



April 2017 NAAFA Newsletter

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Video of the Month

A PLEA FOR DÉTENTE
IN THE WAR ON OBESITY

A Plea for Detente in the War on Obesity

This video by Dr. Linda Bacon will convince you: it's time to put health - and caring - back at the heart of health care. Find more videos from Dr. Bacon here:
<https://lindabacon.org/videos/>

NAAFA Announces 2017 Size Diversity in Employment Tool Kits



NAAFA, a civil rights organization working for Equality at Every Size, has revised and re-tooled a unique business resource to change the definition of diversity in employment: the inclusion of size diversity.

Quick Links

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We have revisited and revised the NAAFA Size Diversity Tool Kit and are introducing the NAAFA Size Diversity in Employment Tool Kits, created in two parts to address the needs and concerns of business owners and executives as well as provide the necessary training for Human Resources and hiring managers.

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The **Executive Summary** makes a business case for size diversity and includes how size diversity can improve brand loyalty, reputation and the bottom line. It discusses how employees of varying body sizes are valuable and bring different perspectives and talents to the table.

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The **HR Training Guide** will help Human Resources (HR) staff and hiring managers recognize their potential bias against people of size and guard against those biases in the hiring and employment processes.

The HR Training Guide includes:

- Training scenarios with discussion questions
- Discussion of access and accommodation needs of applicants and employees with large bodies
- A glossary of terms used throughout the document

“The dimensions of diversity have expanded to include broader aspects such as thought, style, perspective and approach. Still, one dimension remains to be addressed: size diversity,” stated Darliene Howell, NAAFA’s Board Chair. “NAAFA contends that diversity is not limited to the inclusion of people of different races and cultures; it includes sizes, shapes and other physical appearances and abilities.”

You can access the 2017 NAAFA Size Diversity in Employment Tool Kits online on NAAFA’s website at <https://www.naafaonline.com/dev2/about/brochures.html>

AquaRun to Fight Lipedema *by Katia Page*

Because of the way society views larger people, when I started getting really sick, my doctor would tell me to lose weight, exercise and eat better. He didn't believe that I worked out 3-4 days a week at least 3 hours and ate healthy. Because of years of no one listening, I ended up with Stage 4 Lipedema and Lymphedema. It was bitter sweet once diagnosed because it finally explained why my body kept swelling and why my body never responded to diets and exercise.

About 17 million women suffer from Lipedema in the USA alone. Too many are going to early graves because the medical community doesn't teach doctors about this



disease. After finding out I had Lipedema we discovered my mother had it and it is genetic. My mom wasn't nearly as bad as me but it took her life on September 24, 2015. She passed away from complications of Lipedema. She had Bilateral Thrombosis, the same thing that happened to me back in 2011, but I survived.

It was clear that my life was spared to help spread awareness and help other women get the treatments that they need and help fix the stigma when you see a plus size woman. Shortly after my mom passed away, I started taping the TLC documentary titled *My Legs Won't Stop Growing* that aired July 25, 2016.

There are research organizations for Lipedema but there is nothing to help the women who can't afford the treatments that insurance won't cover. That is why I sat down, got together my Board and started The Lipedema Queen organization. We worked

very hard to get our 501(c)3 non-profit designation so that we can be tax exempt and offer our donors tax receipts and help suffering women.

We are sponsoring an AquaRun 1K on April 22, 2017 at the New York Sports Club in Livingston, NJ from 2:00-5:00 pm to raise money to help buy compression garments and supplements for women suffering from this disease. This marathon is to show that a woman at any size can run a water marathon and one should never judge a book by its cover. Women who suffer with Lipedema every day are a blessing because this disease can steal so much and every day is a gift. We would love to have NAAFA members attend our event. Come celebrate life with us. You can register for our event at <http://www.thelipedemaqueen.org/tlqs-aqua-run-1k>

Celebrate Diversity Month

What is diversity?



#BodyDiversity
#CelebrateOurDifferences
#EqualityAtEverySize

Wellbeing

by Cinder Ernst



Hello NAAFA Friends,

I've been working with some folks who have purchased my new book titled *Easy Fitness for the Reluctant Exerciser*. What we're noticing is that the reluctance is often trickier to navigate than the exercise. I believe that is because exercise reluctance is an appropriate response to all the pressure and lousy fitness messaging, so it's hard to get past it. But if you want to stay or become more mobile you may want to find a way to build strength. Strength is the key to more stamina and mobility.

Here is a question to think about: Do you think your wellbeing is supported more when you are happy or when you are ornery? When you are frustrated or when you are satisfied? What I teach people to do always and in my new book is to purposefully think a happy (or optimistic or eager or easy or satisfying) thought and then do something small like a butt squeeze. Then relax and repeat.

When you feel good you are in the flow of wellbeing and so that is the time to take your next step. Try it now. Let your mind find something that makes you smile then squeeze your butt. To give the butt squeeze more umph you can make it a Tush Tilt

<https://www.youtube.com/watch?v=DDQBv-rYhL8>

Try to purposefully find your own flow of wellbeing and enjoy the feeling. If you'd like to join the Easy Fitness Pathway check out the book and free classes here:

<http://EasyFitnessBook.com>

Here's to standing strong, moving forward and being easy!

Love,
Cinder

NAAFA Chronicles #14

Enjoy the latest in our monthly Chronicles feature, NAAFA's 14th newsletter; the May/June 1974 issue: https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/May-June_1974.pdf

Find more archived newsletters on the "Chronicles" tab in the newsletter section of the NAAFA website.

Fatshion, Fun and Friends: Fat Fashion Webinar Flashback *by Tigress Osborn*



I first learned about NAAFA from a staff person at my college back in the early '90s, but my first real connection to NAAFA came when I was invited to coordinate the fashion show at the NAAFA conference in San Francisco a few years ago. Since then, my commitment to

NAAFA has deepened at the same time as my participation in the world of plus size fashion has expanded. I'm excited to continue helping NAAFA members and supporters learn new and interesting information about fat fashion. In March I had the pleasure of collaborating with model Saucye West and fashion designer Bertha Pearl for the second edition in NAAFA's 2017 Webinar Series. Our subject for the day was fat fashion (specifically, "Fatshion as Action - Having Fun With Clothes While Changing the World!").

We spent an hour and forty-five minutes discussing everything from fashion vocabulary to the challenges of being a fat runway model to why fashion is important when there are so many serious civil right issues we could be focusing on instead. Rather than recap the entire presentation here, I've selected my favorite quote from each presenter. I encourage you to check out the full presentation, and I hope you have as much fun as we had! The recording is available on the NAAFA website at <https://www.naafaonline.com/dev2/community/events.html> There is also a PDF handout available for download which includes a list of fat fashion bloggers whom Saucye and I like and we think you might like, too.

The most important takeaway from the webinar is that fashion is more than just fun: self expression through fat fashion has a ripple effect by increasing fat visibility, supporting fat and

fat-loving businesses, and enhancing community through the relationships we make while having fun. Fat people have the right to wear what we like, and as activists, we should support those in front of the camera, those behind the sewing machine and everyone in between who are expanding our options.

“When our focus on fat clothing is just about hiding our fat, that’s a very different psychic energy than when our focus is on feeling good about ourselves so we can go out and do the work we need to do in the world. So that’s why [fat fashion] is important.” -Tigress (@ioftehtigress)

“It’s important that out there fat people who haven’t been exposed to fat activism actually see fat bodies in clothing, actually see fat bodies feeling fabulous, looking fabulous, being out there. So that they know they don’t have to hide themselves anymore . . . Here’s your rolls. The ones that you think you have to hide, you don’t have to hide them.” –Bertha (@sizequeenclothing)

“I want to highlight the things on my body that I love the most. And I think that me using fashion in that aspect of activism is so awesome because it just shows women that, ‘You know what, if Saucye can wear it, I can wear it!’ And then they’ll walk down the street and they’ll be inspiring someone else. And it’s just like a domino effect. Because that’s what activism is. It’s an extension of self-love.” – Saucye (@saucyewest)

Media and Research Roundup

by Bill and Terri Weitze

February 7, 2017: A study shows that children who experienced the 2011 earthquake in Japan tend to have higher body mass indices than their peers who were not exposed to the disaster. <http://www.nature.com/ijo/journal/v41/n4/abs/ijo20176a.html>

February 23, 2017: Researchers look at the BMI (body mass index) of all hospitalized patients in Australia for one day and find that relatively fewer patients are fat than in the general population. <http://www.publish.csiro.au/ah/AH16171>

March 6, 2017: An award-winning neuroscientist says that high calorie foods should be in plain packaging because attractive packaging makes people buy more of it. While the scientist's work is in how the brain learns behavior through its reward systems, the expertise is not specific to packaging. <https://www.theguardian.com/science/2017/mar/06/obesity-sell-high-calorie-foods-in-plain-packaging-says-2017-brain-prize-winner-wolfram-schultz-peter-dayan-ray-dolan>

March 7, 2017: Writing from personal experience, Martina Donkers shares the problems she and others experience with doctors who only prescribed weight loss instead of actually treating the patient. <https://theestablishment.co/just-lose-weight-and-other-lies-my-doctors-told-me-16e71dddb836>

March 12, 2017: Dr. Fatima Cody Stanford explains why the lack of education among physicians regarding obesity can create a cycle of blame that harms both the patient and the doctor/patient relationship. <http://www.ajmc.com/interviews/dr-fatima-cody-stanford-explains-how-obesity-stigma-creates-vicious-cycle>

March 13, 2017: Livi Rae Lingerie in Kennesaw, Georgia is under pressure from the property manager to remove window displays that feature diverse women, including plus size models and a model in a wheelchair. Livi Rae management feels that the message of diversity is important, and has no plans to remove the displays.

<https://www.yahoo.com/style/lingerie-store-ordered-to-remove-window-display-of-plus-size-disabled-models-214139181.html>

March 14, 2017: Ragen Chastain explains why weight loss surgery is playing dice with your health and even your life, something weight loss surgery practitioners often do not make clear.

<http://www.ravishly.com/2017/03/14/inconvenient-truth-about-weight-loss-surgery>

March 20, 2017: Sophie Richards not only provides a list of 16 things fat people hear all the time, she provides some good responses too.

<http://shemightbe.co.uk/16-lies-fat-people-tired-hearing>

March 27, 2017: A study of female citizens of the United Arab Emirates and western acculturation found that the more there was out-group (American) positivity, the more likely the participant was to be at risk for eating disorders.

<https://link.springer.com/article/10.1007/s40519-016-0358-5>

March 27, 2017: Researchers reviewing existing data on fatness identify 79 “obesity syndromes”, 57 of which have varying levels of links to genes; and find that many of the syndromes have not been assigned a name and others are known by more than one name.

<https://www.ncbi.nlm.nih.gov/pubmed/28346723>

March 30, 2017: Ijeoma Oluo lost weight and found out that she didn't like it. She didn't like that she was treated better simply because she was small and she didn't like living a life spent obsessing about eating and exercising; she decided happy is more important than a dress size and we agree.

<http://www.cosmopolitan.com/health-fitness/a9207953/ijeoma-oluo-weight-loss>

April 2017: Volume 6 Issue 2 of Fat Studies: An Interdisciplinary Journal of Body Weight and Society is online. This is a special issue on digital media and body weight, guest edited by Deborah Lupton.

<http://www.tandfonline.com/toc/ufts20/current>

April 3, 2017: The US Food and Drug Administration (FDA) has put ten drugs (or drug classes) on its watch list, including the weight loss drug Contrave.

<http://www.medscape.com/viewarticle/878127>

April 4, 2017: Body respect advocate Dr. Linda Bacon explains why she is leaving her tenured position in academia and why it is important for people to not be complacent but to leverage whatever privilege we may have to effect change.

<http://everydayfeminism.com/2017/04/revolution-privilege-complacency>

April 4, 2017: A new study tries to disprove previous findings (that people in the “overweight” BMI category live longest) by looking at maximum BMI over a 16-year period. These researchers also found (buried in the results) that those who lost the most weight had the highest risk of death compared to those who stayed at their highest BMI.

<http://annals.org/aim/article/2615810/weight-history-all-cause-cause-specific-mortality-three-prospective-cohort>

April 6, 2017: Weight cycling has been associated with higher mortality and higher rate of cardiovascular events with patients with coronary artery disease according to a recent study.

<http://www.medscape.com/viewarticle/878295>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1606148>

April 7, 2017: Writer Catherine Bouris looks at the appropriation of fat acceptance into the body positive movement without including actual fat people by reviewing Teen Vogue's history on the subject of body positivity.

<https://medium.com/@catherinebouris/does-teen-vogue-care-about-fat-girls-fc862185c701>

April 12, 2017: David Spero, BSN, RN explains why weight cycling is more damaging than being fat.

<https://www.diabetesselfmanagement.com/blog/dangers-yo-yo-dieting>

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>

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