



**national association
to advance
fat acceptance**

NAAFA Newsletter

**Official Publication of
the National
Association to Advance
Fat Acceptance**
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Dear reader,

We've put together a special Convention Wrapup issue this month, with some of the highlights of the recently-completed NAAFA Convention in Northern California. And we also have a call to action regarding seat belt extenders, another great fitness article by Cinder (who also relates her Convention experiences), plus the Roundup. Enjoy!

In This Issue

[2012 NAAFA Convention A Rousing Success](#)

[2nd NAAFA HAES Summit](#)

[2012 NAAFA Fashion Show Extravaganza!](#)

[Message from the 2012 NAAFA Fashion Design Scholar](#)

[A Message from the 2012 NAAFA HAES Scholar](#)

[Making Our Convention Experience More Enjoyable](#)

[Call to Action: Lift the Ban on Personal Seat Belt Extenders](#)

[Knee Friendly Sex?](#)

[Media and Research Roundup](#)

2012 NAAFA Convention A Rousing Success

NAAFA has just concluded our 2012 fund raising convention at the Westin San Francisco Airport Hotel in Millbrae, CA. During the Annual General Meeting on Friday evening, NAAFA Chairperson Jason Docherty reviewed NAAFA's accomplishments over the past five years. This year concluded the initial five year plan set forth by your current Board of Directors. Fantastic changes have taken place in our organization during this period of time and we are now positioned to launch even bigger projects, and exciting updates to existing projects, as we continue to move forward promoting Equality At Every Size!

Each attendee received copies of the new NAAFA brochures introduced over the past two years. These informative handouts beautifully represent you and this organization. We can be proud to take these Guidelines to our doctor's or therapist's office, and to present the Discrimination Fact Sheet and the Fact Sheet on Bullying to our legislators during our next visits!

A new project being launched will mail the new Guidelines to the appropriate professional groups that desperately need to know how to treat fat patients. If you are interested in helping fund this vital project, please make a donation and earmark it for brochure distribution at <https://www.gifttool.com/donations/Donate?ID=1558>

NAAFA introduced two new scholarships in 2010: the NAAFA HAES® Scholarship and the NAAFA Plus-Size Fashion Design Scholarship. We were proud to have the

Fat Shame

[August Video of the Month](#)

"Why is fat such a big deal? And why is society such a big f***in' bully?" Laci Green gives us a course in Fat Acceptance 101 and how to fight back against fat shame. (Warning: the first minute of the video contains fat-shaming words and images.)

<http://youtube.com/watch?v=8XhTA4xOxCc>

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2012 scholars share with us about their studies and plans for the future (see related articles below).

The 2012 NAAFA Plus-Size Fashion Design Scholarship was presented to Louise Sarigumba, a second year student at the Fashion Institute of Design and Merchandising in Los Angeles, CA, at Saturday night's Fashion Show Extravaganza. Louise presented her award winning design, modeled by Flower Valadez.

The 2012 NAAFA HAES Scholarship was presented to Natalie Ingraham, a UCSF PhD student, during Saturday night's festivities, and Natalie presented her research at the NAAFA HAES Summit held on Monday.

Following the annual general meeting, NAAFA conducted an Alliance Reception, allowing us to meet and converse with representatives from other civil right and body positive organizations who are working toward changing the world's perception of body diversity. We look forward to partnering with these organizations on future projects that will help us all reach our goal of Equality At Every Size!

Thanks go out to all the entertainers who joined us and shared their special talents; Raks Africa, Between Times, Xavier Payne, DJ Pam The Funkstress, and the fabulous Fatimas.

Our stellar lineup of workshops covered such topics as setting boundaries, diversity and inclusion, child advocacy, activism, attraction and sex, awkward medical questions, blogging, travel tips, physical safety, water aerobics, dancing, dressing for success and more. Many thanks to all those who so generously volunteered their time and expertise to make this convention the inspiring event that it was.

Join us next year when we return to Washington, DC for more learning, sharing, moving, caring, and visits to The Hill!

2nd NAAFA HAES Summit



Healthcare Providers Panel at the 2012 NAAFA HAES Summit moderated by NAAFA Advisory Board Member, Dr. Barbara A. Bruno (far right)

On Monday, August 6th, following the annual convention, NAAFA held its second NAAFA HAES Summit with the theme of Equality At Every Size using HAES. Over forty individuals from various health-related fields were in attendance. These included physicians, psychologists, nutritionists, researchers and health advocates representing several organizations, non-profits and academic institutions, including attendees from Japan and Canada.

The Summit's keynote speaker psychologist, Dr. Debora Burgard, PhD, FAED, HAES pioneer, writer, activist and NAAFA Advisory Board member, kicked off the summit with a presentation titled *Your Problem with My Body is a Problem for My Health*. She set the tone for the day by intertwining her personal journey with both humanity and the analytical lens of a psychologist. "Dr. Burgard demonstrated her brilliant ability to tell her story, while supporting it with data and facts to challenge

the status quo. She received a standing ovation at the conclusion of her incredible presentation. It was definitely a moment to remember!" says Lisa Tealer, NAAFA HAES Summit Chair and NAAFA Board of Directors member.

Summit highlights include:

- Veteran health care providers, physicians and fitness experts shared HAES methods of influencing their colleagues and better serving their patients and clients. These panelists were contributors to NAAFA's Guidelines for Therapists, Guidelines for Health Care Providers, and Guidelines for Fitness Professionals.
- Emerging community leaders included NAAFA's 2012 HAES Scholar, Natalie Ingraham, a UCSF doctoral student who shared her work on a critical analysis of the show *The Biggest Loser*.
- Strategies and programs were presented which incorporate HAES in the workplace landscape and wellness programs.
- Academics in the nutrition and health education fields shared how they use HAES principles in their classroom through curricula development and by coaching students.
- A Poster and Market Place of Ideas reception highlighted the NAAFA HAES Scholar's research project, as well as organizations' and individual attendees' HAES-based materials, books and services.
- A screening of *STRONG!*, a documentary featuring Olympic weightlifting champion Cheryl Haworth, was followed by a discussion with director Julie Wyman. This unique opportunity offered Julie insight from HAES practitioners and a discussion of potentially developing a body-positive curriculum based on her film.

NAAFA will continue to organize this ground-breaking summit every other year in the San Francisco Bay Area. Watch for the announcement of the 3rd NAAFA HAES Summit in 2014!

2012 NAAFA Fashion Show Extravaganza!



NAAFA was blessed this year to have Tigress Osborn and her Full Figure Entertainment models organize and execute our 2012 Fashion Show. FFE models and NAAFA convention attendees modeled clothing and jewelry from designers who were selling their creations at the 2012 NAAFA Vendor Fair and local SF Bay Area designers as well as beautiful gowns donated for the NAAFA fundraising auction.

NAAFA is grateful for their generous contribution to the success of this year's convention. We encourage Bay Area residents to support Full Figure Entertainment by attending their dances and events in Oakland, CA. You can find more information at <https://www.facebook.com/notifications#!/fullfigureentertainment>

NAAFA is eager to work with people and groups such as Tigress Osborn and Full Figure Entertainment as we all work to spread the word of size acceptance and Equality At Every Size!

Message from the 2012 NAAFA Fashion Design Scholar



NAAFA Scholarship winner Louise Sarigumba (R) with winning design modeled by Flower Valadez (L)

by Louise Sarigumba

Thank you to Jason and the NAAFA Board for selecting me for the fashion design scholarship. This is my second year attending your convention and this organization has reaffirmed my belief that people are equal no matter their size. In creating my design, I wanted to convey the differences and show how everyone is not the same and one size does not fit all body types. You should not limit the way you dress!

My goals for the future as a designer are to create beautiful clothing for plus sizes. Thank you again for this honor. I feel truly blessed!

A Message from the 2012 NAAFA HAES Scholar



2012 NAAFA HAES Scholar Natalie Ingraham discussing her research at the NAAFA HAES Summit

by Natalie Ingraham

I would like to thank NAAFA, the HAES Summit Scholarship Committee and Lisa Tealer, in particular, for their support and the honor of being the 2012 NAAFA HAES Scholar. This scholarship will support my research on *The Biggest Loser* with my advisor, Dr. Shari Dworkin, as well as my other work related to a HAES perspective on body size, sexuality and health. NAAFA has not only provided me this scholarship but also a vast amount of material, professional, and emotional support as I pursue a career in the social sciences that supports the mission of equality for all sizes. Thank you again and I look forward to further collaboration with NAAFA in the future.

Making Our Convention Experience More Enjoyable



As NAAFA continues to reach out to other groups and organizations with whom to partner, we were excited to be approached by a team from the Anaheim YMCA in Anaheim, CA. This team, led by Donna Frey, volunteered to be our registration/hospitality hosts at the 2012 NAAFA Convention. Donna's team consists

of Erica Chappell, Flower Valadez, and the Jewels of Miehana: Angelica Negrete, Alexandra "Punkin" Dominguez, Louise Sarigumba and Katheryn Cason.

These amazing women organized our registration process which included, for the first time, photo registration/membership cards for all attendees. They kept our Hospitality Suite stocked with refreshments and games for our entertainment during those times when we just wanted to sit and visit with friends.

As if that wasn't enough, the award winning Jewels of Miehana performed for us at the NAAFA's Got Talent show on Sunday evening. Could it get more exciting than this? Yes! This diverse team of women has decided that they want to do more. They have already begun the necessary steps to create a new NAAFA chapter in Orange County, CA. We hope this will start a wave of new chapters of people dedicated to realizing Equality At Every Size!

Call to Action: Lift the Ban on Personal Seat Belt Extenders



On July 30, 2012 the Federal Aviation Administration (FAA) issued an *Information for Operators (InFO)* memo regarding Use of Passenger-Provided Seat Belt Extenders. In the statement, the FAA says:

"Operators should be aware that seat belt extenders are being marketed to the public for their personal use while traveling. These extenders are marketed as "FAA PMA approved."

Some are categorized as specific to each airline and others are sold under the heading "Universal, adjustable & FAA-safe" and are sold "for use on all airlines". While these extenders may have a label that indicates they are FAA-approved and conform to TSO-C22g, they are not inspected and maintained under each airline's FAA-accepted CAMP **and should not be used** (emphasis added). In order to support compliance with 14 CFR sections regarding the use of seat belts, assigned crewmembers should be aware of the possibility that passengers may attempt to use these extenders while on board their aircraft."

In essence, the FAA is suggesting a ban of passenger-provided seat belt extenders. However, seat belt extenders manufactured by AmSafe (the same company that supplies them to the airlines) are FAA-approved. So, if you have purchased a FAA-approved seat belt extender, why is the FAA now suggesting this ban? Are they now setting it up for airlines to charge for the use of onboard seat belt extenders? If there are more fat passengers on a flight than seat belt extenders onboard, do those passengers then get removed from the flight?

It is the position of NAAFA that this is a discriminatory practice in that it could limit the ability of fat passengers to fly. Since it is the FAA's "Vision" statement that "We are accountable to the American public and our stakeholders" we suggest that you contact the FAA to register a complaint.

Questions or comments regarding this "InFO" should be directed to the Part 121 Air Carrier Operations Branch, AFS-220 at (202) 267-8166 or call 1-866-TELL-FAA.

You may also contact the Department of Transportation Departmental Office of Civil Rights at 202-366-4648 or at its website at <http://www.dotcr.ost.dot.gov> to register a citizens' complaint. Reference FAA InFO 12012; dated 7/30/2012; Subject: Use of Passenger-Provided Seat Belt Extenders

SAMPLE LETTER:

RE: InFO 12012; dated 7/30/2012; Subject: Use of Passenger-Provided Seat Belt Extenders.

I wish to issue a citizen's complaint as a large-sized passenger that this decision by the FAA to ban personally provided seat belt extenders discriminates against us since there are a limited number of seat belt extenders available on each flight. The FAA's "Vision" statement claims "We are accountable to the American public and our stakeholders." If there are more plus-sized passengers than seat belt extenders available on a flight, are those passengers then removed from the flight? I ask that you withdraw this ban which could limit the ability of passengers to travel.

Knee Friendly Sex?

by Cinder Ernst



It's Sunday August 5, 2012. I just got home from The Conference. We had the best time! Today in between workshops we had a fitness free-for-all. Deb Burgard (<http://www.bodypositive.com>) taught us how to hula hoop. Marilyn Wann brought a small trampoline with a 400 lb weight limit for us to play on, and we danced to soul music. Deb even hula hooped while bouncing on the trampoline! I'm going to ask Deb to help me write a column on how to hula hoop . . . look for that soon!

Earlier this morning I attended a self defense workshop with Erica Neuman (<http://ericaneuman.com>). She was amazing. We learned to use our voices and body language to stop someone from approaching, and we did a few actual offensive maneuvers and kicks. She even taught us to use a kick from a lying down position. It was a powerful experience to use my voice and body in these ways.

But the most fun? The most fun was in the Sex, Attraction and Size

workshop on Saturday. I was on the panel with Virgie Tovar (<http://www.virgietovar.com>). We had a lively discussion that jumped around in several directions. One person asked about knee friendly sex positions. The best answer came from the floor: You know the wedges that you can use to elevate your upper body? You can turn that around and use it under your belly to support your lower body for doggie style. Just relax, turn your head to the side and bring it on! Can I say that in the newsletter? The sex wedge was talked about all weekend. You better make sure you come next year because you never know what great knee friendly fitness tips you'll miss!

And don't forget to pick up your free Quick Start Guide to Healthier Knees at www.lesskneepain.com so you can be ready for anything where ever you are!

Love, Cinder

Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafaonline.com/dev2>]

April 5, 2012: Patients receiving a cancer diagnosis have an increased risk of suicide and death from cardiovascular causes (heart attack) according to a new study. As nutrition researcher Paul Ernsberger points out, fat patients are commonly told by supposedly well meaning doctors that they will be dead within a year or two if they don't lose weight. These doctors may be causing their patients real harm.

<http://www.nejm.org/doi/full/10.1056/NEJMoa1110307>

May 20, 2012: A study looks at the effect of the TV show *The Biggest Loser* - not whether or not it is effective for weight loss, but whether watching this show increases weight bias in the viewers. It does - significantly.

<http://www.ncbi.nlm.nih.gov/pubmed?term=domoff%20obesity>

June 6, 2012: Australia's graphic public service announcements show visceral fat and warn of its dangers. However, a study published just before the PSAs began shows that far from being toxic, this tissue is a powerful tool for healing and should be considered the designated organ for tissue repair and healing in response to foreign invasion and tissue damage.

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0038368>
http://www.huffingtonpost.ca/2012/06/28/toxic-fat-psa_n_1634937.html

July 2012: *Utne Reader* offers an article talking about children, eating and body-image. Author Dawn Friedman provides insight into her own experiences and cites experts on ways to help children learn to trust and appreciate their own bodies.

<http://www.utne.com/mind-body/childhood-obesity-zm0z12jazros.aspx>

July 10, 2012: A study of post-menopausal women in the UK found that for each pregnancy, women tended to have a higher BMI, but for every 6 months of breastfeeding there appeared to be a 1% reduction in BMI. From this, the researchers make a very large leap to state this "would substantially reduce the number of obesity-related diseases and their costs."

<http://www.bloomberg.com/news/2012-07-10/breast-feeding-may-help-women-fight-obesity-decades-later.html>

<http://www.nature.com/ijo/journal/vaop/ncurrent/full/ijo201276a.html>

July 12, 2012: If a fat kid is getting bad grades, it is unlikely that the cause is fat according to a UK study. Overall, fat children tend to have slightly lower scores on exams, but the reason is more likely attributable to psychological and physical health or socio-economic circumstances.

http://www.sciencecodex.com/obese_kids_as_bright_as_thinner_peers-94922

<http://www.sciencedirect.com/science/article/pii/S1570677X12000718>

July 16, 2012: A study published in *Archives of Surgery* (accompanied by an invited critique) shows that weight loss surgery (WLS) for older men does not appear to reduce overall medical expenses when compared to fat men who do not have WLS.

<http://www.reuters.com/article/2012/07/16/us-bariatric-costs-idUSBRE86F13Y20120716>

<http://archsurg.jamanetwork.com/article.aspx?articleid=1217278>

<http://archsurg.jamanetwork.com/article.aspx?articleid=1217291>

July 16, 2012: FDA has approved the weight-loss drug Qsymia (formerly known as Qnexa). The drug is a combination of phentermine and topiramate and has been linked with a risk of birth-defects, increased resting heart rate, and mood disorders. Nutrition researcher Paul Ernsberger, PhD refers to it as "Son of Fen-Phen", and warns that phentermine is an addictive amphetamine that has been around since the 1960s, when it was a popular street drug.

<http://www.ddmag.com/news/2012/07/obesity-drug-wins-approval>

July 18, 2012: A slew of studies claiming that, globally, we are fatter and more sedentary than ever are used as the basis of a blog that, once again, confuses the issues of health and weight. [See the next entry for Carl Bialik's excellent blog pointing out the problems with at least one of these studies.]

<http://well.blogs.nytimes.com/2012/07/18/the-couch-potato-goes-global>

<http://www.biomedcentral.com/1471-2458/12/439/abstract>

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2812%2961031-9/abstract>

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2812%2960646-1/abstract>

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2812%2960816-2/abstract>

July 21, 2012: *Wall Street Journal* blogger Carl Bialik analyzes the shortcomings of a recent study (see previous entry, third link) that surmises that too much sitting can take years off your life, and discusses why correlation and causality are not the same thing.

<http://blogs.wsj.com/numbersguy/sitting-in-judgment-of-sitting-1153>

July 24, 2012: Jon Robison takes a historical perspective on why, even though most healthcare professionals understand that weight loss programs do not work, they keep promoting these methods.

<http://healthateverysizeblog.org/2012/07/24/the-haes-files-whats-missing-promoting-health-at-the-workplace-part-i>

July 25, 2012: A fat forklift operator sued when he was fired after asking for an extender for the seatbelt on his forklift. BAE, the employer, has since settled with the employee after the EEOC determined that BAE failed to provide a reasonable accommodation under the ADA.

<http://jobs.aol.com/articles/2012/07/25/forklift-operator-ronald-kratz-obesity-discrimination>

July 26, 2012: *USA Today* warns that most weight loss products are not approved by the FDA and that the Federal Trade Commission lacks the resources to keep up with prosecuting false advertising by the weight loss industry, which has doubled in the last 10 years.

<http://www.usatoday.com/money/industries/retail/story/2012-07-26/weight-loss-scams-diet-pills/56511566/1>

July 31, 2012: An ASDAH roundtable responds to some common questions fat people face, such as "Isn't fat unhealthy?", "What's wrong with wanting to be

thinner?", among others. Despite the unfortunate title, it is a great resource for everyone who has heard (and will probably hear again) these questions.

<http://healthateverysizeblog.org/2012/07/31/haes-matters-the-skinny-on-fat-and-thin>

August 2012: A study in the *International Journal of Obesity* (published online in 2011) concludes that there is no clear evidence of an association in Hispanic adults between fatness and an elevated mortality rate.

<http://www.nature.com/ijo/journal/v36/n8/full/ijo2011194a.html>

August 1, 2012: Two recent studies explain why most exercise does not lead to significant weight loss. It was once believed that exercise increased metabolic rate and offset the decrease in metabolic rate brought on by dieting. It turns out this is not the case.

<http://well.blogs.nytimes.com/2012/08/01/dieting-vs-exercise-for-weight-loss>

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0040503>

<http://www.ncbi.nlm.nih.gov/pubmed/22681398>

August 1, 2012: Julie Relevant shares some strategies in helping your child grow up with a positive body image and a healthy relationship with food.

<http://www.foxnews.com/health/2012/08/01/how-to-build-positive-body-image-in-your-child>

August 4, 2012: Doris Smeltzer, who blogs about advice for parents of children with eating disorders, posts about her positive experience attending NAAFA's General Meeting and the Alliance Reception which followed.

<http://www.eatingdisordersblogs.com/parents/2012/08/a-night-with-naafa.html>

August 5, 2012: Done Dieting posts in response to "Etiquette Expert" William Hanson's repeated assertion in the UK that all women over 50 and any woman under 50 with less than a perfect body should not appear at the beach in a bikini. As Done Dieting correctly points out, this is the personal choice of the person donning a bikini and nobody else's business.

<http://neverdietagainuk.blogspot.ch/2012/08/dare-to-bare.html>

August 5, 2012: Women competing in the 2012 Summer Olympics are responding to media attacks on their bodies, letting people know that athletes come in all sizes and disparaging comments about their bodies are not only unwelcome but absolutely inappropriate.

<http://www.reuters.com/article/2012/08/05/us-oly-women-bodies-day-idUSBRE8740K120120805>

August 6, 2012: Although there is no official weight limit for live organ donors, most transplant centers cap donor BMI at 35. Doctors worry about fat donors' health even though major complications following surgery are rare among fat donors, and no studies have followed fat kidney donors for a significant period of time.

<http://well.blogs.nytimes.com/2012/08/06/transplant-centers-struggle-with-donors-obesity>

August 7, 2012: Fat people with Type 2 diabetes tend to live longer than people who are of average weight or thin at the time of diagnosis according to a new study. Labeling the results as another obesity "paradox", the lead researcher posits her own (unsupported) opinion that the thinner patients must be predisposed to worse health.

<http://www.reuters.com/article/2012/08/07/us-is-there-an-obesity-paradox-in-diabet-idUSBRE8761AZ20120807>

<http://jama.jamanetwork.com/article.aspx?articleid=1309174>

August 9, 2012: A recent study claims to find that weight loss surgery survivors have no greater risk of bone fractures. However, the average post-surgery follow-up period was only 2.2 years; at 3 to 5 years, fracture risk actually increases, possibly due to the cumulative effect of nutritional deficiencies. This seems to be a case where the headline is contradicted by the small print.

<http://www.medpagetoday.com/Surgery/GeneralSurgery/34118>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3413006>

August 9, 2012: Highlighting the importance of body image, a study finds teens who perceive themselves as fat (although of average weight) are more likely to be fat in adulthood. Lead researcher Koenraad Cuypers suggests moving away from a focus on weight and instead emphasizing healthy eating habits, as well as showing kids that all bodies are beautiful as they are.

<http://www.stoneheartnewsletters.com/thinking-youre-fat-makes-you-fat/human-behavior-self-esteem>

<http://www.hindawi.com/journals/jobes/2012/601872/abs>

August 13, 2012: Tante Terri at the Fatties United blog takes on the issue of global fatness (see July 18 and 21 entries above) in two posts, first trying a BMI calculator that determines that she's a long lost Tongan, and next tearing apart one of the studies that warns that The Fatties Will Eat the World.

<http://fattiesunited.wordpress.com/2012/08/12/i-am-fatter-than-everybody-wheres-my-crown>

<http://fattiesunited.wordpress.com/2012/08/13/seriously-the-fatties-are-not-going-to-eat-the-world>

August 14, 2012: Related to this month's call to action (see article above), *USA Today* talks to NAAFA's Peggy Howell and NAAFA founder Bill Fabrey about the FAA's ruling banning personal seatbelt extenders.

<http://travel.usatoday.com/flights/story/2012-08-13/FAA-to-big-fliers-Leave-your-seat-belt-extend-ers-at-home/57040134/1>

August 14, 2012: A study claims that a history of weight cycling (yo-yo dieting) does not impede future weight loss or metabolic improvements in postmenopausal women. To us, this seems obvious; of course yo-yo dieters are good at going on diets; their track record proves that. What they're bad at, through no fault of their own, is keeping the weight off and feeling good about themselves. And, not surprisingly, this study says nothing about those things.

<http://www.metabolismjournal.com/article/S0026-0495%2812%2900241-7/abstract>

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