

You belong in Overeaters Anonymous! OA is for you!

Here is a list of common diversities. If you want to connect with an OA member who is abstaining from compulsive eating while sharing a common diversity, please:

Go to www.oaregion8.org

Click COMMITTEES on the dropdown menu

Scroll down to UNITY WITH DIVERSITY (UWD)

Click UNITY WITH DIVERSITY REQUEST

Follow directions there to be connected with an abstinent and recovering OA member who identifies as having your diversity and is willing to share experience, strength and hope.

We are here to help. You are not alone anymore.

OA Diversities:
I stayed abstinent
although I
was/am/had/have

1

100 pounder
200+ lb loser
ABA
African American
Agnostic/Atheist
Agnostic/Atheist (former)
Al-Anon
American Sign Language
Autistic children
Bariatric Surgery
Bereaved/ Grief & loss
Bilingual
Bisexual
Binge eater
Bored
Bulimia
Camper full time
Cancer Patient/Survivor
Children (have them)
Chronic illness
Clergy
Cook for family
Crazy Cat Lady
Cuban immigrant
Dating
Deaf/hard of hearing
Differently Abled
Double hatter
Double hatter-AA

OA Diversities:
I stayed abstinent
although I
was/am/had/have

2

Double hatter-Al-Anon
Double hatter-Nar anon
Entertainer
Exercise bulimia
Exercise too much
Food rehab experience
Food service/near food
Gain weigh in abstinence
Gay
Healthy body weight
Hindu
Hospitalized
Ill/sick
Ill/sick - Crohn's disease
Ill/sick - Multiple sclerosis
Incarcerated
Jewish
Kosher
Late Night (up to 2 a.m.)
Latina
Latino
Laxative abuser
Lesbian
Live w/ parents as adult
Live alone
Live w/ "Foodie"
Lived w normal eater
Low income
Male

OA Diversities:
I stayed abstinent
although I
was/am/had/have

3

Married
Meal plan w/snacks
Meals - small/many
Menopause
Mental Health Illness
Mental Health - depression
Mental Health - Bi Polar
Moved/changed locations
Military
Military spouse
Native American
No sugar
Night eater
Night work
Non English speaker
Non-theistic/Buddhist
Orthoanorexia
Personality disorder
Pregnant
Professional
Restrictor
Runner
Senior citizen
Sexual assault
Single parent
Sleep walker
Social anxiety
Sponsorless

OA Diversities:
I stayed abstinent
although I
was/am/had/have

4

Triple hatter
Traveler
Trans/Queer
Vegan/plant based
Vegetarian
Visual problems
Weight & measure
Widower
Young person