughout the day





# Exercise

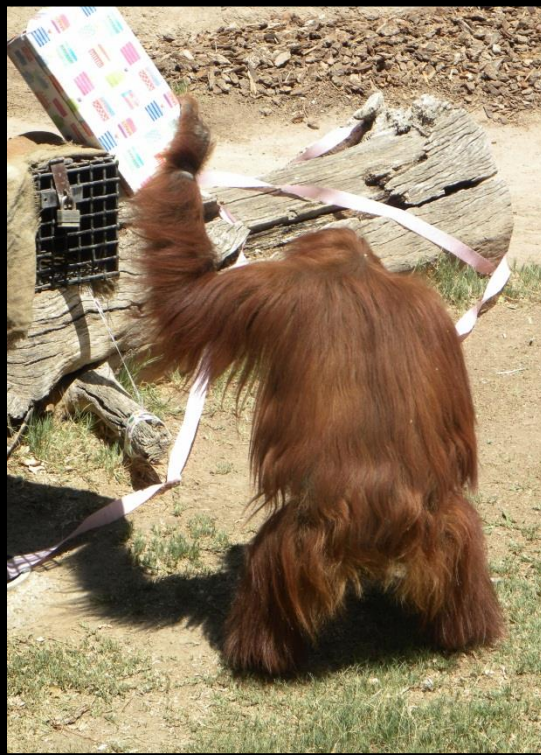
- 4<sup>th</sup> step – Implement exercise program twice daily



# Exercise









# Thank You!

