



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**Official Publication of  
the National  
Association to  
Advance Fat  
Acceptance**  
August 2010

### In This Issue

[2010 Convention a Rousing Success](#)

[First HAES Summit Exceeds Expectations](#)

[2010 Fashion Design Scholarship Winner](#)

[Call for Writers](#)

[Kent Erman's Passing](#)

[NAAFA Supporters Off to Hawaii](#)

[Reflections](#)

[Media and Research Roundup](#)

### 2010 Convention a Rousing Success



NAAFA has just concluded another successful annual fundraising convention, held this year in Millbrae, CA. During the Annual General Meeting on Friday morning, NAAFA co-chair Jason Docherty highlighted the accomplishments of the past year such as the creation of the NAAFA Child Advocacy Toolkit and our new alliance with the International Association Against Image Discrimination, created

especially to fight worldwide image discrimination. Their premier campaign, REFLEXIONS, is a global campaign to promote "Image Discrimination Awareness Week" which will be observed annually and took place April 26 through May 2, 2010.

Friday's Fat Advocacy Training Workshop, led by NAAFA Advisory Board Member Brandon Macsata, was an advocacy primer on influencing Capitol Hill and the new media. Saturday's Child Advocacy Super Workshop featured panelists: Joanne Ikeda, MA, RD Nutritionist Emeritus, former co-director of the Center for Weight and Health University of California, Berkeley; Deb Burgard, PhD, Psychologist and creator of the BodyPositive.com; Lily O'Hara, MPH and PhD (candidate), author and public health lecturer at the University of the Sunshine Coast in Australia.

NAAFA introduced two scholarships in 2010. The NAAFA Plus Size Fashion Design Scholarship was presented to Sarah Rosandick at Friday night's Fashion Show Extravaganza. The NAAFA HAES Scholarship was presented to Jenny Copeland, PsyD candidate at Forest Institute Springfield, MO at the Saturday Night Awards Dinner and Dance.

### Weight Bias at Home and School

August Video of the Month:  
Weight-based teasing and stigma can harm emotional and physical well-being. The Rudd Center for Food Policy and Obesity at Yale University ([www.yaleruddcenter.org](http://www.yaleruddcenter.org)) released a video in 2009 to help parents and teachers understand the severity and impacts of weight bias in school and at home and to present strategies to help combat this rapidly growing problem for overweight teens and pre-adolescents. This is a preview for the full-length video, hosted by celebrity and activist Emme and featuring Rudd Center experts including Dr. Rebecca Puhl and Dr. Kelly Brownell.

<http://www.youtube.com/watch?v=bCJe42LGNB4>

### About NAAFA

Founded in 1969, NAAFA 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.

[Join Our Mailing List!](#)

At Saturday night's Awards Dinner, NAAFA honored other key individuals that have made major strides for the size acceptance movement:

-The Legislative Pioneer Award was presented to NAAFA Board Member Carole Cullum, whose tireless efforts behind the scene were responsible for adding height and weight to the anti-discrimination laws of San Francisco, CA.

-The Size Acceptance Vanguard Award went to NAAFA Advisory Board Member Dr. Esther Rothblum for her work with NAAFA over the years researching issues that affect our members, which has led to the legitimization of Fat Studies at the university level.

-The International Size Acceptance Trailblazer Award was awarded to Fatima Parker, who faces constant harassment from a hostile audience, for her work in promoting the size-acceptance message throughout the Arab world.

On Sunday evening NAAFA concluded the 2010 convention with our first International Fat Film Festival. We were honored to premier *Weightless*, a documentary by Faith Pennick featuring Dr. Liz Nickels, a plus size SCUBA instructor, and plus size women who learn and enjoy SCUBA diving.

*Gordita*, written and directed by Debby Wolfe, is an emotional look at a young Hispanic woman's blossoming into self-love. And lastly *A Matter of Size* is a heart-warming film about a group of fat Israeli men on their journey to size acceptance as they become sumo wrestlers. Each film depicted a different aspect of life in a fat body.

Join us next year when we return to Washington, DC for more visits to The Hill!

Editor's Note: Some convention photos are linked here:

<http://www.flickr.com/photos/53268576@N04/sets/72157624786062646>

<http://www.flickr.com/photos/53268576@N04/sets/72157624661657501>

## First HAES Summit Exceeds Expectations



NAAFA convened its historic first Health At Every Size (HAES) Summit on Monday, August 9, 2010 in Millbrae, CA. Professionals from various health related fields attended, representing nutrition, exercise physiology, mental health, fitness, and public health. Participants were from more than 10 different organizations and academic institutions and included individuals from Australia, Canada, Japan and Germany as well as the U.S.

The Summit's keynote speaker was Dr. Glenn Gaesser, Arizona State University Professor and Director of the University's Healthy Lifestyles Research Center and their Exercise and Wellness Program. Dr. Gaesser kicked off the Summit by presenting a solid scientific foundation for the Obesity Paradox, dispelled the myths about the "Obesity Epidemic", and addressed bias in obesity research. He stressed the growing evidence that health and fitness levels are not and should not be linked to body size. These findings were confirmed by both public health researchers Lily O'Hara from Australia and Friedrich Schrob from Germany.

Drs. Deb Burgard, Esther Rothblum and Linda Bacon spoke about the misalignment of media headlines to actual data as well as the challenges and solutions for navigating a 'sized biased system'. Joanne Ikeda, retired faculty member from UC Berkeley's Nutritional Sciences Department, shared her insider's view into the nutrition and dietician community. She is a major contributor to NAAFA's Child Advocacy Toolkit, which was launched a few days earlier at the 2010 NAAFA Convention.

NAAFA's first HAES Scholar, PsyD candidate Jenny Copeland, joined us as a summit speaker and presented a poster of her research during the evening Poster Session. She received a \$1000 scholarship check from NAAFA during the Summit.

NAAFA Advisory Board Member and session moderator Dr. Barbara Bruno introduced NAAFA's revised *Guidelines for the Therapists Who Treat Fat Clients*. The brochure revision was co-authored by Dr. Bruno and Dr. Deb Burgard.

"NAAFA is incredibly pleased with the outcome of the Summit," stated NAAFA Board Member and Summit Co-chair Lisa Tealer. "Our objectives and expectations were exceeded. This historic summit is only the beginning and sets the scientific foundation for NAAFA to move the HAES agenda forward and integrate it into our strategic plan to eradicate size discrimination."

Editor's Note: Click below for some photos from the Summit:

<http://www.flickr.com/photos/53268576@N04/sets/72157624786327498>

## 2010 Fashion Design Scholarship Winner



NAAFA is pleased to announce that Sarah Rosandick has received the NAAFA 2010 Fashion Design Scholarship. "Sarah's professionalism, passion and unique design vision put her ahead of all other applicants," said Jason Docherty, NAAFA Co-Chair. Sarah is currently enrolled in the Fashion Institute of Design and Merchandising

in Los Angeles, CA and will graduate in September.

"I believe that it is important for fashion designers to realize the importance of plus size clothing in today's fashion industry. The clothing I have designed is suited for women that want to be bold and show their curves. . . . It is my goal to satisfy all women's tastes in a fun and edgy way that compliments their unique shapes," states Rosandick.

Sarah was presented with a \$1,000 scholarship to continue her studies and develop her line. She received her award as well as premiered one of her winning design pieces, worn by Jessica Bell, in the 2010 NAAFA Fashion Show.

## Call for Writers

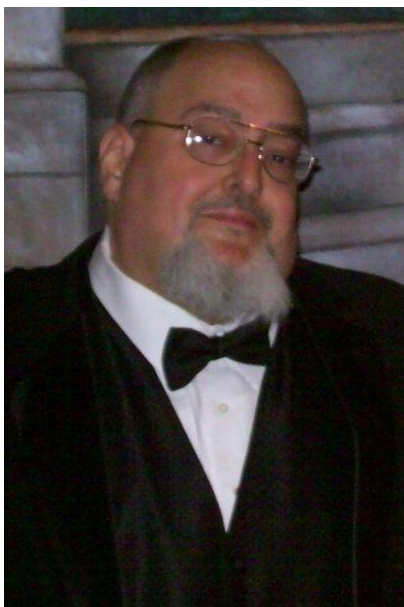


Do you love to write and feel that you have good communications skills? Do you have something that you want to say about your experience in size acceptance? Do you have ideas you'd like to share with others in our community?

NAAFA is offering the opportunity to our members and supporters to contribute to our monthly newsletters. If you have been enjoying our new monthly format, then you might be willing to help us

continue. If interested, please contact Peggy Howell at [naafa\\_pr@yahoo.com](mailto:naafa_pr@yahoo.com).

## Kent Erman's Passing



by Tony Harrel, Treasurer, Capital NAAFA

While many of you may have already heard this sad news, it is with deep regret that I announce the passing of Kent Erman who died suddenly on Friday morning July 9, 2010. Kent and his longtime companion and friend Regina Guy have been a steady presence in NAAFA on the local and national level for many years.

While Kent wished to have a quick and private service, Regina told us that she plans to have another memorial for him when she returns to the D.C. area next January. In the meantime, condolences can be sent to her attention at the following address: 3324 Fleet Street, Baltimore MD 21224.

On behalf of my fellow officers of the Capital Chapter of NAAFA, I'd like to send out our deepest sympathies to Regina Guy as well as other friends and family of Kent Erman.

## NAAFA Supporters Off to Hawaii



At the 2010 NAAFA convention in San Francisco, NAAFA Board member Carole Cullum and Kathy Brehm chose winners of 2 raffles for a one week stay in Kauai, the garden island of Hawaii this November.

Long time members Becky and David Jedlicka of Chicago were ecstatic when they heard they had won the first

raffle, awarded to a randomly-drawn member who had pledged least \$10 per month over the past year. Becky and Dave have already bought their tickets and are planning a great vacation away from the cold November Chicago winds.

Margo Rivera-Weiss, staff member of San Francisco's Human Rights Commission, won the second raffle, open to all who bought raffle tickets online and at the convention. Margo works on the implementation of the Height and Weight Ordinance for San Francisco, and she and her partner are delighted to support NAAFA and, of course, are thrilled about their upcoming vacation.

Because we met our goals, Carole Cullum will donate another trip to Hawaii for one more raffle next year. Those who continue their monthly pledges of at least \$10 per month will get 2 chances in that raffle. Sign up with your monthly donation now at:

<https://www.gifttool.com/donations/Donate?ID=1558>

## Reflections

by Jenny Copeland, 2010 NAAFA HAES Scholar

Most days, the work we do is difficult. To function as an individual who routinely challenges the status quo requires a daily choice to work against the grain. It can be draining. Looking back, I think it's safe to say that I

was exhausted from some of the battles I had been facing as I fought to prove the value of my work.

Walking into the Health At Every Size Summit was like getting a breath of fresh air. To say that the day was inspiring does not do the Summit justice. It was a rejuvenating and healing experience for me. (I could be exaggerating - I'm sure it would take a long vacation to be fully rested again.)

Whether or not this event is repeated, the efforts of those who devoted their time to organize it have not gone unnoticed. The community was renewed in such a way to bring forth support for one another and introduce new members. It is always exciting to see presentations about new ideas and research, and to hear about the work being done throughout our field.

For me this was not the most important part of the Summit. It was the sense of community which stood out to me, and will stay with me well into the future. It was a reminder of many things: of what we are fighting for; why we must continue to work against modern society's perceptions of weight and health; and that we are not alone in these efforts.

The Health At Every Size Summit was an important opportunity for each of us to connect (or re-connect) with one another in person. To learn more about the work that is not talked about outside of our own circles. To be inspired with new ways to bring our ideas to professionals and others who need to hear our message - regardless of their size or weight status. The future is bright. The presentations illustrated a number of great ideas I hope we will see enacted soon. By working together we can achieve not only our personal, individual goals, but also the global objectives of the movement itself.

## Media and Research Roundup

by *Bill and Terri Weitze*

[Editor's Note: Go to the NAAFA News RSS Feed at <http://naafa.org> for the latest news.]

March 2010: A study shows that, regardless of age, people in the "overweight" range are generally not at a higher risk for current health problems than average weight people. Lead author Brant Jarrett comments that throwing people into panic over their BMI often leads to diets that may cause health problems.

<http://www.physorg.com/news194005424.html>

<http://www.nature.com/ijo/journal/v34/n3/abs/ijo2009258a.html>

March 8, 2010: Here's a new twist on fat discrimination. Is it good etiquette? Writing in *The New York Times*, Mary Mitchell is at a loss as to why day-to-day discrimination fat people face is condoned, reminding everyone that "good manners are based on kindness, respect, and consideration for every human being." And in case you can't follow the dots, she adds, "Discussing another person's weight without his or her permission is rude and inappropriate." Is that clear enough?

<http://www.reuters.com/article/idUSSGE60503A20100308>

May 2010: An interview of Marlene Schwartz and Rebecca Puhl from The Rudd Center shows that academia supports healthy eating and activity -- if it leads to weight loss. Of more interest is the sidebar by Lynn McAfee sharing an early experience with fat discrimination.

<http://www.psychologicalscience.org/observer/getArticle.cfm?id=2669>

May 2, 2010: The world must love fat people because they keep creating more of us without requiring anyone to gain weight! A study using DEXA (dual-energy x-ray absorptiometry) to measure percentage of body fat now claims that using BMI significantly underestimates the number of people who should be categorized as "obese". Welcome to the club!

[Editor's note: the work was presented at the 2010 annual meeting of the American Association of Clinical Endocrinologists and is apparently still unpublished.]

<http://abcnews.go.com/Health/Wellness/bmi-underestimates-prevalence-obesity/story?id=10521712>

May 3, 2010: Here's the basis of a new study: "The relationship between overweight and obesity status with different forms of bullying behaviors remains unclear." Really? Guess what they found out, fat kids are more likely to be bullied. How's that for a newsflash?

<http://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2010/05/03/bullies-target-obese-kids.html>  
<http://pediatrics.aappublications.org/cgi/content/abstract/125/6/e1301>

May 5, 2010: A study on weight-loss maintenance shows that the people who lose the most weight will still maintain a greater weight loss at 18 months than people who lost weight at a slower rate. But 18 months is not long enough to demonstrate long-term weight loss, and it's likely that the modest weight difference (~14 more pounds) will disappear after two years.

[http://latimesblogs.latimes.com/booster\\_shots/2010/05/go-ahead-drop-the-weight-quickly.html](http://latimesblogs.latimes.com/booster_shots/2010/05/go-ahead-drop-the-weight-quickly.html)

<http://www.springerlink.com/content/181187465p6601k8/?p=215fb7c3219347c3b397408666d1aa09>

May 6, 2010: Sigrun Danielsdottir takes her Yay Scale to a mall to celebrate International No Diet Day in Iceland. You don't have to understand Icelandic to enjoy some of the reactions as folks step on the Yay Scale and get affirmations about how great they are.

[http://www.mbl.is/mm/frettir/innlent/2010/05/06/engin\\_megrun\\_i\\_dag](http://www.mbl.is/mm/frettir/innlent/2010/05/06/engin_megrun_i_dag)

May 6, 2010: Renee Martin is fat, Black and differently abled. She has become fat because of medication and loss of mobility, and she feels ignored by the fat acceptance movement's focus on Health at Every Size (HAES). We think that if Ms. Martin were to delve deeper she'd find that there is room in our movement for everyone.

<http://globalcomment.com/2010/fat-and-disability-what-few-of-you-want-to-hear>

May 10, 2010: "Nothing about us without us!" ASDAH demands that fat people and their advocates be part of the national policies that affect the fat community.

<http://www.sizediversityandhealth.org/content.asp?id=11&mediaID=30&action=archive>

May 11, 2010: Much to their surprise, researchers find fat kids eat less than their thinner peers. The study was presented at the Pediatric Academic Society 2010 meeting; but the details of the study are not yet available.

<http://www.medscape.com/viewarticle/721613>

May 13, 2010: *The New York Times* reviews *The Beauty Bias* by Stanford law professor Deborah L. Rhode. Rhode finds that discrimination based on looks (including fatness) is deep-seated, but believes in the power of the law to address it. Sounds like good reading. A May 23 *Washington Post* article by Professor Rhode provides further insights.

<http://www.nytimes.com/2010/05/23/books/review/Bazon-t.html>

<http://www.washingtonpost.com/wp-dyn/content/article/2010/05/20/AR2010052002298.html>

May 14, 2010: *Entertainment Tonight* does a makeover on Donna Simpson, a lady who claims she wants to be the world's fattest mom. With new makeup, hairdo and outfit, ET sends Donna and her boyfriend out for dinner and partying at BBW Goddesses in New York City. Great visuals, unfortunately the voice-over tends to focus on what Donna ate for dinner. [Editor's note: link no longer available.]

May 16, 2010: A health magazine receives criticism for digitally modifying a thin cover model's photo to make her look heavier. Why not just hire an appropriately-sized model?

<http://news.nationalpost.com/2010/05/16/health-magazine-fattens-up-skinny-cover-model-with-airbrush>

May 20, 2010: A study on the psychological impact of HAES intervention on weight-preoccupied fat women shows that HAES works as well as other types of treatment. The real news, however, is that after the treatment ceased, the women who were treated from a HAES point-of-view continued to improve psychologically while the other women did not improve and in some cases deteriorated.

<http://www.hindawi.com/journals/jobs/2010/928097.html>

May 21, 2010: The good news is that fat kids don't tend to have high blood pressure. The bad news is that the lead author of the study, Dr. Gillis Pardis of McGill University, thinks this means we have time to intervene and reduce the weight of fat kids before they develop high blood

pressure. I guess there's no way that bigger kids could actually be healthy.

[http://www.albertalocalnews.com/reddeeradvocate/lifestyles/health/Kids\\_blood\\_pressure\\_not\\_up\\_despite\\_obesity\\_94587519.html](http://www.albertalocalnews.com/reddeeradvocate/lifestyles/health/Kids_blood_pressure_not_up_despite_obesity_94587519.html)  
[http://www.cheori.org/halo/pdf/CHMS\\_Child\\_Blood\\_Pressure2010.pdf](http://www.cheori.org/halo/pdf/CHMS_Child_Blood_Pressure2010.pdf)

May 26, 2010: Fat teenage girls are more likely to start having sex earlier and less likely to use protection than their average-sized counterparts according to a paper presented to the American College of Obstetricians and Gynecologists. The researchers failed to ask the girls why they were doing these things. [Editor's note: the work is apparently still unpublished.]

[http://www.msnbc.msn.com/id/37344482/ns/health-kids\\_and\\_parenting](http://www.msnbc.msn.com/id/37344482/ns/health-kids_and_parenting)

May 29, 2010: We may be fat but we're not crazy. The fifth edition of the Diagnostic and Statistical Manual of Mental Diseases (DSM-5, due in May 2013) will not include overeating and obesity as disorders, although binge eating is on track to be listed.

<http://www.medpagetoday.com/MeetingCoverage/APA/20381>

June 2010: A study in the *International Journal of Obesity* of roughly 6000 people over 50 years of age finds that weight loss of 15% or more is associated with increased risk of death from all causes among "overweight" men and among women regardless of maximum weight.

<http://www.nature.com/ijo/journal/v34/n6/full/ijo201041a.html>

June 1, 2010: Harriet Brown's daughter developed an eating disorder, at least partly due to the message she got from her teachers that fat is bad and thin is good. In this article, Ms. Brown points out how Michelle Obama's campaign against childhood obesity can lead to this type of unintended result by focusing on weight rather than health.

[http://www.huffingtonpost.com/harriet-brown/where-the-fight-against-c\\_b\\_596577.html](http://www.huffingtonpost.com/harriet-brown/where-the-fight-against-c_b_596577.html)

June 6, 2010: A doctor who warned patients of bariatric surgery risks was fired by her bosses. The doctor is now suing under the whistle blowers protection laws, claiming that patients were not properly advised of the potential risks, following the death of a patient in 2006 from complications that were ignored.

[http://www.nypost.com/p/news/local/manhattan/nyu\\_fat\\_loss\\_doctor\\_fired\\_over\\_alarm\\_L9oRQBkkFnTo7PzHbjjSIM](http://www.nypost.com/p/news/local/manhattan/nyu_fat_loss_doctor_fired_over_alarm_L9oRQBkkFnTo7PzHbjjSIM)

June 8, 2010: NAAFA's own Frances White is interviewed by *Everyday Health*, answering some basic questions about NAAFA and the fat acceptance movement. Unfortunately, the article ends with a link to a weight loss page on the same website.

<http://www.everydayhealth.com/weight/the-fat-acceptance-movement.aspx>

June 10, 2010: *The Well Rounded Mama's* blog responds to an article in *The New York Times* addressing the article's exaggeration of pregnancy risks for fat women. The blog post takes a realistic (and scientific) view of the risks and addresses how the statistics do not support the horror stories being reported in the media.

<http://wellroundedmama.blogspot.com/2010/06/exaggerating-risks-again.html>

<http://www.nytimes.com/2010/06/06/health/06obese.html>

June 10, 2010: A study in the *New England Journal of Medicine* finds that heart attacks are down, in a trend extending over the past 10 years. But they had to throw in a "PS: We hate you"; a commentary on the study (available for purchase only) claims that fat people and diabetics *could* reverse this trend. Guess some folks just can't stand good news.

<http://www.npr.org/blogs/health/2010/06/10/127736148/heart-attack-rates-decline-but-obesity-diabetes-could-reverse-trend>

<http://www.nejm.org/doi/full/10.1056/NEJMoa0908610>

June 10, 2010: NAAFA announces the winner of the 2010 HAES Scholarship. Jenny Copeland wins the scholarship by developing two interventions to be used for training or in academic settings to address weight bias. Congratulations, Jenny!

<http://groups.yahoo.com/group/naafanews/message/539>

June 11, 2010: In a video interview, new US Surgeon General Dr. Regina Benjamin starts out explaining that "it's not the weight that matters . . .

it's how you feel. It's your energy level." But she ends by saying that "obesity and overweight . . . are major issues" and resolving them will take behavioral changes. So close.

<http://www.medscape.com/viewarticle/723328>

June 15, 2010: The advisory committee for the 2010 Dietary Guidelines for Americans calls for us to cut calories, exercise more, and start eating a more nutrient-rich plant-based diet because obesity is the "single greatest threat to public health in this century."

<http://www.dietaryguidelines.gov>

June 15, 2010: *USA Today* bemoans the fate of the air traveler who has to sit next to a fat person. Imagine a five-hour flight where a passenger had to be "in full body contact" with the fat person next to them - the horror. But at least the article encourages airlines to establish some extra-wide seating so that fat passengers can be accommodated.

[http://travel.usatoday.com/experts/hobica/2010-06-15-obese-airline-passengers\\_N.htm](http://travel.usatoday.com/experts/hobica/2010-06-15-obese-airline-passengers_N.htm)

June 16, 2010: A UK/French study concludes that fat women have less sex but are more likely to have unwanted pregnancies due to not using oral contraceptives. Since fat people generally avoid going to the doctor, this should not be a surprising outcome.

[http://www.bmj.com/cgi/content/full/340/jun15\\_1/c2573](http://www.bmj.com/cgi/content/full/340/jun15_1/c2573)

June 17, 2010: A blog post by Rebecca Puhl, PhD, Director of Research at The Rudd Center for Food Policy and Obesity at Yale University, gives a point-by-point outline of why weight-based rewards and punishments by employers are unreasonable.

<http://boards.medscape.com/forums?128@659.MN0uaZ1CvOI@.29ff37ec!comment=1>

June 19, 2010: Gwen DeVoe, a former plus-sized model, created Full-Figured Fashion Week last year to encourage retailers to carry larger sizes. *The New York Times'* article on Ms. DeVoe and the need for plus-size fashions is eye-opening. Also eye-opening are the excuses retailers use for not carrying plus-size fashions in their stores.

<http://www.nytimes.com/2010/06/19/business/19plus.html>

June 23, 2010: A recent *MSNBC.com* article points out that some people are fat due to illness or treatment of an illness. While it's good to point out that there are a lot of reasons people are fat, the article's title "Fat but not my fault" reflects the problem with the article - that only some fat people should be exempt from fat bias.

<http://www.msnbc.msn.com/id/37831468>

June 23, 2010: If Dr. Andrew Johnson can't convince you to get weight loss surgery (WLS) for your physical health, he claims your mental health will improve too based on his study, which included only 25 people, all of whom had WLS. It appears there was no control group, and, as noted in the article, the study was published as an abstract, presented at a conference, and as yet has not been published in a peer-reviewed journal.

<http://www.medpagetoday.com/MeetingCoverage/ENDO/20839>

June 25, 2010: Lily O'Hara and Jane Gregg's chapter, "Don't Diet: Adverse Effects of the Weight Centered Health Paradigm," brings a HAES perspective to the book *Modern Dietary Fat Intakes in Disease Promotion*, a mostly weight-centered volume.

<http://www.springerlink.com/content/v87512x017611038>

June 27, 2010: In reviewing the TV show "Huge", *The New York Times* chose someone with no understanding of size acceptance. Granted, the show offers some ambiguous messages, but the reviewer compares size acceptance in fat teens to promoting subprime mortgages. Really? Plus, the subject of fat acceptance is introduced through reference to gainer blogs, which are not really related. A reviewer for Reuters, however, finds the show to be clever and a relief for viewers who are tired of seeing fat people screamed at on reality TV shows.

<http://www.nytimes.com/2010/06/28/arts/television/28huge.html>

<http://ca.reuters.com/article/idCATRE65T0GP20100630>

June 30, 2010: As of July 1, 2011, a weight management component will be added to the requirements for the 80/20 Standard (health insurance) Plan for North Carolina State Employees. Sadly this is part of North



Carolina's "Comprehensive Wellness Initiative" passed in April 2009. All employees are eligible for the 70/30 Basic Plan.  
<http://www.shpnc.org/comp-wellness.html>