

What brought us here?

OA is a worldwide Fellowship, open to all who have the desire to stop eating compulsively. Compulsive eating behaviors may include overeating, under-eating anorexia, bulimia, laxative or drug abuse, overexercising, or any combination of these actions. Some of these behaviors may have begun in early childhood, but we believe that compulsive eating is progressive and may become even more of a problem for us later on. It can have a dramatic effect on the daily lives, relationships, physical health, and aspirations of young people in their teens, 20s, and 30s.

Why we stay

You may feel that you are alone, struggling with feelings of powerlessness and shame over your compulsive eating, body image, and weight. You may wonder if anyone else your age feels the way you do. We can tell you that many young people in OA have found recovery and freedom from the crippling effects of compulsive eating. Members of all ages have discovered that the Twelve Steps of Overeaters Anonymous offer a common solution for all who wish to recover. You are not alone.

OA Board-approved. Overeaters Anonymous®, Inc.
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