

Food Addicts in Recovery Anonymous Survey Results



Q1. In what country is your primary residence?

1	Aruba	0.02%
70	Australia	1.70%
1	Bahamas	0.02%
4	Brazil	0.10%
171	Canada	4.14%
1	Cape Verde	0.02%
1	Cayman Islands	0.02%
2	China	0.05%
1	Costa Rica	0.02%
1	Cuba	0.02%
1	France	0.02%
13	Germany	0.31%
1	Ireland	0.02%
1	Israel	0.02%
1	Japan	0.02%
2	Malaysia	0.05%
5	Mexico	0.12%
6	New Zealand	0.15%
1	Portugal	0.02%
2	Russia	0.05%
2	South Africa	0.05%
1	Turkey	0.02%
1	Ukraine	0.02%
42	United Kingdom	1.02%
3750	United States	90.82%
1	Uruguay	0.02%
2	Venezuela	0.05%
3	Wallis and Futuna Islands	0.07%
41	No Answer	0.99%
4129	Total	100.00%

Q2. In what state or province is your primary residence?

Australia		
1	Northern Territory	1.43%
40	New South Wales	57.14%
2	Queensland	2.86%
16	Victoria	22.86%
11	No Answer	15.71%
70	Total	100.00%
 Canada		
70	AB	40.94%
18	BC	10.53%
1	MB	0.58%

65	ON	38.01%
2	QC	1.17%
3	SK	1.75%
12	Others	7.02%
171	Total	100.00%

Germany

1	Bavaria	7.69%
1	Berlin	7.69%
1	Brandenburg	7.69%
1	Bremen	7.69%
1	Hessen	7.69%
1	Niedersachsen	7.69%
7	No Answer	53.85%
13	Total	100.00%

United Kingdom

14	East Sussex	33.33%
4	London	9.52%
1	Somerset	2.38%
1	Surrey	2.38%
2	Sussex	4.76%
2	West Sussex	4.76%
18	Others	42.86%
42	Total	100.00%

United States

5	AK	0.13%
10	AR	0.27%
4	AZ	0.11%
1862	CA	49.65%
32	CO	0.85%
6	CT	0.16%
17	DC	0.45%
15	DE	0.40%
170	FL	4.53%
51	GA	1.36%
3	HI	0.08%
8	IA	0.21%
28	ID	0.75%
4	IL	0.11%
1	KS	0.03%
5	KY	0.13%
191	MA	5.09%
139	MD	3.71%
155	ME	4.13%
240	MI	6.40%
1	MN	0.03%
5	MO	0.13%
4	MT	0.11%

113	NC	3.01%
3	NE	0.08%
17	NH	0.45%
13	NJ	0.35%
14	NM	0.37%
4	NV	0.11%
107	NY	2.85%
140	OH	3.73%
39	OR	1.04%
85	PA	2.27%
10	RI	0.27%
10	SC	0.27%
1	SD	0.03%
3	TN	0.08%
111	TX	2.96%
4	UT	0.11%
25	VA	0.67%
3	VT	0.08%
41	WA	1.09%
3	WI	0.08%
2	WV	0.05%
42	Others	1.12%
4	No Answer	0.11%
3750	Total	100.00%

Q3. Please indicate your age range

2	Under 10 years old	0.05%
27	10-20 years old	0.65%
164	21-30 years old	3.97%
418	31-40 years old	10.12%
838	41-50 years old	20.30%
1349	51-60 years old	32.67%
1048	61-70 years old	25.38%
223	71-80 years old	5.40%
18	More than 80 years old	0.44%
42	No Answer	1.02%
4129	Total	100.00%

Q4. Please indicate your gender

3634	female	88.01%
424	male	10.27%
71	No Answer	1.72%
4129	Total	100.00%

Q5. With which race do you most closely identify?

22	Asian	0.53%
503	Black	12.18%
22	Caribbean	0.53%
182	Hispanic	4.41%
69	Multi-racial	1.67%

21	Native American	0.51%
3164	White	76.63%
74	Other	1.79%
72	No Answer	1.74%
4129	Total	100.00%

Q6. Is English Your Primary Language?

3925	yes	95.06%
126	no	3.05%
78	No Answer	1.89%
4129	Total	100.00%

Q7. What is your marital status?

813	Divorced	19.69%
83	Domestic Partners	2.01%
118	Living together	2.86%
2133	Married	51.66%
87	Separated	2.11%
609	Single/Never Married	14.75%
216	Widowed	5.23%
70	No Answer	1.70%
4129	Total	100.00%

Q8. What is your highest level of education?

16	Still in high school or lower grade level	0.39%
53	Did not graduate from high school	1.28%
301	High school graduate	7.29%
960	Some college	23.25%
404	Associates degree	9.78%
1150	Bachelors degree	27.85%
882	Masters degree	21.36%
166	Doctorate	4.02%
110	Other	2.66%
87	No Answer	2.11%
4129	Total	100.00%

Q9. What is your occupation?

176	Clerical	4.26%
366	Educator	8.86%
462	Health professional	11.19%
212	Homemaker	5.13%
19	Laborer	0.46%
405	Manager/Administrator	9.81%
404	Professional/Technical	9.78%
731	Retired	17.70%
164	Sales	3.97%
393	Self-employed	9.52%
54	Service worker	1.31%
34	Skilled trade	0.82%
94	Student	2.28%

133	Unemployed	3.22%
328	Other	7.94%
154	No Answer	3.73%
4129	Total	100.00%

Q10. Please indicate how long you have followed the disciplines of FA

0	Not currently abstinent	0.00%
819	Less than 90 days	19.84%
789	90 days -1 year	19.11%
840	13 months - 2 years	20.34%
794	3-5 years	19.23%
575	6-10 years	13.93%
150	11-15 years	3.63%
26	16-20 years	0.63%
26	21-30 years	0.63%
6	More than 30 years	0.15%
104	No Answer	2.52%
4129	Total	100.00%

Q11. Please indicate how long you have had back-to-back abstinence (as defined by FA):

313	Not currently abstinent	7.58%
1260	Less than 90 days	30.52%
965	90 days -1 year	23.37%
653	13 months - 2 years	15.81%
494	3-5 years	11.96%
243	6-10 years	5.89%
76	11-15 years	1.84%
14	16-20 years	0.34%
11	21-30 years	0.27%
2	More than 30 years	0.05%
98	No Answer	2.37%
4129	Total	100.00%

Q12. Please indicate how long you have been at goal weight:

2143	Not at goal weight	51.90%
148	Less than 90 days	3.58%
365	90 days -1 year	8.84%
457	13 months - 2 years	11.07%
461	3-5 years	11.16%
329	6-10 years	7.97%
95	11-15 years	2.30%
18	16-20 years	0.44%
19	21-30 years	0.46%
5	More than 30 years	0.12%
89	No Answer	2.16%
4129	Total	100.00%

Q13. From the time you joined FA to the present, please indicate your weight loss or gain in FA:

178	None	4.31%
36	Had to gain weight	0.87%
761	Lost 1-25 lbs	18.43%
1080	Lost 26-50 lbs	26.16%
858	Lost 51-75 lbs	20.78%
567	Lost 76-100 lbs	13.73%
286	Lost 101-125 lbs	6.93%
141	Lost 126-150 lbs	3.41%
93	Lost 151-200 lbs	2.25%
30	Lost Over 200 lbs	0.73%
99	No Answer	2.40%
4129	Total	100.00%

Q14. Has FA abstinence helped with any health issues? Please mark all that apply

3368	Yes	81.57%
761	No	18.43%
4129	Total	100.00%
1334	Anxiety	32.31%
257	Asthma	6.22%
114	Bi-Polar Disorder	2.76%
1484	Depression	35.94%
559	Diabetes	13.54%
778	Gastrointestinal disorders	18.84%
1202	High blood pressure	29.11%
1082	High cholesterol	26.20%
1452	Joint pain	35.17%
295	Migraines	7.14%
1099	Sleeping issues	26.62%
171	Thyroid problems	4.14%
455	Other	11.02%
761	No Answer	18.43%
11043	Total	

Q15. Have you, with the help of your health care professional(s), been able to discontinue any prescription medication(s) since coming into FA?

2383	No	57.71%
1205	Yes	29.18%
541	No Answer	13.10%
4129	Total	100.00%

Q16. What are the food addiction issues FA helps you to address? Please mark all that apply.

2387	Bingeing	57.81%
1789	Body image obsession	43.33%
407	Bulimia	9.86%
1497	Compulsive dieting	36.26%
3045	Food cravings	73.75%
2863	Food obsession	69.34%

2716	Grazing or eating all day	65.78%
2677	Obesity	64.83%
573	Over exercising	13.88%
3195	Overeating	77.38%
983	Restricting food intake	23.81%
410	Under eating	9.93%
131	Other	3.17%
22673	Total	

Q17. How did you find out about FA? Please mark all that apply.

3	Cable access channel listing	0.07%
309	Co-worker	7.48%
48	FA Information Session	1.16%
532	Family member	12.88%
2299	Friend	55.68%
286	Health Care Professional	6.93%
8	Health fair	0.19%
170	Internet	4.12%
82	Newspaper article	1.99%
87	Newspaper calendar listing	2.11%
75	Pamphlet/notice in a public place	1.82%
5	Phone book	0.12%
5	Radio mention	0.12%
5	Radio show	0.12%
412	Other	9.98%
173	No Answer	4.19%
4,499	Total	

Q18. Are your health care professionals aware you are a member of FA?

3028	Yes	73.33%
983	No	23.81%
118	No Answer	2.86%
4129	Total	100.00%