



**national association
to advance
fat acceptance**

NAAFA Newsletter

Official Publication of the
National Association to
Advance Fat Acceptance
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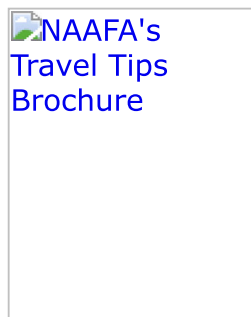
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NAAFA Introduces New Travel Brochure



NAAFA's Travel Tips Brochure

Air travel is no longer convenient, customer friendly or fun, especially if you are a passenger of large body size. NAAFA, in association with the Association for Airline Passenger Rights (AAPR), has developed a new *Travel tips for people of size* brochure to help make traveling easier and more pleasant, while improving the air travel experience for everyone.

This new brochure includes tips on selecting and booking the best flight for you. You'll find packing tips and suggestions for your airport experience. NAAFA has included a section especially for travel agents as well as a list of airlines, a brief description of each airline's policy regarding passengers of size along with a link to their webpage that covers this subject.

Travel tips for people of size is available as a free download from the NAAFA website at <http://tinyurl.com/bodfhes>

20th Annual International No Diet Day!

Don't forget to mark your calendars and join with fat folks the world over as we observe International No Diet Day (INDD) on May 6, 2012.

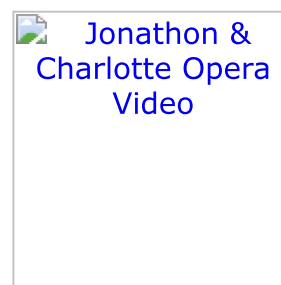
"INDD is an opportunity to change the rules: encourage self-acceptance and respect for all. And use your love and friendship to have a great day....in the way it suits you. Go well," encourages Mary Evans Young, founder of INDD.

The Los Angeles Chapter of NAAFA will be hosting an [INDD Pamper Party](#) and they'll be streaming it live online for those who aren't in Southern California! [The Fat Chick](#), Jeanette DePatie, will be there to lead participants in a body-loving stretch and workout. [Annalogy](#), a local plus-size designer, will be putting on a fashion show! Bodies of every size will be celebrated and pampered as this lively group gets together to discuss fat, health, fashion, life, and activism. Visit their Facebook [event page](#) for more info and to join in the celebration on May 6th!

NAAFA-Capital Chapter is hosting an INDD Celebration Picnic on Sunday, May 6th from 12:00pm to 5:00pm at Olney Park in Falls Church, VA. They will gather in celebration of size acceptance, body shape diversity and healthy living! The Chapter will be providing basic grillables and condiments while their own "Master Chef" Frank will be manning the grill once again! People are invited to bring their own favorite dishes, snacks and non-alcoholic beverages. This is the chapter's most family-friendly event. Younger kids will appreciate the ample park space while leashed canine companions will enjoy the fresh air!

Spread the news! Make a date with your friends. Eat well, dance like nobody's watching and celebrate in the way that suits you!

Video of the Month



Britain's Got Talent Opera Video

This month's video is of Charlotte and Jonathon's performance on Britain's Got Talent. It is a clear example of talent coming in all sizes and that you can't judge a book by its cover. Their story is a shining example of how people should support one another, not judge one another.

Be sure to read Simon Cowell's remark at the beginning of this video and watch the looks on the judges' faces and the sideways glances of audience members when these contestants walk out onto the Britain's Got Talent stage. Then see how things change when they begin to sing.

This very clearly illustrates the importance of the work we continue to do through NAAFA. We must not stop until EQUALITY AT EVERY SIZE becomes a reality!

<http://youtube.com/watch?v=ZsNlcr4frs4>

Quick Links

[NAAFA Home](#)
[NAAFA Facebook - Cause](#)
[NAAFA SF Bay Facebook](#)
[NEW: NAAFA-Capital Facebook](#)
[NAAFA MySpace](#)

Citizen's Medical Center's Bad Hiring Policy A Call to Action!

NAAFA was stunned to learn that the Citizen's Medical Center (CMC) of Victoria, TX had a hiring policy in place that excludes anyone with a BMI above 35. Their policy stated that an employee's physique "should fit with a representational image or specific mental projection of the job of a healthcare professional," including an appearance "free from distraction" for hospital patients.

Due to pressure from the size acceptance community, including newspaper and radio interviews in which NAAFA expressed our objection to this bad policy, CMC has announced that they have changed their hiring policy.

Despite their public reversal of this bad policy, we need to continue sending the message that policies such as theirs perpetuates the discrimination, bias and stigma that fat individuals experience every day, especially in the workplace. To deny a fat individual a job opportunity, based not on their skills, abilities or talents, but on the size of their body is simply wrong. It violates the physician's oath to "first do no harm". It sends a potentially dangerous message to the general public, current and potential patients and hospital staff as well as doing a disservice to fat patients and the reputation of the CMC.

NAAFA urges our members and all concerned individuals to continue to contact the Citizen's Medical Center and express your appreciation for their change of heart but continued concern with their hiring policy. If we continue to correspond with them, they will know that we are still watching!

Shelly Frank, Employment Manager
Citizen's Medical Center
2701 Hospital Drive
Victoria, Texas 77901
sfrank@cmcvtx.org
(361) 572-5066
(361) 573-0611 fax

If you have a Facebook account, feel free to express your opinion of their policy on CMC's Facebook page at <http://tinyurl.com/ck626mm>

The Fat Studies Journal is Here!

Esther Rothblum, NAAFA Advisory Board Member is the editor of the new *Fat Studies Journal* which will be published twice a year. Please read details below about this exciting and cutting edge journal. There will be free access to selected on-line articles. Special pricing will be available this summer at the NAAFA Convention! Join us!

Fat Studies
An International Journal of Body Weight and Society
Editor, Esther D. Rothblum

New to **Routledge** in 2012, [Fat Studies: An Interdisciplinary Journal of Body Weight and Society](#) is the first academic journal in the field of scholarship that critically examines theory, research, practices, and programs related to body weight and appearance. Content will include original research and overviews exploring the intersection of gender, race/ethnicity, sexuality, age, ability and socioeconomic status. Articles will critically examine representations of fat in health and medical sciences, the Health at Every Size model, the pharmaceutical industry, psychology, sociology, cultural studies, legal issues, literature, pedagogy, art, theater, popular culture, media studies and activism. The journal will occasionally publish thematic issues that focus on a specific topic, as well as book, film and media reviews. The journal is edited by **Esther D. Rothblum**, also the Editor of [Journal of Lesbian Studies](#).

WHAT IS FAT STUDIES?

Fat Studies is an interdisciplinary, international field of scholarship that critically examines societal attitudes and practices about body weight and appearance. Fat Studies advocates equality for all people regardless of body size. It explores the way fat people are oppressed, the reasons why, who benefits from that oppression and how to liberate fat people from oppression. Fat Studies seeks to challenge and remove the negative associations that society has about fat and the fat body. It regards weight, like height, as a human characteristic that varies widely across any population. Fat Studies is similar to academic disciplines that focus on race, ethnicity, gender or age.

FREE ACCESS TO SELECT CONTENT

Select articles from the inaugural issue of *Fat Studies* are available for FREE access and download until June 30, 2012. Please click on the article name to download the HTML or PDF version.

[Why a Journal on Fat Studies? Esther D. Rothblum](#)
[Human Rights Casualties from the "War on Obesity": Why Focusing on Body Weight Is Inconsistent with a Human Rights Approach to Health, Lily O'Hara and Jane Gregg](#)
[A Queer and Trans Fat Activist Timeline: Queering Fat Activist Nationality and Cultural Imperialism, Charlotte Cooper](#)
[From Theory to Policy: Reducing Harms Associated with the Weight-Centered Health Paradigm, Caitlin O'Reilly and Judith Sixsmith](#)
[Fat Shame to Fat Pride: Fat Women's Sexual and Dating Experiences, Jeannine A. Gailey](#)

MANUSCRIPT SUBMISSIONS

Manuscripts should be submitted to the **Editor, Esther D. Rothblum, PhD** at erothblu@mail.sdsu.edu. All editorial inquiries, books and other materials for review purposes should be submitted to the editor. Authors must complete a *Manuscript Submissions & Limited Copyright Transfer Form*. Manuscripts should be double-spaced, with margins of at least one inch on all sides, and under 20 pages in length (including tables and references). Number manuscript pages consecutively throughout the paper. Each article should

be summarized in an abstract of not more than 100 words. For complete **Instructions for Authors**, [click here](#).

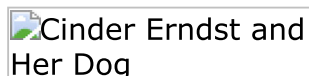
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We're Not Talking a Six Pack!

By Cinder Ernst



Have you all been celebrating this month? Remember it's one of three tools that can make doing hard things easier. Small Steps for Sweet Reasons, Get Support and Celebrate every accomplishment! For this month I want to begin a conversation about abdominal strengthening. Today we will debunk a myth and learn a few practical ways to think about getting stronger abdominals.

We've all seen commercials selling the idea that you can do enough crunches on a magic contraption to make your belly disappear. How about the *Thigh Master*...remember that? Ha! Along with everything else that is wrong about these things, the truth is, you can't spot reduce. If you could spot reduce, people who chew gum would have skinny faces.

I taught senior aerobics for many years. Invariably a few students would come and ask me how they could get rid of their stomachs, while they pointed to their belly fat. I would answer with a question "how long have you been worrying about that?" They would answer seriously *decades*. Then I would say well stop it already! Do your exercises and get on with living your life. Reminds me of a question I heard many years ago: What would women be doing if we stopped hating our bodies?

Cinder Erndst

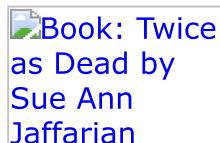
I know I don't have to tell NAAFA readers about the futility of all this silly body shaping stuff, but I thought you might be interested in learning a bit about smart abdominal strengthening. First, let's get the words right! Your stomach is an organ that digests food, and you don't want to get rid of it. Your abdominal muscles (abs) are the front of your back and they support your spine. You want strong abs because strength helps you do the things you love. Your belly is the fat on top, and don't spend time worrying about that.

Next month we will talk about some specific ab exercises. But for right now, sit up tall and straight on the edge of your chair and do a Butt Bouncer (remember this from a few months ago; you simply squeeze your butt cheeks together then release). While you do the Butt Bouncer bring your attention to your abdominal muscles which you now know are the front of your spine and see what you notice. Continue to sit up tall and straight, even as you start to engage your abs. Next month I will teach you the #1 best abdominal exercise...the pelvic tilt. If you can't wait, check it out at: <http://cindersays.com/2012/03/26/the-1-best-abdominal-exercise>

You can always get more handy advice and information at: <http://cinderernst.com>

Amy Marshall Is a Real Character!

Book by Sue Ann Jaffarian
Review by Phyllis Warr



Every year at the NAAFA Convention we have our "Not So Silent Auction". There are a variety of items available for bid and sometimes the bidding is fierce! A few years ago, mystery author Sue Ann Jaffarian generously donated a "character naming" to our auction. The top bidder would have a character in an upcoming Sue Ann Jaffarian novel named after them! The bidding became pretty competitive, and the winner of the "naming" was long time NAAFA member Amy Marshall. As happy as I was for her, I was a little jealous, too. Think of it, to be immortalized in literature as a character!

Twice as Dead, as with Sue Ann's previous novels about BBW paralegal Odellia Grey, is humorous, multi-leveled and keeps the reader engaged. There is a great mystery, a little romance, strong friendships and excellent examples of powerful, intelligent, big women. Any mystery lover will enjoy it. Best of all, Amy Marshall is immortalized!

Twice As Dead by Sue Ann Jaffarian

Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafa.org>]

August 9, 2011: This paper is called "Does Dieting Make You Fat? A Twin Study," and looks at 4129 twins from a Finnish study. Those who had tried to lose weight through dieting or other means were heavier and gained weight faster than their co-twins. This supports a study we looked at in our January 2012 issue (see second link, second December 16 entry).

<http://www.nature.com/jjo/journal/v36/n3/full/jjo2011160a.html>

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/January%202012%20NAAFA%20Newsletter.html>

January 19, 2012: A study from Johns Hopkins indicates that fat doctors are less likely to diagnose obesity or discuss weight loss with their patients than "normal" weight doctors. The researchers think this is because fat doctors do not perceive people who weigh the same or less than themselves as obese. We think it's because fat doctors are more likely to know that diets don't work.

<http://www.nature.com/oby/journal/vaop/ncurrent/abs/oby2011402a.html>

February 6, 2012: A study from the Rudd Center shows that people who are shown negative fat images are more likely to endorse negative attitudes towards fat people than those who are shown positive images. The study also finds a strong preference for the positive images over the stigmatizing images, suggesting that positive images of fat people may help reduce fat bias and stigmatization.

<http://psycnet.apa.org/psycinfo/2012-03027-001>

http://www.yaleruddcenter.org/resources/upload/docs/what/bias/PositiveImagesObesePersons_HP_2.12.pdf

February 21, 2012: A study of mice infected with a bacterium that causes intestinal inflammation shows that increased body fat did not influence the severity of the inflammation, and that mice put on a calorie restricted diet had a higher mortality rate from the inflammation, suggesting that calorie restriction may hamper the immune system's ability to respond to infection.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3281219>

<http://www.stoneearthnewsletters.com/calorie-restricted-diets-may-up-death-risk-new-study/inflammation>

March 11, 2012: The *New York Times* covers the auditions for the Timeless Torches, a dance troupe associated with women's professional basketball team the New York Liberty. The auditions are open to people of all sizes and ages, and members of the troupe must audition each year. While ability to execute the choreography is a plus, the choreographer is also looking for individuality.

<http://www.nytimes.com/2012/03/12/nyregion/timeless-torches-seek-dancers-who-defy-stereotypes.html>

March 12, 2012: An article in The *Vancouver Sun* looks at why healthy behavior may be more important than weight or waistline, and states that the HAES™ (Health at Every Size®) approach should be considered as a viable alternative to dieting.

<http://www.vancouver.sun.com/health/behaviour+more+important+than+weight/6286895/story.html>

March 12, 2012: Teacher Christine Roche is suing her school district and others over abuse she received from another teacher, Tina Behnke, who repeatedly called Roche fat and treated her so badly that some students voiced concern. After internal investigation, Behnke wrote a letter of apology and Roche was reassigned, but then was told she would still have to deal with Behnke and her students.

<http://www.suntimes.com/news/metro/11246233-418/teachers-lawsuit-says-colleague-called-her-fat.html>

March 12, 2012: For those few who aren't familiar with The Fatimas, here is a wonderful article about the roots and current activities of this size-positive belly dance troupe based out of Whittier, California.

<http://lanterloon.com/the-fatimas-embrace-a-plus-size-world-of-dance>

March 16, 2012: Society's message that fat is bad and thin is good is being received loud and clear by children as early as preschool. In its third part of a series of six articles on the perception of beauty, *CNN Living* talks about how children learn to focus on weight and how parents can help kids learn and accept size diversity.

<http://www.cnn.com/2012/03/16/living/body-image-kids>

March 19, 2012: Dr. Pamela Peeke, writing about participating in the Intelligence Squared debate on government's role in managing obesity (which we reported on in February), claims that the other side's argument was solely about government's ineptitude and ignores everything Paul Campos had to say regarding fat, health, and the near impossibility of turning a fat person into a thin person. She also fails to mention that her side lost.

<http://blogs.webmd.com/pamela-peeke-md/2012/03/governments-role-in-managing-obesity.html>

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/February%202012%20NAAFA%20Newsletter.html>

March 22, 2012: The *Jezebel* website skewers an article in the April issue of *Vogue* by a woman who put herself and her daughter through hell because a pediatrician said that her daughter was "clinically obese". The mother, who admits to hating her own body, describes the year-long trauma and humiliation she put her 7-year-old daughter through. *Jezebel* writer Katie J.M. Baker refers to the mother's weight-loss methods as "draconian, immature, and affected by her own dysfunctional attitude toward food."

<http://jezebel.com/5895602/mom-puts-7-year-old-on-a-diet-in-the-worst-vogue-article-ever>

March 22, 2012: According to a small study out of Korea, excess body fat (especially visceral fat) is linked to poor cognitive functioning in people between the ages of 60 and 70, but not in people who are over the age of 70.

Despite how this was reported, the study doesn't claim that fatness decreases cognitive functioning, just that the fat people had poorer cognitive functioning. (Check out the third link for a properly snarky take by Lindy West of *Jezebel*.)

<http://ageing.oxfordjournals.org/content/early/2012/03/07/ageing. afs018.abstract>

<http://www.bbc.co.uk/news/health-17465404>

<http://jezebel.com/5895649/obesity-linked-to-dementia-obesity-studies-linked-to-shitty-behavior>

March 26, 2012: A *New York Times* article touts two small studies that claim that WLS (weight loss surgery) cures type 2 diabetes. Neither study included lap band surgery, and while none of the participants died from the surgery, many suffered side effects and complications, and some required additional surgery. Plus, they only looked one or two years out, not long enough to fully examine the long-term effects.

<http://www.nytimes.com/2012/03/27/science/to-combat-diabetes-weight-loss-surgery-works-better-than-medicine-studies-find.html>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1200111>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1200225>

March 26, 2012: A hospital in Texas will not consider any job applicants who have a BMI of 35 or more. The hospital's chief executive claims that most of their patients are over 65 and have expectations as to the appearance of hospital staff that cannot be ignored. Since weight is not a protected class in Texas, the discriminatory policy is not illegal.

http://www.tucson sentinel.com/nationworld/report/032612_tx_hospital_obese/texas-hospital-refuses-hire-obese-workers

March 27, 2012: Dr. Deb Burgard shows how Jenny Craig was able to create "evidence" that their weight loss program results in long term weight loss from a study published in *The Journal of American Medical Association*. This should be required reading for anyone who reports on weight loss studies.

<http://healthateverysizeblog.wordpress.com/2012/03/27/the-haes-files-how-to-photoshop-a-research-study>

<http://jama.ama-assn.org/content/304/16/1803.short>

March 29, 2012: The Advisory Committee to the US Food and Drug Administration (FDA) votes to require more rigorous testing of diet drugs to prove that they do not have adverse cardiovascular risks. This is due in part to the work of fat rights activist Lynn McAfee, who serves as a Patient Representative on the Committee.

<http://www.nytimes.com/2012/03/30/health/panel-recommends-more-testing-for-obesity-drugs.html>

March 30, 2012: While aimed at helping your child to learn healthy behavior, this article has information that we can all benefit from in terms of learning to listen to our bodies instead of worrying about a number on a scale.

<http://family.lifegoesstrong.com/article/20-tips-avoid-forcing-kids-diet-causing-eating-disorders-and-obesity>

April 1, 2012: Regan Chastain, *Weighty Matters*, and *the vegan r.d.* write about the practices of a group called Physicians Committee for Responsible Medicine which is responsible for a fat-shaming ad which implies a vegan diet leads to weight loss (an unsupported claim). As Regan asks, "how can a group want to end cruelty to animals and simultaneously create cruelty to people?"

<http://danceswithfat.wordpress.com/2012/04/01/physicians-for-irresponsible-medicine>

<http://www.weightymatters.ca/2012/04/since-when-did-responsible-medicine.html>

<http://www.theveganrd.com/2012/04/body-shaming-fails-vegans-and-vegan-advocacy.html>

April 5, 2012: An article covers NAAFA's new brochure on Travel Tips for People of Size and talks about why the brochure is needed.

<http://www.wtop.com/?nid=628&sid=2815598>

April 6, 2012: I can't say it better than the great Marilyn Wann: "This article repeats all the usual suspects: Weak correlation, no proof or mechanism for causation, failure to consider confounds, unsupported claims that weight loss is possible/sustainable, handwringing about "obesity," etc. Plus a healthy dose of mother-blaming . . ."

<http://gma.yahoo.com/autism-linked-maternal-obesity-152055113--abc-news-wellness.html>

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