

# THE WANDA KNOW SHOW

---

**CAST: 8**

**SKIT: 12 MIN**

**FOCUS GROUPS: 15 MIN**

**GROUP SHARING: 15 MIN**

Wanda Know, a talk show hostess with the mostess

OA 1 and OA 2, two compulsive overeaters

Dr. Pheel McGrowup

Dr. Meanit Ahs

Dr. Benjamin Speck

Dr. Ruthless Westeros

Audience Member

Also needed:

- Pad of *Bulletin Board Attraction Sticky Notes* (#440W)
- Recent copy of *Lifeline* magazine (no older than the May/June 2016 issue)
- Professional Outreach gifts (for the audience)
- Group facilitators

**WANDA:** Good evening, ladies and gentlemen, and welcome to the Wanda Know Show. We have a great show for you, perhaps one of our best. So let's get started. As the audience and you viewers at home know, I've had a lifetime of diet woes and weight-loss struggles. I've always hoped to inspire people to start their own weight loss journey. But today, I want to talk about carrying the message of Overeaters Anonymous to our health care professionals.

Tonight, our guests are [OA 1 NAME] and [OA 2 NAME], two compulsive overeaters, and a team of health care professionals: psychologist and host of his own talk show, Dr. Pheel McGrowup; cardiac surgeon, Dr. Meanit Ahs; renowned pediatrician, Dr. Benjamin Speck; and radio host and author of thirty-five books on sexual health, Dr. Ruthless Westeros.

*(Audience cheers and claps.)*

**WANDA:** Let's start with you [OA 1 NAME]. What is it you want folks in our audience to know today?

**OA 1** *(always with back to camera):* Anytime we see our doctor or other health care provider, we are the message. I used to wear my disease with crumbs falling out of my [beard]/[bra] and more stains on my clothing than a paint juggler in an earthquake. Now I wear OA's message of recovery, with my excellent checkups and pleasant disposition. Our doctors can tell from our charts, and if they know us personally, they can see how well we are doing. This creates a unique opportunity to introduce Overeaters Anonymous to them.

**WANDA:** Anything you can add to that [OA 2 NAME]?

**OA 2** (*always with back to camera*): Yes. As OA members share about recovery in Overeaters Anonymous, these professionals have a chance to ask questions and witness the improvement in our lives. They are then more likely to mention OA to other people they provide care for.

**WANDA:** So Dr. Ahs, when did you learn about Overeaters Anonymous?

**DR. AHS:** As a cardiothoracic surgeon, I have seen my fair share of patients with high blood pressure, diabetes, heart disease, and obesity. However, I did not learn about OA until recently.

**OA 1:** That lack of information about OA is exactly the problem we are trying to resolve today!

**OA 2:** Yes, many doctors, nurses, psychologists, and others in the field of health care report that they have never heard of OA.

**WANDA** (*to DR. AHS*): So, who told you about OA?

**DR. AHS:** When I was working at the hospital, a patient handed me a brochure called *Introducing OA to Health Care Professionals*. That night I went home and read about OA. Then, when this patient came in six weeks later for a follow-up appointment, he brought me a copy of the *Courier*, OA's newsletter directed to hospitals, institutions, and health care professionals.

**WANDA:** Tell me, [OA 1 NAME] and [OA 2 NAME], what types of health care professionals are we talking about here? Just medical doctors?

**OA 1:** No, all types of health care professionals! Think about everyone you see regarding your health—primary physicians and nurses, of course, but we often see specialists too.

**OA 2:** Sure, like cardiologists, endocrinologists, OB/GYNs, psychologists, dentists, gastroenterologists, diabetes specialists, registered dietitians, ophthalmologists, and podiatrists. These professionals treat conditions that are often linked to obesity.

**DR. SPECK:** Don't forget about us pediatricians! Over the past forty years, I've seen childhood obesity more than triple in children and quadruple in adolescents. A large number of high school students use unhealthy methods to lose or maintain weight. Early identification and treatment of disordered eating and weight control behaviors may prevent progression and reduce the risk of chronic health consequences. That's why it is so important for OA members to let doctors know about Overeaters Anonymous. They have a responsibility to carry the message!

**WANDA:** Well said, Dr. Speck. Dr. Pheel, I'd like your take on this subject.

**DR. PHEEL** (*in southern drawl*): While my advice and methods have drawn criticism, this is one thing I think we can all agree on: Overeaters Anonymous has helped thousands of compulsive overeaters recover from the grips of a menacing disease. It is imperative that the medical community be made aware of this Twelve Step program.

**DR. PHEEL** (*to the audience*): Do y'all understand? In fact, it would be unethical and irresponsible for you not to. The day I learned about OA was like the day I walked out of a dark room wearing a tuxedo t-shirt humming the theme from *Tootsie*. Because "something's telling me it might be you." It's incredible. Let's face it: the fellowship and support that OA provides to its members is invaluable. And that's just the tip of the iceberg. Besides, can we agree that it's like getting ready to strap on hockey gear? I mean, basically, I'm pointing out the problems and you're looking at my finger—"

(*WANDA can interrupt at any time, since DR. PHEEL will just go on and on!*)

**WANDA:** Thank you, Dr. Pheel. Let's take a question from one of our audience members.

**AUDIENCE MEMBER:** Hi, Wanda. My name is [AUDIENCE MEMBER NAME] and I'm a compulsive eater.

(*Audience and panel chime, "Hi, [AUDIENCE MEMBER NAME]."*)

**AUDIENCE MEMBER:** I've released 50 pounds in OA, but I'm embarrassed to talk to my doctor, and I'd like to know what the panel has to say about this matter.

**DR. RUTHLESS** (*in German accent*): First, congratula-shons on your veight loss. It's *terrific!* You came for the fanity, but I hope you stay for the sanity. Secont, it's perfectly natural to feel embarrasst. But you schoot not feel schame. Just as I have ushert in a new age of freer, franker talk about sex on zee radio and tele-fiz-ion, you must *carry* ze message to zee healzcare profeschonal. Here are some kvick and easy vays to open zat valuable discus-shon: Keep it short and simple. You might ashken your doctor if zey haff pay-schents who don't seem able to follow medical in-shtruc-shuns on diet and veight loss. If you are villink to take calls, let zee healz care profeschonals know zey can giff your phone number to pay-scvhents interes-tetr in novink more about OA. But if you rreally shy away from zis type of endorsement, simply take a pack of OA Bulletin Board Attrak-schon Shticky Notes to leaf vith zee office.

(*DR. RUTHLESS hands the Notes to WANDA.*)

**WANDA:** How do they work, Dr. Ruthless?

**DR. RUTHLESS:** Vrite in the nearesht meetink and local contact informa-shon so zat zee people can fint our more about zee OA program.

**WANDA:** Where can [AUDIENCE MEMBER NAME] get these and other OA pamphlets?

(*WANDA hands the Notes to AUDIENCE MEMBER.*)

**DR. RUTHLESS:** Rrright online at zee OA bookstore. A pat of 25 scheets iss only a dollar seventy-five. Rrremember: *You* are zee message! You'll be *terrific!*

**DR. AHS** (to AUDIENCE MEMBER): I know one woman who invited an interested health care professional to a meeting. Practicing professionals who want to learn more about OA are welcome to come to an open meeting. Ask permission to leave a copy of your local meeting list in their office.

**DR. PHEEL** (holding up a copy of Lifeline): Also, ask permission to leave copies of *Lifeline*, OA's magazine, in your doctor's office. *They recently changed the back cover.* Now, it features either the Fifteen Questions or abridged text from *Is Food a Problem for You?* In addition, a blank space allows members, groups, and service bodies to add local meeting and contact information to the magazine. It also makes a great gift for the health care professional.

**WANDA:** By the way, everyone in our studio audience will receive a copy of the *Courier* and a host of other fine gifts.

*(Applause and excitement from the audience)*

**WANDA:** Our facilitators will be passing out your parting gifts. But in the meantime, since you're all in your groups, let's have some fun. Each group, facilitated by one of our panelists, has an envelope with two questions. The envelope contains all questions so that you know what other groups are addressing. Please focus only on your group's questions. You will have fifteen minutes to answer at least one of those questions. We ask that you choose a scribe and someone to give a two-minute review of what you discussed. TIME IS A-TICKIN'!

# THE WANDA KNOW SHOW

---

## **Professional Outreach Workshop**

*Groups have fifteen minutes to answer at least one question.*

*Please choose a scribe and someone to give a two-minute review of what you discussed.*

### **GROUP 1**

1. What types of health care professionals could be considered or would you approach?
2. What types of professionals would benefit from information about OA?

### **GROUP 2**

1. Besides handing out *Introducing OA to Health Care Professionals* pamphlet, the *Courier*, or *Lifeline* magazine, what other initiatives are there?
2. After handing out a pamphlet, piece of literature and, or doing other initiatives, what's next?

### **GROUP 3**

1. Who do you make an appointment with (i.e., nursing supervisor, office manager, doctor)?
2. Once you set the appointment, what do you bring?

### **GROUP 4**

1. When approaching a health care professional, is it important to be at a healthy body weight?
2. How can you show a health care professional progress in your weight loss or recovery?

### **GROUP 5**

2. What do you do if you don't know the answer to a question a health care professional asks?
3. What do you do when a health care professional is not interested, unresponsive, or unsympathetic to the OA message?

### **GROUP 6**

1. How do you ask if you can leave something in the health care professional's office? (Do you simply leave literature or do you ask in advance?)
2. How do we solicit feedback from the health care professional? How often should you follow up?

# THE WANDA KNOW SHOW

---

## Professional Outreach Workshop: All Questions

1. What types of health care professionals could be considered or would you approach?
2. What types of professionals would benefit from information about OA?
3. Besides handing out *Introducing OA to Health Care Professionals* pamphlet, the *Courier*, or *Lifeline* magazine, what other initiatives are there?
4. After handing out a pamphlet, piece of literature and, or doing other initiatives, what's next?
5. Who do you make an appointment with (i.e., nursing supervisor, office manager, doctor)?
6. Once you set the appointment, what do you bring?
7. When approaching a health care professional, is it important to be at a healthy body weight?
8. How can you show a health care professional progress in your weight loss or recovery?
9. What do you do if you don't know the answer to a question a health care professional asks?
10. What do you do when a health care professional is not interested, unresponsive, or unsympathetic to the OA message?
11. How do you ask if you can leave something in the health care professional's office? (Do you simply leave literature or do you ask in advance?)
12. How do we solicit feedback from the health care professional? How often should you follow up?

OA Board-Approved. ©2017 Overeaters Anonymous, Inc. All rights reserved.