



**national association  
to advance  
fat acceptance**

NAAFA Newsletter

April 2016

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## Russell French Williams II



It is with deep sadness that we must share the passing of Russell French Williams II, 73, of Hagerstown, MD, on Tuesday, March 22, 2016, at the Meritus Medical Center due to complications related to colon cancer surgery. Born December 8, 1942 in Baltimore, MD, he was the son of the late Douglas Russell Williams and the late Clara (Hinton) Williams.

Russell graduated Rochester University, and went on to receive his Masters' degree in Education. Russell was employed as an educator with the Washington County Board of Education from 1967 until his retirement in 1998. He taught at E. R. Russell Hicks Middle School and Smithsburg Middle and Elementary Schools for most of his career. Russell served on the Washington County School Board from

2002 to 2006. He served as President of the NAACP of Hagerstown from 2008 to 2009.

Russell was involved with NAAFA since the 1970's, served on its National Board of Directors, was the author of the Declaration of Fat Independence, and enjoyed sharing many thoughts through his letters to the editor in the Herald Mail newspaper. Russell helped in the initial formation of ISAA and worked for most of a decade as its activism vice-president. He was also a member of Emmanuel United Methodist Church and a devoted volunteer in the community, serving with REACH Cold Weather Shelter and HARC.

Williams is survived by his wife, Louise Wolfe; two sons, Jody French Williams of Arlington, VA, and Ryan Williams of GA; three daughters, Loretta F.

## Very Personal Activism

[April Video of the Month](#)

Amy Pence-Brown of Boise, Idaho decided to take a stand for self-acceptance at a public market. Her social experiment asked people to draw a heart on her body in support of anyone who had struggled with self-esteem issues. The results are heart-warming!

<https://youtube.com/watch?v=2n50KVLgwlY>

## Quick Links

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

### Facebook

[Main](#)  
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[End Bullying Now](#)

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Williams of Funkstown, MD, Vicky Campanelli of Hagerstown, MD, and Lydia Wolfe of Winchester, VA; sister, Favor Williamson of Kalispell, MT; brother, Dana Williams of Towson, MD, and numerous grandchildren and great grandchildren.

Russell was a very kind and generous person with an intelligence that allowed him to see the bigger picture. He was always a champion for fat rights and will be greatly missed.

## ORU Is Basing Grades on Faulty Technology

NAAFA was appalled to learn that Oral Roberts University's (ORU) new [requirement](#) for their "Whole Person Education" includes the purchase and wearing of a Fitbit fitness tracker. Information from this device will be fed to the school and factored into their academic grade. Basing a portion of a student's grade on technology that has been proven faulty sounds like a violation of student's rights. It certainly is morally questionable.

Some are promoting this concept as a technological advancement that will help their student body's bodies battle the "Freshman 15". But a new [paper](#) published in *JAMA Internal Medicine* shows that these devices are not even correctly performing their most basic function, which is to accurately measure physical activity and estimate energy expenditure.

The error-prone devices are not the only problem with this new development. What kind of concessions are made for students who are differently abled? Or is diversity not part of the "Whole Person Education" at ORU?

In a 2013 [study](#) published in the *Canadian Journal of Diabetes*, educators admitted to their own significant weight bias and endorsement of negative stereotypes. Weight bias and discrimination have been shown to impact negatively on student self-esteem, perception of safety, academic success, and opportunities in higher education. What kind of treatment do students of larger body size receive at ORU? Or must you meet a BMI (another faulty measure of fitness and health) requirement to be admitted to ORU?

ORU's plan of tracking students' physical activity and monitoring their whereabouts also has the potential to trigger a number of emotional, psychological and physiological disorders in young adults who are away from home for the first time and already vulnerable.

NAAFA strongly urges ORU to look at the Health at Every Size Curriculum as an alternative to Fitbit tracking. The HAES Curriculum takes weight, size, and appearance out of the nutrition-fitness equation. The HAES Curriculum may be found at <http://haescurriculum.com>

If you wish to take action, feel free to read and sign a change.org petition against ORU's new practice started by Kaitlin Irwin of Drexel Hill, PA at <http://tinyurl.com/zt33a4q>

## Medical Tips and Tricks

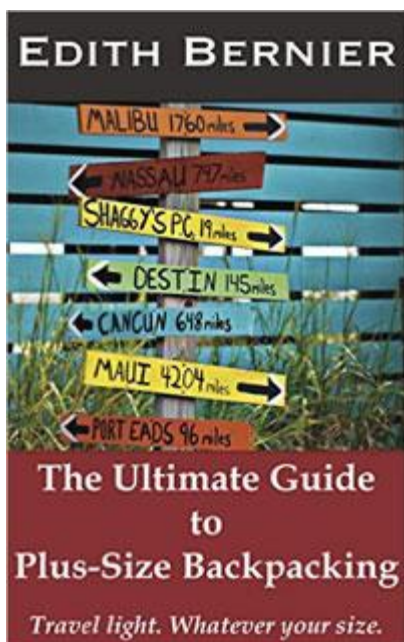
One of NAAFA's friends recently brought to our attention a document that gives tips on how to get better images and better understand images of fat patients when doing CT scans. This is a good tool for any medical professional who treats fat patients. If you have an upcoming CT scan, provide this link to both your doctor and the radiologist doing the procedure:  
[https://www.aapm.org/meetings/2013CTS/documents/SAT\\_02kalra\\_final\\_CTobesityTipsandtricks.pdf](https://www.aapm.org/meetings/2013CTS/documents/SAT_02kalra_final_CTobesityTipsandtricks.pdf)

## *The Ultimate Guide to Plus-Size Backpacking*

Book by Edith Bernier  
 Review by Tony Harrell

I recently had the pleasure of reading the e-book *The Ultimate Guide to Plus-Size Backpacking* by Edith Bernier. Ms. Bernier is a well-traveled person of size who has visited over two dozen countries around the world.

The first question one may have would be "How do I find a backpack that would fit me?" Edith discusses the different types of backpacks available, as well as what gear and gadgets are most helpful to have at hand.



Edith's advice about how to select and arrange the most efficient clothing and other essentials can inspire travelers of all sizes with all luggage types to give more thought to what is most important to pack.

There is a lot of great general advice about plus-size travel including transportation, health concerns and shopping. What may be most enlightening is the list of size-friendly countries that Edith compiled based on her experiences, as well as that of her fellow travelers of size. Some of the countries that are (not) there may be surprising.

Every fat person has different talents and abilities. For those who are comfortable with exploring by foot and maximizing the efficiency of their travel necessities, Edith Bernier shows how the backpacking experience can be a rewarding one.

The *Ultimate Guide to Plus-Size Backpacking* is available for sale at [www.psbpacker.com](http://www.psbpacker.com). A native bilingual Canadian, Ms. Bernier has also published the e-book in French.

Tony Harrell is a NAAFA Board Member Emeritus and the owner of *Abundant Travel*, a size-friendly travel planning company. For more information, visit [www.travelabundantly.com](http://www.travelabundantly.com)

## NAAFA Chronicles Continues

by Peggy Howell

Last month we introduced the NAAFA Chronicles, historic newsletters that chronicle the history of not only NAAFA, but also the size acceptance movement since NAAFA's founding.

Each month we will scan and feature an historic NAAFA newsletter for your reading pleasure. The newsletters will be added to a "Chronicles" folder in the newsletter section of the NAAFA website. I hope you enjoy this opportunity to learn what those who have gone before us have done and the progress we have made.

This was NAAFA's second newsletter, a special convention issue from the first ever size acceptance convention:

[http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/November\\_1970\\_Special\\_Conv\\_Issue.pdf](http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/November_1970_Special_Conv_Issue.pdf)

## NAAFA Introduces a New Gateway

In our continuing efforts to reduce costs and streamline the organization, NAAFA is happy to announce a change to our payment processor and credit card gateway. This change will realize substantial savings in membership fee and donation processing, making more of these funds available for educational projects. Effective immediately, NAAFA will use BlueFire, a credit card processor dedicated to churches and non-profits, to process all new memberships, renewals and donations from our website at [http://www.naafaonline.com/dev2/get\\_involved/join-give.html](http://www.naafaonline.com/dev2/get_involved/join-give.html)

One great new advantage is the system's ability to retain your membership information so you can create an account, save your password and not have to re-enter all your information every time you choose to donate to NAAFA. You also have the ability to change your personal information at any time. This will require our members and donors to create new accounts, but we hope you understand the positive benefits of this move.

For those of you who love to use your phone to communicate, you can now text your membership fee or donation. Instructions for texting can be found on our website at

[http://www.naafaonline.com/dev2/get\\_involved/text\\_giving.html](http://www.naafaonline.com/dev2/get_involved/text_giving.html)

Of course, if you prefer to write a check, we are always happy to receive your checks and money orders at: NAAFA, P.O. Box 4662, Foster City, CA 94404-0662.

## Happy Exercise



*by Cinder Ernst*

Hello NAAFA Friends.

This month I've been thinking about favorite things. The more I think about them the better I feel. The better I feel . . . the better I feel!

Here's what I've been doing. I look at something that I love and appreciate easily, could be my cat, my dog or my new car. Then I think of my ten favorite things about that item/animal/person. I even say the favorite things aloud. When I do that I find myself feeling really good. Decisions I make and things I do when I'm feeling really good usually turn out good as well.

You might wonder what this has to do with exercise. Well, if you can get yourself feeling happy and good and

then try a little exercise you would be a happy exerciser! Imagine how that would increase your well-being.

If you're willing to give this a try, think of something you love and then say 10 favorite things about it. Got it? Good. Now squeeze your butt cheeks together 10 times. Ta da! You're a happy exerciser!

For some other small exercise steps to do when you're happy search for me on Youtube and have fun!

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.]

September 28, 2015: An article explains how the popular Fitbit app is equivalent to body policing, causing more harm than good by leading to body shame, dieting, and disordered eating.

<https://www.psychologytoday.com/blog/food-junkie/201509/your-fitbit-is-ruining-your-relationship-your-body>

February 11, 2016: According to a recent study, air pollutants have an adverse effect on glucose tolerance, insulin sensitivity and blood lipid concentrations in Mexican-Americans, suggesting a connection between pollution and type 2 diabetes.

<http://care.diabetesjournals.org/content/early/2016/02/09/dc15-1795.abstract>

March 2016: When given an assignment asking what BMI is and how to calculate it, an 8th grade student provides an answer that is amazing, enlightening, and can teach us all a lesson.

<http://www.upworthy.com/asked-about-her-body-mass-index-this-eighth-grader-had-the-best-answer>

March 4, 2016: A recent study claims that increasing BMI among African Americans is associated with an increasing risk of heart failure and heart failure hospitalization. However, all-causes mortality actually decreased with increasing BMI.

[http://www.onlinejcf.com/article/S1071-9164\(16\)00077-4/abstract](http://www.onlinejcf.com/article/S1071-9164(16)00077-4/abstract)

March 7, 2016: A study concludes that men with early-life poor physical fitness have an increased risk for type 2 diabetes, even when BMI remains in the normal range.

<http://www.diabeteshub.com/article/poor-physical-fitness-upped-diabetes-risk-regardless-of-weight/90dcd2b80a506b769d395acf5947fc81.html>

<http://annals.org/article.aspx?articleid=2499473>

March 10, 2016: Joanne P. Ikeda, MA, RD discusses why body esteem and self-esteem are beneficial; how societal messages affect children; and how we can counteract those messages.

<http://healthateverysizeblog.org/2016/03/10/the-haes-files-mommy-isnt-that-lady-beautiful>

March 10, 2016: Once again, Lane Bryant finds itself at odds with broadcast TV over a lingerie ad featuring fat models. Some accuse NBC and ABC of discrimination. NBC claims it provided some minor edits to comply with indecency guidelines. ABC has not commented. We suggest you watch the commercial and judge for yourself.

<http://www.sfgate.com/technology/businessinsider/article/See-the-ad-featuring-curved-models-that-major-TV-6882356.php>

March 14, 2016: President Obama, speaking with *Time* magazine, talks about the benefits of having black men and women with more diverse body types represented in the media as role models.

<https://www.yahoo.com/politics/obama-body-image-steph-curry-160732535.html>

March 14, 2016: Female high school students who are classified as overweight by BMI and notified that their BMI "falls outside a healthy weight" experienced no reduction in BMI or weight when assessed the following academic year according to a recent study.

<http://medicalxpress.com/news/2016-03-shifts-bmi-overweight-girls-year.html>

<http://www.pnas.org/content/early/2016/03/09/1518443113>

March 14, 2016: As outlined in this recent article, the effects of the World War II era Minnesota Starvation Experiment on the men who participated will sound familiar to people who have, voluntarily or not, experienced calorie restrictive dieting.

<http://www.refinery29.com/minnesota-starvation-experiment>

March 14, 2016: As more children have eating disorders, often triggered by school programs such as public weighing and BMI report cards, parents are fighting to stop these school programs, which have no proven benefits, in favor of those that focus on making all children healthier.

<https://psmag.com/the-youngest-casualties-in-the-war-on-obesity-70d66cd0b825>

March 16, 2016: "Active commuting" (walking, cycling or a combination of the two) is associated with lower BMI and body fat for 40-69 year old men and women in the UK. Unanswered is which came first, the size or the commuting method.

[http://www.thelancet.com/journals/landia/article/PIIS2213-8587\(16\)00053-X/abstract](http://www.thelancet.com/journals/landia/article/PIIS2213-8587(16)00053-X/abstract)

March 17, 2016: After a classmate created a Twitter account called "Dee is a Fat Whale", Texan teen Dannie "Dee" McMillan, with encouragement from plus-size model Laura Lee, started raising money for the Save the Whales Foundation with a GoFundMe account and a shirt saying, "Dee the Fat Whale Saves the Whales".

<http://www.people.com/article/body-shamed-teen-raises-money-whales>

March 18, 2016: After adjusting for known risk factors such as BMI and family history of diabetes, researchers find a higher prevalence of diabetes in low-income countries, suggesting that other factors are in play.

<http://www.physiciansbriefing.com/Article.asp?AID=708963>

<http://care.diabetesjournals.org/content/early/2016/03/08/dc15-2338.abstract>

March 18, 2016: An article looks at the evolution of the body mass index (BMI) and its connections with the concept of the average person and the rise of standardization.

<https://www.psychologytoday.com/blog/the-gravity-weight/201603/adolphe-quetelet-and-the-evolution-body-mass-index-bmi>

March 19, 2016: Various scientists are looking at making excess fat useful for different types of body repair because fat tissue contains the types of cells, including stem cells, that can be used to repair and/or regrow cartilage, bone, and heart tissue.

<https://www.sciencenews.org/article/cells-fat-mend-bone-cartilage-muscle-and-even-heart>

March 21, 2016: Although not fat positive, Jeana Goosmann does provide a realistic view of employment termination due to weight. While written as a how-to for the employer, the article also offers some insight and possible legal remedies for the fat person who is fired because of their weight.

<http://www.jdsupra.com/legalnews/retaliation-weigh-in-don-t-be-the-28850>

March 24, 2016: Georgina Jones discusses the mainstreaming of body positivity, recommending that it needs to go beyond fighting for cute clothes for fat people and fight other forms of fat-discrimination as well.

<http://www.bustle.com/articles/149364-body-positivity-needs-to-talk-about-combatting-the-harmful-effects-of-fat-discrimination>

March 27, 2016: Dyanne Weiss discusses the type of discrimination fat people face in social, educational, and workplace environments, starting from childhood right through to adulthood.

<http://guardianlv.com/2016/03/weight-discrimination-growing-waistlines>

March 27, 2016: Laura Bogart explains how the big business of clean eating, weight loss and fitness create a new and discriminatory class system that equates thin bodies with health and prosperity.

[http://www.salon.com/2016/03/27/my\\_body\\_doesnt\\_need\\_a\\_cure\\_sizeism\\_classism\\_and\\_the\\_big\\_business\\_hustle\\_of\\_the\\_clean\\_eating\\_industry](http://www.salon.com/2016/03/27/my_body_doesnt_need_a_cure_sizeism_classism_and_the_big_business_hustle_of_the_clean_eating_industry)

March 29, 2016: Red Sox baseball player Pablo Sandoval is facing some negative reaction from fans because of his weight. Dietitian Jonah Soolman believes performance, not size or weight, should be the basis of criticism of a professional athlete, and we agree.

<https://www.facebook.com/notes/boston-baseball-magazine/leave-the-fat-kid-alone/10153988231964641>

March 29, 2016: In Worthington, Ohio, firefighters are practicing with victim simulation dummies weighing up to 500 pounds to learn how to safely help and rescue very large patients.

<http://www.dispatch.com/content/stories/local/2016/03/29/worthington-firefighters-practice-helping-heavier-patients.html>

March 30, 2016: Amy Pence-Brown, who gained worldwide attention by standing blindfolded in a farmer's market in a bikini allowing people to write on her body with marking pens as an act of activism for body acceptance, is interviewed prior to her April 2nd TEDxBoise talk.

<http://idahobusinessreview.com/2016/03/30/a-word-with-amy-pence-brown-about-radical-fat-acceptance>

March 30, 2016: Charlotte Cooper's post on the beginnings of NAAFA (1st link) points out that the history of fat activism is a treasure and should be documented for future generations. We agree, and have archived several newsletters on our website (2nd link).

<http://obesitytimebomb.blogspot.co.uk/2016/03/100-fat-activists-7-naafa.html>  
<http://naafaonline.com/dev2/about/NEWSLETTERS.htm>

March 30, 2016: Is fat shaming dead? According to Carly Lewis it is staggering on its last legs, and she tells us her reasons for thinking fat shaming and fat jokes are on their way out, and body acceptance is on its way in.

<http://www.thefader.com/2016/03/30/fat-shaming-is-dead>

March 30, 2016: The research journal Obesity publishes three papers highlighting different types of errors and biases in obesity research, as well as a commentary on the three papers. One paper identifies 10 common errors and problems in obesity research and reporting, one reviews the assumption

by weight management programs that non-participants will continue to gain weight, and one reviews placebo effects in obesity research.

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21457/epdf>  
<http://onlinelibrary.wiley.com/doi/10.1002/oby.21449/full>  
<http://onlinelibrary.wiley.com/doi/10.1002/oby.21255/full>  
<http://onlinelibrary.wiley.com/doi/10.1002/oby.21456/full>

March 31, 2016: Mona Awad, author of *13 Ways of Looking at a Fat Girl*, and Sarai Walker, author of *Dietland*, discuss their books, both of which feature fat main characters on their own journeys to self realization.

<http://www.npr.org/2016/03/31/472132175/you-cannot-shame-me-two-new-books-tear-down-fat-girl-stereotypes>

April 2016: This month's free webinar from ASDAH (Association for Size Diversity and Health) features two dietitians discussing a HAES approach to treating eating disorders.

<https://www.sizediversityandhealth.org/content.asp?id=277>

April 4, 2016: Globally, people are still getting fatter, and now more people are fat than underweight; however, average lifespans have also been increasing. Researchers explain that countries with the highest incidence of obesity are high-income countries with better healthcare access, and warn of future lifespan reductions.

<https://www.minnpost.com/second-opinion/2016/04/worldwide-more-people-are-now-obese-underweight-study-finds>  
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)30054-X/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)30054-X/fulltext)

April 6, 2016: Connie Levitsky lost her job at a plus-size women's clothing store because she used "fat" in a Facebook post describing her job title as "conquering the world, one well-dressed fat lady at a time." Connie's explanation on Facebook has been viewed over 1000 times, making her ex-employer backtrack on the firing.

<http://www.cbc.ca/news/canada/edmonton/edmonton-addition-elle-employee-fired-for-using-the-word-fat-1.3524015>

April 6, 2016: Tired of fat shamers and just want to flip them off? There's a place for that. Substantia Jones (creator of the Adipositivity Project) talks about her popular Tumblr page "Fat People Flipping You Off."

<http://www.attn.com/stories/7142/fat-people-flipping-off-tumblr-slams-body-shamers>

April 6, 2016: Mariah Carrillo provides her personal insight in separating her evangelical upbringing from her fat (and female) body.

<http://www.bustle.com/articles/151866-why-becoming-a-fat-girl-is-the-best-thing-thats-ever-happened-to-me>

April 7, 2016: The editor of an internet Nazi tabloid believes that fat acceptance embraces degeneracy, and was created by Jews to brainwash white men into finding fat women attractive. The hate campaign is currently targeting plus-sized model Ashley Graham, featured on the covers of both *Sports Illustrated* and *Maxim*.

<http://www.wehuntedthemoth.com/2016/04/07/daily-stormer-jews-are-encouraging-men-to-masturbate-to-pictures-of-fat-women>

April 8, 2016: Our own Peggy Howell explains how employee wellness programs can be discriminatory, and penalize employees when results promised by the wellness program fail to materialize.

<http://health.usnews.com/health-news/patient-advice/articles/2016-04-08/workplace-wellness-programs-powerful-motivators-or-discriminatory>

April 10, 2016: This post points out how isolating being fat can feel, and calls for people to stand up when they see fat people treated in an unacceptable way, if only to let them know that they are not alone.

<https://medium.com/@thefatshadow/a-call-to-action-your-fat-friend-is-going-it-alone-38cb4bc70d0c>

April 11, 2016: A study finds that media bias affects how people feel about fatness. Study co-author David Frederick points out that it is important to emphasize that discrimination is not acceptable when reporting about fat people.

<http://www.oregister.com/articles/fat-711738-people-obesity.html>  
<http://www.sciencedirect.com/science/article/pii/S0277953615302902>

April 11, 2016: Designer Ashley Nell Tipton, Project Runway winner and first contestant to show a plus-size collection, talks about her fashion goals and teaming up with JC Penney for a new plus-size line of clothing.

<http://www.usatoday.com/story/life/entertainthis/2016/04/11/first-look-project-runways-ashley-nell-tipton-brings-plus-sized-style-jcpenney/82759122>

April 11, 2016: Featuring NAAFA's Phyllis Warr, an article discusses why surgery for fat people is not just about dollars but about the beneficial outcome for the patient.

<http://health.usnews.com/health-news/patient-advice/articles/2016-04-11/too-fat-for-surgery>

April 12, 2016: A doctor in the United Kingdom has been removed from the UK medical register following the deaths of six patients some of whom had undergone weight loss surgery. At least one family is suing the hospital where the surgery occurred.

<http://www.standard.co.uk/news/uk/family-sue-over-weightloss-surgery-death-a3223391.html>

April 13, 2016: Joni Edelman talks about why she posed naked for Substantia Jones and why she thinks it is important that photos of fat naked bodies be shared.

<http://www.ravishly.com/2016/04/13/i-got-naked-camera-because-fat-bodies-need-be-seen>

April 14, 2016: Drs. Janet Tomiyama and Jeffrey M. Hunger discuss their ongoing (and unpublished) research on just how ineffective BMI is as a measure of health. The end of the blog post has information on the UCLA's Health Registry of "Obesity" (HERO).

<https://healthateverysizeblog.org/2016/04/14/the-haes-files-body-mass-index-is-not-a-good-measure-of-your-health>

April 14, 2016: When *Glamour* magazine grouped Amy Schumer with plus-sized women, Schumer said it didn't feel right to her because she's a size 6 to 8. Is this about her negative feelings toward fatness, or was she making a point about the visibility of fat people in the media? *USA Today* looks at different sides of the controversy.

[http://www.usatoday.com/story/news/2016/04/12/amy-schumer-plus size-fat-america/82940894](http://www.usatoday.com/story/news/2016/04/12/amy-schumer-plus-size-fat-america/82940894)

April 15, 2016: Read about Faith, the fat super hero, in an article in *The Atlantic*.

<http://www.theatlantic.com/entertainment/archive/2016/04/faith/478386>

*Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, 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>

Comments: [pr@naafa.org](mailto:pr@naafa.org)