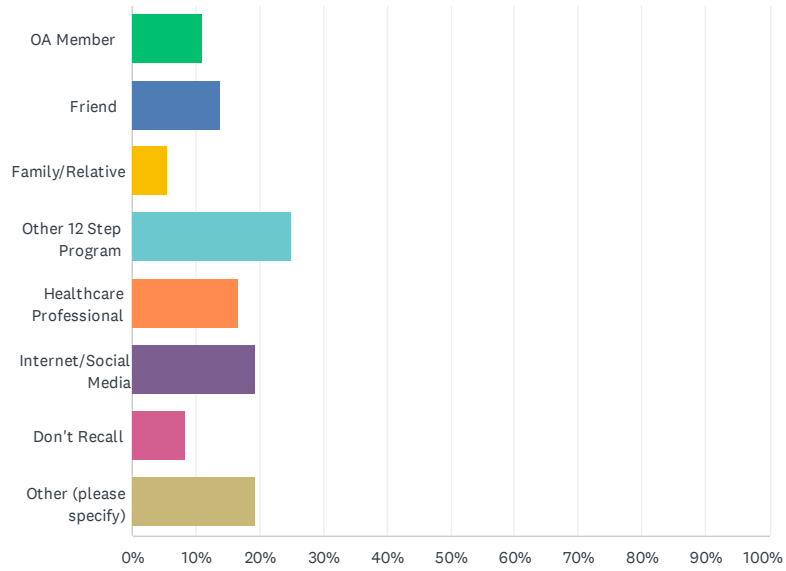


### Q1 How did you find OA?{Check all that apply}

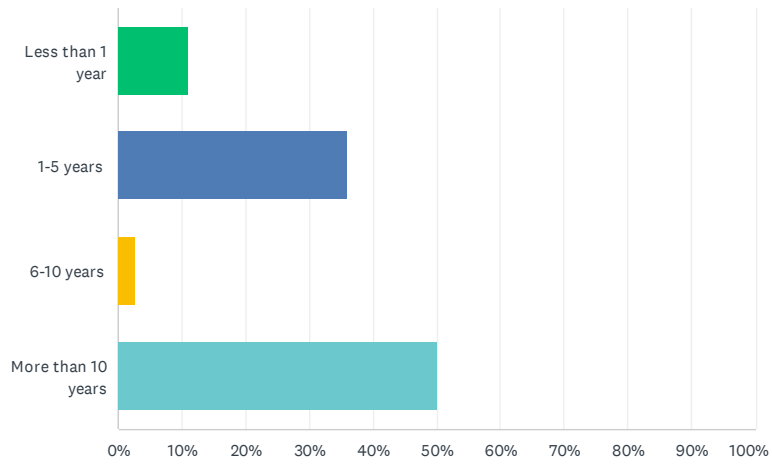
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
OA Member	11.11%	4
Friend	13.89%	5
Family/Relative	5.56%	2
Other 12 Step Program	25.00%	9
Healthcare Professional	16.67%	6
Internet/Social Media	19.44%	7
Don't Recall	8.33%	3
Other (please specify)	19.44%	7
Total Respondents: 36		

## Q2 How long have you been a member of OA?

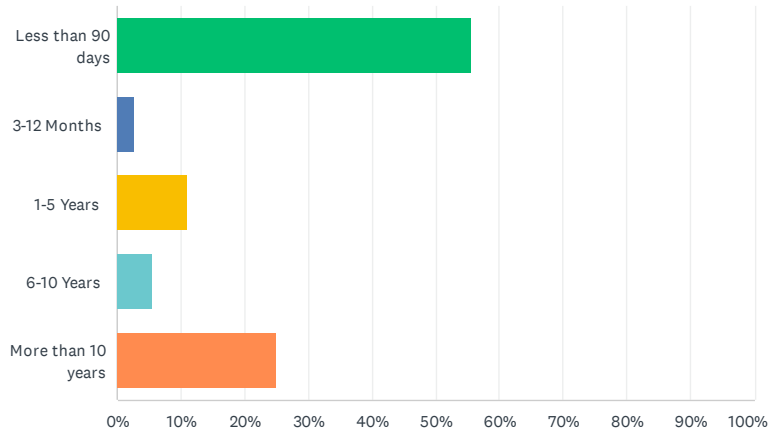
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 year	11.11%	4
1-5 years	36.11%	13
6-10 years	2.78%	1
More than 10 years	50.00%	18
<b>TOTAL</b>		<b>36</b>

### Q3 What is the length of your current abstinence?

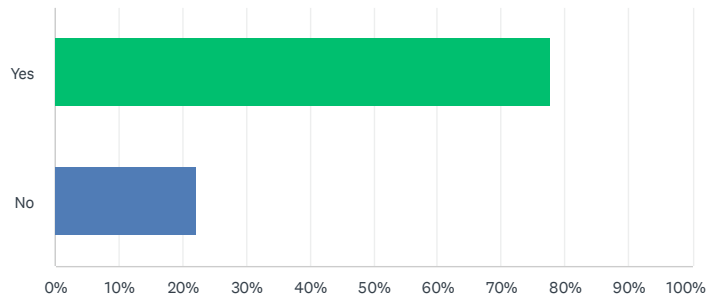
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 90 days	55.56%	20
3-12 Months	2.78%	1
1-5 Years	11.11%	4
6-10 Years	5.56%	2
More than 10 years	25.00%	9
<b>TOTAL</b>		<b>36</b>

### Q4 Do you regularly work with a sponsor?

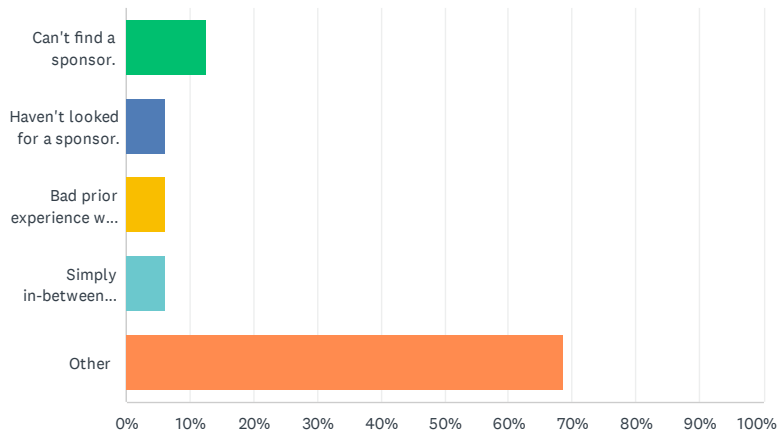
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	77.78%	28
No	22.22%	8
TOTAL		36

Q5 If you do not work with a sponsor, what is the reason? {Check all that apply}

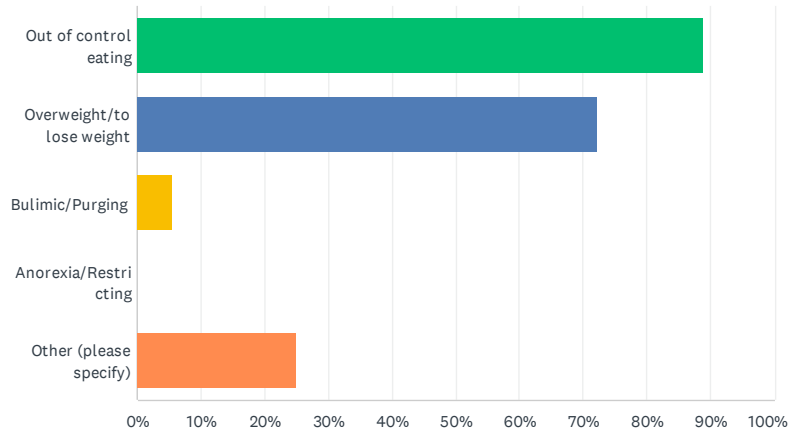
Answered: 16 Skipped: 20



ANSWER CHOICES	RESPONSES	
Can't find a sponsor.	12.50%	2
Haven't looked for a sponsor.	6.25%	1
Bad prior experience with a sponsor.	6.25%	1
Simply in-between sponsors	6.25%	1
Other	68.75%	11
Total Respondents: 16		

Q6 What brought you to OA?{Check all that apply}

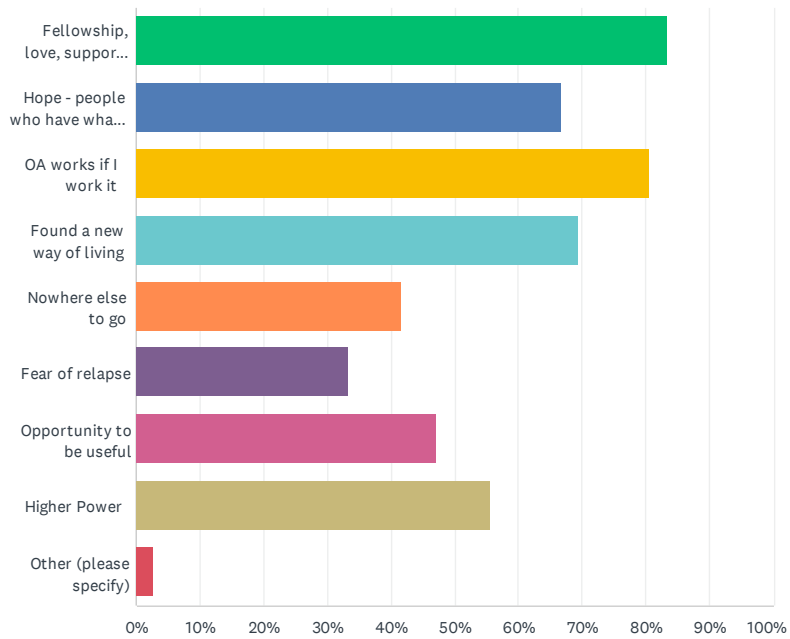
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Out of control eating	88.89%	32
Overweight/to lose weight	72.22%	26
Bulimic/Purging	5.56%	2
Anorexia/Restricting	0.00%	0
Other (please specify)	25.00%	9
Total Respondents: 36		

Q7 What keeps you coming back? {Check all that apply}

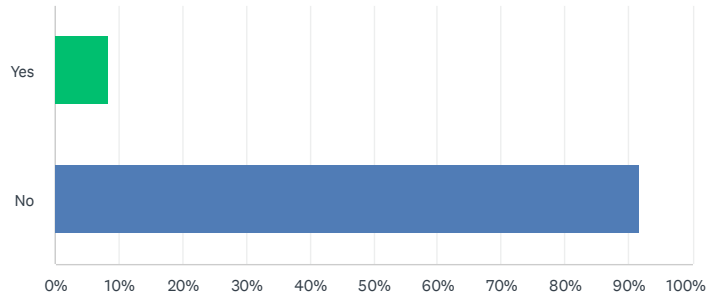
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Fellowship, love, support & acceptance	83.33%	30
Hope - people who have what I want.	66.67%	24
OA works if I work it	80.56%	29
Found a new way of living	69.44%	25
Nowhere else to go	41.67%	15
Fear of relapse	33.33%	12
Opportunity to be useful	47.22%	17
Higher Power	55.56%	20
Other (please specify)	2.78%	1
Total Respondents: 36		

### Q8 Have you ever left OA for a reason other than relapse?

Answered: 36 Skipped: 0

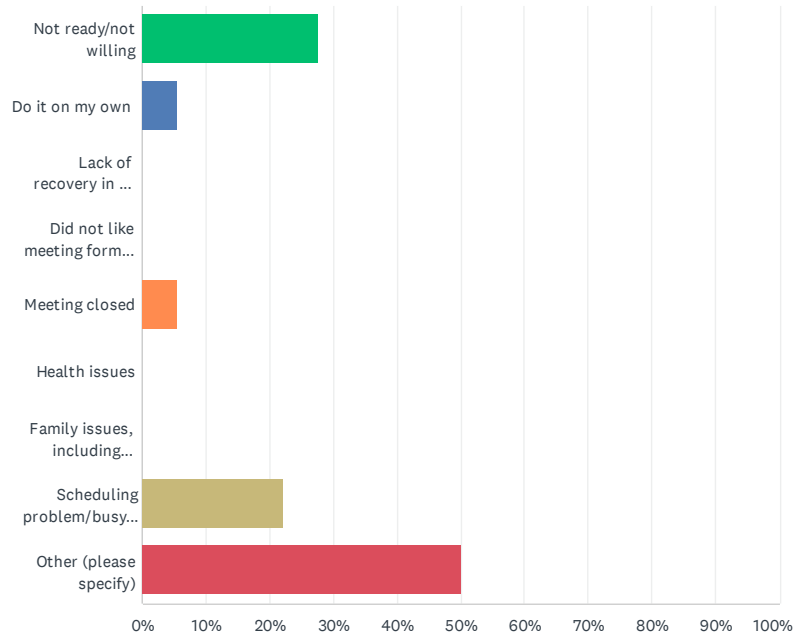


ANSWER CHOICES	RESPONSES	
Yes	8.33%	3
No	91.67%	33
TOTAL		36



Q9 If you left OA for a reason other than relapse, what were the reasons?  
 {Check all that apply}

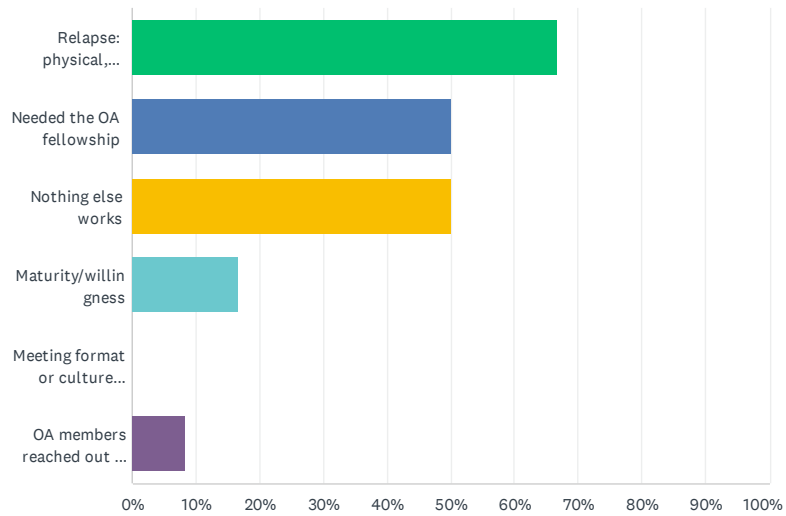
Answered: 18 Skipped: 18



ANSWER CHOICES	RESPONSES	
Not ready/not willing	27.78%	5
Do it on my own	5.56%	1
Lack of recovery in the meetings	0.00%	0
Did not like meeting format or culture	0.00%	0
Meeting closed	5.56%	1
Health issues	0.00%	0
Family issues, including pregnancy	0.00%	0
Scheduling problem/busy schedule	22.22%	4
Other (please specify)	50.00%	9
Total Respondents: 18		

Q10 If you left, what brought you back?{Check all that apply}

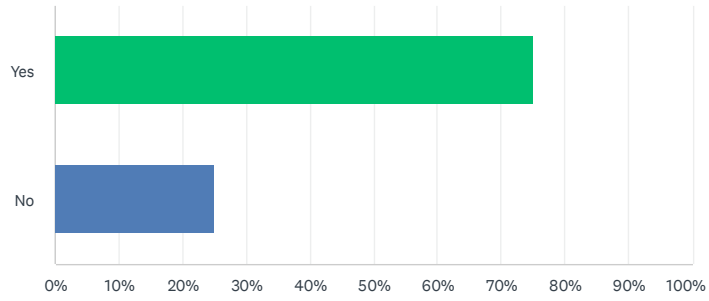
Answered: 12 Skipped: 24



ANSWER CHOICES	RESPONSES	
Relapse: physical, emotional, spiritual	66.67%	8
Needed the OA fellowship	50.00%	6
Nothing else works	50.00%	6
Maturity/willingness	16.67%	2
Meeting format or culture changed	0.00%	0
OA members reached out to me	8.33%	1
Total Respondents: 12		

### Q11 Have you ever relapsed:

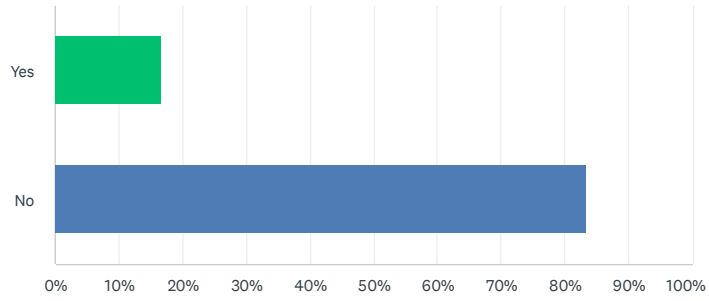
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	75.00%	27
No	25.00%	9
TOTAL		36

### Q12 Are you in relapse now?

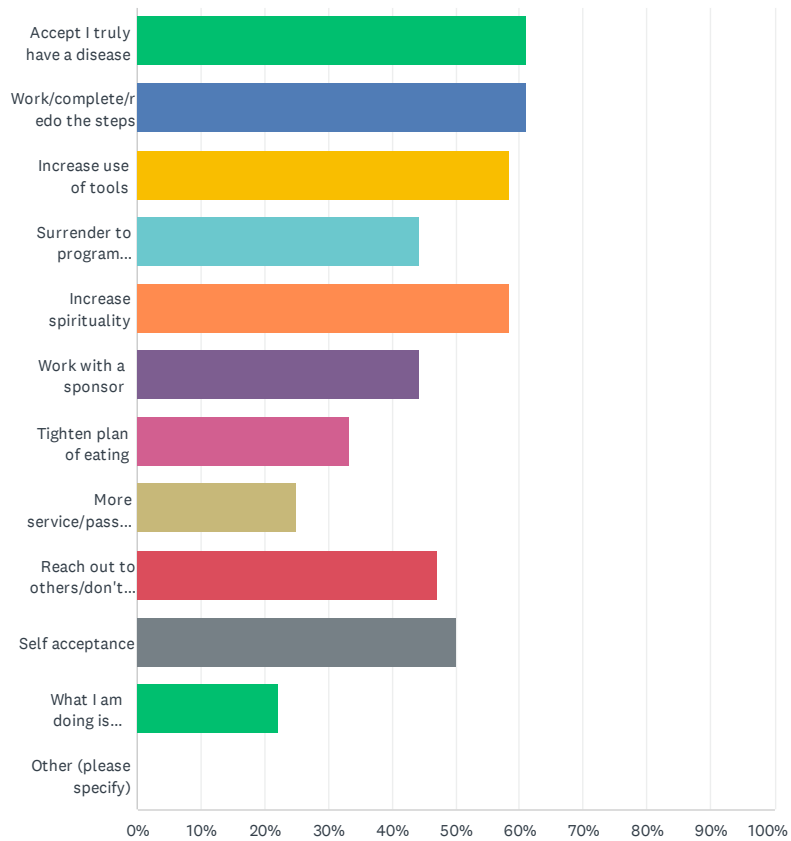
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	16.67%	6
No	83.33%	30
TOTAL		36

Q13 What do you think is the most important things you personally need to do to strengthen your recovery, whether you're abstinent or in relapse? {Check all that apply}

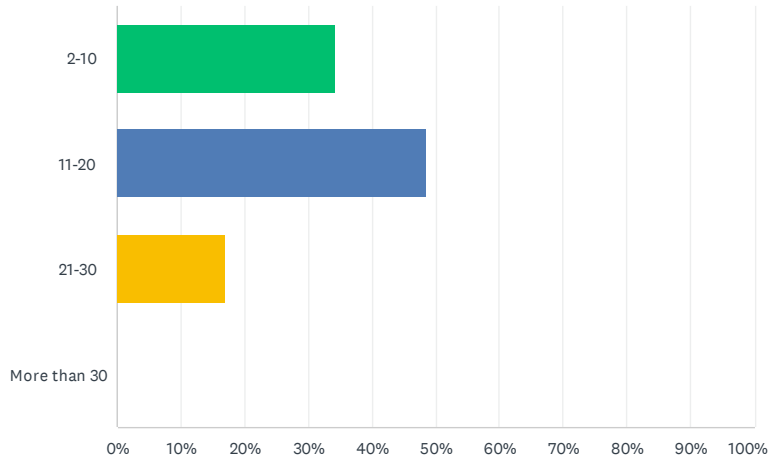
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES
Accept I truly have a disease	61.11% 22
Work/complete/redo the steps	61.11% 22
Increase use of tools	58.33% 21
Surrender to program suggestions	44.44% 16
Increase spirituality	58.33% 21
Work with a sponsor	44.44% 16
Tighten plan of eating	33.33% 12
More service/pass it on	25.00% 9
Reach out to others/don't isolate	47.22% 17
Self acceptance	50.00% 18
What I am doing is working for me right now	22.22% 8
Other (please specify)	0.00% 0
Total Respondents: 36	

Q14 How many people attend your home meeting on average?

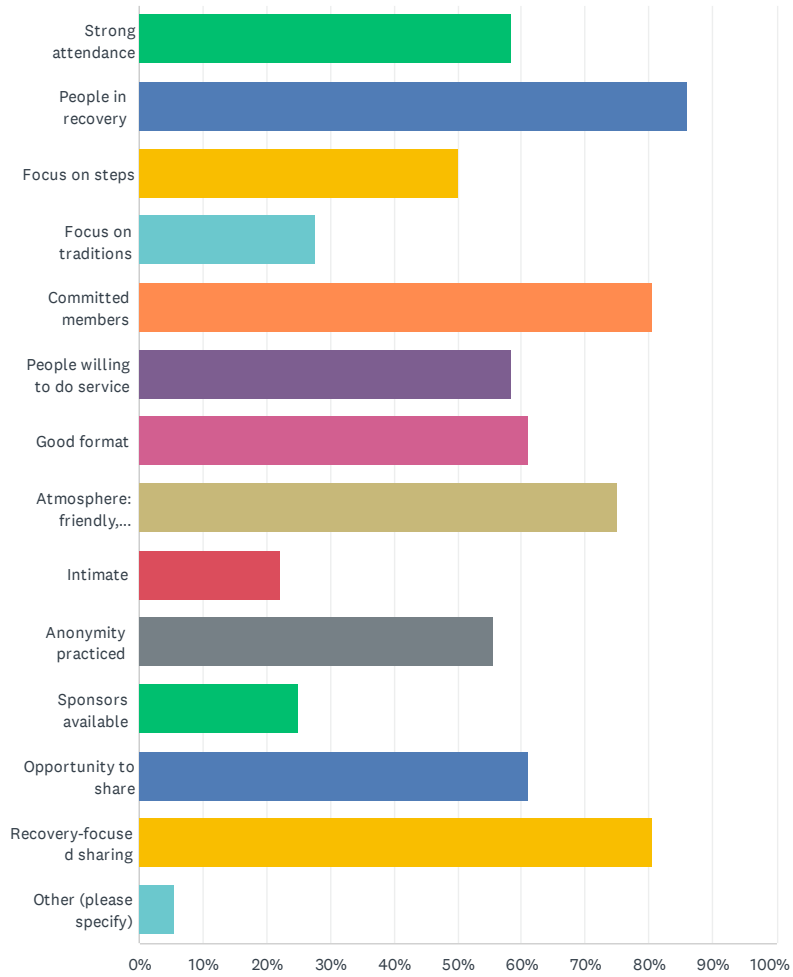
Answered: 35 Skipped: 1



ANSWER CHOICES	RESPONSES	
2-10	34.29%	12
11-20	48.57%	17
21-30	17.14%	6
More than 30	0.00%	0
<b>TOTAL</b>		<b>35</b>

### Q15 What do you see as your home meeting's strengths?[Check all that apply]

Answered: 36 Skipped: 0



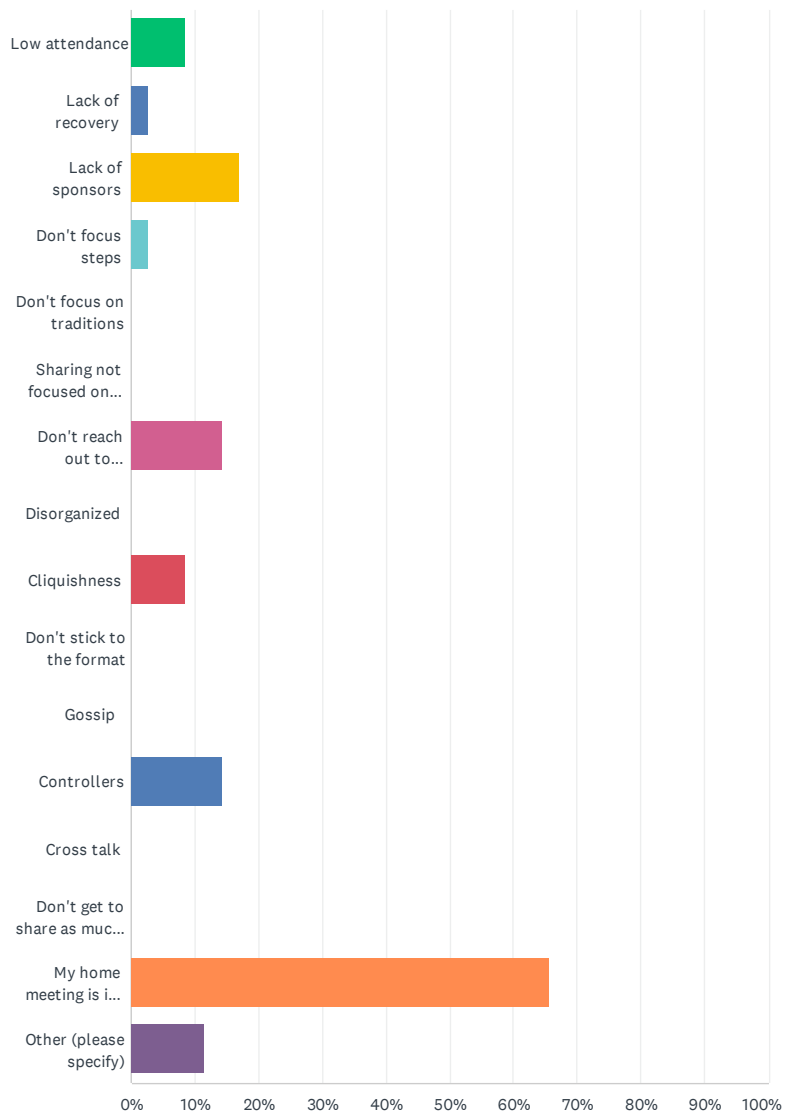
## COSIG Columbus, Ohio

ANSWER CHOICES	RESPONSES	
Strong attendance	58.33%	21
People in recovery	86.11%	31
Focus on steps	50.00%	18
Focus on traditions	27.78%	10
Committed members	80.56%	29
People willing to do service	58.33%	21
Good format	61.11%	22
Atmosphere: friendly, accepting, supportive	75.00%	27
Intimate	22.22%	8
Anonymity practiced	55.56%	20
Sponsors available	25.00%	9
Opportunity to share	61.11%	22
Recovery-focused sharing	80.56%	29
Other (please specify)	5.56%	2
Total Respondents: 36		



### Q16 What do you see as your home meeting's weaknesses?[Check all that apply]

Answered: 35 Skipped: 1

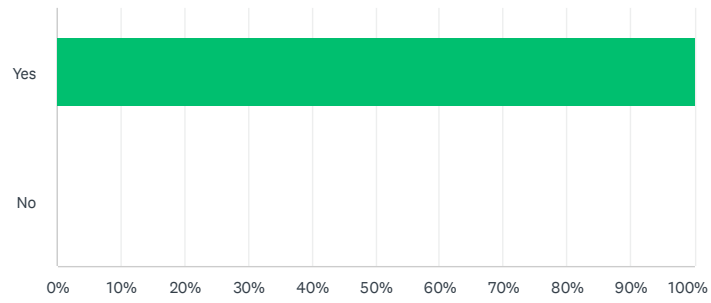


## COSIG Columbus, Ohio

ANSWER CHOICES	RESPONSES	
Low attendance	8.57%	3
Lack of recovery	2.86%	1
Lack of sponsors	17.14%	6
Don't focus steps	2.86%	1
Don't focus on traditions	0.00%	0
Sharing not focused on recovery	0.00%	0
Don't reach out to newcomers	14.29%	5
Disorganized	0.00%	0
Cliquishness	8.57%	3
Don't stick to the format	0.00%	0
Gossip	0.00%	0
Controllers	14.29%	5
Cross talk	0.00%	0
Don't get to share as much as I would like	0.00%	0
My home meeting is in good shape right now; I don't see any important weaknesses	65.71%	23
Other (please specify)	11.43%	4
Total Respondents: 35		

### Q17 Does your home meeting get newcomers?

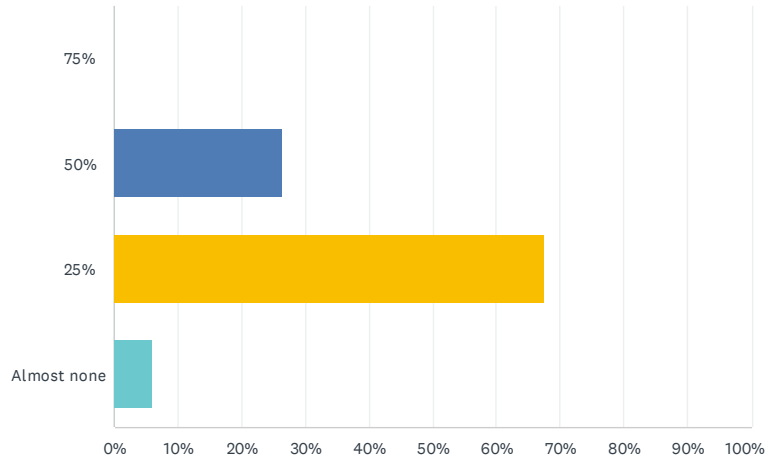
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	100.00%	36
No	0.00%	0
<b>TOTAL</b>		<b>36</b>

Q18 Approximately what percentage of newcomers return?

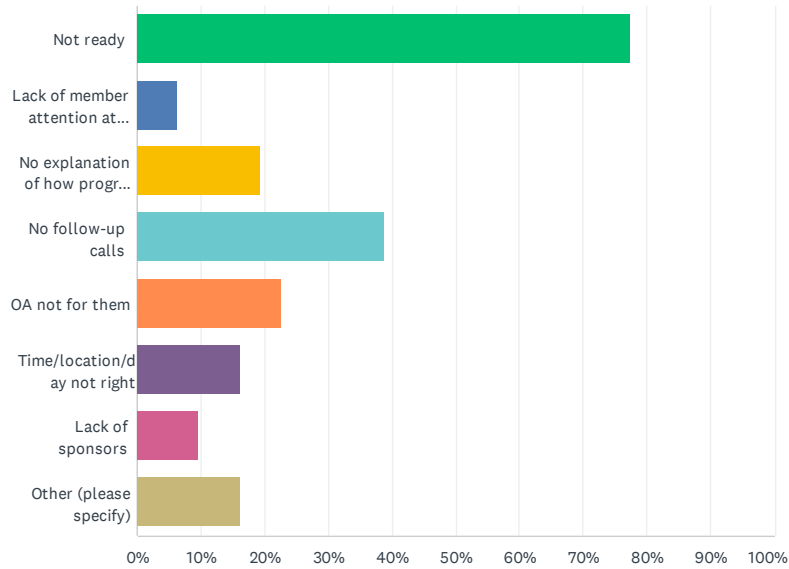
Answered: 34 Skipped: 2



ANSWER CHOICES	RESPONSES	
75%	0.00%	0
50%	26.47%	9
25%	67.65%	23
Almost none	5.88%	2
<b>TOTAL</b>		<b>34</b>

Q19 If newcomers don't usually stick around, what do you think is the reason?[Check all that apply]

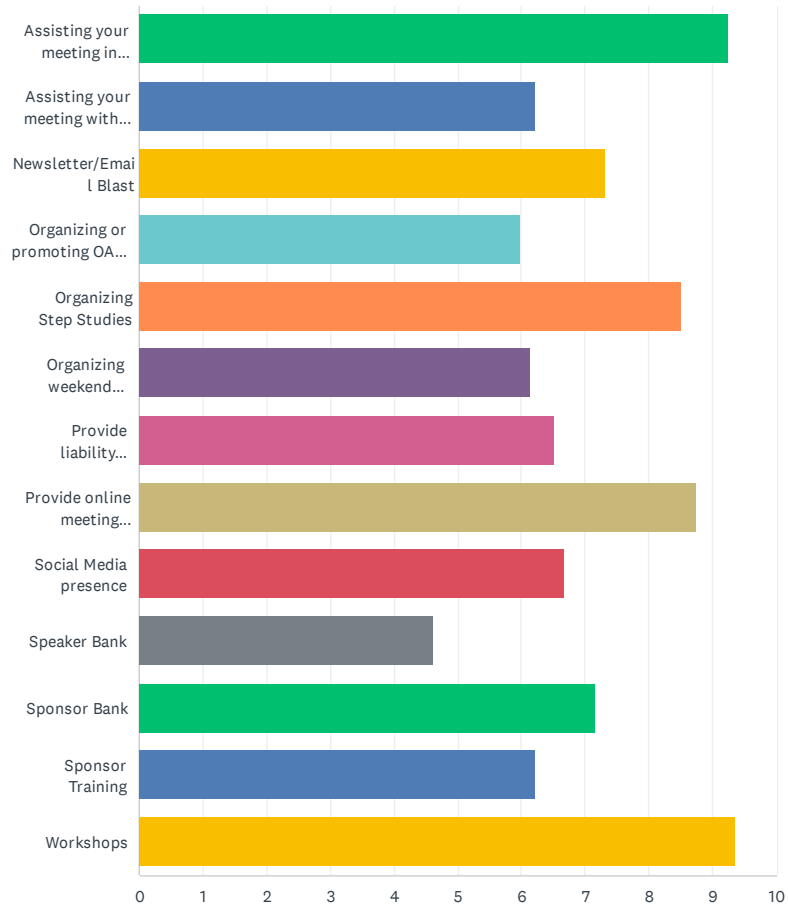
Answered: 31 Skipped: 5



ANSWER CHOICES	RESPONSES	
Not ready	77.42%	24
Lack of member attention at first meetings	6.45%	2
No explanation of how program works	19.35%	6
No follow-up calls	38.71%	12
OA not for them	22.58%	7
Time/location/day not right	16.13%	5
Lack of sponsors	9.68%	3
Other (please specify)	16.13%	5
Total Respondents: 31		

Q20 Rank the following possible Intergroup services in terms of their importance.

Answered: 33 Skipped: 3

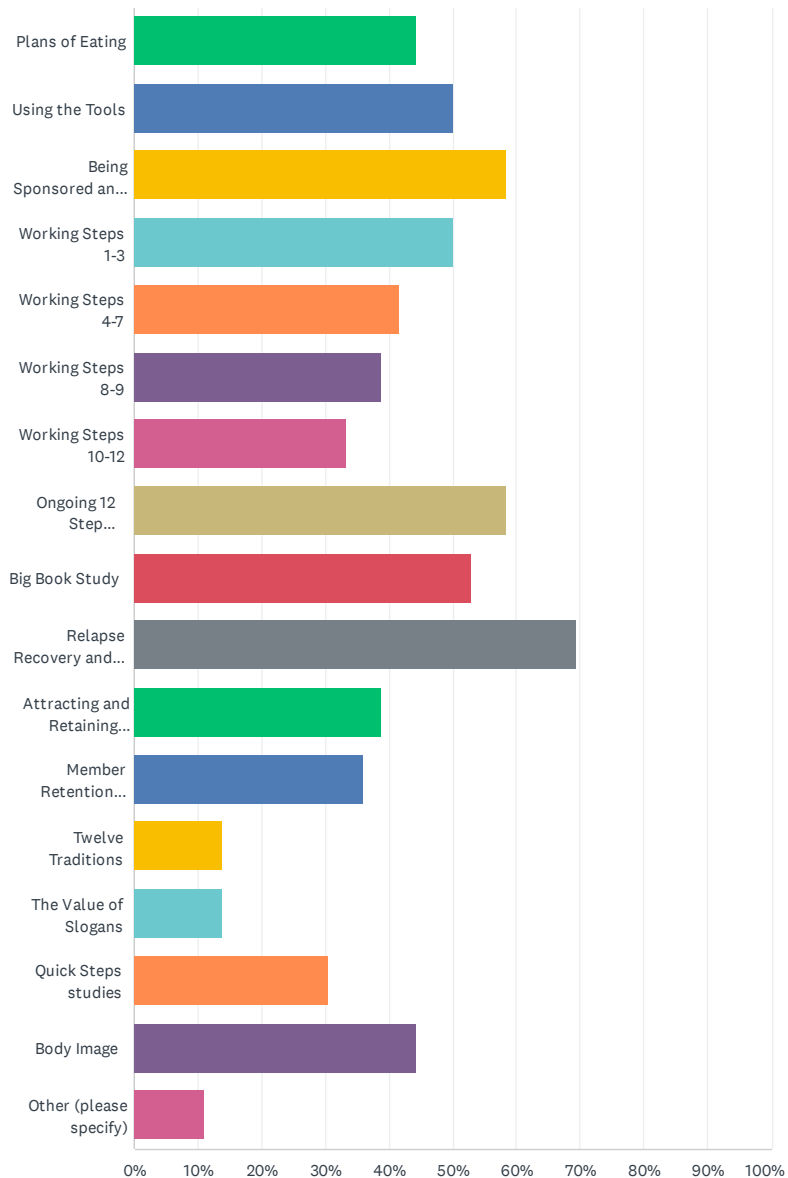


COSIG Columbus, Ohio

	1	2	3	4	5	6	7	8	9	10	11	12	13
Assisting your meeting in publicizing itself	12.50% 4	18.75% 6	6.25% 2	15.63% 5	6.25% 2	18.75% 6	3.13% 1	6.25% 2	6.25% 2	3.13% 1	0.00% 0	0.00% 0	3.13% 1
Assisting your meeting with an inventory	6.67% 2	3.33% 1	6.67% 2	6.67% 2	10.00% 3	3.33% 1	3.33% 1	13.33% 4	6.67% 2	13.33% 4	6.67% 2	10.00% 3	10.00% 3
Newsletter/Email Blast	9.68% 3	6.45% 2	6.45% 2	12.90% 4	12.90% 4	9.68% 3	3.23% 1	6.45% 2	6.45% 2	0.00% 0	6.45% 2	3.23% 1	16.13% 5
Organizing or promoting OA traditional marathons throughout the year	0.00% 0	0.00% 0	13.79% 4	6.90% 2	13.79% 4	0.00% 0	17.24% 5	3.45% 1	3.45% 1	3.45% 1	10.34% 3	24.14% 7	3.45% 1
Organizing Step Studies	3.13% 1	12.50% 4	18.75% 6	15.63% 5	6.25% 2	6.25% 2	12.50% 4	9.38% 3	0.00% 0	3.13% 1	9.38% 3	3.13% 1	0.00% 0
Organizing weekend retreats	3.57% 1	3.57% 1	7.14% 2	7.14% 2	3.57% 1	7.14% 2	3.57% 1	17.86% 5	7.14% 2	17.86% 5	7.14% 2	10.71% 3	3.57% 1
Provide liability insurance coverage	10.34% 3	10.34% 3	10.34% 3	6.90% 2	3.45% 1	6.90% 2	3.45% 1	0.00% 0	0.00% 0	13.79% 4	3.45% 1	3.45% 1	27.59% 8
Provide online meeting application access for online groups [e.g. Zoom]	19.35% 6	12.90% 4	6.45% 2	3.23% 1	3.23% 1	3.23% 1	25.81% 8	6.45% 2	16.13% 5	0.00% 0	3.23% 1	0.00% 0	0.00% 0
Social Media presence	10.00% 3	13.33% 4	3.33% 1	3.33% 1	0.00% 0	10.00% 3	3.33% 1	10.00% 3	16.67% 5	6.67% 2	3.33% 1	3.33% 1	16.67% 5
Speaker Bank	3.45% 1	0.00% 0	3.45% 1	0.00% 0	6.90% 2	3.45% 1	10.34% 3	3.45% 1	10.34% 3	17.24% 5	3.45% 1	27.59% 8	10.34% 3
Sponsor Bank	3.33% 1	6.67% 2	10.00% 3	10.00% 3	6.67% 2	13.33% 4	3.33% 1	6.67% 2	10.00% 3	16.67% 5	10.00% 3	3.33% 1	0.00% 0
Sponsor Training	3.33% 1	0.00% 0	3.33% 1	10.00% 3	20.00% 6	10.00% 3	3.33% 1	6.67% 2	3.33% 1	0.00% 0	26.67% 8	10.00% 3	3.33% 1
Workshops	21.21% 7	12.12% 4	12.12% 4	6.06% 2	15.15% 5	9.09% 3	6.06% 2	3.03% 1	6.06% 2	0.00% 0	6.06% 2	0.00% 0	3.03% 1

Q21 More specifically, check the possible training or workshops that you feel are most important subjects to be covered.[Check all that apply]

Answered: 36 Skipped: 0



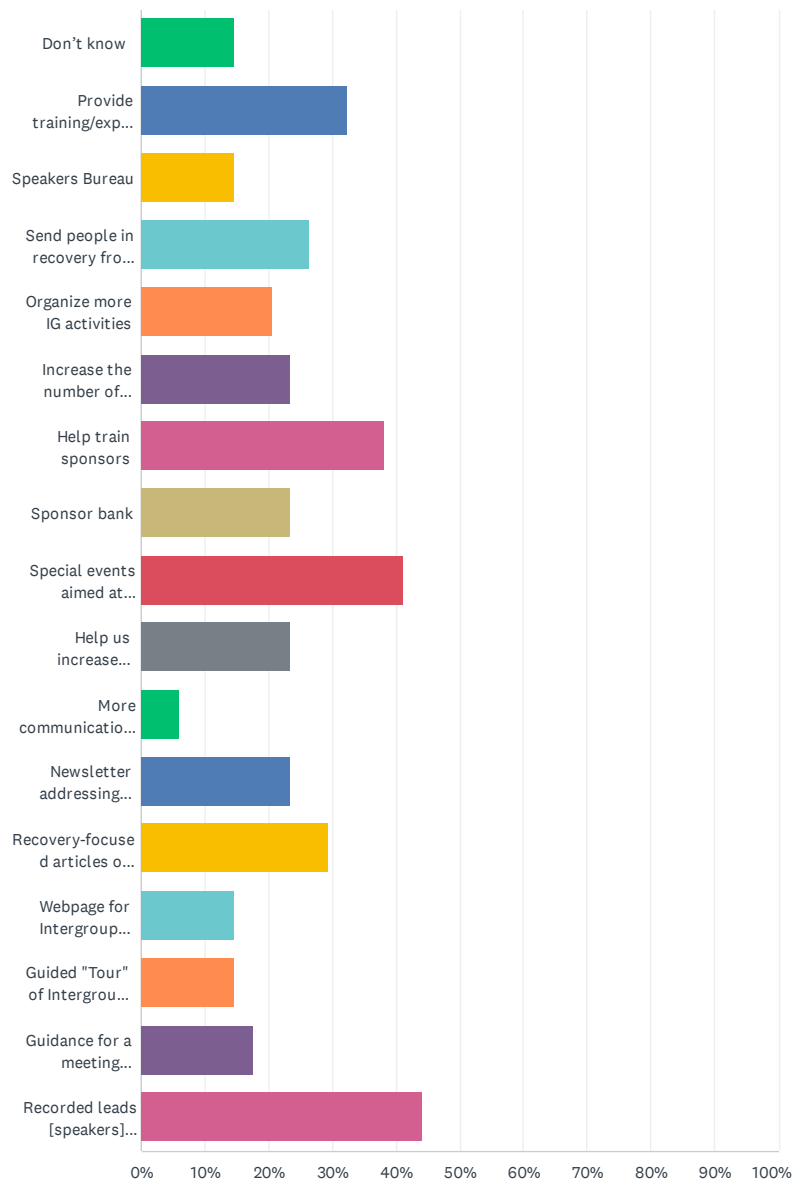


COSIG Columbus, Ohio

ANSWER CHOICES	RESPONSES	
Plans of Eating	44.44%	16
Using the Tools	50.00%	18
Being Sponsored and Becoming a Sponsor	58.33%	21
Working Steps 1-3	50.00%	18
Working Steps 4-7	41.67%	15
Working Steps 8-9	38.89%	14
Working Steps 10-12	33.33%	12
Ongoing 12 Step Studies/Workshop	58.33%	21
Big Book Study	52.78%	19
Relapse Recovery and Prevention	69.44%	25
Attracting and Retaining Newcomers	38.89%	14
Member Retention [Twelfth Step Within]	36.11%	13
Twelve Traditions	13.89%	5
The Value of Slogans	13.89%	5
Quick Steps studies	30.56%	11
Body Image	44.44%	16
Other (please specify)	11.11%	4
Total Respondents: 36		

Q22 What, if anything, could Intergroup do to help your meeting? Here's some things people in other Intergroups have said in the past. [Check all that apply] Add your own ideas.

Answered: 34 Skipped: 2

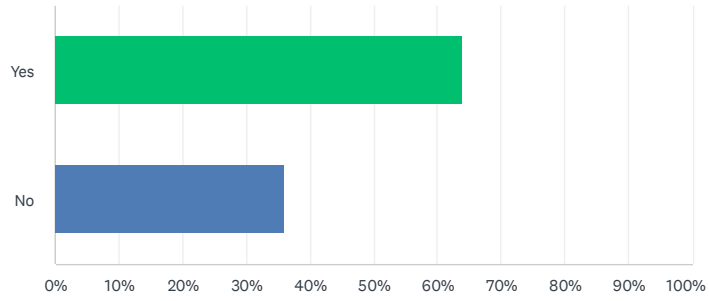


## COSIG Columbus, Ohio

ANSWER CHOICES	RESPONSES	
Don't know	14.71%	5
Provide training/explain responsibilities for service positions, such as chair, treasurer, secretary, etc.	32.35%	11
Speakers Bureau	14.71%	5
Send people in recovery from Intergroup to speak	26.47%	9
Organize more IG activities	20.59%	7
Increase the number of sponsors, including temporary	23.53%	8
Help train sponsors	38.24%	13
Sponsor bank	23.53%	8
Special events aimed at newcomers	41.18%	14
Help us increase attendance	23.53%	8
More communications from Intergroup	5.88%	2
Newsletter addressing recovery topics	23.53%	8
Recovery-focused articles on Intergroup website	29.41%	10
Webpage for Intergroup Representatives	14.71%	5
Guided "Tour" of Intergroup website	14.71%	5
Guidance for a meeting inventory	17.65%	6
Recorded leads [speakers] available on Intergroup website	44.12%	15
Total Respondents: 34		

### Q23 Have you served above the group level?

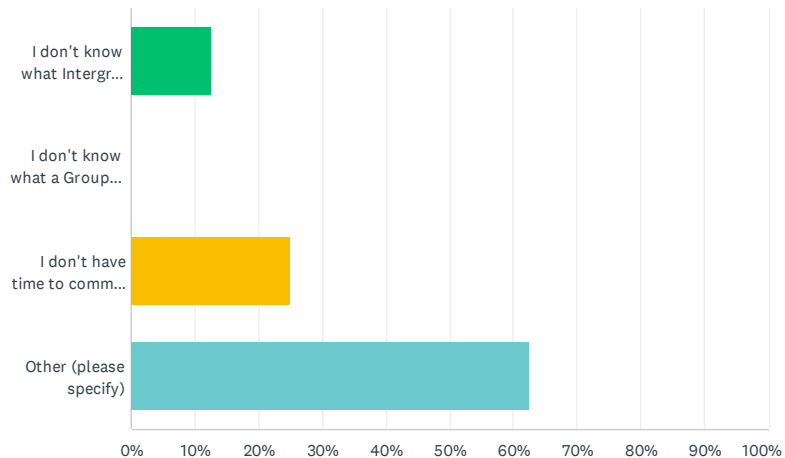
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	63.89%	23
No	36.11%	13
TOTAL		36

### Q24 If your answer is "no" to question 24, why not?

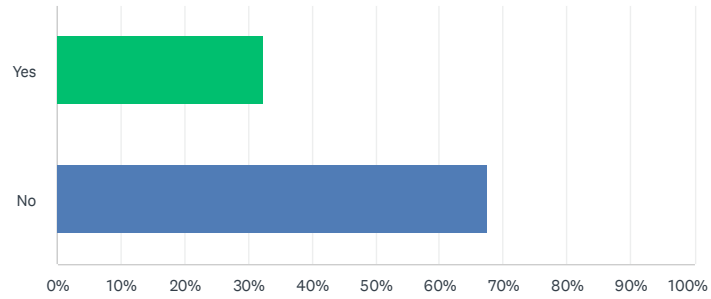
Answered: 16 Skipped: 20



ANSWER CHOICES	RESPONSES	
I don't know what Intergroup does	12.50%	2
I don't know what a Group Rep does	0.00%	0
I don't have time to commit every month	25.00%	4
Other (please specify)	62.50%	10
Total Respondents: 16		

Q25 Are you willing to do more service to help support your intergroup? If your answer is yes, please contact Martha C. at 614-581-8381 or martha.crone64@gmail.com

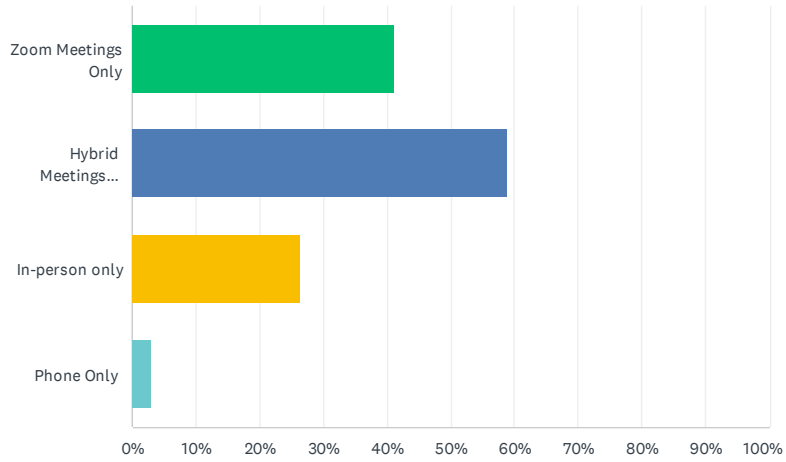
Answered: 34 Skipped: 2



ANSWER CHOICES	RESPONSES	
Yes	32.35%	11
No	67.65%	23
TOTAL		34

Q26 As a side note - what is your most preferred meeting format. [Check all that apply]

Answered: 34 Skipped: 2



ANSWER CHOICES	RESPONSES
Zoom Meetings Only	41.18% 14
Hybrid Meetings [in-person and Zoom]	58.82% 20
In-person only	26.47% 9
Phone Only	2.94% 1
Total Respondents: 34	

Q27 Any other comments or suggestions?

Answered: 18 Skipped: 18