

Public Information & Professional Outreach (PIPO) in OA

Print media available through oa.org bookstore to place in doctor's offices, libraries, medical centers, universities and colleges. <https://bookstore.oa.org/pamphlets.asp>

**INTRODUCING
OVEREATERS ANONYMOUS**

Many Symptoms, One Solution

The membership of Overeaters Anonymous is varied, both in its makeup and in the eating behaviors and experiences that brought each individual to OA. If you are new to Overeaters Anonymous or have yet to hear a "story" that matches your own, keep going to meetings. All OA members may not all be alike, but none of us is totally unique.

Remember, the only requirement for OA membership is a desire to stop eating compulsively. In Overeaters Anonymous you'll find members who are:

- Extremely overweight, even morbidly obese
- Only moderately overweight
- Average weight
- Underweight
- Still maintaining periodic control over their eating behavior
- Totally unable to control their compulsive eating

OA members experience many different patterns of food behaviors. These "symptoms" are as varied as our membership. Among them are:

- Obsession with body weight, size and shape
- Eating binges
- Craving
- Preoccupation with reducing diets
- Starving

Does food control your life?

STOP

Hurting Yourself
With Food

DON'T WALK AWAY – There is a place for you!

Do you overeat, binge, purge, or starve, even if you don't want to?
Do you constantly diet and still not lose weight?

Do you hate your body?
Do you eat and feel guilty?
Do you sneak or steal food?



Visit us anytime to take our quiz and find out how we can help. There are no dues or fees.

For local meeting information

OVEREATERS ANONYMOUS.

**INTRODUCING
OVEREATERS ANONYMOUS**

To Parents and Concerned Adults

Does your teen or young adult have a problem with food? Do you want to help but aren't sure how?

Many of our members began having a problem with food when very young. We have been helping compulsive eaters of all ages since 1960. Overeaters Anonymous offers the following questions for your consideration.

	Yes	No
1. Do you find food mysteriously gone?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does your teen or young adult sneak food, and do you find food and wrappers hidden in her/his room?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your teen or young adult repeatedly deny eating all the sweets and snacks?	<input type="checkbox"/>	<input type="checkbox"/>
4. Does he/she often eat alone?	<input type="checkbox"/>	<input type="checkbox"/>
5. After eating does your teen or young adult spend a lot of time in the bathroom with the water running?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you often tell her/him to "use a little willpower"?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you tried to control his/her weight by putting her/him on a diet repeatedly?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you, as a parent, use food to control your teen or young adult?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you reward your teen or young adult in her/his attempt to lose or gain weight?	<input type="checkbox"/>	<input type="checkbox"/>
10. Does your teen or young adult overspend his/her money on food?	<input type="checkbox"/>	<input type="checkbox"/>
11. Does your teen or young adult try to avoid physical and social activities because of her/his weight?	<input type="checkbox"/>	<input type="checkbox"/>
12. Is your teen or young adult frequently using laxatives, diuretics, excessive exercise, diet pills, shots, or vomiting? Has he/she considered or tried other medical interventions (including surgery) to try to control his/her weight?	<input type="checkbox"/>	<input type="checkbox"/>

**INTRODUCING
OVEREATERS ANONYMOUS**

WHEN SHOULD I REFER SOMEONE TO OVEREATERS ANONYMOUS?

*To Members
of the
Helping Professions*

No dues, no fees, no weigh-ins.

OVEREATERS ANONYMOUS.

8" x 10" cardboard poster
\$6 for 20

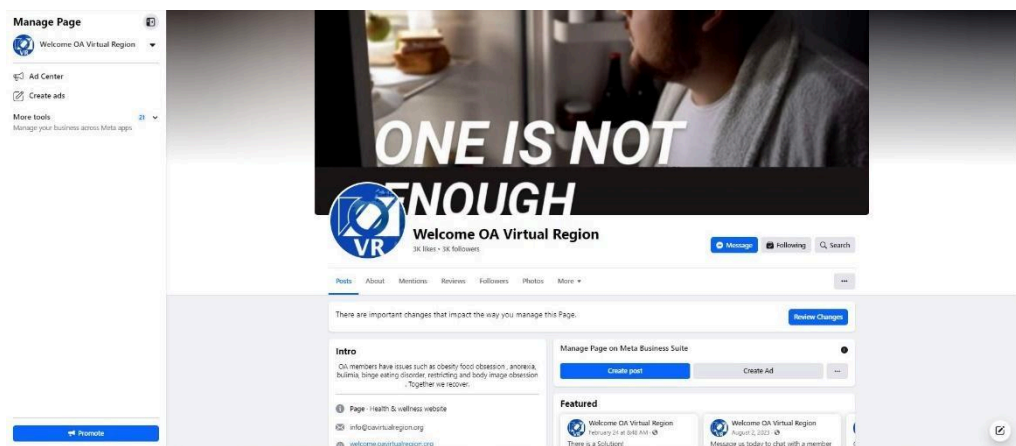
Public Information and Professional Outreach resources available on oa.org:

- [Public Communications Policy](#)
- [PIPO Literature](#)
- [Video Resources](#)
- [Social Media Content](#)
- [Audio Resources](#)
- [Print/PDF Resources](#)
- [Professional Exhibits Fund](#)

<https://oa.org/service-bodies/public-information-and-professional-outreach/>

<https://oa.org/service-bodies/public-information-and-professional-outreach/#social>

Free, or paid, radio PSA (Public Service Announcements), local television advertising, Facebook, Instagram ads. (recent Virtual Region campaign on radio; Westchester television OA commercial on local stations; Claire M and Facebook and Instagram: her contact info chair@oavirtualregion.org; WSBC PIPO campaign with emails of appeal for free PSA time on popular news stations around the world, including CNN and Fox News)



<https://welcome.oavirtualregion.org/carry-resources/>

Translatable workshop with slides, worth its weight in gold!

New OA commercial:

<https://oa.org/news/oa-releases-new-public-information-video-and-web-page/?news-category=0> (Play 75 second video on screen share.)

Region 6 PIPO Blitz Fund. Check with your region for grants.

Slim to no budget: create mailings and attach flyers for businesses to post. Ex: 1,500 local recipient mass mailing to libraries, schools, colleges and universities, post offices, police stations, medical facilities, fire departments, mental health facilities, hospitals, pharmacies, and supermarkets.

Create your own flyers free. Use only pictures which you have permission for. (I particularly like creating flyers instead of sharing plain text, whether it is in meeting chats, or for a public domain, as I find they capture more attention.)



Virtual Region Convention

 *There is a Solution*
The Joy of Our Diverse Membership United in Recovery

Register NOW!
Event: March 1, 2 & 3, 2024
<http://OaVirtualConvention.org>

We have over 66 sessions including keynote speakers, webinar sessions, step meetings, workshops, forums and newcomer meetings.

HELP CARRY THE MESSAGE

Our Open House and Convention outreach has reached over a thousand newcomers and returnees.



The Bridge Intergroup

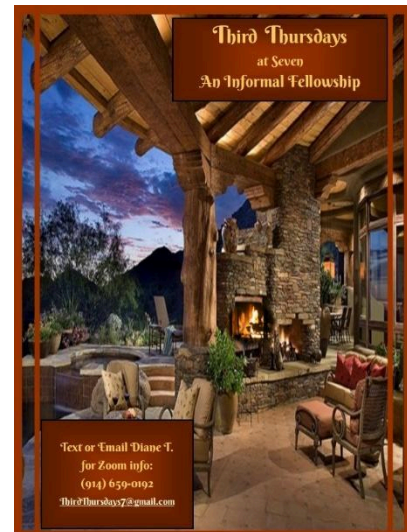
At Bridge meetings, compulsive eaters who are also recovering from other addictions are free to discuss the whole of their experience as it pertains to their recovery from compulsive eating. Bridge meetings honor the traditions of Overeaters Anonymous and are open to anyone with a desire to stop eating compulsively.



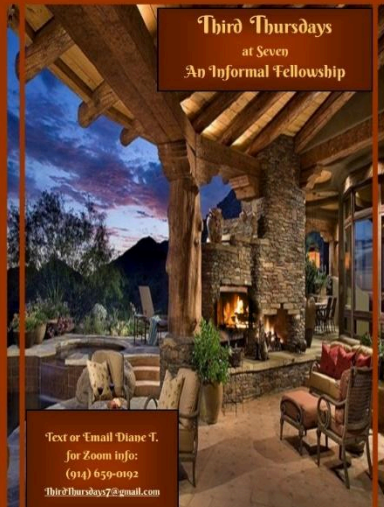
Our Meeting Schedule:

Tuesday: 8:00pm – 9:00pm ET (5:00pm–6:00pm PT) – Sharing
Thursday: 8:00pm – 9:00pm ET (5:00pm–6:00pm PT) – Sharing
Saturday: 1:00pm – 2:00pm ET (10:00am–11:00am PT) – Focus on Program Basics
Sunday: 8:00pm – 9:00pm ET (5:00pm – 6:00pm PT) – Step Study using the Twelve Steps and Twelve Traditions of Overeaters Anonymous

Meeting ID: 892 3750 0498 | Passcode: bridge
<https://oabridge.org/>



Third Thursdays at Seven
An Informal Fellowship



Text or Email Diane T.
for Zoom Info:
(914) 659-0192
thbr@thursdays7@gmail.com



I like using the same ad repeatedly, as I find that with consistency people are more likely to eventually notice it. For example, I must have seen a new type of coffee advertised at least a dozen times, and in various formats (supermarket, magazine, television, gas station, and in an Amazon promotion), before I tried it. It was as if I was saying, "Okay, you are everywhere and not going away, so I will pay attention to you."

By the way, any of you are welcome to use the graphics I have created, for the open-mouth ad, for your campaigns. Get in touch if you'd like a copy of the graphic that you can change the text on.



Billboards: buildings, roads, and highways.
Budget by using strategic, low-cost locations.

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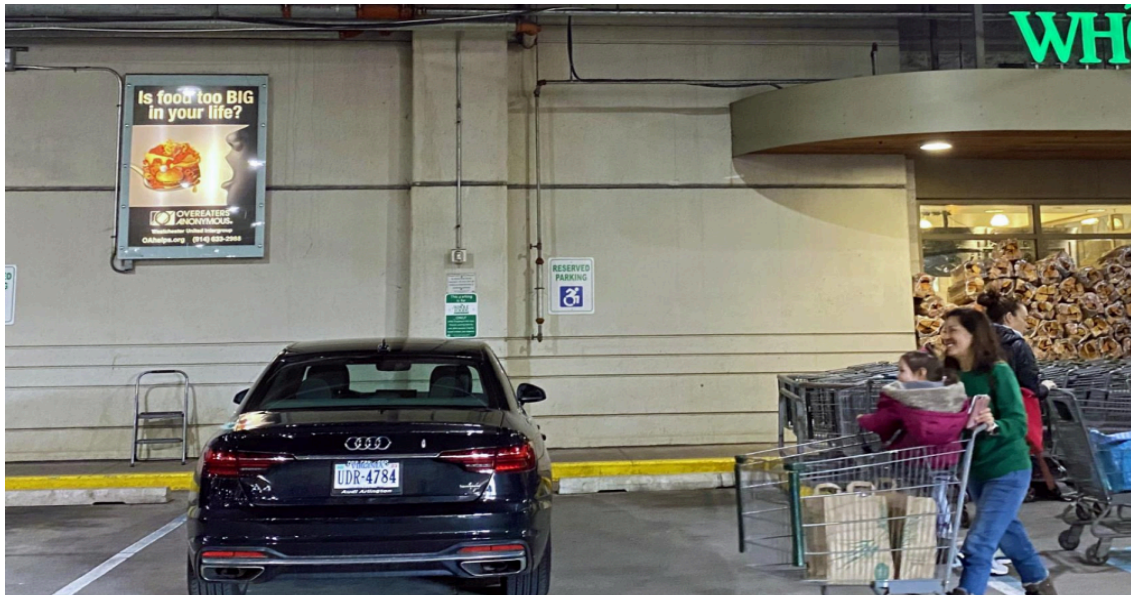
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Restaurant Placemat Advertising



Posters in malls, parking lots, train and bus stations.



Sanitizing stations:
stores, medical facilities,
and other businesses.

OAhelps.org

 **OVEREATERS
ANONYMOUS®**

(914) 633-2988
Westchester United Intergroup



**Is food
too BIG in
your life?**

I purposely haven't listed prices, since costs will vary depending on your location, time of year, and the company you work with.

My biggest challenge so far is tracking how well the ad campaigns have worked. For example, Joe S. may have seen a billboard and mentioned it to his sister who then attended an OA meeting. A doctor may have seen an OA commercial on television and then saw an ad on a restaurant placemat and then mentioned it to a patient. However, using social media campaigns are more easily trackable.

My contact information:

vicechair@oavirtualregion.org

This document:

<https://docs.google.com/document/d/1oE5n96Gr7UghBfl2YxF0qJcDL54AbEkShY-No0qoUIQ/edit?usp=sharing>