

HOW OAC SHOWS UP:



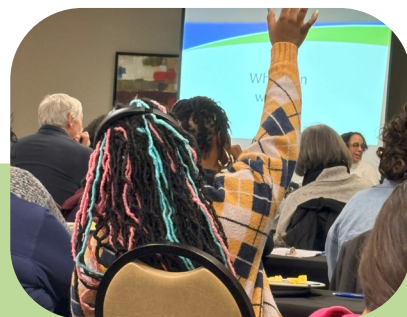
At the Obesity Action Coalition (OAC), our work is guided by a simple belief: people deserve trustworthy information, respectful care, and meaningful support. Everything we do is shaped by four pillars: education, advocacy, support and awareness. These pillars are not abstract ideas. They show up in real ways through our programs, resources and events designed to meet people where they are.



EDUCATION: Clear, Trusted Information You Can Use

Education is often the first way people connect with OAC, and it remains at the heart of our work. When it comes to weight and health, information can feel confusing or hard to trust. OAC exists to share clear, science-based education that reflects real lives and real challenges.

Our education takes many forms because people learn in different ways. Some begin by reading articles in Weight Matters Magazine or watching a Health Talk that breaks down complex topics into plain language. Education also happens in person. OAC hosts Regional Events across the country that bring half-day programs closer to home, making it easier to attend without long travel or high costs. Our National Convention brings people together for several days of education and shared experience. Individuals, families, advocates and health care professionals gather in one place to learn from experts and from one another.



“I went to a Regional Event not knowing what to expect and it was awesome. I loved the speakers, and the information felt useful in a way I could actually work into my life right away.”
— Regional Event Attendee



ADVOCACY:

Real Voices Making Change

Advocacy is a core part of OAC's work. It is how real experiences help create change and expand access to care and treatment. While advocacy is often tied to politics, at OAC it starts with everyday life. Our focus is improving access to obesity care, reducing weight bias and increasing understanding that obesity is a chronic disease. This includes national efforts like Obesity Care Week, the Stop Weight Bias campaign and ongoing education for policymakers about the barriers people face when seeking care.

Advocacy does not look the same for everyone, and that is OK. For some, it means sharing their personal story or taking action through the OAC Action Center. For others, it may mean speaking up during a health care visit, joining awareness efforts or staying informed through newsletters. Some people engage publicly. Others participate in quieter ways. All of these approaches matter.



“Reach out to OAC. They provide excellent resources. Start with emails, and as you gain confidence, you can call your local and state representatives. Every action counts. Advocacy is powerful, and once you start, it becomes contagious. You want to do more.”
 — Cherie, OAC community member

Platinum

Amgen
Boehringer Ingelheim
Eli Lilly and Company

Gold

American Society for Metabolic & Bariatric Surgery
Genentech
Novo Nordisk
Pfizer
Potomac Cuurentz

Silver

AstraZeneca
Boston Scientific
Currax Pharmaceuticals
DEXCOM
INTUITIVE
Kailera Therapeutics
Medtronic
Metsera
Novartis
Regeneron
Rhythm Pharmaceuticals
Seca Medical Body Composition
Structure Therapeutics Inc
Wave Life Sciences
Zealand Pharma

Bronze

American Association of Clinical Endocrinology
Biohaven Pharmaceuticals
Carmot Therapeutics Inc
Geisinger Healthcare System
KVK Tech
Madrigal Pharmaceuticals
Parexel International, LLC
Rocky Mountain Associated Physicians
Wondr Health®
Worldwide Clinical Trials

Patron

AmBari Nutrition
Bariatric Advantage
Billings Clinic
ConscienHealth
Fay Nutrition
FlyteHealth
Gainesville Medical Obesity Specialty Clinic
Healthy Interactions
ProCare Health
ProSciento
The Obesity Society
Weight In Gold Wellness
Woman's Hospital

Platinum: \$100,000 and up Bronze: \$5,000 - \$9,999
Gold: \$50,000 - \$99,999 Patron: \$1,000 - \$4,999
Silver: \$10,000 - \$49,999

List as of 1/21/2026



SUPPORT: You Don't Have to Navigate This Alone

Support is woven into everything OAC offers. Living with obesity can feel isolating, especially in a world that often misunderstands it. OAC works to create spaces where people feel seen, respected and understood.

Support looks different depending on what someone needs. For some, it means finding comfort in reading stories from others with similar experiences. For others, it may be learning how to navigate difficult conversations with family members, employers or health care providers. Support can also mean helping people better understand their options and rights when seeking care.

OAC's support is grounded in respect. It centers listening, understanding and making space for people to move through their health journey in ways that feel right for them. Our resources reflect real life, including the emotional and social sides of health, not just the physical. Support also extends to families and caregivers. Helping loved ones better understand obesity can reduce blame, strengthen relationships and create more compassionate spaces at home, at work and in health care settings.



“The OAC community has been a huge part of my support system since I was first introduced to it in 2019. From in-person and virtual conventions to the year-round connections I have made with incredible people, I always feel a sense of belonging.” — Anita, OAC community member



AWARENESS: Changing the Conversation

Awareness brings OAC's work into the broader world. It is about changing how obesity is understood, talked about and treated. Through awareness, OAC works to challenge myths, reduce stigma and replace blame with understanding.

Awareness shows up through national campaigns, media outreach, educational tools and social storytelling that elevate real experiences. It also happens in everyday moments, like sharing an article, correcting misinformation or choosing more respectful language. By increasing awareness, OAC helps create environments where people affected by obesity are met with compassion rather than judgment.

This pillar supports the others by opening doors. Awareness helps people find education they can trust, understand why advocacy matters and recognize the importance of support. It helps families, employers, health care providers and policymakers see obesity more clearly and respond more thoughtfully.

How the Pillars Work Together

Each pillar plays an important role on its own, but their real strength comes from how they work together. Education helps people feel informed and empowered. Advocacy works to improve systems and access. Support creates space for understanding. Awareness expands understanding and changes attitudes. Many people connect with OAC through one pillar and discover others over time.

It Starts With Joining the Community

Everything OAC offers is rooted in connection. Joining the OAC community is the first step to staying informed, supported and engaged in ways that fit your life. Membership is free and open to anyone who wants to learn, stay connected or feel less alone.

Whether you read an article, attend an event or quietly follow along on social media, being part of the OAC community keeps you connected to education, advocacy, support and growing awareness. You can learn more and join at ObesityAction.org/join. Wherever you are on your journey, OAC is here to show up with you.



**Join the
OAC Community!**



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

info@obesityaction.org

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



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