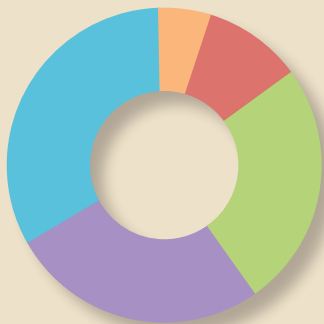


**Race/Ethnicity** (US respondents only)

White, non-Hispanic .....	93%
Black, non-Hispanic .....	3%
Hispanic/Latino .....	1%
Mixed .....	1%
Other .....	0.8%
American Indian or Alaska Native .....	0.7%
Asian/Pacific Islander .....	0.5%



**Education**

Less than high school .....	5%
High school graduate .....	10%
Vocational/Some college .....	26%
College graduate .....	27%
Graduate/Post Graduate degree .....	32%

**Occupation**

Retired or semi-retired .....	20%
Professional/Technical .....	11%
Educator .....	9.1%
Homemaker .....	8%
Health professional .....	8%
Self-employed .....	7%
Manager/Administrator .....	7%
Other .....	7%
Clerical/Office worker .....	4%
Not currently employed .....	4%
Salesperson/Buyer .....	4%
Permanently disabled .....	3%
Government/Military .....	3%
Full-time student .....	2%
Service worker .....	2%
Craftsman/Laborer .....	0.9%

**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.

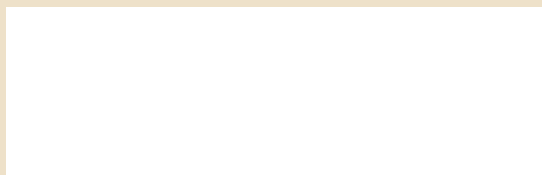
Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

**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

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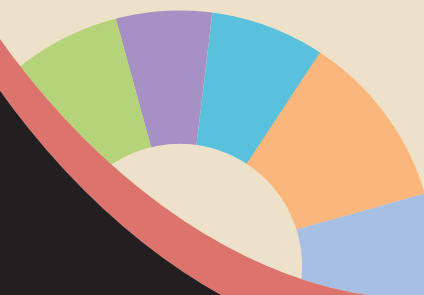
**Local meeting information:**



# 2010 Membership Survey Report

**“Overeaters Anonymous** 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/director of an eating-disorders treatment center



**The Overeaters Anonymous (OA)** program offers physical, emotional and spiritual recovery for those who suffer from compulsive eating. Members find recovery on all three levels by following a Twelve-Step program patterned after Alcoholics Anonymous. Members who recover through the Twelve Steps find that yo-yo dieting and obsession with food is a thing of the past. They no longer wish to return to eating compulsively.

The first OA meeting was held in 1960 in Los Angeles, California. Since that time, it has grown to over 6,700 meetings in more than 75 countries—about 54,000 members.

**Survey methodology:** 2,400 surveys were mailed to 700 randomly selected groups for random distribution to group members in the following countries: United States, Canada, Mexico, Argentina, Colombia, Costa Rica, Guatemala, Venezuela, Spain, France, Germany, Austria, England, Ireland, Scotland, Australia, New Zealand and Israel. Average return rate was 36 percent. Margin of error is 4.09 percent.

**Introduction to OA \***

Friend/family member/coworker.....	31%
Other 12-Step program.....	16%
Current OA member.....	14%
Newspaper/Magazine ad/article.....	10%
Mental health professional.....	9%
Health care professional.....	7%
Website/Internet.....	7%
Other.....	7%
Radio/TV.....	4%
Happened to see meeting location.....	4%
Phone book/phone service.....	3%
Community bulletin board/announcement.....	2%
Billboard or other local ad.....	2%
Other weight loss program/gym.....	1%
Clergy.....	0.9%
Employee Assistance Program.....	0.5%
Military.....	0.1%

\* Respondents could choose multiple answers to this question.

Problem with food*	Age at which food became a problem
Compulsive eater/overeater.....	95%
Bulimic.....	16%
Anorexic.....	9%
	1-10.....
	11-15.....
	16-20.....
	21-25.....
	26-35.....
	36+.....

**When members first came to OA, they were:**

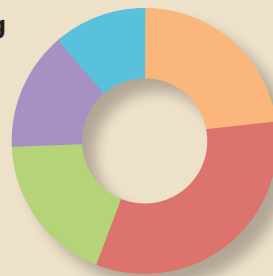
18 or under.....	2%	46-55.....	18%
19-25.....	14%	56-65.....	11%
26-35.....	27%	Over 65.....	1%
36-45.....	27%		

**When they first came to OA,** 82% of members were overweight, 14% were at a healthy weight, and 4% were underweight.

**Since coming to OA,** 69% of members have lost weight, and 51% of them are currently maintaining a healthy weight.

**Those who are maintaining a healthy weight have done so for:**

Under 1 year... 23%
1-5 years..... 33%
6-10 years..... 18%
11-20 years... 15%
21+ years..... 11%



**Average weight loss: 45 pounds (20 kg)**

**Life Improvements**

	Significant improvement	Moderate improvement	A little improvement	No improvement	Was not an issue
Daily functioning	63%	20%	9%	3%	5%
Overall physical health	50%	28%	12%	6%	4%
Mental/emotional health	72%	19%	6%	2%	1%
Spiritual connection	70%	17%	7%	3%	3%
Weight issues	49%	25%	14%	9%	3%
Relationships	56%	25%	10%	4%	5%

**Meeting Attendance and Sponsors**

Most members attend 1–2 meetings per week. 72% of members currently have a sponsor. 77% found a sponsor within 6 months of their first meeting, and 59% are sponsors now or have been in the past.

**Treatment/Counseling before OA**

Before coming to OA, 74% of members received some type of treatment or counseling, such as medical, psychological or spiritual. Of those members, 38% said it played an important part in their coming to OA.

**Treatment/Counseling after OA**

After coming to OA, 66% received some type of treatment or counseling, such as medical, psychological or spiritual. Of those members, 83% said that support from OA has been important/very important in conjunction with treatment or counseling.

**Relapse**

78% of members said they have relapsed from recovery at some point in the past. 82% continued to attend meetings while they were in relapse.

**Composition of Membership**

<b>Gender</b> Female.....	87%	Male.....	13%
<b>Age</b> 18 or under... 0.4%		46-55.....	25.6%
19-25.....	2%	56-65.....	29%
26-35.....	10%	Over 65.....	16%
36-45.....	17%		

**Relationship Status**

Married.....	48%
Single.....	22%
Divorced/Separated..	16%
Other.....	14%