

**FOR IMMEDIATE RELEASE**

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**FOOD ADDICTS IN RECOVERY ANONYMOUS CELEBRATES 10 YEARS**

Program for Food Addicts Shows Membership Growing at over 20% per Year

BOSTON, MA (October 21, 2008) – Food Addicts in Recovery Anonymous (FA) is celebrating ten years of growth from its inception in Massachusetts to worldwide membership.

The number of FA members in 2008 is estimated at 3,700 worldwide. Membership spans 40 states in the U.S. and countries including France, Germany, Israel, Japan, Australia, Canada, Qatar and the United Kingdom. In the United States alone, there are more than 418 weekly FA meetings available for those looking for freedom from food addiction. While most members attend meetings locally in their region, some members follow the program long-distance.

Founded in 1998, FA is an effective, long-term solution to food addiction for many people who use food as a drug, whether they under-eat, overeat, are bulimic, or are otherwise obsessed with food or their weight.

Based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, FA is an international fellowship of individuals who, through shared experience and mutual support, are recovering from food addiction. FA is not affiliated with any public or private organization, political movement, ideology or religious doctrine. Membership in FA is free and is open to anyone who wants to recover from food addiction. The group is comprised of thousands of women and men diverse in age, ethnicity and socio-economic background who have experienced difficulty controlling the way they eat.

According to the most recent FA membership survey, 89 percent are female, 11 percent are male, 90 percent are between the ages of 31 and 70, and 8 percent are younger than 30. A full 49 percent report being free from addictive eating for 13 months to 5 years. Forty-four percent have had a normal body size for 13 months to 5 years. Members with continuous success in the program since inception have maintained upwards of two decades in a normal body size, including documented weight loss of as much as 200 pounds.

For more information, visit [foodaddicts.org](http://foodaddicts.org), or call the FA World Service Office at 781-932-6300.

Are you a food addict?

Ask yourself the following questions and answer them as honestly as you can.

1. Have you ever wanted to stop eating and found you just couldn't?
2. Do you think about food or your weight constantly?
3. Do you find yourself attempting one diet or food plan after another, with no lasting success?
4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
5. Do you eat differently in private than you do in front of other people?
6. Has a doctor or family member ever approached you with concern about your eating habits or weight?
7. Do you eat large quantities of food at one time (binge)?
8. Is your weight problem due to your "nibbling" all day long?
9. Do you eat to escape from your feelings?
10. Do you eat when you're not hungry?
11. Have you ever discarded food, only to retrieve and eat it later?
12. Do you eat in secret?
13. Do you fast or severely restrict your food intake?
14. Have you ever stolen other people's food?
15. Have you ever hidden food to make sure you have "enough"?
16. Do you feel driven to exercise excessively to control your weight?
17. Do you obsessively calculate the calories you've burned against the calories you've eaten?
18. Do you frequently feel guilty or ashamed about what you've eaten?
19. Are you waiting for your life to begin "when you lose the weight?"
20. Do you feel hopeless about your relationship with food?

If you answered yes to any of the above questions, then you may be a food addict.

You are not alone. FA offers hope with a real solution to food addiction. Visit the Food Addicts in Recovery Anonymous website at [foodaddicts.org](http://foodaddicts.org).

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