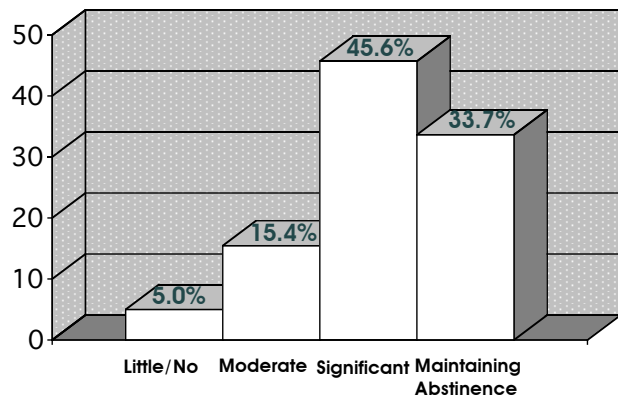


Overeaters Anonymous (OA) is a Twelve-Step program based on the principles of Alcoholics Anonymous. We are a worldwide fellowship of men and women who have a common problem—compulsive eating—which causes or contributes to illness on physical, emotional and spiritual levels.

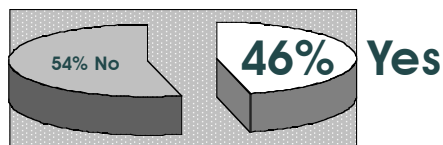
OA is a resource for the professional community which can enhance the outcome of treatment. Freedom from compulsive eating behaviors helps OA members make better use of many professional services, and makes OA a valuable complement to those services. Many people have reached a healthy weight and maintained it by following this program of recovery.

The following information is from a 2002 survey of randomly chosen OA members in the United States and Canada.*

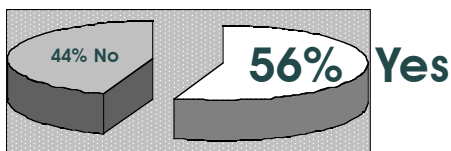
Members reporting an improvement in eating behaviors



Members who have achieved a healthy body weight since joining OA



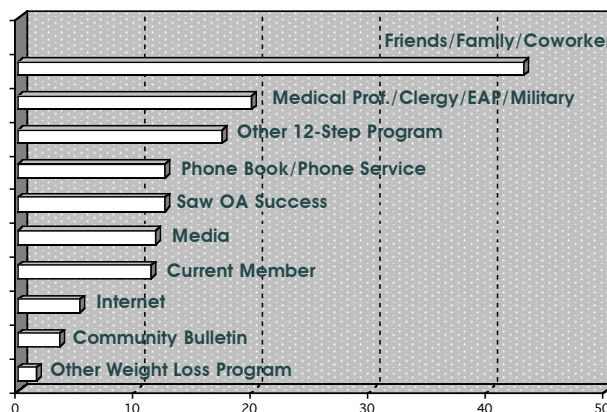
Members reporting that food obsession has been lifted



Years members have attended OA

- 43.0% More than 10 years
- 4.4% 9-10 years
- 11.7% 6-8 years
- 12.4% 3-5 years
- 12.9% 1-2 years
- 15.6% Less than one year

How members heard about OA†



†Percentages do not add up to 100 due to some members' choosing more than one option.

Top five reasons why members keep coming back to OA†

32.9%	OA works; OA was only solution; nowhere else to go
29.8%	Support/Fellowship
20.4%	Abstinence/Recovery from addiction; relief from obsession
19.7%	Emotional growth; spiritual growth
17.5%	Fear; knowledge of the seriousness of disease

†Percentages do not add up to 100 due to some members' choosing more than one option.

Gender of OA members

85.5% Female 14.5% Male

Ages of OA members

- 31.8% Over 55 years
- 30.9% 46-55 years
- 26.0% 36-45 years
- 9.4% 26-35 years
- 1.6% 19-25 years
- .2% Under 18 years

Age OA members began attending OA

39 (typical) 36 (most)

*2002 Survey Methodology

1,300 randomly-chosen members were sent surveys via 246 groups in the United States and 14 groups in Canada. 435 surveys were returned, a 33.4% return rate. Data analyzed by University of New Mexico Anderson School of Business Marketing Analysis Department.

**1992 Gallup Survey of
OA members**:**

Gender:	86% Female
Age:	44
Age when compulsive eating started:	14
Years in OA:	4.3
Pounds lost since joining OA:	40.8
Years weight loss maintained:	3.97
Top five ways life improved since joining OA (% of members reporting improvement in these areas):	
Emotional/mental health	93%
Spiritual life	92%
Preoccupation with food	81%
Family life	79%
Physical health	72%
Top five health problems improved since joining OA (% improved of those reporting having experienced these problems):	
Emotional problems	93%
Diabetes	87%
High blood pressure	86%
Hypoglycemia	85%
Stomach problems	81%

** Methodology: 5,000 surveys mailed to 400 groups for distribution at meetings. 1,683 surveys returned. 1,000 randomly selected for analysis by The Gallup Organization.

Founded in 1960, the first Overeaters Anonymous meeting was held in Los Angeles, California. OA now has over 6,500 meetings in 60 countries worldwide. Though these surveys were taken ten years apart, the responses indicate that the program has been successful in bringing recovery to compulsive eaters.

*Overeaters Anonymous is a
fellowship of individuals . . .*

. . . who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

**To find an OA meeting in your area,
check your local phone listing, or
contact the World Service Office:**

**Overeaters Anonymous®
P.O. Box 44020
Rio Rancho, NM 87174-4020 USA
Tel: 1-505-891-2664
Fax: 1-505-891-4320
Email: info@oa.org
www.oa.org**

OA Board-approved.
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A Twelve-Step Program for Compulsive Eaters

As long as OA continues to keep the principles it has now, it will be our most valuable means of treatment of the disease of compulsive overeating. . . . The remarkable thing about OA's success is that the program gets people to function far better than they ever have in their lives.

—William Rader, MD, psychiatrist

It is my firm belief that OA has made a definite place for itself in helping the obese individual. . . . There is no other organization, lay or professional, that has such a profound influence on the compulsive overeater's thinking.

—Peter Lindner, MD, bariatric physician

OA offers people of all sizes and shapes the common ground for finding a way out of the food-compulsion abyss. . . . Having our patients participate in OA during treatment and after they return home is the difference between helping them find a brief reprieve from their disease and offering them long-term recovery from a "seemingly hopeless condition."

—Marty Lerner, PhD, founder and director of eating-disorders treatment center

I have a patient who weighed 250 pounds and was 5 feet 6½ inches tall when I met him. . . . He has regularly attended OA and been active in the program. When I saw him today, he weighed 167 pounds and had resolved most of his obesity-related health problems. The success of the OA program has been of significant health benefit to my patient.

—Robert S. Janett, MD, FACP, Internal Medicine

If [your patients] are eating themselves to death, please remember Overeaters Anonymous.

—M.M., medical professional/OA member

MEMBERSHIP SURVEY REPORT