



April 2021 NAAFA Newsletter

The First-Ever Fat Liberation Month!



Inspired by Clark Beltran's "[Celebrating my Identities](#)" piece last fall for the NAAFA Community Voices Blog, and further prompted by the [input of fat advocate Juana Tango](#), the NAAFA Board and Future of NAAFA committee began late last year to explore the possibility of a month-long celebration of fat community.

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We considered January (at Juana and others' suggestion) because of the emphasis on resolutions to lose weight during that month, and we considered May for the same reason ("swimsuit season" being around the corner). Celebrating in January would've meant holding off until 2022 to have planning time, and we know how the COVID-19 pandemic created so many additional strains on fat community. We believed May 2021 would be the right time to launch. We hope that you agree, and that you will join us in celebrating Fat Liberation Month this May!

Here at NAAFA, we've planned lots of fun and educational activities for May. All of them are free of charge to fat community and fat-positive folx of all sizes. We hope they will entertain you, teach you, inspire you, and fortify you with an extra, supersized dose of support as you strive to live your best fat life during what is, for many, one of the most challenging times in modern history.

We can't wait to see all the ways you choose to celebrate Fat Liberation Month yourselves. Use #FatLiberationMonth on your favorite social media sites to show off how you're celebrating and to check out how others are celebrating, too!

Check out our special [Fat Liberation Month webpage](#). It includes Fat Liberation Month history and the Fat Liberation Month events listing. As far as we can tell, there's never been another celebration quite like this, but we've put together a list of people who have organized or suggested their own versions of size acceptance or fat lib months. You can read about them [here](#).

We are happy to announce the winner of our Fat Liberation Month Logo Contest! Our logo contest was a truly international event with 19 submissions from seven different countries. We want to congratulate our winner, *Ristiono of Banten, Indonesia*! You will be seeing the Fat Liberation Month logo on all NAAFA materials and promotions.

Video of the Month



Reducing Harassment of the AAPI Community

Amanda Nguyen, CEO and founder of [Rise](#) and [Helen Zia](#), AAPI activist and author share their insights into the causes of the resurgence of the violence and harassment against AAPI people. It's important to not just compare issues across communities, but rather work together in solidarity. "Justice is a fabric that has threads from all different communities," Nguyen said.

<https://youtube.com/watch?v=vvfyErtmeDY&t=5s>

Quick Links

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

Facebook

At the time of this newsletter publication, we're putting the finishing touches on several of the events we're planning, so be sure to watch our social media and the [event listing](#) for more activities to be added soon!

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

[Twitter](#)

[Instagram](#)

[YouTube](#)

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Webinar: Lifesaving Activism to Protect Fat and Disabled People

NAAFA WEBINAR SERIES 2021 naafa

COVID-19 PANDEMIC SPECIAL EDITION

LIFESAVING ACTIVISM TO PROTECT FAT AND DISABLED PEOPLE


PART
3 OF 3

FEATURING MEMBERS OF THE NOBODYISDISPOSABLE COALITION

SATURDAY, APRIL 24
11PDT / 12MDT / 1 CDT / 2 EDT

#NoBodyIsDisposable

nobodyisdisposable.org



MAX AIRBORNE (THEY/THEM KI/KIN) BRANDIE SENDZIAK (SHE/HER) FADY SHANOUDA (HE/HIM) TRACY TIDGWELL (SHE/HER)

NAAFA.ORG FOR DETAILS AND REGISTRATION
FREE! FOR FAT COMMUNITY & FAT-POSITIVE FOLX OF ALL SIZES
HOSTED BY TIGRESS OSBORN

Join Us for NAAFA's Pandemic Edition Webinar Series - Episode 3: Lifesaving Activism to Protect Fat and Disabled People, Featuring The #NoBodyIsDisposable Coalition - Saturday, April 24, 2021 at 11am PDT/12pm MDT/1pm CDT/2pm EDT

In Part 3 of our 3-episode package on how the pandemic has impacted fat people, members of the [#NoBodyIsDisposable](https://nobodyisdisposable.org) Coalition will talk about their activism in California and Canada to ensure inclusive care guidelines and to demand vaccine access for fat, disabled, and other marginalized-bodied people.

For more information and the registration link, go to naafa.org/webinars

The 2021 NAAFA Webinar Series is free to fat community and allies of all sizes.

Accessibility notes: This webinar is presented in English without captions. A transcript of the webinar will be made available at a later date.

If you weren't able to attend the previous episodes of our pandemic special

edition, you can view the recordings on NAAFA's YouTube channel. You can also see all our 2020 webinars there. Be sure to like and subscribe for future videos! youtube.com/naafaofficial

Pandemic Episode 1: Diet Culture and Fat Shaming in the Age of Coronavirus featuring [Da'Shaun Harrison](#) and [Ragen Chastain](#)

In Part 1 of our 3-episode package on how the pandemic has impacted fat people, activists Da'Shaun Harrison (they/them) and Ragen Chastain (she/her) discussed the sociocultural challenges of dealing with diet culture in this COVID era.

Pandemic Episode 2: Medical and Government Bias in the Unethical Scapegoating of Fat People featuring Dr. [Cat Pausé](#)

In part 2 of the 3-part series package on how the pandemic has impacted fat people, Dr. [Cat Pausé](#) talked about how the media and the government have scapegoated fat people in ways that have nothing to do with us, and how that blame causes so much harm, both now and ongoing.

Anti-Racism Resources - AAPI *compiled by Darliene Howell*



May is Asian American and Pacific Islander Heritage Month. In this edition of NAAFA's anti-racism resources, we focus on Asian American and Pacific Islanders and what each of us can do to break the cycle of racism and violence against our AAPI family, friends and neighbors.

History of the treatment of Asian Americans

[Anti-Asian violence has surged in the US since COVID-19. But it didn't start there](#)

[America's long history of scapegoating its Asian citizens](#)

[Discrimination Against Asian and Pacific Islander Americans: A Research Guide](#) from the Library of Congress

[Asian American and Pacific Islander History](#) from History.com

[In 1968, These Activists Coined the Term 'Asian American' And Helped Shape Decades of Advocacy](#)

Hear AAPI voices/stories

The [Asian Americans Advancing Justice](#) affiliation has been documenting hate crimes and hate incidents since 2017 at [StandAgainstHatred.org](#), which is available in English, Chinese, Korean, and Vietnamese.

What can I do?

Attend a workshop: [Bystander Intervention to Stop Anti-Asian/American Harassment and Xenophobia Workshop](#)

[AAPI Racial Justice Resources](#) from Seattle Rep is a collection of websites that assist you in learning about racism against AAPI people, how to get involved, make your voice heard and support AAPI-owned businesses and AAPI-Led Cultural and Community-Based Organizations.

Report incidents of AAPI hate at [Stop AAPI Hate](#)

Advocate for making violence against AAPI a hate crime if your state does not have the legislation. [Which states don't have laws against Asian hate crimes?](#)

Resources for Parents and Children

[Asian American And Pacific Islander Resource Library](#)

In Search of Fat Facts



The first recorded fat activist event was held on 6/5/1967 at a "Fat-In" in New York City.

At the end of Fat Liberation Month, NAAFA will hold a Fat Trivia Challenge interactive game. We need fun Fat Facts to base the questions on, and we want as many as possible of those to come from fat community! Can you help?

Use the [Fat Fact Form](#) to submit your favorite bit of fat history or fat-positive trivia. You can remain anonymous, or you can tell us who you are for a shout-out during the game if your Fat Fact is used (we'll credit you by first name, city, state, and country). If you've done something notable, don't be afraid to toot your own horn! All facts must be verifiable. Facts that don't get used during the game will be used for future education projects.

Be sure to keep an eye on the [Fat Liberation Month events page](#) for more details about the Fat Trivia Challenge and other FLM activities!

4th Quarter Grant Applications Now Being Accepted Through April 30, 2021



Accepting applications thru
April 30, 2021 at
naafa.org/comm-grants



**NAAFA FAT COMMUNITY
PROJECT FUND MINI-GRANTS**

*Creating Connections. Expanding Empowerment.
Increasing Intersectional Activism.*

For more information and to apply, go to naafa.org/comm-grants

NAAFA Chronicles 63

For this month's Chronicles entry, here is NAAFA's 63rd newsletter, [Summer 1985-Supplement](#).

For more, check out the "Chronicles" page of NAAFA's website, <https://naafa.org/chronicles>

We Want YOU to Join a NAAFA Committee!

by Lindley Ashline

Future of NAAFA & Blog Committee Chair

NAAFA committees are the best place to get involved in NAAFA projects and programs. You'll help develop and carry out our mission, plus have a say in what projects we undertake. There are currently two committees:

The **Future of NAAFA (FONC) Committee** is our central committee for getting things done. This is where we brainstorm, discuss and execute new projects.

FONC meets on Zoom on the second Wednesday of each month at 8 pm EDT/7 CDT/6 MDT/5 PDT.

The **Blog Committee** is a sub-committee of the FONC. Group members build and maintain the NAAFA blog, social media presences and other marketing efforts.

The Blog Committee meets on Zoom on the first Tuesday of each month at 8 pm EDT/7 CDT/6 MDT/5 PDT.

All meetings are recorded, so you don't need to attend every meeting to participate, though members are encouraged to attend as often as possible.

Here are some of the areas where you can get involved:

- Suggesting and leading new projects
- Researching and organizing
- Writing, editing or optimizing blog posts
- Transcribing webinars and interviews
- Planning and creating events
- Creating and posting social media posts
- Reaching out to guest bloggers and interviewees
- Contributing your lived experience
- Insert your grand idea here!

I help lead both committees, so please feel free to email me at lindleyashline@gmail.com. I'll answer your questions and help you get started.

Media and Research Roundup

by Bill and Terri Weitze

July 26, 2020: Fat Irish comedian Sarah Millican lets us all know how little she cares about her weight or what others think of her lovely belly!

https://youtu.be/kS_ONRxWws4

August 7, 2020: A study finds that iron deficiency anemia for WLS (weight loss surgery) survivors is a delayed consequence of the surgery, requiring intravenous iron. Young age, history of anemia and low ferritin before surgery are risk factors.

<https://doi.org/10.1182/bloodadvances.2020001880>

November 19, 2020: Yet another study confirms that being fat does not adversely impact the outcome of knee surgery (unicompartmental knee arthroplasty) for osteoarthritis; and therefore, obesity should not be considered a contraindicator for this surgery.

<https://doi.org/10.1038/s41366-020-00718-w>

December 2020: A new health complication faced by survivors of WLS is beriberi, caused by thiamine deficiency. This can arise years after surgery even in individuals who appear well-nourished. The second link is This Fat Old Lady's blog post about the study.

<https://doi.org/10.1093/nutrit/nuaa004>

<https://thisfatoldlady.com/2021/04/03/this-fat-old-ladys-fat-friday-wls-survivors-subject-to-a-blast-from-the-past-literally>

February 6, 2021: A study to evaluate the effects of a HAES (Health at Every Size) based activity focusing on body positivity and reduction of internalized weight stigma shows a positive and lasting effect for the participants.

<https://doi.org/10.1016/j.bodyim.2021.02.006>

March 12, 2021: A meta-analysis study finds that adverse consequences of increased fasting insulin levels currently attributed to obesity may be caused by other proximate factors such as hyperinsulinemia.

<https://doi.org/10.1001/jamanetworkopen.2021.1263>

March 18, 2021: To combat the pathologizing of fatness by healthcare professionals and thereby reduce weight stigma in healthcare, researchers brought together medical students and fat activists for workshops, benefitting all participants.

<https://doi.org/10.1111/jasp.12717>

March 25, 2021: Elizabeth Gulino discusses how the body positivity movement was coopted, first by non-fat people and then by capitalism. She proposes that a body neutral movement may be more helpful for people in bodies that fall outside the scope of what society deems acceptable.

<https://www.refinery29.com/en-us/2021/03/10370504/body-positivity-neutrality-movement-history>

March 26, 2021: *The Daily Beast* talks with all kinds of people about lockdown weight gain, with most advising don't worry about it. You'll lose it or not -- so what -- just get out there and enjoy some exercise you like.

<https://www.thedailybeast.com/our-bodies-emerge-from-lockdown-to-a-fat-shaming-chorus-ignore-it>

April 2021: NAAFA's FLARE (Fat Legal Advocacy, Rights & Education) Project provides a COVID-19 Vaccine Access Fat Fact Sheet for fat folks in California.

<https://docs.google.com/document/d/1kgspace4OE4qZ9n6EQeH-ucIna8GYBfjenkmE4DKc62s/edit>

April 5, 2021: Actor, writer, and director Lena Dunham is venturing into the world of plus-size clothing design collaborating with 11 Honore. The interview

gives insight into Dunham own fat issues. The clothing line only goes up to size 24.

<https://www.nytimes.com/2021/04/05/style/lena-dunham-body-positivity-11-honore-spanx.html>

April 5-14, 2021: Two opinion pieces take the body positivity movement to task for not being accepting of all bodies, especially marginalized ones.

<https://simmonsvoice.com/11904/opinion/how-positive-is-body-positivity>
<https://scotscoop.com/opinion-the-body-positivity-movement-is-excluding-bigger-women>

April 15, 2021: *Good Housekeeping* talks about thin privilege, what it is, why it is harmful to everyone, and offers suggestions on how to dismantle it.

<https://www.goodhousekeeping.com/health/diet-nutrition/a35047908/what-is-thin-privilege>

April 15, 2021: Many are looking to Lizzo as she speaks out against the body positive movement being coopted.

<https://www.comicsands.com/lizzo-body-positive-movement-co-opted-2652594643.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: <https://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.

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