

Food Addicts in

Recovery Anonymous

2016 Survey Highlights



Purpose of the survey

To provide information about the value of the FA program to our fellowship, to professionals, and to the general public in order to better carry the message of FA recovery to those still suffering from food addiction.



Methodology

4,238 FA members took the survey from May 24 through September 19, 2016

- **Survey link** was posted on the FA website homepage for easy access
- **Emails** were sent to over 7,500 FA website profiles
- **Paper copies** of survey and **multi-language telephone interviews** were made available as needed

Demographics

FA members from **26 countries** participated in the survey, with most from **the US, Canada, Australia, the UK, and Germany.**

In the US, respondents came from **46 states, D.C., and 2 territories.**

See Appendix.



Racial identity



Caucasian or White



African American or Black



Latino or Hispanic



Distributed over other categories including:

Asian, Middle Eastern, Pacific Islander, First Nations, Bi-racial, Multi-racial, Indigenous Australian, South Asian, Mediterranean.

Gender identity



88%



11%



1%

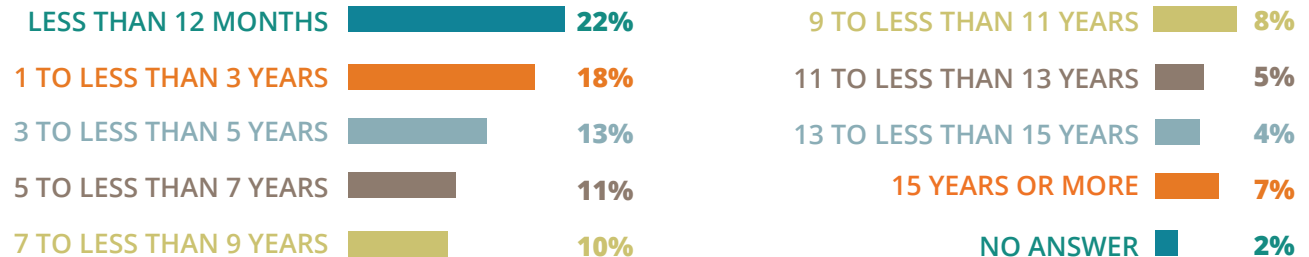
Age

- **62%** of respondents were **54 and older**.
- The age bracket with the highest response rate was **54-64**, with **65 and over** the next highest.
- **About 5%** of respondents were **under 35**.

Range of abstinence: 0-38 years

85% of those taking survey were currently abstinent from addictive eating.

Length of FA Membership



Mean = 5.6 Years / Median = 4.0 Years

How did people find out about FA?



65% of those surveyed found us by hearing about the program from a friend, family member or co-worker.



14% found us through another twelve-step program.



8% found us through a health care provider.



6% found us through the Internet (and if we look at the people who have been in FA for a year or less, this jumps to 12%, so we are seeing an upward trend of people finding us on the Internet).

Some of the issues FA successfully addressed include:

Obesity

Emotional Eating

Yo-yo
Dieting

Bulimia/
Vomiting

Compulsive Dieting

Restrict
Food Intake

Being Overweight

Body Image Obsession

Laxative Abuse

Over-exercise

Bingeing

Eating in Secret

For many respondents, weight reduction was one of the benefits of FA recovery.

92%

reported weight loss from the time they joined FA and of those...

85%

reported a weight loss of 20 lbs / 9 kg or more

52%

reported a weight loss of 50 lbs / 23 kg or more

16%

reported a weight loss of 100 lbs / 45 kg or more

Of those reporting they had weight to lose or gain, **40% reported currently being at their goal. Of these...**



had maintained that weight for over one year



had maintained that weight for over three years

Survey Respondents Reporting Health Improvements



Of those who had previous health problems, 46% reported that they had a health issue that had completely resolved in their time in FA. The most common categories for this were endocrine, gastro-intestinal, and cardiovascular.

Prediabetes

93%

reported **improvements**

(n=1062)

48%

reported their
symptoms resolved

(n=1062)

Type 2 Diabetes

94%

reported **improvements**
(n=630)

40%

reported their
symptoms **resolved**
(n=630)

Members were asked if they were able to reduce or discontinue medications with the help of their physicians, due to no longer needing them. “Yes” responses included:

- **32%** for hypertension
- **27%** for depression
- **20%** for cholesterol
- **18%** for anxiety
- **13%** for sleep
- **13%** oral medication for diabetes
- **5%** insulin for diabetes

Long term members' daily use of FA Tools



99% eating abstinently



87% Reading the *24 Hours a Day* book



86% 30 minutes quiet time



78% Reading the *AA Big Book*



67% 3 phone conversations with FA members



42% Writing

Quality- of- life benefits



93% are more hopeful about their weight



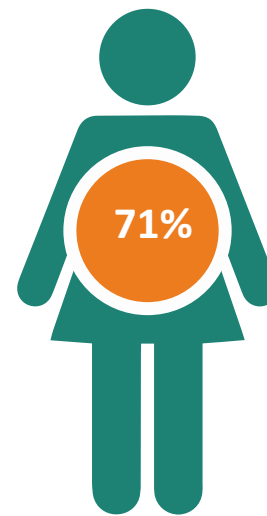
88% report a better spiritual life



83% remained abstinent through difficulties such as job loss or illness



Over 80% have more fulfilling relationships, more stability and/or better stress management



71% reduced other addictive behaviors



Over 50% have healthier exercise habits and /or better overall hygiene

To Contact FA

From the U.S. or Canada call 781.932.6300

Internationally call +1.781.93.-6300

www.foodaddicts.org



FOOD ADDICTS
in recovery anonymous



Appendix

FA members from 26 countries participated in the survey.

Argentina	Italy
Australia	Jordan
Belgium	Mauritius
Canada	Mexico
China	Nepal
Costa Rica	New Zealand
Ecuador	Poland
Egypt	South Africa
France	Spain
Germany	Sweden
Iran	Taiwan
Ireland	UK
Israel	US

In the US, respondents came from 46 states, D. C., and 2 territories.

Alabama	Kansas	Ohio
Alaska	Kentucky	Oklahoma
American Samoa	Louisiana	Oregon
Arizona	Maine	Pennsylvania
Arkansas	Maryland	Puerto Rico
California	Massachusetts	Rhode Island
Colorado	Michigan	South Carolina
Connecticut	Minnesota	Tennessee
Delaware	Mississippi	Texas
D.C.	Missouri	Utah
Florida	Montana	Vermont
Georgia	Nevada	Virginia
Hawaii	New Hampshire	Washington
Idaho	New Jersey	West Virginia
Illinois	New Mexico	Wisconsin
Indiana	New York	
Iowa	North Carolina	