



OAC
Community
Perspectives

The Power of Giving

by Lisa Gresco-White, OAC Director of Membership and Development

At the Obesity Action Coalition (OAC), generosity takes many forms. Some give their time, others share their talents and many give resources that fuel OAC's mission. Each type of giving plays a vital role in building a stronger, more supportive community. Whether through scholarships, advocacy, monthly giving or other support, each gift strengthens our mission and creates a lasting impact.

These stories highlight how members of our community give in diverse ways and how their generosity fuels real change. Each example is a reminder that when people come together, their combined support makes a difference far greater than any single gift. Together, we are breaking down barriers, raising awareness, supporting families and creating opportunities that change lives.

Scan the QR codes throughout this feature to learn how you can get involved and be part of the movement.

20th Anniversary Donor

Celebrating 20 years of OAC's mission

The 20th Anniversary is more than a milestone. Gifts given in honor of this celebration help carry OAC's mission into the next 20 years by funding programs, events and advocacy that improve lives.

Your gift in honor of OAC's anniversary helps build a stronger, lasting future for our community.



Donate in
honor of
OAC's 20th
Anniversary

Recurring Donor

Consistent giving that sustains the mission

Monthly donors provide OAC with stability and ensure resources are available year-round. Their steady commitment allows for stronger planning and a wider reach.



Become a
Monthly Donor



"I believe that small steps add up to big changes, so I wanted my giving to reflect that belief. I am a monthly giver because consistent support means OAC can plan programs and outreach with confidence. If you believe in the mission, monthly giving, no matter how small, is one of the most powerful ways to sustain it. More education, more advocacy, more voices heard."— Robyn Pashby, PhD

By becoming a monthly donor, you help create reliable support that keeps programs moving forward.

"I am a monthly giver because *consistent support* means OAC can plan programs and outreach with confidence."

Rob Portinga Memorial Scholarship Fund

Making attendance possible at the *Your Weight Matters* National Convention

This scholarship fund honors long-time volunteer and cherished OAC Board Member Rob Portinga. It helps individuals attend the *Your Weight Matters* National Convention, where they can connect with education, community and support that change lives. Thanks to donors, more people can take part in this life-changing experience.



Support the Rob Portinga Scholarship Fund



"Without being awarded the scholarship, attending the convention would not have been possible for me. Thanks to this generosity, I was able to access resources and science-based education I would not have otherwise had. The conference gave me life-changing connections, a supportive community and the knowledge to better prioritize my health. I will always be grateful. When you donate, you're not just helping someone attend a meeting—you're giving them the tools, education, and relationships they need to belong, learn and grow." — Anita Saah, Scholarship Recipient

*"I chose to donate to the Rob Portinga Memorial Scholarship Fund because I know firsthand how life-changing the *Your Weight Matters* National Convention can be and wanted to pay the gift I enjoyed on to the next person. When I heard my donation helped someone attend who otherwise couldn't, it reminded me that even just one gift can open doors, create connections and change a person's future. Don't give until it hurts, give until it feels good!"* — Anh-Vu Pham

Your support gives someone the chance to learn, connect, and be part of a life-changing event.



Stop Weight Bias Fund

Challenging stigma through awareness and education



Support Stop Weight Bias

Gifts to this fund fuel OAC's national campaign to stop weight bias. Donations help create resources, run public education efforts and empower voices that challenge stereotypes and stigma.



"I chose to give because supporting OAC's Stop Weight Bias Fund is my way of standing up for change. Weight bias hurts people in so many ways, and it's about making sure everyone is treated with dignity and has access to care. The campaign spoke to me because it focuses on teaching and raising awareness. I hope others join so together we can break down stereotypes and create a kinder, more accepting world." — LaKima Garnett

Your gift helps build a world where everyone is treated with dignity and respect.

Action Fund for Advocacy

Amplifying the patient voice in Washington, DC, and beyond



Support the Action Fund

The Action Fund gives OAC the resources to fight for access to care and stronger protections on Capitol Hill. Donors ensure patients are represented in policymaking and advocacy continues to grow.

Your contribution strengthens OAC's ability to speak up and drive change at the highest levels.

**"Whether you give time, resources or both,
you are building a *stronger future*."**

Planned Giving

Creating a lasting impact for future generations

Legacy donors ensure OAC's mission continues for decades to come. Including OAC in estate plans creates a gift that lasts beyond a lifetime and sustains advocacy, education, awareness and support.



**Learn About
Planned Giving**

"OAC has been a lifeline for me. I wouldn't be where I am today in my career and life without the OAC. I am taking this opportunity to convey my passion for the future of our mission. By naming the OAC in my will, I can guarantee that the organization's commitment and advocacy will continue to survive and benefit our population in the future." — Jason Krynicki

By leaving a legacy gift, you help guarantee a strong future for OAC's mission.



Workplace Giving

Simple giving with powerful results

Payroll giving and employer matches provide a convenient way to support OAC. Many donors choose this method to make automatic, consistent contributions that are often doubled.



**Set Up
Workplace
Giving**

"Several years ago, my company introduced a matching gift program, offering to match employee donations up to \$500 each year. I immediately saw this as an opportunity not only to give, but to amplify the impact of my support for the OAC and its mission. By participating in this program, I can contribute more to the OAC's scholarship fund—helping to open the doors for others to attend YWM conferences. These gatherings have been life-changing for me, providing access to powerful, science-based education and resources year after year. It is deeply meaningful to know that, through my giving, I can help others experience that same opportunity." — Mary Tripp

Workplace giving makes it easy to support OAC while increasing the impact through employer partnerships.



Matching Gift Donor

Inspiring others by doubling impact

Matching donors magnifies generosity by encouraging others to give. Their gifts make every dollar go further and energize campaigns across OAC's mission areas.

"I chose to match gifts because I wanted to inspire others to give and see their impact multiplied. Matching gifts double the difference, turning every dollar into more support for OAC's mission. This helps reach more people, create more resources and strengthen our community. OAC's work in advocacy, education, awareness and support shows how a contribution can go even further by encouraging others to join in." — Christopher Still, DO

Your match encourages others to give and amplifies OAC's impact. Learn more about matching gifts by contacting Lisa Gresco-White at lisa@obesityaction.org.



General Donor

Flexible support where it is needed most

Unrestricted gifts give OAC the flexibility to respond quickly to opportunities and challenges. These donations ensure resources are available for advocacy, education, awareness and support programs.

Your general gift strengthens the foundation of OAC's mission and helps it grow.



**Make a
General
Donation**

Thrive Together: Empower Youth & Families

Supporting kids and
families through science
and compassion



Donate to
Thrive Together

The Thrive Together Youth & Families program is OAC's dedicated initiative to empower young people and their families on their journey with obesity. Through education, resources, and safe spaces, Thrive Together builds confidence, promotes mental wellness, and helps kids and families feel seen, supported, and connected.

"As a parent, Thrive Together's support and resources have been wonderful. Thank you to the OAC for creating this program for families. It's much needed!" — Parent and OAC Community Member

Join the movement supporting kids & families through science, compassion and community.

At the heart of it all, the power of giving is about connection. Just as every story in this feature shows, when we each share our time, talents or resources, we create something larger than ourselves—a community that lifts one another up and makes lasting change possible. Whether you give time, resources or both, you are building a stronger future.

Join the OAC Community and Learn How You Can Get Involved today!



About the Author:

Lisa Gresco-White is OAC's Director of Membership & Development, where she leads efforts to grow and support the organization's membership through programs like the Sponsored Member Program and Corporate Council. She also oversees fundraising, donor engagement, planned giving and volunteer involvement to strengthen the community and advance OAC's mission.



PUTTING OUR MISSION INTO MOTION

Every initiative we lead is rooted in our commitment to uplift and support individuals affected by obesity.



Thrive Together
Empowering youth and families with resources to thrive

**STOP
WEIGHT BIAS**

Challenging weight bias and pushing equality forward



OAC ACTION

Mobilizing advocates to create change

**obesity
care
week™**

Raising global awareness to rethink how we care for obesity



Helping individuals start the conversation about weight with a healthcare provider

... And that's not all.

Explore more at
ObesityAction.org





ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



JOIN TODAY: GO TO [OBESITYACTION.ORG/JOIN](https://obesityaction.org/join)

info@obesityaction.org

(800) 717-3117 | (813) 872-7835 | Fax: (813) 873-7838



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