



**national association
to advance
fat acceptance**

NAAFA Newsletter

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to Advance Fat
Acceptance**
April 2014

In This Issue

[NAAFA-CC's Size Savvy Project](#)

[New NAAFA Treasurer Named](#)

[NAAFA at the 2014 Winter Vegas BBW Bash](#)

[Reconnecting](#)

[How Do You Spell Relief?](#)

[Media and Research Roundup](#)

NAAFA-CC's Size Savvy Project



The NAAFA-Clark County Chapter is pleased to announce its own Size Savvy Project, which provides information on business owners and healthcare providers who have made their businesses or medical facilities welcoming to people of all sizes. A facility listed as Size Savvy will be accessible and accommodate people of all

sizes.

Do you always enjoy the experience where you spend your hard earned money? People come in a large range of body sizes, and people of large body size often have negative experiences with the accommodations in some businesses. The goal of the Size Savvy Businesses Project is to review businesses that we will be happy to patronize in our neighborhoods. Check out our reviews for businesses in Clark County, Nevada: <http://naafa-cc.org/Size-Savvy-Businesses>

Planning to travel to Las Vegas for business or pleasure? Be sure to check out our database to assist with your plans and your stay. It's much easier to decide where to stay or dine when casinos, hotels, and restaurants have been reviewed with people of size in mind.

Many patients of larger body size avoid seeking preventative care or health care because they don't want to receive another lecture on weight loss, and are tired of accommodations that do not meet their special needs. The doctors, nurses, dentists, chiropractors, therapists, clinics, and medical groups on our list have been reviewed by someone in our community and deemed as (or believe themselves to be) size savvy: <http://naafa-cc.org/Size-Savvy-Healthcare-Providers>

We believe that it is important to recognize and patronize the businesses and practices of individuals who have shown that they care about our health and well-being, and who are happy to have our business! If you are a Clark County local and are interested in helping us build this database, we invite you to join us.

Fat Shaming and the Thin Epidemic

[April Video of the Month](#)

Many of you had the privilege of meeting the fabulous Jill Andrew at the 2013 NAAFA convention in Las Vegas. We are pleased to share this wonderful video of Jill's TEDx talk: *Fat Shaming and the Thin Epidemic*. Enjoy!

<http://youtube.com/watch?v=LXEi-mX4HcI>

Quick Links

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[Join Our Mailing List!](#)

Information about the chapter and the next chapter meeting are available at:
<http://www.naafa-cc.org>

New NAAFA Treasurer Named



Former Associate Board Member Tony Harrell has assumed the office of Treasurer for NAAFA. Tony accepted this position upon the retirement of Interim-Treasurer, Lisa Tealer. He is a graduate of University of Delaware with a degree in Business Administration and has over 15 years of accounting experience working with non-profit organizations, associations, and government agencies.

In addition to his national board responsibilities, Tony currently serves as the

President of NAAFA-Capital Chapter, after having been their treasurer. Tony and his wife Cathy have tirelessly served as officers in their chapter for many years.

Tony makes Equality at Every Size a part of his professional life as well. In 2010, he opened Abundant Travel, a travel agency that caters particularly to people of size. Please join the NAAFA Board in welcoming Tony to his new position.

NAAFA at the 2014 Winter Vegas BBW Bash



by Darliene Howell

On Saturday, March 15, 2014, members of the NAAFA-Clark County Chapter represented the organization at the 2014 Winter Vegas BBW Bash at the Tuscany Suites Hotel and Casino. NAAFA was graciously given booth space at the Bash's vendor fair by its organizer, Stu Bo. (Thank you, Stu!)

Information about NAAFA, NAAFA-Clark County Chapter, and the End Bullying Now campaign was made available to Bash attendees. EBN signature items were available for a contribution to the campaign: t-shirts for \$10 and lapel pins for \$5. We invited attendees to sign pledge cards and a sign-up sheet for the newsletters was available. Visitors stopped by to find out what they "YAYed" by stepping on the "YAY Scale" and receiving a compliment.

It was a great opportunity to network with people who had not heard of NAAFA and the various ways that we are working to promote size equality and anti-bullying.

Reconnecting



by Jon Robison, PhD, MS

Many of you know that eight years ago I suffered a debilitating, life-altering attack of multiple sclerosis (MS). I was unable to walk for many months and ended up having to teach myself how to do the simplest of behaviors all over again. I did not work much for four or five years. The good news is that I have managed to partially stabilize (with MS you always have to add caveats to these kinds of statements) my health over the past few years and I am back doing the work that I so love - challenging prevailing paradigms and the status quo in the health fields.

I would like to share with you that I will be doing a two day intensive training seminar (pre-conference) at the National Wellness Conference in June 2014 which, for the first time, will be held in Minneapolis.

Perhaps you have heard of *Health at Every Size* and want to know more about the science, philosophy, and practice. Whether it is adults or children, for those struggling with weight and eating related issues, using health rather than weight-centered approaches is always best practice. The seminar will be an opportunity for you or someone you know to get a firm foundation, as well as hands on practical applications for both personal and professional use.

Get more information about the National Wellness Intensive Pre-conference Seminar at http://www.nationalwellness.org/?page=PreConf_Robison
If you are being sent by an organization just moving away from traditional approaches to these issues, this presentation can be exceedingly beneficial for all concerned. For an overview of the approach we will be taking, check out this FREE webinar, Health for Every Body:
http://hplive.org/webinar_archives/health_for_every_body_with_jon_robison.html

I am excited to let you know that I am in the process of writing a new book - *How to Build a Thriving Culture at Work: Featuring the 7 Points of Transformation* - with my amazing co-author Dr. Rosie Ward. Our website just went up a few days ago and I would love to invite you to check it out at <http://salveopartners.com>

Thanks so much for your support and consideration.

Questions? Feel free to write to me at robisonj@msu.edu

How Do You Spell Relief?

by Cinder Ernst

Yesterday was perfect motorcycle weather in San Francisco. I love to ride, but I always have a hard time getting started. I had a list of excuses: it's too hot, it's too cold, there'll be too much traffic, I don't have anyone to ride with, where will I go . . . on and on. I spend so much time thinking about going and not going that I make myself crazy and use up a lot of brain space and time.



So I just got on and went for a short ride and I felt great! It was a relief to get out of the "should trap".

You may not relate to the motorcycle thing, but you might relate to not being able to get started and stick with exercise. Don't worry, you're not alone. Many people know exercise would make life better, but they just can't get it going.

Ask yourself this: Have you ever noticed that it takes energy to NOT do something?

It's like this, you know you should_____, or you have to_____, but you're not doing it. That "pending thing" takes up space in your brain and drains your energy.

The moment you begin "that pending thing" you breathe a huge sigh of relief. And all the energy that has been wrapped up in NOT doing "it" gets freed up. You are

energized! What a relief it is to get started. (Preparing one's taxes does this to many people.)

Then in more normal human-ness you wonder . . . why did I put that off for so long?

Sometimes you just need a little help to get started. There's nothing wrong, in fact getting support when you need it is a very grown up thing to do.

In my programs, getting started with exercise is always about a small step. A step that is **gentle, easy and highly effective**. (Don't underestimate the highly effective part, not all small steps are created equal.)

That's how I spell RELIEF! Get started on that "pending thing" with a small step, just the next small step . . . *ahhhhhh!*

If a small step came to mind while you were reading this, do it now!

Or try this one: tap your toes to the beat of a song; just do about five on each side. This will help keep the blood moving out of your lower legs and make you less stiff when you stand up.

Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and

<http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

February 2014: Researcher Steven Blair of the Cooper Institute co-authors two articles showing that fitness, not fatness, matters for good health. (Thanks to Linda Bacon for the heads up.) A sample quote from the conclusion of the paper on people with "pre-diabetes": "The mortality risk for fit individuals who were overweight or obese did not differ significantly from the reference group."

[http://www.onlinepcd.com/article/S0033-0620\(13\)00155-2/abstract](http://www.onlinepcd.com/article/S0033-0620(13)00155-2/abstract)
<http://care.diabetesjournals.org/content/37/2/529.abstract>

March 13, 2014: Abigail Saguy addresses the recent publicity regarding lower obesity rates in very young children, pointing out that nobody knows why the rate for this age group has dropped or why it went up and down in the past decade.

<http://bit.ly/1fzwwlx>

March 17, 2014: All types and levels of healthcare professionals and HAES advocates are invited to join Linda Bacon, PhD and Lucy Aphramor, PhD, RD for

HAES facilitator training at the University of Washington, June 25 through 29, 2014.

<http://opalfoodandbody.com/2014/03/17/passing-on-the-message-health-at-every-size-facilitator-training>

March 18, 2014: A study of different diet programs claims that the number of sessions matters less than the type of program, with behavioral modification being the best. Since the study only looks at the first 12 months, the ultimate failure of such programs is not addressed, and a look at the conflicts shows two of the researchers have a history with Weight Watchers.

<http://onlinelibrary.wiley.com/doi/10.1111/obr.12165/full>

March 19, 2014: Ellen R. Glovsky, PhD,RD,LDN has her university students produce videos as part of a HAES curriculum (first link). The video of one student, now on YouTube (second link), is a good introduction to HAES, although it lacks size-positive images. The third link takes you to two more good examples.

<http://haescurriculum.com/videos>

http://youtube.com/watch?v=p05wkFGJ_qs

<https://docs.google.com/file/d/0B02newrYnYNgU3hmQUd2MkU4Rms/edit>

March 20, 2014: A doctor takes on other doctors, their anti-fat biases, and the damage they cause by fat shaming their patients, letting them know that "Physicians cannot use concerns over health to legitimize bias."

<http://www.theweeklings.com/sdasgupta/2014/03/20/a-doctors-fat-fantasy>

March 20, 2014: Girl Scouts and Girl Guides introduce the new Free Being Me badge, encouraging scouts and guides to learn about body diversity and acceptance and to spread the message to others.

<http://www.eatingdisorderonline.com/news/general/girl-scouts-offer-body-confidence-badge-for-young-troopers>

March 21, 2014: In Psychotherapy Networker, Judith Matz, LCSW responds to a colleague who notices a "sense of disapproval" towards fat clients, referring readers to resources such as NAAFA and HAES, and offering suggestions on how to recognize and go beyond fat bias.

<http://www.psychotherapynetworker.org/magazine/currentissue/item/2465-in-consultation/2465-in-consultation>

March 22, 2014: Writer and musician Joshua Max shares his memories of being a fat boy in a not-fat family, leading to an eating disorder, and what he would say to a fat son should he ever have one.

<http://www.nytimes.com/2014/03/23/opinion/sunday/what-id-say-to-my-fat-son.html>

March 25, 2014: Yoni Freedhoff is a family doctor specializing in "obesity medicine." Surprisingly, he points out a major flaw in a recent study (first link) that claims metabolically healthy fat people are at a higher risk of developing type 2 diabetes, the flaw being that the "healthy" and fat category includes people with one of several health risk factors (second link).

<http://onlinelibrary.wiley.com/doi/10.1111/obr.12157/abstract>

<http://www.weightymatters.ca/2014/03/metabolically-healthy-obesity-and-risk.html>

March 27, 2014: Researchers looking at the gene that governs body fat storage believe they have found a way to predict the risk of fatness in children through a blood test. They find higher levels of DNA methylation is associated with increases in body fat nine to ten years later.

http://www.upi.com/Health_News/2014/03/27/Blood-test-could-predict-obesity-in-children/7121395930420

<http://diabetes.diabetesjournals.org/content/early/2014/03/09/db13-0671.abstract>

March 28, 2014: Using BMI (body mass index) and mortality as an example, researchers discuss the importance of plotting data and considering whether the best statistical model may be nonlinear. They also urge researchers to refrain from truncating the data (such as leaving out data on underweight people) to avoid nonlinear results.

<http://jech.bmj.com/content/early/2014/03/26/jech-2013-203439.short>

April 2, 2014: OxyElite Pro, a dietary supplement claiming to help burn fat, is linked to 97 cases of hepatitis, leading to hospitalization, the need for liver transplants for three people, and one death. Dr. Pieter Cohen of Harvard warns that there is no safety testing for supplements in the United States, and the consumer therefore becomes the test subject.

<http://www.livescience.com/44581-hepatitis-outbreak-supplement.html>

April 4, 2014: Rats who were fed "junk food" (high sugar diet) gained more weight and pressed a lever fewer times than a control group. The reduced activity is equated with "laziness" in humans, and used to demonize and stereotype fat people in the media. Fat hate bonus: researchers conclude that it was the rats' fatness, and not their diet, that caused the "laziness" because the changes in behavior happened slowly.

<http://www.sciencedirect.com/science/article/pii/S0031938414000833>
<http://newsroom.ucla.edu/portal/ucla/does-a-junk-food-diet-make-you-271793.aspx>

April 5, 2014: Jes Baker uses the attention that her open letter and photo shoot taking on Abercrombie & Fitch received to launch the first Body Love Conference in Tucson, Arizona. The conference's schedule reflects its motto: "Change your world, not your body".

http://azstarnet.com/entertainment/attractions/the-everywoman-who-took-on-abercrombie-brings-tucson-its-first/article_2dff7b22-352d-5f7b-be6a-4fff4a1f22b7.html
<http://www.bodyloveconference.com>

April 6, 2014: Yale University officials told a thin student that she was dangerously underweight and needed to gain weight or risk being forced out of the school. She, her parents, and her family doctor told the school that she was healthy but naturally thin. After she wrote an essay for the Huffington Post, the school relented. As Lara Frater points out (second link), this shows how useless BMI (body mass index) is as a health indicator.

<http://www.nhregister.com/general-news/20140406/yale-student-92-lbs-stuffed-her-face-with-cheetos-ice-cream-to-pacify-school-officials>
http://fatchicksrule.blogspot.com/fat_chicks_rule/2014/04/ditching-bmi-for-all-.html

April 6, 2014: Burlesque performer Juicy D. Light (head of Rubenesque Burlesque in Oakland, CA) is putting together a fat flash mob in May 2014. She holds regular classes in Oakland and offers videos if you want to coordinate e-mobs in other cities. All choreography is adaptable to many levels of ability.

<https://www.facebook.com/events/1487768898109388>

April 7, 2014: Arya M. Sharma, MD, PhD, FRCPC, who at times seems to be a HAES advocate, sides with the US Office of Personnel Management as it announces that anti-obesity medications can no longer be excluded from health benefits for federal employees, even though such medications have been shown to be ineffective and sometimes dangerous.

<http://www.drsharma.ca/why-coverage-of-anti-obesity-medications-for-federal-employees-is-only-fair.html>

April 7, 2014: According to a review of several studies, being fat at 10 years old causes an increase of roughly \$12,000 to \$19,000 in lifetime healthcare costs. One wonders how much of this is due to failed weight loss attempts that do more harm than good.

<http://pediatrics.aappublications.org/content/early/2014/04/02/peds.2014-0063>

April 8, 2014: Love Every Body Week begins at Chico State, where the Embodied Club promotes positive body image and the Health at Every Size principles through education, guest speakers, and advocacy.

<http://theorion.com/blog/2014/03/31/club-spotlight-embodied-living-the-health-at-every-size-way>
<http://www.csuchico.edu/news/current-news/4-8-14-love-every-body-week-promotes-eating-disorders-awareness.shtml>

Founded in 1969, NAAFA is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <http://www.naafa.org>