



**national association
to advance
fat acceptance**

NAAFA Newsletter

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Tigress Osborn Joins NAAFA Board of Directors



The NAAFA Board of Directors is proud to announce the appointment of NAAFA member Tigress Osborn, MFA, to the Board as Director of Social Media. Tigress has worked closely with NAAFA in the past, organizing and emceeing fashion shows in the San Francisco Bay Area and Las Vegas. Ms. Osborn founded Full Figure Entertainment in 2008 and continues to organize and promote

full figure fashion shows, nightlife events, size-positive fitness opportunities and body awareness arts activities.

As Director of Social Media, Tigress will be responsible for managing NAAFA's presence on numerous popular and emerging social media platforms. Additionally, she will serve as spokesperson for the organization and represent the organization in the community, building bridges between NAAFA, the social community and the fashion industries. Her Masters in Creative Writing and experience with design and distribution of web-based promotional materials is an added bonus.

Ms. Osborn received her Bachelor of Arts degree in African American Studies from Smith College. Her Masters of English degree with a concentration on Creative Nonfiction Writing was awarded by Mills College. As Director of Diversity at The College Preparatory School in Oakland, CA, Tigress designed and implemented the school's first diversity awareness-raising curriculum. She advised student organizations relating to race, ethnicity, religion, sexual orientation and gender.

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April 2015

Rethink Before You Type

Bullying, both online and face-to-face, is a growing problem across our country. This month's video is a TEDx TEEN talk by a young lady with a real passion for change. She has created an app that encourages potential cyberbullies to rethink what they put on the Internet or send to people. Spread the word! We must continue our work to END BULLYING NOW!

<http://youtube.com/watch?v=YkzwHuf6C2U>

Quick Links

[NAAFA.org](#)
[NAAFA-CC.org](#)

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[Los Angeles](#)
[Clark County](#)
[End Bullying Now](#)

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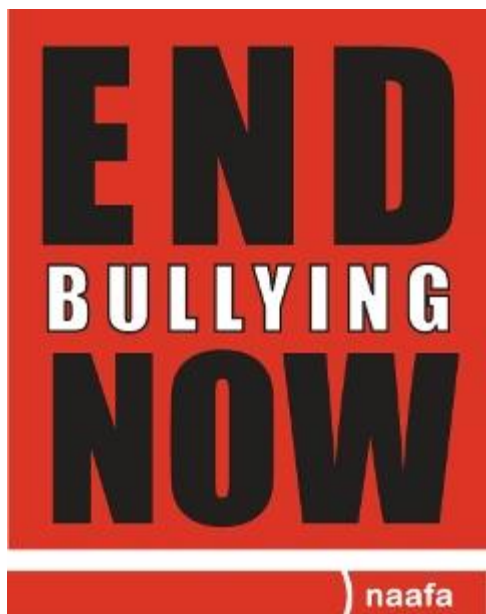
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Join Our Mailing List!

She is currently the Reservations and Marketing Specialist at AsiaSF Cabaret in San Francisco, CA.

Please join us in extending a great big NAAFA welcome to Tigress as she assumes her new responsibilities in our community.

END BULLYING NOW Parental Advisory Alert



Be Aware of Apps from PiVi & Co

Apps for entertainment or sharing with friends can be fun, but some apps from PiVi & Co and other developers can be used for bullying. Apps such as FatBooth, MixBooth, UglyBooth allow the user to take a picture and alter it. FatBooth makes a person look fatter. MixBooth merges two faces (the most obvious change as shown on the pivianco.com website is changing someone's ethnicity). UglyBooth allows you to make the person look "ugly".

PiVi & Co claim that these apps are "fun" ways to alter someone's appearance. However, appearance is what is most used to bully others, whether it's your body size, skin color, hair color, or overall appearance. [*I was bullied too*:

stories of bullying and coping in an online community; K. Davisa, D. P. Randalla, A. Ambrosea, M. Oranda; 2014]

Having the ability to easily change another person's appearance and share it via email or on social media can have an unintended consequence and be a form of cyberbullying. Consider that:

- Over 50 percent of adolescents and teens have been bullied online, and about the same number have engaged in cyberbullying.
- Over 25 percent of adolescents and teens have been bullied repeatedly through their cell phones or the Internet.
- Well over 50 percent of young people do not tell their parents when cyberbullying occurs.

[Source: Cyber bullying: i-SAFE foundation]

We believe this can be an opportunity to educate your kids on cyber responsibility and how to treat others both online and off. Kids may not understand that the results of these apps could be demeaning or bullying.

- You can discuss how emotionally and mentally damaging bullying of any type can be.
- This can allow you to teach your child empathy and to look at the changed photo from the perspective of the target; how would it make you feel if you were target?
- Talk with your child about body image and not making judgments based on physical appearance.
- Explore with your child how they can support others when they see someone is being bullied.

As a parent, there is another way you can make a difference to help end bullying:

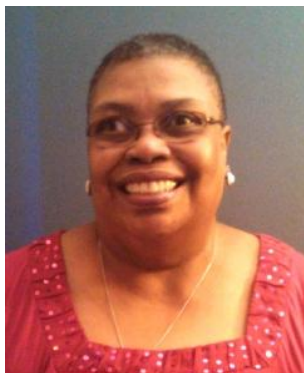
- Write to your Senators in support of the Safe Schools Improvement Act of 2015 (S.311) and ask them to request an amendment to include personal appearance to the protected classes.

From the Chair



by Phyllis Warr

Greetings all! The Board of Directors (BOD) and I want to update you on what your Board is doing right now. Although we are not planning a conference for this year, we have decided that we need to still see each other face-to-face and work on your behalf.



We have completed our first five-year plan and now need to plan how to lead NAAFA through the next five years and beyond. Thus, later this month we are meeting to discuss what we need to do and figure out how we need to accomplish our goals. The BOD members are spread out across the country: Nevada, Illinois, California and Virginia. We only see each other at conferences and working retreats. We get a lot done on the telephone and via email, but sitting down together in the same place is still necessary.

In case any of you are concerned, we are funding this trip ourselves: no NAAFA funds will be used. We are employing hotel rewards points, online gaming points, coupons and prime penny pinching. After all, three out of five of us are retirees and budget like crazy!

With that explained, we need your help. Part of leadership is understanding what the membership needs and trying to meet those needs. So, NAAFA members, we need you to tell us where you believe your organization needs to go:

- What do we need to do for you?
- On what projects should we be working?
- What would entice more people to join us in our fight for size equality?
- Many if not most younger people are interested in socialization and parties. While we include social opportunities at our conferences, we are not able to draw the big crowds the strictly social groups draw. How can we get those people to join us? Or can we do so?

Please send your suggestions and ideas to me at PWarr60559@gmail.com, so that I can share them with the rest of the BOD.

Remember that we still need people to share the work load of driving NAAFA. We need an informational technologist, a fund raiser, a membership director and program director. If you have the skills to do these tasks, and are willing to commit time for monthly teleconferences and work time, please let us know. An organization is only as good as its membership. We need committed NAAFAs to help lead NAAFA.

1Q2015 Size Savvy Healthcare Award

LAS VEGAS -- The Clark County Chapter of NAAFA is pleased to announce the recipient of the NAAFA Size Savvy Healthcare Award for the first quarter of 2015, Dr. Michael Coy of Health Care Partners of Nevada.

The Size Savvy Project provides information on healthcare providers who make their practice welcoming to people of all sizes. A size savvy facility meets certain criteria making it accessible and accommodating.

This award is given as a way to promote healthcare providers, such as Dr. Coy, who understand that people come in a large range of body sizes. We want people to know that Dr. Coy values patients of all body sizes and makes accommodations to ensure their comfort, ease of accessibility and true sense of being welcomed.

The Size Savvy reviewer specifically noted that "Dr. Coy is very accommodating, listens to his patients and treats every complaint with the care needed without assumption about body size. He is a size sensitive physician."

We congratulate Dr. Coy on receiving this prestigious award.



Fighting Cancer with Ferocity



*by Cathy Harrell
Vice President/Secretary, NAAFA-
Capital Chapter*

Early in 2007, I began to notice tiny drops of blood on the bathroom carpet. As I had no symptoms of a problem with my digestive track, I assumed it was the dog. After a while I realized that I was the one bleeding. An off-hand comment to my general practitioner put me on a sad and bumpy road. A sigmoidoscopy revealed a lesion. The gastroenterologist gently told me that it could be cancer. When I went for a CT-scan the trouble began!

I had no idea how much my size would affect my treatment. Sadly, I found out that the weight limit was 300 pounds for the CT scan

machine. The insurance company sent me to a facility with a higher capacity machine about 20 miles from home, even though I could have gone to a much closer facility. My next stop was the surgeon, a very businesslike professional, who did not believe in sugarcoating anything. Her exact icy cold words were, "Yes, you have cancer: Adenocarcinoma. You'll have to have a colostomy, probably for life. I have no idea what we are going to do about that belly of yours. It will be a problem, for sure." She ushered me out the door, promising to call with results of the biopsy. I remember going to my car on that very hot day in May and just sitting there . . . crying . . . crying, and more crying. How would I tell the ones I love? I truly saw my life ending and I felt quite alone.

When the doctor's call came, it was NOT colon cancer or adenocarcinoma but the more rare anal cancer, a type of skin cancer. There would be no surgery, "JUST" chemo and radiation therapies. At the largest hospital in Northern Virginia, I was again reminded that my weight was going to affect my treatment and, conceivably, my chances of living.

Instead of being a compassionate doctor who explained radiation therapy, my physician spent that first office visit telling me why I couldn't have my therapy there. He explained that they only had two very sensitive machines for large patients, one of which spent a lot of time out of commission. He feared letting me use the other machine because I might break it. That would mean that all the other patients would have to be rescheduled, which could affect their care. Since

MY care was secondary to the care of others, he sent me elsewhere. I was essentially told, "Cathy, we don't really care what kind of care you get or how inconvenienced you are. We are protecting the care of the 'normal' patients."

I still had no idea what was to come. When I went for my first treatment, my body size was the major issue for which the team struggled to find a solution. Their solution was difficult, uncomfortable and embarrassing and I hated it every time I went for treatment. Equally embarrassing was being harassed at each visit for gaining weight, even though I was not eating. They later discovered their scale was out of calibration! Upon completion of therapy, I was given a graduation certificate and gift. Ironically, the gift was a brownie. Unbelievable!

My weight continued to be an issue through the entire treatment and follow up. When I saw the surgeon, her examining table didn't work for me; I had to stand up and bend over. Imagine that embarrassment!

Do not fool yourself into thinking that our issues with the medical field are limited to the treatment we receive from doctors. Until you personally experience it, you may not know that there are weight limits for some test equipment and they won't accommodate people of size. We must be medical warriors, stay informed and be outspoken. I wish I had been more aware before my crisis, but trust me -- I'll be ready next time.

Book Review: *Gravitas*

Book by Lynne Murray

Review by Terri Weitze

Gravitas is a size-positive science fiction novella featuring a fat heroine, Sybil, and her adventures during a diplomatic and trade mission. It's full of fun, excitement, and (not too graphic) sex. *Gravitas* is also the name of a substance only available on Sybil's home world, greatly coveted for its aphrodisiac effect.

The book does a good job of offering up looks at alien cultures, giving the reader insight into our own assumptions and bias. Sybil's home world is matriarchal, with polyamorous relationships not just the norm, but necessary to move up the ladder of success; and it has lots of problems with prejudice and intolerance as does any real society.

When Sybil, her ex, and her stalker all end up on planet Earth, it is culture shock. As if she doesn't have enough to deal with trying to get back home, Sybil is faced with a thin-centric society and becomes the target of fat phobia.

This is a fun, quick read. Some might object to the storyline involving Sybil's stalker. It is handled in a humorous fashion and is resolved well, but some people might find it triggering.

Walk More!

by Cinder Ernst

Hello NAAFA Friends,

Last month I surveyed some of my clients to find out what problem that I can help them with, would they most like solved. Everyone said that they wished they could walk further or without pain. They told me when walking is hard, life can be a drag.

This month I'm giving you a small step way to add in a little more walking. It's all about starting where you are and just doing a tiny bit more. Literally, just add a couple extra steps.

If you'd like to increase how far you can walk, start where you're at:

1) Figure out right now, really, what is your **comfortable** walking distance. No shame, no blame, just really; how many steps or blocks can you walk without pain or shortness of breath? That is your starting point.

2) Increase 10% at a time. For instance, if you can walk 10 steps comfortably then increase to 11 steps. When 11 steps become comfortable, go to 12. If it's one quarter block, add about 10 steps at a time. If it's 10 minutes, add one minute at a time.



If your back or outer hips hurt when you walk, try this quick fix
<https://www.youtube.com/watch?v=G2I2kSBaHIc>

If you have questions or need help feel free to email me!
coach@cinderernst.com

Here's to standing strong and moving forward!

Love,
 Cinder

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.]

December 24, 2014: Researchers find that fat people who have high levels of internalized weight bias also have poorer health-related quality of life compared to fat people who do not suffer from self-discrimination.

<http://www.sciencedirect.com/science/article/pii/S1471015314001251>

February 10, 2015: Research on the effect of obesity on the brain's white matter claims that white matter undergoes accelerated aging in fat people, with a loss of fiber integrity. Will this be used to improve the medical treatment of fat people, or as another reason that fat people should not exist?

<http://onlinelibrary.wiley.com/doi/10.1111/obr.12248/abstract>

February 24, 2015: A study finds that bias against fat people may be greater than previously assumed. Showing participants odorless pictures of thin and fat people, pictures of fat people were more often associated with unpleasant odor, possibly indicating underlying bias.

<http://www.latimes.com/science/sciencenow/la-sci-sn-obesity-smells-foul-20150320-story.html>

<http://www.nature.com/ijo/journal/vaop/ncurrent/full/ijo201514a.html>

March 23, 2015: Federal legislation is in the works for a bill authorizing grants to improve education in medical schools on nutrition and exercise science. Although the goal is fighting the "obesity epidemic", this could be an opportunity to teach the growing body of science supporting a fat-neutral approach to doctors.

<http://bipartisanpolicy.org/article/glickman-and-shalala-the-enrich-act-will-provide-better-tools-to-fight-obesity-epidemic>

March 24, 2015: Part Two of Weight at the Workplace, prepared by Dr. Jon Robison with Salveo Partners, offers 10 suggestions on how to ease concerns about weight and, instead, improve your health.

<http://salveopartners.com/weight-at-the-workplace-2>

<http://salveopartners.com/wp-content/uploads/2015/01/SalveoWhitePaperPart2.pdf>

March 25, 2015: Harriet Brown explains how society has become obsessed with weight even though (a) diets don't work and (b) more research is showing that weight loss does not necessarily mean health improvement.

http://www.slate.com/articles/health_and_science/medical_examiner/2015/03/diets_do_not_work_the_thin_evidence_that_losing_weight_makes

[you_healthier.html](#)

March 25, 2015: S.B. 402 is working its way through the Nevada Senate to define obesity as a chronic disease and mandate an annual report on obesity in Nevada. Although Senator Dennis claims the Bill may help reduce weight stigma, the proposed definition is "a chronic disease characterized by an abnormal and unhealthy accumulation of body fat."

http://nvleg.granicus.com/MediaPlayer.php?view_id=14&clip_id=3896
<http://www.leg.state.nv.us/Session/78th2015/Bills/SB/SB402.pdf>

March 30, 2015: A study of patients with type 2 diabetes in Louisiana finds an increased risk of all-cause mortality among black patients with a body mass index (BMI) <30 and >35; and among white patients with BMI <25 and >40.

<http://www.hcplive.com/journals/cardiology-review-online/2015/february2015/BMI-and-the-Risk-of-All-Cause-Mortality-Among-Patients-with-T2D>

March 28, 2015: Claire Putnam shares her concerns about fat women having babies, something she is clearly against. If you can wade through the article, you will find a couple of reasonable suggestions: having proper equipment and trained medical personnel to deal with fat women having babies, and doctors discussing the risks in a non-judgmental fashion.

<http://www.nytimes.com/2015/03/29/opinion/sunday/pregnant-obese-and-in-danger.html>

April 3, 2015: France follows in the steps of Israel by legally banning excessively thin fashion models and fining agents and fashion houses that hire them. The measure, which is part of an anti-anorexia campaign, also requires photos that alter appearance for commercial purposes to include a message disclosing the manipulation.

<http://www.theglobeandmail.com/news/world/france-bans-super-skinny-models-in-anorexia-clampdown/article23788903>

April 8, 2015: The new issue of the journal Fat Studies is available online. This is a special issue on religion and fat, and includes several book reviews.

<http://www.tandfonline.com/toc/ufts20/4/2#.VSmWPvCggf0>

April 8, 2015: After being hospitalized for high blood pressure, Penn Jillette (of Penn and Teller) has lost a great deal of weight by following an extremely low calorie vegan diet. Obviously still in the honeymoon phase of dieting, it remains to be seen if Jillette will be able to maintain his weight loss.

<http://greatideas.people.com/2015/04/08/penn-jillette-weight-loss-las-vegas-home>

April 8, 2015: An article looking at the recent judging of political candidates by their weight finds that this is the one time where women have the advantage. While the weight of men is fair game, it is mostly considered bad form to address a female candidate's weight.

<http://www.nytimes.com/2015/04/08/fashion/for-male-politicians-dieting-is-a-campaign-issue.html>

April 9, 2015: Substantia Jones' Adiposity Project is presented in a video interview with Jones and one of her models with a montage of beautiful photography.

<http://t.co/o5FksxBHXR>

April 9, 2015: A recent study finds that middle-aged people with high BMIs have a reduced risk for developing dementia later in life, with those in the higher ranges having the lowest risk. Predictably, many medical groups dismiss the findings, claiming that the fat will kill you before you have any benefit.

<http://www.mirror.co.uk/news/technology-science/science/middle-aged-obese-people-less-likely-5489432>
<http://consumer.healthday.com/senior-citizen-information-31/dementia-news-738/could-obesity-help-shield-you-from-dementia-698288.html>
<http://www.thelancet.com/journals/landia/article/PIIS2213-8587%2815%2900033-9/abstract>

April 13, 2015: Actor Rebel Wilson takes on Victoria's Secret at the MTV Movie Awards, dressing in leggings, a bedazzled bra and a huge set of white wings. Across the back of the pants in rhinestones was "Think," a play on the Victoria's Secret line that features the word "Pink" across the bottom of its sweatpants. Rock on Rebel!

<http://www.takepart.com/article/2015/04/13/rebel-wilson-movie-awards>

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>

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