



# What's Up Doc?

August 2018

## IN THIS ISSUE

Is My Horse  
Just Big  
Boned?

1

Weld County  
Fair  
Champions,  
Reserve, and  
Supremes!!!

2

## Is My Horse Just Big Boned?

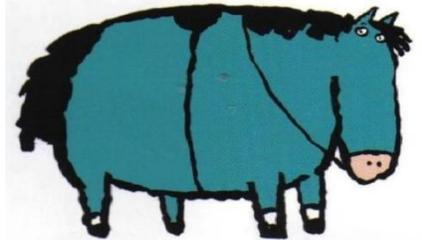
Does your horse get fat just by breathing our nice fresh Colorado air? Your horse is probably what is called an easy keeper. This condition is common among ponies, and smaller horse breeds such as Mustangs and Arabians. When overfed these breeds are more likely to experience conditions such as laminitis, insulin resistance and different metabolic disorders like equine metabolic syndrome.

It is possible to identify an easy keeper from a pregnant mare by the location of the fat accumulation. Easy keepers will accumulate "extra padding" all over the body, and especially the crest of the neck, along their top line, belly fat, and near the tail head. An overweight horse has a body condition score of 7 or above within a scoring system where 1 equals emaciated and 9 equals obese. Easy keeper horses cannot be on a normal horse's diet. With the modern feeding practices of easy keepers, it is important to regularly measure their body condition score.

We believe that easy keepers come from horses originating from harsh climates where calories were scarce. They could flourish in the wild where another horse would starve due to the lack of calories. Survival of the fittest, these horses have a "thrifty gene" and don't require a lot of food, especially for the lack of exercise many horses receive in the comfortable environments we provide for them today. People tend to anthropomorphize their animals and feed them in American super-sized proportions. This continues the trend of overweight horses, feeding more calories than required by an individual horse's nutritional needs.

Feeding the appropriate diet and monitoring intake is the first step to maintaining an easy keeper at an acceptable weight. Grain should be either fed in extremely small amounts or cut out completely. In these cases, grain is just an unnecessary source of calories and non-structured carbohydrates. Feeding hay with a lower relative feed value is going to be key. Keep in mind this hay still must be clean, dust free and mold free. A stemmy, mature hay will allow the horse a boredom cure and the extra fiber will keep them satiated without the weight gain. It is important to keep feed in front of your easy keeper. When not allowed continuous feeding, horses can get ulcers and the horse is more likely to gorge when allowed access to feed, which can in turn cause more metabolic problems. Depending on the case, pasture time should be limited to a few hours per day. Grazing muzzles are your friend. This allows the horse to follow his instinct to forage and eat continuously but controls the amount of food passing through the muzzle, preventing the horse from consuming a full day of grazing in his few hours of pasture time. Easy keepers should be placed in a dry lot to allow for movement the remainder of the day. When eating hay in the dry lot consider slow feed hay bags and other tools to help reduce the consumption of forage. Forage and exercise are healthier for the horse than diet restriction. Weight loss will only occur when the energy used outpaces the energy intake.

MY HORSE ISN'T  
FAT HE'S JUST  
BIG BONED.



Regular cardio activity for easy keepers will help build muscle and lose weight. It is important to build up in the workout program slowly as to prevent overstressing of the horse's body. Tracking the heart rate will be the key to knowing if you have worked the horse an appropriate amount. Even on days where time doesn't allow driving or riding, simply running around the paddock for 15 minutes a few times a day will increase their heart rate and burn off some energy.

Monitor your horse's weight using a body condition scoring system, and a weight tape once a month. Seeing your horse every day can make it difficult to be objective about their weight. In using these strategies, you will be able to monitor and change the care plan to improve your easy keeper's quality of life.



## Weld County Fair Champions, Reserves & Supremes!!!

Abby Fetzer	Collin Ochsner	Jaymie White	Marshal Konig
Abrehanna Ley	Connor Lovell	Jed Sidwell	Mattea Klein
Adelynn Schaffner	Conrad Hirsch	Jesse Cogburn	Mattie Culbertson
Aidan Datter	Cooper Wiedeman	Joeseeph Kent	Megan Cothren
Aidan Malovich	Courtney Carr	Joey Patton	Megan Podtburg
Alexandra Mellor	Coy Shoemaker	Jordan Halley	Mindi Podtburg
Anastyn Perez	Dakota Lanning	Kaeden Gebauer	Nicholas Gonifas
Ashlyn Ochsner	Daphne Halverson	Kaleb Johnson	Nick Eikenberg
Audrey Glynn	David Gonifas	Kaleb McLain	Noah Heidenreich
Audrey Weisdorfer	Devin Hogsett	Kaleo Aricayos	Owen Hatch
Austin Huwa	Devyn Wood	Kameryn Gartrell	Peyton Walker
Ava Little	Dillan Johnston	Karsyn Fetzer	Phoebe Jonas
Avery Gray	Dominic Gittlein	Kashley Hayden	Remington Ross
Aylani Diaz-Galindo	Dylan Stone	Kassandra Shoemaker	Ricky Smith
Bailey Lutz	Ellie Stevens	Katherine Hirsch	Robyn Delapp
Bailey Meireis	Emily Gray	Keith Hayden	Rylee Anderson
Bailie Fox	Garrett Anderson	Kendawl Gartrell	Samantha Bryan
Becca Olearnick	Gavin Ries	Keoni Aricayos	Samantha Campbell
Blake Fabrizio	Grace Ramsey	Kiara Johnson	Samuel Scanga
Blake Johnson	Grant Weaber	Landre Greiman	Shae Stone
Bonnie Koehn	Gunner Hesse	Lauren Frink	Shawn Rothe
Brandon Kerbs	Hailey Albrighton	Lauren Weaber	Shyanne Howes
Brayden Carpio	Hannah McGirl	Leah Fetzer	Simon Raff
Brianna Patefield	Hans Vickland	Leah Varra	Stacy Patton
Bryleigh Schweer	Hayley Walker	Levi Gilliland	Sydney Vaughn
Cade Simpson	Ian Scanga	Libby Schelich	Teagan Joseph
Caden Schweer	Isabella Ramsey	Lily Helzer	Tessa Koehn
Caitlyn Anderson	Jackson Strain	Logan LaBorde	Trey Huwa
Cal Sidwell	Jacob Pfannebecker	Macyn Hodgson	Tripp Kayser
Calleigh Johnson	Jake Johnson	Madison Crider	Ty Johnson
Carli Shea	Jake Patton	Madison LaBorde	Tyne Killip
Chloe Crider	Jason Batka	Makennah Tucker	Vada Vickland
Clay Gabel	Jaxon Walker	Makenzie Morse	Willow Kelly
Cole Halley	Jayden Gettman	Maria Hernandez	Wyatt Herring
			Zach Vaughn