



April 2018 NAAFA Newsletter

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Video of the Month



Montreal Plus Fashion Week

In keeping with Stephen's article about plus size models, we are sharing this video from our plus size sisters in Montreal. Real beauty and style comes in all sizes!

<https://youtube.com/watch?v=JYTq1ntnpNg>

Keep Your Scalpels Off Our Children, Harvard!



Quick Links

[NAAFA.org](http://naafa.org)

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[End Bullying Now](#)

NAAFA, a civil rights organization working to end discrimination against people of large body size, is horrified to learn that Harvard University researchers claim operations like gastric bypass are "underutilized" and call for more children to undergo the surgeries to keep them from a lifetime of severe obesity. NAAFA has been fighting against this push to surgically alter the internal organs of growing children since 2002.

[Twitter](#)

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"Depriving growing children of adequate nourishment has been shown to stunt growth in height, even in those children who are quite heavy," stated Joanne P. Ikeda, Nutritionist Emeritus, UC Berkeley. "It makes much more sense to identify these children at an early age and support their families so they can eat nutritious food and have fun playing actively. It is important to remember that some children are naturally bigger than their peers and they don't need surgery in an attempt to make their bodies more socially acceptable."

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Growing up is hard enough sometimes, much less growing up as a fat kid. But can you imagine going to school, afraid that you might throw up after school lunch because that's a potential side effect of the WLS you had? Or worse yet, imagine having to take extra clothes to school in case the food does manage to stay in your body but comes out in a rush in the form of diarrhea.

Well documented, potentially fatal, complications of gastric bypass include surgical complications such as hernia, pulmonary embolism, and wound infection. Specific complications after the operation include persistent nausea and vomiting, diarrhea, intestinal obstruction, anemia and other nutritional deficiency diseases, ulcers, leaks in the digestive tract, along with the possibility of revision surgeries. The long-term risks include osteoporosis, pernicious anemia and stomach cancer. A San Francisco bariatric surgery website lists 50 distinct potential side-effects and complications . . . FIFTY!

"Gastric bypass operations interfere with the body's ability to absorb many important nutrients," said Paul Ernsberger, Ph.D., an associate professor of nutrition from Case Western Reserve University in Cleveland. "Years after the operation, adults having this surgery develop anemia, bone loss, nerve damage, and other nutritional diseases. Also, the weight loss peaks after two years and then fat is gradually put back on as the stomach regrows. Many NAAFA members have had gastric bypass and are as heavy but not as healthy as when they first got the surgery. Depriving growing bodies of vital nutrients is not good medical practice."

Ikeda agrees with Ernsberger. "These side effects are particularly distressing in relation to children," said Ikeda. "Malabsorption of certain key nutrients after weight loss surgery is well documented. When children undergo this procedure before their bodies are fully developed, very serious problems can occur."

Complications and side-effects of gastric sleeve and banding include (besides surgical complications): onset of dumping syndrome with associated diarrhea, vomiting or nausea, hernias, gallstones, bowel obstruction, splenic infarct, hypoglycemia, stomach perforation, malnutrition, ulcers, Alcohol Use Disorder (AUD), band problems, blood clots, esophageal dilation, food

trapping, GERD, pneumonia, port problems, pouch dilation, potential re-surgeries and weight regain. Yet Harvard University researchers want us to do this to children!

NAAFA supports Health At Every Size (HAES) tenets and is very proud to offer a resource on our website. The *Everybody in Schools Curriculum Unit Resource Kit* is based on HAES principles, and teaches valuing body size diversity, fostering self-esteem and resilience, healthy and pleasurable eating and active living. You can find it at

<https://www.naafaonline.com/dev2/education/haesschool.html>

Size Acceptance Events for 2018

NEDA Con 2018 in Philadelphia!

Saturday, May 12, 2018 at Drexel University from 8am-5pm

<https://www.nationaleatingdisorders.org/NEDA-Conferences>

6th Annual Weight Stigma Conference

18th - 19th June 2018, Leeds, UK

<https://stigmaconference.com>

Best BBW Celebrates Summer Bash!

Thursday, June 21 to Sunday, June 24th, 2018

Ramada Plaza, Niagara Falls, Canada

<https://www.bestbbwbash.com>

2018 ASDAH Conference

August 3-5, 2018, Portland, OR

<https://www.sizediversityandhealth.org/content.asp?id=240>

2nd Annual Southern Charmz BBW Bash

September 14 - 16, 2018

Wingate by Wyndham, 245 FM306, New Braunfels, TX 78130

<https://www.southerncharmzbbw.com>

If you have a gathering, email list, or other presence or event that is consistent with NAAFA's vision of Equality at Every Size and that you'd like people to know about, email us at pr@naafa.org (Note: listing in the NAAFA Newsletter does not constitute endorsement.)

Monthly Meme: National Volunteer Week



NATIONAL VOLUNTEER WEEK



#MakeADifference
#GiveYourTime
#Volunteer

Video Exercises

by Cinder Ernst

Last month I took a time out from writing and sent a video exercise training to help with lower back pain.

This month's video helps with upper back and neck pain. The exercise is called a "swimmer". In the video the exerciser, Jo, is doing a full range of motion. If it hurts to put your arm all the way up the way Jo does it, then start at chest height and work up slowly: <https://youtu.be/nZ4qu0Uz-So>

Have fun. If anything hurts or you have questions, email me and we'll figure it out.

Love,
Cinder



Celebrating Fat Models in the Skinny-Obsessed World of Fashion

by Stephen Hadley



I've been designing fashion for fat women since 1998 and I've seen a lot of changes in the industry since then. Plus size models have gained more recognition in the mainstream. The conversation has shifted from totally ignoring fat women to embracing the fact that beauty has nothing to do with size. That's due in no small part to intrepid women - especially plus size models - who have fought for their place in the fashion industry and refuse to be silenced.

But we still have such a long way to go.

Today, "plus size" models in print advertising and on the runways tend to be size 12-14. Let that sink in. The fashion industry is about as un-woke as possible. Even some models that wear sizes 8 and 10 have been used to promote plus size clothing.

What makes this even more ridiculous is the latest research into what's truly "average" for American women in 2018. Two researchers - Deborah A. Christel and Susan C. Dunn - published their findings in the *International Journal of Fashion Design, Technology and Education* in September 2016. After comparing thousands of measurements of women age 20 and over in publicly available data, they found that the average American woman is a size . . . wait for it . . . 16.

Average size: 16. Plus size model average size: 12-14.

There's something terribly wrong here.

My sister, a proud and attractive fat woman, has long been the inspiration for my designs. She helped me get started as a designer and was one of my first models. Since then, I've worked with dozens of beautiful women to model my fashions. I can proudly say that they are all gorgeous, curvy women who actually fit the clothing I handcraft - from sizes XL-4X.

The world of fashion has always been obsessed with controlling women, shaming their bodies, and stigmatizing fatness. This hasn't - and won't - change overnight. But brave women and a strong community of fat-positive individuals are making a change.

Instead of seeing the problem and feeling frustrated, do something about it. Support clothing designers and brands that use fat models of all sizes and ages. Support the men and women in the plus size fashion industry who are spearheading a positive change.

I'm proud to work with and celebrate the beauty of large women - they're my friends, my family, my colleagues, my clients, and my inspiration.

*Stephen Hadley, founder of Generous Fashions, has been exclusively creating plus size clothing for women (up to 2x to 4x depending on the item) since 2002. He designs fabric and garments for generousfashions.com and his [Etsy shop](#), which offers NAAFA readers a **10% discount**. Sign up for the Generous Fashions newsletter for new arrivals and member discounts.*

NAAFA Chronicles #27

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 27th newsletter; January - February 1977:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan-Feb_1977.pdf

For more, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

NAAFA Responds to U.S. Preventative Services Task Force's Recommendation

NAAFA has responded to the U.S. Preventative Services Task Force's invitation for public input regarding their proposed recommendation statement that clinicians offer or refer patients with a BMI at or greater than 30 for intensive multi-behavioral interventions, which it claims can lead to significant improvements in weight status.

Attempting to change a predominantly heritable trait such as body size/weight, as this



proposal recommends, is unsustainable and leaves people with feelings of failure, resulting in weight cycling, body hatred, and food and body insecurity, with an increased risk of eating disorders. We suggest a weight-neutral approach that allows healthcare professionals and educators to teach clients how to eat, live, and flourish physically, mentally, and emotionally.

RECOMMENDATIONS:

NAAFA strongly suggests that the final recommendation of the USPSTF be based on weight-neutral principles, as in the Health At Every Size (HAES) tenets.

For the full text of NAAFA's comment with study references, go to:

https://www.naafaonline.com/dev2/3-13-18_Comment_to_USPSTF_Recommendation.pdf

Media and Research Roundup

by Bill and Terri Weitze

January 16, 2018: A study finds that weight loss surgery (WLS) can help with hypertension, diabetes, and dyslipidemia; however, WLS also has significant rates of complications, which should be accounted for when considering it.

<https://doi.org/10.1001/jama.2017.21055>

January 18, 2018: Poet Rachel Wiley performs her moving poem on living in a world where fat people are automatically considered unhealthy by healthcare professionals and by society as a whole.

<https://www.youtube.com/watch?v=mFQ7zqn6j18>

March 2018: Patients (especially men) with type 2 diabetes who lose more than 20% of weight from maximum weight have a significant risk of fragility fractures, according to a recent study.

<https://doi.org/10.2337/dc17-2004>

March 1, 2018: Researchers look at how weight-stigma, body-related shame, and body-related guilt are all linked to healthcare avoidance by fat women, recommending better education for healthcare professionals to reduce weight bias.

<https://doi.org/10.1016/j.bodyim.2018.03.001>

March 2, 2018: Fat people who exercised vigorously had a lower rate of death due to cardiovascular disease than fat people who didn't, according to this scientific survey and review of death certificates.

<https://doi.org/10.1016/j.mayocp.2018.01.016>

March 7, 2018: They're at it again. Remember when the government lowered the BMI (body mass index) cutoff point for "normal"? Researchers are now suggesting the cutoff is not low enough for postmenopausal women because they are "missing out" on treatments to reduce obesity-related health problems.

<https://doi.org/10.1001/jama.2018.0423>

<https://www.ncbi.nlm.nih.gov/pubmed/29135897>

March 9, 2018: Marie Southard Ospina talks about how fat-shaming and weight bias by

healthcare professionals can result in missed diagnoses, incorrect treatment, and avoidance of healthcare, causing inequity and injustice in the delivery of care.

<https://www.healthline.com/health-news/my-doctor-fat-shamed-me>

March 10, 2018: Marie Southard Ospina (see also previous story) explains why she did her own plus-size model photo shoot, with stunning results.

<https://www.bustle.com/p/i-couldnt-find-a-beauty-campaign-with-plus-size-models-so-i-made-one-myself-8360787>

March 12, 2018: A study finds that the "Great Recession" (2008 to 2010) resulted in worse blood pressure and glucose levels in American adults, with larger effects in subgroups most severely hit by the recession.

<https://doi.org/10.1073/pnas.1710502115>

March 13, 2018: Researchers find that, for people with coronary heart disease, sustained physical activity is associated with a substantial mortality risk reduction, while weight loss is not.

<https://doi.org/10.1016/j.jacc.2018.01.011>

March 20, 2018: A study of online reaction to two videos featuring a fat person (one with a female and one with a male) finds the negative responses to be gender specific.

<https://doi.org/10.2196/ijmr.9182>

March 22, 2018: Virgie Tovar confronts the myth that loving your body will cause weight loss. She talks about her own experience after giving up dieting for good, and why people often gain weight once they become body-positive.

<https://ravishly.com/weight-gain-is-normal-when-you-become-bopo>

March 23, 2018: According to new data from the National Health and Nutrition Examination Survey there is a continuing increase in obesity for adult Americans, while the trend among youth has plateaued.

<https://www.nytimes.com/2018/03/23/health/obesity-us-adults.html>

March 28, 2018: Blogger Your Fat Friend lists experiences when her size (or people's reactions) caused her pain and humiliation, and how the AllGo app being developed could have helped. AllGo will be a review site specifically for fat people accommodation. We are happy to report that the Kickstarter campaign has been fully funded, but you can still donate if you want.

<https://medium.com/@thefatshadow/when-the-world-doesnt-fit-527e97e99cc5>

April 4, 2018: Robin Ravin discusses her experiences in doctor's offices as a fat girl and woman, and what she has learned from Regan Chastain about facing weight bias among healthcare professionals. She tells us weight loss is bad medical advice, but then tells us that she is intentionally losing weight "for my own private reasons".

<https://groknation.com/health/fat-vegan-body-medical-care>

April 10, 2018: Unintended weight loss is a high predictor of cancer risk, yet primary care doctors fail to refer those patients for further testing until other symptoms develop, according to a recent study. (Note that the "unintended" part is inferred, since the study didn't look at the effect of intent.)

https://www.upi.com/Health_News/2018/04/10/Unintended-weight-loss-identified-as-second-highest-cancer-risk-factor/1141523382376

<https://doi.org/10.3399/bjgp18X695801>

April 11, 2018: Rachelle Hampton points out the fallacies in a recent column in *The Guardian* where the body positive movement is accused of promoting obesity. Hampton explains that, like other pride movements, body positivity is about the right to live with dignity in one's body.

<https://slate.com/human-interest/2018/04/fat-pride-movement-is-for-dignity-not-recruitment.html>

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

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

