



How Can You Get Involved?

Learn how you can get involved, drive change and make a difference! Here are six easy ways you can stay connected and deepen your engagement with the OAC.



Get Connected

To get involved, first get connected! When you sign-up to be part of the OAC Community, we will give you all you need to help you get started and find what sparks your interest.

obesityaction.org/get-connected



Explore OAC's Action Center

Learn about key issues in obesity that need your attention and support. From writing your policymakers to signing petitions and sharing resources, there is something for everyone!

obesityaction.org/action-center



Share Your Experiences

How has obesity impacted you or shaped your life? Sharing your experiences can offer support, raise awareness, and help someone else feel like they are not alone.

- **Action Center Reporting Tools:**
obesityaction.org/action-center/report
- **Email your story to:**
membership@obesityaction.org



Get Social

The OAC reaches more people on social media when you engage with our content. Follow us, like/share our posts, and say something in the comments!

- Facebook, YouTube & LinkedIn:
@ObesityActionCoalition
- Twitter and Instagram: **@ObesityAction**



Share Our Resources

Our diverse collection of educational resources offers quality, science-based information about obesity, weight and health. They were created to inform, equip and empower. Share them online and in your local communities!

obesityaction.org/library



Give With Our Donor Program

Our Donor Program inspires fun, easy ways to give back to our cause. From celebrating a milestone or hosting a Facebook birthday fundraiser to honoring a loved one with a tribute gift, give back in ways that matter to you.

obesityaction.org/donate/ways-to-give

Get Connected to the OAC!

The best way to stay informed about current involvement opportunities is to sign-up to get connected with us: **obesityaction.org/get-connected**

For additional questions, email **membership@obesityaction.org**. We will help you find opportunities that fit your interests and passions.

Quick Ways to Take Action

Small actions can help expand education, advocacy, awareness and support.

1. Visit the OAC Action Center

Take action on issues that matter, including access to care, policy and weight bias.

obesityaction.org/action-center



Scan to visit

2. Make a Donation

Support OAC's work in education, advocacy, awareness and community support.

obesityaction.org/donate/general-support



Scan to visit

3. Tell someone to Join the Community

Invite someone to connect with trusted information, support and opportunities to get involved.

obesityaction.org/community



Scan to visit

4. Share an Educational Resource or Event

Point someone to science-based resources and tools they can use and share.

obesityaction.org/education-support/tools



Scan to learn more

100 Ways to Take

Choose several actions to commit to this year. Every action, big or small, helps improve access to quality obesity care, reduce weight bias and grow the OAC Community.



Take Action

1. Visit the OAC Action Center.
2. Sign up for OAC text messages.
3. Take the Stop Weight Bias Pledge.
4. Send a message to your U.S. Senators.
5. Send a message to your U.S. Representatives.
6. Share an advocacy action with a friend.
7. Bookmark the OAC Action Center.
8. Participate in Obesity Care Week (March 1–5, 2027).
9. Tell someone why advocacy matters.
10. Commit to one advocacy action this month.
11. Attend an advocacy training.
12. Ask a friend to join you in taking action.
13. Take one action through the OAC Action Center today.
14. Learn who represents you at the local, state and federal levels.
15. Contact one of your state legislators.
16. Sign an OAC advocacy campaign or petition.
17. Register to vote or confirm your voter registration.
18. Wear OAC Blue or Green and post a photo tagging OAC.
19. Send a thank-you note to a policymaker who supports obesity care.
20. Participate in an OAC survey or research opportunity.

26. Share three things you want others to know about obesity.
27. Share why respectful care matters to you.
28. Share what support has meant in your life.
29. Share what attending OAC events has meant to you.
30. Thank a healthcare professional who has helped you.
31. Share a story about bias you've faced.
32. Share a story about accessing obesity care.
33. Tell someone why OAC matters to you.
34. Encourage someone else to share their story.

Social Media & Awareness

35. Follow OAC on Facebook.
36. Follow OAC on Instagram.
37. Follow OAC on LinkedIn.
38. Follow OAC on TikTok.
39. Subscribe to OAC on YouTube.
40. Like or comment on an OAC post.
41. Share an OAC post.
42. Tag a friend in an OAC post.
43. Share an OAC infographic or video.
44. Share a *Weight Matters Magazine* article.
45. Share an OAC article or resource.
46. Use an OAC advocacy graphic.
47. Post about why obesity advocacy matters.
48. Share why you're part of the OAC Community.
49. Share OAC resources in an online support group.
50. Correct misinformation using trusted OAC resources.

Share Your Story

21. Share your story with OAC.
22. Record a short video about your journey.
23. Post your story on social media.
24. Share your story with a friend or family member.
25. Share your story with a healthcare provider.

Spread the Word

51. Leave a copy of *Weight Matters Magazine* in awaiting room.
52. Leave a copy in a salon or barbershop.
53. Leave a copy in a community center.
54. Give a copy to a healthcare provider.
55. Bring a copy to a support group.
56. Share a magazine article with a friend.
57. Hang an OAC event flyer in your community.
58. Share an OAC event flyer by email or social media.
59. Share an OAC brochure with someone who may benefit.
60. Ask your healthcare provider's office to display OAC materials.
61. Bring OAC materials to a community event.
62. Include an OAC resource in a community newsletter.
63. Bring an OAC resource to a healthcare appointment.
64. Ask your local library to carry OAC materials.
65. Refer a healthcare professional to OAC's provider resources.

Grow the Community

66. Tell a friend about OAC.
67. Tell a family member about OAC.
68. Tell a coworker about OAC.
69. Tell your healthcare provider about OAC.
70. Share OAC Community membership information.
71. Renew your OAC Community membership.
72. Invite a friend to a Digital Education event.
73. Invite a friend to a Regional event.
74. Invite a friend to the *Your Weight Matters* National Convention.
75. Share a Health Talk or Fresh Perspective program.
76. Share an OAC newsletter.
77. Introduce someone to the OAC website.
78. Share information about OAC programs.
79. Recommend OAC in an online support group.
80. Invite someone to join the free OAC Community.

Learn & Participate

81. Watch and share a Health Talkwebinar.
82. Watch and share a Fresh Perspective episode.
83. Attend a Regional event.
84. Attend the *Your Weight Matters* National Convention.
85. Bring a friend to the *Your Weight Matters* National Convention.
86. Download an OAC resource.
87. Read a *Weight Matters Magazine* article.
88. Explore the OAC Resource Library.
89. Share the Stop Weight Bias Campaign.
90. Take an OAC Survey or Participate in a Focus Group.

Support the Mission

91. Make a donation.
92. Become a recurring donor.
93. Make a donation in honor of someone.
94. Share why you support OAC.
95. Wear OAC merchandise to start a conversation.
96. Challenge a friend to complete one OAC action.
97. Ask your employer about matching charitable gifts.
98. Include OAC in your year-end giving.
99. Celebrate someone else's advocacy efforts.
100. Complete all 100 actions!



Visit the Action Center



How Sharing Your Experience Can Help Others

One of the most powerful ways to advocate is by sharing your personal experience. Stories help educate others, reduce weight bias, inspire hope and help decision-makers understand why access to care, support and education matter.

Research, statistics and clinical data are important, but they don't tell the whole story. Your lived experience brings those numbers to life. Data tells us what is happening. Personal stories help people understand why it matters.

You Are the Expert of Your Story

No one knows your experiences better than you. You do not need special credentials, degrees, medical training or advocacy experience to share your perspective. Your lived experience is valuable because it is uniquely yours. The challenges you've faced, the lessons you've learned and the successes you've achieved can help others better understand obesity and its impact.

What Makes a Strong Story?

Focus on experiences, not perfection.

Consider sharing:

- A challenge you've faced because of obesity or weight bias
- A positive experience with support, treatment or healthcare
- A lesson you've learned along your journey
- Why obesity education, advocacy or support matters to you
- What you wish others understood about obesity

A Simple Story Framework

Before

What was your situation?

"I struggled to find accurate information about obesity."

"I needed help managing my obesity, but I didn't have access to the care and treatment I needed."

Turning Point

What changed?

"I discovered OAC and learned that obesity is a chronic disease."

"I discovered OAC and learned that I wasn't alone. I found resources, education and opportunities to get involved in advocacy."

Today

What happened as a result?

"I feel more informed, supported and empowered to advocate for myself."

"I feel empowered to advocate for better access to care for myself and others affected by obesity."

Storytelling Tips

- ✓ Be authentic
- ✓ Keep it personal
- ✓ Focus on one message
- ✓ Share only what feels comfortable
- ✓ Remember that your experience is enough

Ways to Share Your Story

- Talk with friends and family
- Share on social media
- Participate in OAC advocacy efforts
- Contribute to OAC publications or campaigns
- Participate in OAC opportunities to share your perspective and experiences

Remember

You do not have to tell your entire story. Sometimes one moment, one lesson or one experience is enough to help someone feel less alone, challenge misconceptions or inspire change. Every story shared helps create greater understanding, compassion and awareness.

Your Voice Has Power.

Your Experience Matters.

Your Story Can Make a Difference.



GET CONNECTED!

Follow Us On Social Media
And Amplify Our Voices
By Using This Year's Hashtag:

#OAC

 ObesityActionCoalition

 ObesityAction  ObesityAction

 pinterest.com/obesityaction

 youtube.com/obesityaction

Take Action: Follow, Like, Share



GIVE BACK!

The OAC is committed to creating long-lasting solutions that elevate and empower people living with obesity, but we need your help! A donation of any amount will help us:

- Expand educational opportunities
- Advance conversations around weight and health
- End weight bias
- Create new and impactful programs for our Community
- And much more

**DONATE
TODAY**

