



MEDIA ADVISORY

SUPPORT GROUP FOR PEOPLE ADDICTED TO FOOD REACHES 500-MEETING MILESTONE

WHAT BOSTON – June 1, 2011 -- In one year, the number of [Food Addicts in Recovery Anonymous \(FA\)](#) meetings throughout the world has increased more than 15 percent, reported the 12-Step recovery program hosting its 10th annual business convention.

WHEN June 3 - 5, 2011

WHERE Coco Key Hotel and Water Resort Boston
Danvers, MA 01923

Founded in 1998, FA offers an effective, long-term solution to food addiction, whether one is an under-eater, overeater, bulimic, or otherwise obsessed with food, weight or exercise. The fellowship of FA spans over 40 states in the U.S. and countries including Australia, Canada, France, Germany, Israel, Japan, New Zealand and the United Kingdom. In the U.S., there are more than 451 weekly [FA meetings](#).

The number of FA members worldwide is estimated at 4,044. Forty-nine 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 its inception have maintained upwards of two decades in a healthy body size, including maintaining documented weight loss of as much as 200 pounds.

More than 250 FA members will attend this year's business convention. Attendees are from 24 states in the U.S. and from as far away as Australia, Canada, Germany, Israel and the United Kingdom.

If you are wondering if you are a food addict, FA suggests answering the 20-questions posted on the organization's website under the "[Who Me?](#)" tab. The first 2 are listed below.

1. "Have you ever wanted to stop eating and found you just couldn't?"
2. "Do you think about food or your weight constantly?"

The FA program is based on the [Twelve Steps](#) and Twelve Traditions of Alcoholics Anonymous. FA is free and open to anyone who wants to recover from food addiction. Visit the FE website at www.foodaccicts.org to learn more about FA.

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