

# Why Community Matters

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For many people living with obesity, the journey toward better health can feel isolating. Stigma, misinformation and emotional challenges can make it difficult to find support and understanding. But no one should have to navigate this path alone. That's where community comes in.



# The Power of Shared Experience

One of the most meaningful aspects of being part of a community is connecting with others who truly understand your experiences. Whether through in-person support groups, online forums or the Obesity Action Coalition (OAC), finding others who share similar challenges and experiences can be life-changing.

- **Validation and Understanding** – Hearing “Me too” can be incredibly powerful. It reminds us that our experiences are real and that others face similar challenges.
- **Learning from Others** – Communities allow people to exchange insights and resources that can make navigating obesity care easier.
- **Reducing Isolation** – Feeling alone can make the journey more difficult, but connecting with others fosters a sense of belonging.

## Finding the Right Support

Not all support is created equal. It’s important to seek out communities that uplift rather than shame, educate rather than misinform, and empower rather than pressure.

- **Obesity Action Coalition (OAC)** – Provides education, advocacy and support while offering opportunities to connect through national, regional and virtual events, support chats, a discussion forum and social media platforms.
- **Online Support Communities** – Virtual groups on social media platforms like Facebook.
- **Local Meetups and Health Groups** – Many hospitals and health organizations offer in-person support groups.
- **Family and Friends** – Educating loved ones about obesity as a chronic disease can help build a strong personal support system.

## How Community Helps with Stigma and Advocacy

- **Improving Access to Care** – Community voices play a crucial role in advocating for better insurance coverage and expanded treatment options.
- **Challenging Weight Bias** – A strong community helps address and reduce bias in healthcare, workplaces and society.
- **Increasing Awareness** – Collective advocacy enhances public understanding of obesity and the need for compassionate, evidence-based care.



## Thrive Together: A Community for Families

For families with children and teens affected by obesity, finding the right support is essential. Thrive Together, a new initiative by OAC, provides a welcoming space for families to connect, learn and navigate their health journeys together. This program offers tailored resources, virtual and in-person events, and expert-led discussions designed to address the unique challenges families face. Learn more about Thrive Together at [ObesityAction.org/thrivetogether](https://ObesityAction.org/thrivetogether).

## We’re Here For You!

No matter where you are in your journey with weight and health, the Obesity Action Coalition (OAC) is here for you! Through education, advocacy and a welcoming community, OAC offers a place to connect, share experiences and find the support you deserve.

## Want to Connect?



Join the OAC Community today at [ObesityAction.org/community](https://ObesityAction.org/community) to access education, advocacy and a network of people who truly understand and support you. You are also invited to attend one of our in-person or virtual events to learn, connect and engage with others who share your journey. Find information about our events at: [YourWeightMatters.events](https://YourWeightMatters.events).



# 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](http://OBESITYACTION.ORG/JOIN)**

[info@obesityaction.org](mailto:info@obesityaction.org)

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