Type of Project:
Community/Health Fair Participation

Project Name:
OA booth at annual Recovery Expo (at convention center in PHX)

Project Goal:
To inform the public and health care professionals about OA

Organizing Service Body:
Arizona Serenity in the Desert Intergroup
oaphoenix.org

Contact Information:
Lynne C.
lcockrum@cox.net

Resources Needed (budget, volunteers, materials, etc.):
8 volunteers
OA literature including Lifeline.
The Intergroup was charged the non-profit rate of $80 for the booth and was provided a table, chairs and sign.

Implementation Process (length of time for planning/implementation):
The Intergroup committee worked preparing for event for 6 wks. prior. This was a one-day event, with the booth manned the whole day, with 4 shifts, 2-3 people for each shift.

Additional Comments (including things of which to be mindful):
In the future they hope to bring a laptop if Internet access is available and a TV to show DVD's from WSO. They also plan to use a larger banner.

Results:
Volunteers reported that the effort was well worth the time with a constant flow of interested people stopping by the booth. They gave out brochures, especially to health care professionals and gave out information about their next retreat. One member reported receiving a call from a person who had attended the event.
Type of Project: Community/Health Fair Participation

Project Name: OA booths at the American Diabetes Expo and a local Health Fair

Project Goal: To inform health care professionals and the public about OA

Organizing Service Body: Greater Seattle Intergroup
http://www.seattleoa.org

Contact Information: Judith B.
Email: floweringbeads@gmail.com

Resources Needed (budget, volunteers, materials, etc.):
In 2006 and 2007, the non-profit cost for the booth was $350 for a 10 x 10 ft space. In 2008, the cost was $700 for a 10'x10' space and will be the same in 2009.

Literature was purchased from WSO at cost. Four or five pamphlets were ordered through their Region Trustee. The Intergroup has its own display board & borrowed a nice banner that their region had made with the OA logo for which they had gotten permission to use from WSO. Business cards with the local phone number on them were printed for participants to have for the taking as well as old issues of Lifeline, which were donated by members. Meeting schedules, local newsletters and Region newsletters were also available for distribution.

A total of 8 – 10 OA volunteers were scheduled in 2-hour shifts with 2 to 3 people at a time. Set-up and clean-up volunteers were also needed. The OA coordinator asked volunteers directly & did not have a problem getting abstinent members to help carry the message.
Implementation Process (including length of time for planning and implementation):
Beginning in 2006, the Greater Seattle Intergroup has had a booth at the American Diabetes Expo. In 2008, there was a Health Fair nearby which attracted more people. The Intergroup contacted the ADA for booth space and ADA provided a table and chairs. Volunteers were found within a month of the event.

Results:
Greater Seattle Intergroup was able to reach a great amount of people and, afterwards, some of these people attended local meetings. This was one of the best ways to reach the most people – the public, professionals speaking at the event and those who had booths at the event. About 3,000 - 5,000 people attended the event and 500 or more attendees stopped by their booth. Some people took a copy of the local meeting schedule & pamphlets; most people took a business card. The Intergroup put together a pamphlet & a meeting schedule for professionals who were speaking throughout the day as well as others at other booths.

It was a very rewarding OA service.
Type of Project:
Community/Health Fair Participation

Project Name:
Alameda Hospital Health Fair

Project Goal:
To inform the public and health care professionals about OA

Organizing Service Body:
HOW-OA of Northern CA Inc.
http://www.how-oa.org

Contact Information:
Teri H.
lar1ter2@alamedanet.net

Resources Needed (budget, volunteers, materials, etc.):
4 volunteers.
OA pamphlets, Lifelines, meeting lists and event flyers were available for distribution. Pamphlets had been purchased previously by Intergroup for PI events.
Copy of the AA Big Book and 12 & 12 for display.

Implementation Process (including length of time for planning and implementation):
In 2007, they began to participate in a local hospital Health Fair. In 2008, their booth was situated between the Nutrition and Social Services booths in a large conference room, which was a good location. There was no charge for participation and volunteers were given T-shirts from the organizers for being at the booth. The hospital provided the large overhead sign Overeaters Anonymous as well as a small table to display OA literature.
Four OAers participated, answering questions and walking around to see and mingle with the other exhibitors. A record was kept of the pamphlets distributed. Past issues of Lifeline were of interest to several passersby.

Results:
2008 was more successful than the first year because people came from other booths to talk with the volunteers. Also, being so close to the Healthy Nutrition Booth was helpful. The very next morning, a person from the Fair attended a 7A.M. meeting in nearby Oakland, CA.
Type of Project:
Community/Health Fair Participation
Newspaper Article

Project Name:
Booth at University of Missouri, Hospital Employee Wellness Program’s
Health Fair and article in wellness program’s newsletter.

Project Goal:
Provide information to university employees to help the still suffering compulsive overeater.

Organizing Service Body:
St. Louis Bi-State Intergroup
St. Louis, MO
http://www.stlouisoa.org/

Contact Information:
Bi-State Inter-Group PI Chair
beth.hammock@gmail.com

Resources Needed (budget, volunteers, materials, etc.):
OA tables were set up at a health fair for university hospital employees and at another for all university
employees. There was no cost involved.

Abstinent OA members staffed the table for two hours at a time. The PI chair asked the members to serve in
this way. At peak times, such as the lunch hour, two members were at the table. This was helpful because there
was a high volume of visitors at that time.

Implementation Process (including length of time for planning and implementation):
The PI Chair works at the university and is a wellness ambassador. She learned of the health fair through her
work as a wellness ambassador. She contacted the wellness fair coordinator and asked to be an exhibitor six
months before the event. The hospital provided a table and two chairs. The Inter-group has a banner for use at
health fairs, which was used behind the table. The PI chair used a blue table cloth of her own that coordinates
with the OA materials. Literature was ordered. A flyer was designed with local meeting times. The planning
process took two months off and on, but totaled no more than a few hours.

Additional Comments (including things of which to be mindful):
People attending the health fair were interested in improving their health; therefore, the Intergroup considered
this a good target audience.

Results:
Booth: Two hundred people picked up flyers and many took the quiz to find out if they were
a compulsive overeater. Hundreds more walked by the table.
Article for wellness programs’ monthly newsletter: The newsletter has potential distribution of 12,000. (pdf of
newsletter attached)
Overeaters Anonymous provides support

By a University of Missouri employee who wishes to remain anonymous

Fifteen months ago, I ate whenever life took an unexpected turn. I also ate when I was tired, when I was lonely and when I was bored. And then there were the many reasons to celebrate with food. After years of eating this way, I tipped the scale at 225 pounds.

I desperately wanted to lose the weight. I knew it was bad for my health and didn’t like the way I looked. I tried many ways to lose weight including commercial weight loss programs. I even went on a medically supervised liquid diet. But none of these worked. I would lose 20 pounds then gain it back.

Then I found the solution that worked for me. I joined Overeaters Anonymous in January 2007. Today, I am 92 pounds lighter---a lean 133 pounds.

In Overeaters Anonymous I found constant support from caring people. They provided the tools and information I needed to stop overeating one day at a time. They still support me, because as you know, there are many people who lose weight then gain it back. I don’t want that to happen to me. I am more at peace knowing I am a healthy weight and feel a lot better.

I’m writing this personal story as a new Wellness Ambassador for the T.E. Atkins Wellness Program. I care about you, my colleagues, and am happy to spread the word about the program and other opportunities to take care of yourself.

If you’re like me and struggle with controlling how much you eat, I invite you to check out Overeaters Anonymous. There is a meeting on campus on Thursday evenings from 5:30 to 6:30 p.m. in N234 Memorial Union. Meetings are also held on Sunday afternoons and Tuesday evenings in Columbia, and on Tuesday evenings in Jefferson City.

There are no dues or fees. The group is supported by voluntary contributions. You can get more information at www.oa.org or give me a call at 289-6884.

*Healthy for Life does not endorse this program. If you have issues with weight, see your physician.
Type of Project:
Community/Health Fair Participation

Project Name:
Women’s Expo, a three day event

Project Goal:
Public information at an event targeting women’s issues. Goal is inclusive of men by having male volunteers present and literature for men available.

Organizing Service Body:
Unity Intergroup, Minneapolis/St. Paul MN
www.overeaters.org

Contact Information:
Jenn K.
roxyheart914@hotmail.com

Resources Needed (budget, volunteers, materials, etc.):
Volunteers were obtained by requesting help at intergroup meeting and dispersing a flyer on volunteer opportunity via intergroup newsletter. Total number of volunteers needed to plan was 22. Total number of volunteers needed to staff booth with two people for 2-hour shifts was 24.

Implementation Process (including length of time for planning and implementation):
The Intergroup contacted the event coordinators about having an OA booth. The 3-day event was held Friday 11am-7pm, Saturday 9am-5pm, and Sunday 9am-5pm.

Getting a full schedule of OA volunteers to cover the three days took approximately three weeks. Once a schedule was set up, volunteers were sent memos with parking options and a reminder that parking expenses would be reimbursed by intergroup. An envelope was available at the booth to drop off parking receipts or, if preferred, volunteers could mail in receipts to the treasurer, whose address was provided.

Memos also contained a copy of the weekend program and map to booth, instructions on obtaining badges, reminder to arrive early and suggestions on how to dress. Notes were included about portraying unity within our fellowship and not promoting one format or food plan over another.

Setting up the booth was very quick, taking about 1.5 hours the night before the event started. The organizers of the event provided 3 tables with cloths and 2 chairs for the booth.

Additional Comments (including things of which to be mindful):
Committee Chair stressed to volunteers the importance of not focusing on specific meeting formats or food plans so that one was not promoted over the other.
Results:
The Women’s Expo was a great success for Unity Intergroup with over 150 people stopping by and picking up information about the program throughout the 3-day event. Brochures, meeting lists, and information about an upcoming retreat were distributed.

Names were gathered of healthcare workers, teachers and educators who would be interested in having a representative from the Intergroup come and speak about OA to their respective students/clients, potentially reaching not only adults but also teens and children.

Local meetings have reported that the number of newcomers has increased slowly since the Women’s Expo and that these newcomers heard about OA through the event. During the event, a volunteer spoke with a woman for over 20 minutes about the program who was very distressed and didn’t know where else to turn.

All in all this was a great 3-day event. It could not have been achieved without all of the service that everyone put in. Even if one person was reached, a difference was made.