



April 2019 NAAFA Newsletter

In This Issue:

1. [Fighting Fat Discrimination and Oppression in the Fashion World](#)
2. [Reserve Your Room Before May 11!](#)
3. [Meme of the Month](#)
4. [NAAFA Conference Scholarship Drive a Success!](#)
5. [NAAFA Chronicles](#)
6. [Media and Research Roundup](#)
7. [Video of the Month](#)

Fighting Fat Discrimination and Oppression in the Fashion World

by Stephen Hadley

Video of the Month



In 1975, Eileen Lefebure, one of NAAFA's co-founders, conceived and organized the world's first plus size fashion show at that year's NAAFA convention. "This event was picked up by Parade Magazine, who put six models on the cover . . . There were requests for information from all over the U.S. as well as other countries."

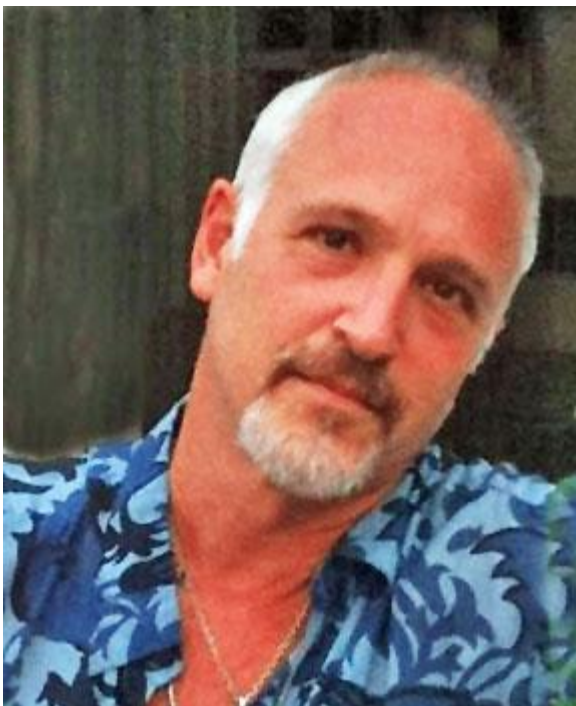
And now we have the privilege of viewing a plus size fashion show in Mumbai. One person with a great idea can change the world!

<https://youtube.com/watch?v=TGG02-o2kmg>

Quick Links

[NAAFA.org](https://www.naafa.org)

Facebook



[Main](#)
[Toronto, ON, Canada](#)
[Capital \(DC\)](#)
[Clark County, NV](#)
[SF Bay, CA](#)
[Los Angeles, CA](#)
[Orange County, CA](#)
[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health, and are used with permission.

The clothing you choose to wear is an expression of yourself - your personality, your style, and your inner joy. That's why society celebrates fashion designers and spends billions of dollars each year on new clothing. Most of those purchases aren't to replace worn out clothing - they're all about building a personal wardrobe each person can love.

Fashion has a strong tie to our deepest personal feelings. So it's no surprise that clothing has also been used as a tool of oppression. It's separated the rich from the poor, the haves from the have-nots, the free from the enslaved, the leaders from the masses.

Sadly, clothing is still used today to shame the fat community. Visit your local department or clothing store and you'll see it. Sizes that fit fat bodies - what the industry calls "plus sizes" - are usually stuffed into the far corners of the store. These small sections are hard to find and poorly marked. The message? It's unacceptable to put clothing made for fat bodies front and center where it can be seen by everyone.

What about the options available once you do the walk of shame to the plus size department? Typically you'll find out-of-style pieces in tragically few color options. If you can find your size, chances are it wasn't truly designed for you. Instead, it's been upsized from a smaller model with no consideration about what looks best on a fat body.

The message? Fat people don't deserve to dress as well or have the same options as the rest of society.

You know these messages are false. And it's a joy to see some retailers waking up, embracing equality, and proudly stocking a variety of styles in larger sizes. But it still hurts every time we're reminded that fat discrimination and size shaming is all around us.

The oppression is real. When you don't have access to equal clothing options, you're forced to make do with lackluster attire.

**Join Our
 Mailing
 List**

That can strip you of confidence in the workplace and on a personal level. And since the way we dress is often judged by others - whether we like to admit it or not - low quality clothing options often lead to the fat community being looked down on by society.

Change is slow and the process can be frustrating. So what can you do today to help end fat discrimination and oppression in the fashion sector?

Support designers you love. Send a message with your money. The few designers who are creating fat-first clothing are struggling against the current.

Be yourself. Don't let limited clothing options compel you to wear what you're told. Choose attire that shows off your personality - in whatever styles, colors, and cuts that may be.

Spread the word. Social media can be harnessed for good - to spread a positive message of size equality and fat pride. So when you find clothing you love, share the store or designer with your friends. Share a selfie in your beautiful new clothing. Let the world know.

It's been my pleasure to design plus size clothing for the fat community for over 20 years. In that time I've seen the industry change in many positive ways - but we've still got a long way to go. Still, that's no reason to be negative about the future. As we each do our part, we contribute to ending fat discrimination in all its forms.

*Stephen Hadley 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.*

Reserve Your Room Before May 11!



The NAAFA 50th Anniversary Conference is coming up quickly! If you haven't already reserved your hotel room at Sam's Town, do it now. The cut-off date to receive our special rates is May 11, 2019. For more information on the hotel and to get the reservation group number, go to our website at <https://www.naafoonline.com/dev2/community/venue.html>

Meme of the Month

M E E T O U R P R E S E N T E R S

N A A F A 5 0 t h A N N I V E R S A R Y C O N F E R E N C E



BILL FABREY

NAAFA FOUNDER
keynote speaker

| June 14-16 in Las Vegas

| Registration now open

| NAAFA.org for info

In 1968, Bill Fabrey was looking for a birthday present for his big beautiful wife, and he could only find one shirt in her size in his entire town. He began to reflect on the hardships she faced as a plus size woman, her challenges finding #plussizefashion, her difficulties getting fair medical treatment or finding a job, and her struggles with positive body image. He started to think that a national organization for #sizeacceptance could help change that, and in his words, "Once I had that idea, it would have been unconscionable if I had done nothing about it!" The National Association to Advance Fat Acceptance was born in 1969! We are thrilled to have Bill join us as a keynote speaker for our 50th Anniversary Conference this June in Vegas! Visit naafa.org for more info!

NAAFA Conference Scholarship Drive a Success!



NAAFA is pleased to announce that our 50th Anniversary Conference Scholarship Drive was so successful that we were able to assist every qualified applicant in attending the conference in June. All applicants were enthusiastic about the possibility of attending the conference of the only civil rights organization dedicated to realizing Equality at

Every Size.

When we announced our conference scholarship drive, our community once again showed how generous and supportive you are. We received donations from people all over the country, and we thank all of you.

A big "thank you" to Abundant Travel for contributing the funds for a full conference package. Owner Tony Harrell was inspired to donate this package in honor of his dear wife, Cathy Harrell who served our community in many positions over many years in the Capital Chapter of NAAFA.

NAAFA's Conference Committee could not be more pleased with the outcome of this effort and look forward to meeting all of you this summer.

Visit www.naafa.org today to learn more about NAAFA's 50th Anniversary Conference. Conference registration and hotel registration may be completed right through the NAAFA website.

NAAFA Chronicles 39 and 40

For this month's NAAFA Chronicles entry, enjoy our 39th and 40th newsletters, the November-December 1979 newsletter and its supplement:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Nov-Dec_1979.pdf
https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Supplement_to_Nov-Dec_1979.pdf

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

Media and Research Roundup

by Bill and Terri Weitze

May 24, 2018: A study finds that after weight loss surgery (WLS), especially gastric bypass, persons were more likely to suffer falls that require hospitalization (compared with an "obese" control group who did not undergo WLS).

<https://doi.org/10.1038/s41366-018-0097-y>

March 8, 2019: Fat adventure leader Christa Singleton is putting together like-bodied adventure packages, starting with 20 fat women who are climbing Mount Kilimanjaro to celebrate International Women's Day.

<https://www.glamour.com/story/who-says-plus-size-women-cant-climb-kilimanjaro>

March 18, 2019: Doctors find that patients with a higher BMI (body mass index) may be better candidates for certain anti-cancer immunotherapy because the T-cells in these patients have a more effective reaction than in patients who do not have high BMI.

<https://doi.org/10.1001/jama.2019.0463>

March 19, 2019: Singer Lizzo talks about having her own feature, including boudoir photos, in

the Spring issue of *Playboy*.

<https://theglowup.theroot.com/worship-her-lizzo-makes-her-playboy-debut-1833402890>

March 26, 2019: Lesley Kinzel talks about the pool party scene in *Shrill* as it relates to her own experiences with other fat women who are simply enjoying being in their own bodies.

https://www.huffpost.com/entry/shrill-fat-pool-party-scene_n_5c9a551ce4b0279a0fc84f18

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.

