

September 28, 2026

Region 5 Media Committee Report for Fall 2026

From March to June, we worked to optimize the Region 5 website by

- helping to target the removal of old content
- suggesting ways to stimulate the attention of internet algorithms by writing new content for our newsletter Freedom From Bondage, which would move us up on the algorithm's list when people search for help with their eating problems
- educating ourselves on how the website works by working with the webmaster and obtaining and discussing analytics data
- testing out areas of the website to find any bugs and suggesting improvements, such as looking for typos and links that do not work
- focused on the Intergroups section of the R5 website and contacted the IGs to let them know this service is available, ask if they want to post anything, and help them to get their info up to date

We continue to browse the R5 website looking for these issues. When found, we put any corrections or changes needed on a committee spreadsheet, so the items can be addressed either with the webmaster or the Intergroups. The R5 secretary is our liaison with the webmaster and assigns the tasks.

From June to September, we have, also, continued to look at the analytics and have seen a minor improvement in search results. To improve those results going forward, we would like to recommend to membership that they use certain keywords in their writing.

We would like to recommend to all Intergroups to submit an article at least once a month for the Freedom From Bondage online R5 newsletter using these words when possible: COMPULSIVE OVEREATING, ANOREXIA, BULIMIA, BINGE EATING, PURGING, DIETING, EATING DISORDERS. A recent search found OA and Region 5 only under OVEREATING. We need an increase in new content using keywords to get noticed on the Internet!

An additional intent of the committee, going forward, is to suggest updates to sections of our website that would use these key words as we continue the focus from earlier this year. If Intergroups would like to see any changes or additions to their section on the website, we are here and would be happy to be of service.

We have submitted an R5 Media Use Policy to the Bylaws committee on the proper form, but it is my understanding that Bylaws believes it needs more editing. The purpose is to address the use and role of AI in our documents and online presence, respecting copyright law, and to protect R5 from any legal infringements while keeping to our Traditions. The proposal was held for the next assembly in the Spring of 2027.

In OA Love and Service,

Norma B.
Media Committee Chairperson