

# **OVEREATERS ANONYMOUS: A RESOURCE FOR RECOVERY**

Supporting Mental Health Professionals in  
Addiction & Eating Disorder Treatment



[www.oa.org](http://www.oa.org)



# What is Overeaters Anonymous (OA)?

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- 12-step recovery program for people with issues related to food
- Founded in 1960, modeled after Alcoholics Anonymous (AA)
- Focus on spiritual, emotional, and physical recovery
- Inclusive and accessible to all individuals



# OA as a Clinical Resource

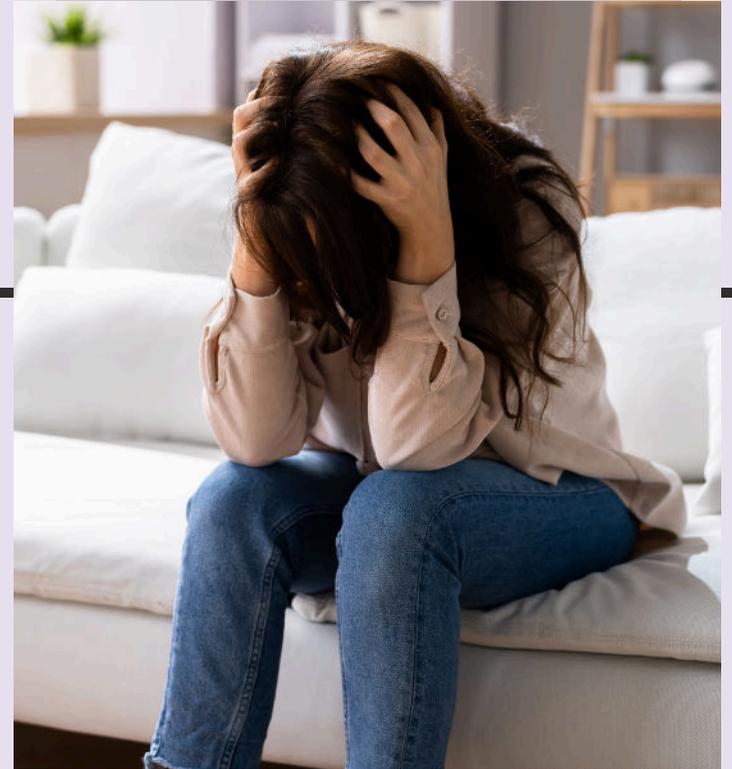
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- Complements, but does not replace medical or psychiatric treatment
- Encourages participation alongside therapy or nutrition counseling
- Non-professional, peer-led support model
- Free and anonymous support groups worldwide

# How & when OA can help your patients

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- Compulsive eating & under-eating
- Anorexia, bulimia, & food addiction
- Obsession with body weight, image & exercise
- OA can enhance, not replace, your treatment programs



# Fifteen Questions: Are You a Compulsive Eater?

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight?

# Fifteen Questions: Are You a Compulsive Eater?

9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time (food, gum, mints, candies, or beverages)?
12. Have I ever eaten food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

# OA Professional Outreach Videos

▶ Watch: OA Professional Outreach  
Demonstration Video

▶ Watch: Let OA Be Your Ally (Public  
Service Announcement)



# For the Professional

[oa.org/service-bodies-public-information-and-professional-outreach](http://oa.org/service-bodies-public-information-and-professional-outreach)

To the Professional



No matter what the eating disorder, OA is a resource which can enhance, not replace, your treatment programs for these patients.

**WE CAN HELP WITH:**

- Compulsive eating & under-eating
- Anorexia, bulimia & food addiction
- Body, weight & exercise obsession



OA Region 3

[oa.org/service-bodies/public-information-and-professional-outreach/](http://oa.org/service-bodies/public-information-and-professional-outreach/)

Do you struggle with food?



No matter what the problem with food, you are not alone. OA offers a program of recovery for any type of eating disorder.

**WE CAN HELP WITH:**

- Compulsive eating & under-eating
- Anorexia, bulimia & food addiction
- Body, weight & exercise obsession



OA Region 3

[facebook.com/overeatersanonymousofficial](https://facebook.com/overeatersanonymousofficial)

More at  
[oa-tricounty.org](http://oa-tricounty.org)  
and [oa.org](http://oa.org)

Do you struggle with food?



## For Young Adults

No matter what the problem with food, you are not alone. OA offers a program of recovery for any type of eating disorder.

If you're tired of being obsessed with food and body image, you're in the right place. We are young people who have experience, strength and hope recovering from all kinds of eating insanity - bingeing, purging, restricting - or all of the above. We used to feel ashamed, irritable, and anxious because we were controlled by food. Now, we are recovering. We have found a common solution that works for us, and it is part of our recovery process to share this solution with anyone who wants it. That's what our 12-step program is all about.



OA Region 3

[oayoungpeople.org/young-people](http://oayoungpeople.org/young-people)

# Closing & Discussion

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- Q&A ...
- Thoughts on integrating OA with treatment plans
- How could you refer a patient to OA?

