

Dear Health Care Professional,

The Surgeon General, David Satcher announced in January 2001 preliminary efforts to form a national strategy to deal with the epidemic problem of obesity in the United States. More than 60 % of American adults over 20 years of age were overweight or clinically obese in 1999, according to the National Center for Health Statistics. Rates have more than doubled since 1980. It is increasing in both genders and among all population groups of adults. The cost of health care, insurance benefits and disability are also rising in part because of the health related problems associated with obesity. As more attention is paid to obesity, there is a growing awareness that excess weight is only a symptom, and that the real problem is compulsive overeating, an addictive disorder comparable to alcoholism. For many years Alcoholics Anonymous has been demonstrating the effectiveness of a mutual help approach to addiction. Overeater Anonymous offers the same unique kind of help. And like alcoholics, who were once thought to be impossible to rehabilitate, compulsive overeaters are proving that they can recover: that their obsessive compulsion for excess food can be arrested through the same program of recovery that has returned millions of alcoholics to sober, productive lives.

If you have patients/ clients who suffer from eating disorders and continue to overeat or eat in a way that affects their health in spite of your advice, we believe we can help. Overeaters Anonymous (OA) is a nonprofit fellowship of individuals whose primary purpose is to refrain from compulsive overeating and to carry this message to the still suffering compulsive overeater. Our program is based on Alcoholics Anonymous. We emphasize the need for a physical, emotional and spiritual program of recovery to deal with our eating problem. Overeaters Anonymous claims no nutritional expertise – our members are referred to the Medical Professional for guidance and for approval of a food plan. There are no scales or food plans at our meetings, rather our recovery comes from joining together to share experience, strength and hope with one another in order to solve our common problem. As part of our recovery, we have outreach service committees to inform the public, professional community and individuals in institutions about the Overeaters Anonymous program.

On behalf of Overeaters Anonymous, I would like to extend an offer for members of our committee to speak to you, your staff, or individuals within your organization. In addition to speakers we can provide the following:

- A 20 minute video film about Overeaters Anonymous.
- Provide a presentation for you and your staff.
- Provide literature and a directory of meetings.
- Provide individuals in institutions with a person from OA to talk to.

Thank you for taking the time to review our program. If you have any questions, please contact me at \_\_\_\_\_. We would welcome the opportunity to cooperate with you in reaching the still suffering compulsive overeater. Our Overeaters Anonymous web site is [www.oanewhampshire.org](http://www.oanewhampshire.org), for more information about our program and workshops, speaker list, meetings and convention information.

Sincerely,

Overeaters Anonymous