

# We Are Working the Twelve Steps

77% of survey participants have completed all Twelve Steps of Overeaters Anonymous and 67% have worked through the Steps multiple times.

88% have worked the Steps with an OA sponsor. 60% have sponsored others through the Steps.

Almost half (48%) have participated in an OA Step study group.

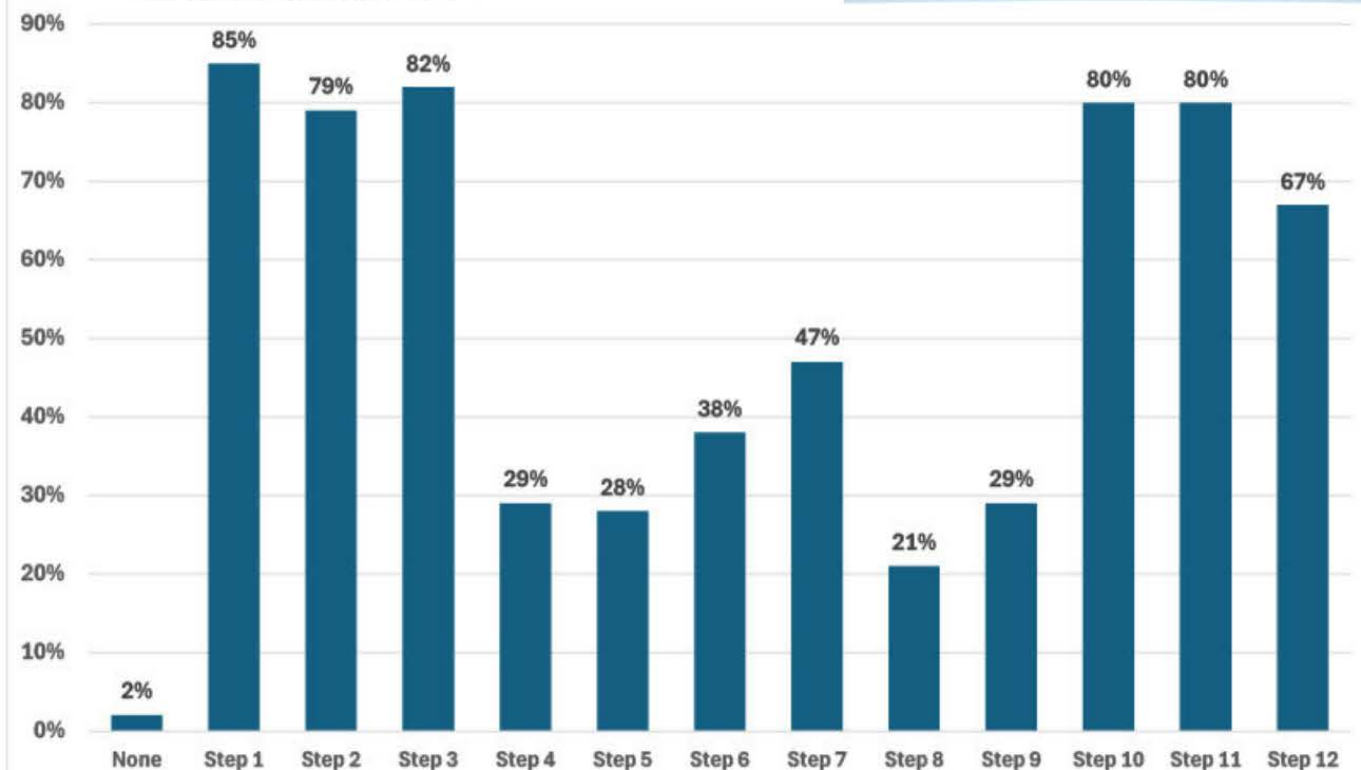
Only 4% of participants had not worked the Steps at all.

Almost all use the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* (89%), *Alcoholics Anonymous* (the AA Big Book), and/or the *AA Twelve and Twelve* (90%) to work the Steps. A majority (52%) have used the *OA Twelve Step Workbook*.

Most use Steps One through Three and Steps Ten through Twelve on a daily basis. Only 2% reported no daily practice involving the Steps.

“Recovery requires a lot of work today and each day, but it’s so worth it.”  
—Anonymous

Steps as Part of Daily Practice



## Recovery: What Works for You?

### 2024 Survey Results

3,428 MEMBERS RESPONDED  
TO OUR SURVEY ASKING:

“WHAT WORKS FOR YOU IN  
YOUR OA RECOVERY?”

**OVEREATERS  
ANONYMOUS®**

# We Are Recovering!

86% of participants were abstinent (refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight) when they took the survey. 85–96% say the symptoms that brought them to OA have improved and are “better,” “much better,” or “no longer an issue.” Combined totals are shown below.

Symptom	Improvement
Eating food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage.	96%
Going on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick.	95%
Eating when I'm not hungry, or not eating when my body needs nourishment.	94%
Fasting or severely restricting my food intake to control my weight.	92%
Eating sensibly in front of others and then making up for it when I am alone.	92%
Using laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight.	92%
Losing weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain.	90%
Reaching for food when my emotions are intense.	89%
Feelings of guilt, shame, or embarrassment about my weight or the way I eat.	89%
My eating behaviors make me or others unhappy.	88%
My eating is negatively affecting my health or the way I live my life.	88%
Spending 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.	87%
The need to chew or have something in my mouth all the time: food, gum, mints, candies, or beverages.	86%
Fantasizing about how much better life would be if I were a different size or weight.	85%

## We Are Using the Tools of Recovery

- 
- 82% use **anonymity** daily; an additional 3% use it four to six times per week.
  - 73% use **a plan of eating** daily; an additional 8% use it four to six times per week.
  - 68% attend two or more **meetings** per week.
  - 47% use an **action plan** daily; an additional 8% use it four to six times per week.
  - 45% use **literature** daily; an additional 15% use it four to six times per week.
  - 36% use **sponsorship** daily; an additional 23% use it four to six times per week.
  - 31% use **service** daily; an additional 13% use it four to six times per week.
  - 29% use **writing** daily; an additional 11% write four to six times per week.
  - 23% use the **telephone** daily; an additional 13% use it four to six times per week.

“Outreach calls help me process whatever is going on, and keeps me out of the food.”

- C.S., 28 years in recovery