



**national association
to advance
fat acceptance**

NAAFA Newsletter

August 2013

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NAAFA Moving Forward!

Fat activists, admirers and supporters of all sizes from across the U.S., Canada, Germany, Norway, Sweden and the U.K. gathered to attend the 2013 NAAFA Annual Convention & Expo held at the Las Vegas Westin Hotel, Casino & Spa in Las Vegas, NV. During the Annual General Meeting on Friday afternoon, NAAFA Chairperson Jason Docherty reviewed NAAFA's accomplishments over the last year and introduced new educational and support materials to assist people of all sizes to continue to move forward promoting NAAFA's Equality At Every Size and End Bullying Now campaigns.

Highlights of the convention included:

- End Bullying Now t-shirts for every registered attendee donated by Big Dogs
- Dynamic keynote speakers: 2011 Ms. Plus America, Michelle Anderson; Nomada What Productions CEO, Lynne Hurdle-Price; Chubstr Media founder & CEO, Bruce Sturgell; and author, researcher and nutrition professor Dr. Linda Bacon.
- A vendor expo reception.
- An announcement of new Guidelines for Nutritionists and Dietitians.
- The introduction of End Bullying Now fact sheet.
- Fashion Show Extravaganza featuring Oakland, CA promoter, Tigress Osborn, and the Full Figure Entertainment models wearing the latest in big, beautiful, designer clothing worn by big beautiful women.
- Special entertainment from the Jewels of Miehana and the fabulous Fatimas.
- A stellar line-up of informative workshops covered such topics as setting boundaries, knee friendly movement, water aerobics, dance, fat friendly yoga, financial literacy, strategies to reduce joint pain, "plus size" fashion blogging, size diversity in the workplace, health, a gentlemen's quarterly and more.
- A lively town hall discussion.
- End Bullying Now: Get Involved featured the progress made by the NAAFA OC Chapter and shared how others can take this campaign to their home towns.

August Video of the Month

End Bullying Now Campaign
2013

For those of you who were not able to attend the End Bullying Now: Get Involved event on Monday, July 29th in Las Vegas, you'll be excited by this short video of the work that has been done in less than one year by the incredible new NAAFA Orange County Chapter in California.

The End Bullying Now campaign has been shared with children in schools in Orange County. Chapter members have partnered with Disney, the Anaheim YMCA, and KaBoom to build a playground for children in their community. Additionally, the LA Blues soccer team is supporting End Bullying Now in their games and in the media. Enjoy!

<http://youtube.com/watch?v=CKdfYsTDy8Q>

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NAAFA's Board of Directors thanks all attendees for supporting the organization and its programs. We invite fat activists, admirers and supporters of all sizes to attend next year's convention, which promises more learning, sharing, moving and caring!

ACTIVISM ALERT: PENN STATE, DON'T DISCRIMINATE AGAINST EMPLOYEES!



By Darliene Howell

Earlier this month, the Board of NAAFA was alerted to a "health improvement" program being instituted January 1, 2014 for employees of Pennsylvania State University. If employees do not agree with this program and refuse to participate by either stepping on a scale or having their waist measured, they could potentially incur a penalty of up to \$100 per month.

After reading the NPR article (<http://tinyurl.com/n6r3z8j>), I wrote to Rodney Erickson, President of the University, along with Joseph Mattivi, the Human Resources Analyst for the University's Administration area. My comment was based on the belief, which has been backed up by studies, that wellness programs that include punitive measures or differential rewards

based on health status factors, including a person's cholesterol, blood pressure, weight or body mass index are discriminatory practices.

I received a reply from the Vice-President of Administration, Thomas Poole saying, "Thank you for your email sharing your thoughts on the healthcare initiative. I'll be sure the President sees your note, as well as the Vice President for Human Resources."

We all have an opportunity to make a difference in the implementation of this program. If you'd like to send an email expressing your thoughts on the program as a discriminatory work practice, you can contact University President Rodney Erickson at president@psu.edu and/or Susan Basso, Vice-President of Human Resources, at smb43@psu.edu.

Additionally, a Change.org petition has been started, "Stop the New Penn State 'Wellness' Program Surcharges." You can add your signature to the petition by going to: <http://www.change.org/petitions/penn-state-president-rodney-a-erickson-benefits-office-and-trustees-stop-the-new-penn-state-wellness-program-and-its-surcharges>

My First Convention Experience

By: Dawn Jett

I was so nervous about going to my first NAAFA convention, but that quickly gave way to excitement. The first thing I experienced was a very warm welcome and a packet full of yellow chili beads. It was explained to me what the chili beads represented by color; right then and there any shyness I had evaporated because in my hand was the perfect ice breaker. The rules were simple, I was new and when someone introduced them self to me I was to give them one of the yellow chili beads I had and, if I preformed certain tasks, I would in turn receive one of the other many colors offered. I was so excited that I began introducing myself to everyone and giving them my beads. By the end of convention, I had accumulated 28 beads.

The wealth of speakers was phenomenal, I learned so much. The speakers themselves were very down to earth. Not only did they teach, they interacted with us on a personal level and I engaged in many conversations with them outside of the workshops. This small gesture made all of the activism work I wish to engage in very much in the realm of possibility.

The wealth of entertainment made for a very fun and uplifting atmosphere. It charged up the very spirit and made one's mind over-flow with all of the



possibilities. My personal favorite was during the talent contest when a convention attendee actually wrote a murder mystery for all of the audience to solve. It was very inventive and fun and with all of the actors and actresses it was a hilarious good time. The Karaoke was also great; we had so many guests that were overflowing with talent.

In conclusion I have to say that I am very thankful for having the chance to go. If it weren't for the scholarship program, I wouldn't have been able to do so. I am very grateful for my sponsors, as well as all the other sponsors who made this a reality not only for me but for others. I would also like to thank the people of NAAFA who care enough to help facilitate the much needed changes in this world.

Very Special Thank You!



A big fat "thank you" to Donna Frey, NAAFA Board Member and Director of Convention Operations, and her staff:

Erica Chappell, Angelica Negrete, Alexandra Dominguez, Flower Valdez, Ronda Wood, Connie Bottini and Louise Sarigumba.

These ladies have registered, fed, served, run errands, informed and educated us for the last two years at our NAAFA annual convention. Without their selfless work and dedication to our cause, these NAAFA conventions would not have been the same.

Several members of this incredible team are also officers in our NAAFA-OC Chapter, which has taken Orange County, California by storm. These dedicated activists have taken the End Bullying Now campaign to schools in Anaheim, CA; have enlisted the LA Blues professional soccer team to support the program; and partnered with Disney, the YMCA and KaBoom to build a much needed playground in a nearby neighborhood. Congratulations and big fat thanks to this new chapter which is less than one year old!

Three Big Winners for Fund-raising Travel Raffle!

Las Vegas came through in a big way this year with donations for the 2013 NAAFA Travel Raffle. We were able to secure packages from three fantastic locations in the bustling city of Las Vegas, NV, resulting in three excited winners.

Denise Ingberg won a two night stay in a Cityscape Room at the Mandarin Oriental Hotel, a fabulous boutique hotel and serene oasis in the middle of the hustle and bustle of the Las Vegas Strip. The package includes daily American Breakfast for two at Mozen Bistro.



Ellen Dill is the winner of a two night, three day stay including a meal for two at the Garden Buffet and two

tickets to The Showroom at South Point Casino and Spa in Las Vegas, which offers a 16-screen movie theater, bowling alley, casino and full service spa.



Ronnie Mellantine will be returning to our host hotel for a two night deluxe stay at the Westin Hotel, Casino & Spa on Flamingo Rd., only a couple of blocks from the Strip and all the action of Las Vegas.

Congratulations to our big winners and thank you all for your continued support of NAAFA and its programs. Your generosity helps support NAAFA's End Bullying Now and Equality At Every Size campaigns.

Motion is Lotion



By Cinder Ernst

At last month's NAAFA Convention & Expo, I taught a live workshop called "Five Proven Strategies to Reduce Joint Pain". Two of the strategies are exercises because motion is lotion. When I brought this up someone made a joke wondering if we were in a sex workshop...ha! It was a good moment. But seriously how does motion is lotion relate when you have pain?

Pain is a signal to do something differently. It is important to pause when you have pain and then chose your next step wisely. There are many useful remedies for pain but today I want to teach you how small exercises can sometimes relieve pain.

Let's say your back hurts. Sit down for a minute take a deep breath. Now try a couple pelvic tilts

(if you need instructions- <http://cindersays.com/2012/03/28/up-down-all-around-abs>)

You may notice you "feel" the pelvic tilt in your back. That is because when you do a pelvic tilt your abdominal muscles (front of spine) contract, so your back muscles must stretch a bit to accommodate the contraction. They are opposing muscles. I have a client who describes this feeling in her back as "my back is saying hello". This gentle movement should lead to a gentle feeling and this is where motion is lotion comes in. If a gentle exercise brings a bit of relief, you are on the right track, like the tin man and his oil can.

If the movement you choose makes matters worse, stop right away. You can try something else or you can rest for now. I have lots of small steps that are targeted to not only reduce pain but to build strength too. Never underestimate the power of a well designed small step.

If you'd like more of my gentle exercise wisdom, go to <http://lesskneepain.com>

Love,
Cinder

Media and Research Roundup

by Bill and Terri Weitze
 [There's more news at <http://naafa.org>]

October 31, 2012: A review article from Australia looks at the physiological changes that cause most dieters to regain the weight lost. Diet-induced weight loss triggers complex reactions in the body that encourage regain.
<http://www.clinsci.org/cs/124/cs1240231.htm>

July 2013: Eliza Gershstein is creating a resource for the fat community with her Rad Fatties map. Rad Fatties are invited to put a "pin" on the map so we can find each other, and possibly organize local meet-ups. What a great idea!
<https://docs.google.com/forms/d/1CdHxN5OZ-P6DIS6dR82inJPg-9CeXABpwagc0wMb0us/viewform?pli=1>

July 8, 2013: Fat acceptance proponents Deb Burgard, Golda Poretsky, Marilyn Wann, and Virgie Tovar discuss whether fat is a disease on HuffPost Live, along with a doctor who approves of the disease label. How nice to have the fat activists in the majority for once!
<http://live.huffingtonpost.com/#r/segment/iamnotadisease-do-fat-people-need-a-movement/51c9d00178c90a033c000076>

July 8, 2013: Selling weight loss products is big business and is predicted to get even bigger according to a press release from Markets and Markets. The marketing company predicts sales of these products will reach \$139.5 billion by 2017.
<http://online.wsj.com/article/PR-CO-20130708-903278.html>

July 10, 2013: A recent study finds a low correlation between physical activity and obesity. While increasing physical activity has little effect on weight, it does seem to improve health. We think that once you remove weight loss as a goal, the health benefits (and fun) of body movement can be worth the time invested.
<http://www.pophealthmetrics.com/content/11/1/7/abstract>

July 15, 2013: Medscape.com offers a four-part article with discussions by three physicians on why they feel the classification of obesity as a disease is not appropriate, and one physician who thinks the classification may not be appropriate but views it as necessary.
<http://www.medscape.com/viewarticle/807696>

July 15, 2013: A study published in Pediatrics concludes there is an association between physical punishment (in the absence of other maltreatment) of children and an increased risk of various physical health conditions, including fatness. A commentary to the study notes that physical punishment in the United States is nearly universal and questions the study's methodology.
<http://pediatrics.aappublications.org/content/early/2013/07/10/peds.2013-1631.extract>
<http://pediatrics.aappublications.org/content/early/2013/07/10/peds.2012-4021.abstract>

July 16 and August 6, 2013: The Health at Every Size Blog continues its series republishing Barbara Altman Bruno's history of the HAES movement. The current posts look at the 1990s, when the diet industry fought back against lawsuits and Congressional hearings.
<http://healthateverysizeblog.org/2013/07/16/the-haes-files-history-of-the-health-at-every-size-movement-the-early-1990s>
<http://healthateverysizeblog.org/2013/08/06/the-haes-files-history-of-the-health-at-every-size-movement-the-mid-to-late1990s-part-4>

July 16, 2013: Sandra Adamson Fryhofer, MD summarizes how the AMA came to classify obesity as a disease and offers some pros and cons for the classification. She questions the use of BMI as a diagnostic tool and holds out hope that the new guidelines being developed by the National Heart, Lung, and Blood Institute will provide a better diagnostic tool for obesity.
<http://www.medscape.com/viewarticle/807605>

July 17, 2013: Patients with high blood pressure who don't take their BP medication have a 300% increased risk of stroke. Since fat patients are more likely to skip doses (possibly due to poverty and poor self-image), this may completely explain the increased stroke risk for fat people.
<http://www.medpagetoday.com/Cardiology/Hypertension/40511>
<http://eurheartj.oxfordjournals.org/content/early/2013/07/09/eurheartj.eht219.abstract>

July 17, 2013: Peggy Howell discusses the obstacles fat people face when flying. She tells of trying to meet with airlines to discuss the issues (Delta Airlines was

the only airline that participated), as well as recent changes that have made things worse for fat air passengers.

<http://vegasseven.com/latest/2013/07/17/unfriendly-skies>

July 18, 2013: Gay boys are now allowed in the Boy Scouts, but discrimination isn't over for all boys. Fat boys can still be Scouts, but fat Scouts are excluded from certain events and programs, based on BMI. The Well-Rounded Mama blog discusses weight-restriction in the Scouts and tells of her personal experience when her son faced exclusion from the Boy Scout's Jamboree and their High Adventure Programs. Other stories on the Boy Scouts weight restrictions are also linked below.

<http://wellroundedmama.blogspot.com/2013/07/one-little-pound-boy-scouts-and.html>

<http://www.wjla.com/articles/2013/07/boy-scouts-ban-obese-members-from-national-scouts-jamboree-91594.html>

<http://www.cnn.com/2013/07/19/health/boy-scouts-bmi>

<http://thinkprogress.org/health/2013/07/19/2327431/boy-scouts-summer-program>

July 18, 2013: It's good to see a member of the weight loss establishment admit that the human body resists weight loss. In fact, Dr. David Katz has created the National Exchange for Weight Loss Resistance. Sadly, though, the website turns out to be a showcase for all kinds of diets.

<http://www.detroitnews.com/article/20130718/LIFESTYLE05/307180011/It-s-not-just-your-head-Bodies-fight-weight-loss>

July 18, 2013: Researchers evaluating community-based weight management program for "severely obese" teens find that, 9 months after the program ended, the teens completing program had a significant weight regain but continued to implement healthy behaviors. Instead of recognizing the benefit of healthy lifestyle choices, the researchers conclude that extending the program will prevent regain.

<http://online.liebertpub.com/doi/abs/10.1089/chi.2012.0147>

July 22, 2013: NAAFA asks the Boy Scouts of America to reconsider its BMI restrictions for participation in BSA summer activities such as the Jamboree, because NAAFA feels it is not only discriminatory to fat Scouts but also engenders negative attitudes towards larger people.

<http://www.foxrio2.com/84799/boy-scouts-to-reconsider-bmi-restrictions>

July 23, 2013: Judith Shulevitz understands that there are many reasons why people are fat, and that there is no known way to achieve long term significant weight loss for most people. She points out that the Food and Drug Administration rules on the efficacy of weight loss drugs are very low, and approving these ineffective drugs with serious side effects will not help anyone. While it's problematic that she views fatness as a problem in and of itself, and seems to be in favor of the AMA's designation of "obesity" as an illness, her stance against stigma is welcome.

<http://www.newrepublic.com/article/113931/obesity-drugs-and-weight-loss-how-we-fail-fat-people>

July 25, 2013: BuzzFeed.com presents samples of anti-childhood-obesity ads from the United Kingdom, the United States, and a general anti-obesity ad from Belgium. While the UK ads are supposed to be aimed at parents of fat children, all of the ads present fat people as unacceptable, and can encourage fat prejudice.

<http://www.buzzfeed.com/copyranter/new-simple-hard-hitting-childhood-obesity-ads>

July 25, 2013: An association between the height of post-menopausal women and risk for certain types of cancer has been found according to a recent study. Sound familiar? Not really, because in this case, researchers say that the association has no important clinical applications; that is, doctors will not be urging women to try to lose height.

<http://www.medpagetoday.com/HematologyOncology/OtherCancers/40684>

<http://aje.oxfordjournals.org/content/177/1/93.short>

July 25, 2013: Researchers find that many obese patients receiving kidney transplants have the same overall survival benefit as other patients, suggesting that obese patients should have equal access to donated kidneys.

<http://www.medpagetoday.com/Nephrology/ESRD/40679>

<http://onlinelibrary.wiley.com/doi/10.1111/ajt.12331/abstract>

July 25, 2013: When a significant other urges their partner to lose weight, the result may be weight loss but often at the cost of health. The partner will often engage in extreme dieting including fasting, using diet pills, and vomiting. A better

option is to concentrate on long term healthy behavior, something everyone can benefit from whether or not weight is lost.

<http://medicalxpress.com/news/2013-07-significant-extreme-dieting.html>
<http://www.ajhpcontents.com/doi/abs/10.4278/ajhp.120120-QUAN-57>

July 26, 2013: Weight discrimination does not lead to weight loss, but rather to an increased risk of obesity according to a recent study. The researchers say that weight discrimination causes people to refuse to diet and to binge eat. While this may be so for some people, the researchers have obviously missed the point that people who diet in reaction to weight discrimination often end up regaining the weight lost and then some.

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0070048>

July 27, 2013: New Zealand is refusing to renew chef Albert Buitenhaus work visa because of his weight, even though he weighs less than when he entered New Zealand six years ago and has no current health issues. For many years, New Zealand has had a policy of barring immigration to people who might be a drain on the national health system.

http://www.huffingtonpost.co.uk/angela-meadows/healthy-fat-chef-too-unhealthy-to-live-in-new-zealand_b_3663813.html

July 29, 2013: Looking for a fat-hate update? Katie Halper provides a list of current fat-discrimination stories that are currently in the news, letting us know that fat hating is still with us and doing fine.

http://www.salon.com/2013/07/29/the_six_most_disturbing_fat_shaming_cases_in_recent_memory

July 29, 2013: You would think that someone who is against the AMA's classification of obesity as a disease and does not want his health insurance dollars to support the weight loss industry would be a fat ally. Nope. Larry Mendte says that being fat is horrible and that fat people simply eat too much of the wrong stuff.

<http://kplr11.com/2013/07/29/why-the-ama-labeled-obesity-as-a-disease>

July 29, 2013: I don't know if Dodai Stewart is trying to make me laugh or cry, but she does educate by presenting a list of 89 "simple" steps to weight loss that runs through the flip-flopping history of the weight loss industry's claims, including links to articles about those claims. I am sure many of us are all too familiar with the items on this list.

<http://jezebel.com/how-to-lose-all-the-weight-you-want-in-just-89-simple-s-593183>

July 30, 2013: The ASDAH blog features an interview with Rebecca Puhl, Ph.D., whose weight stigma research "tells us that the message should really be about supporting and empowering people, regardless of body size, in their efforts to engage in healthy behaviors." While this message is welcome, continually saying that "obesity" is a huge problem, as Dr. Puhl does, only contributes to stigma in practice.

<http://healthateverysizeblog.org/2013/07/30/building-bridges-interview-with-rebecca-puhl-part-1>

July 31, 2013: M. Veera Pandiyan, a man living in Malaysia who has struggled with his weight, now seems more interested in fighting against fat bias and learning to live at peace with your own body. He thinks an organization like NAAFA is needed for the people of Asia.

August 1, 2013: Stanford University researchers find that the vitamin D receptor (VDR) is the key to switching energy-storing white fat cells to energy-burning brown fat cells. Researchers are already trying to develop a weight-loss treatment based on the findings.

<http://med.stanford.edu/ism/2013/august/brown-fat.html>
<http://mend.endojournals.org/content/early/2013/08/01/me.2013-1037.abstract.html>

August 6, 2013: Time to stop panicking? Childhood fatness rates have fallen generally in the United States among poor people, reversing a long term trend, according to the CDC. (As usual, stay away from the comments if you want to maintain your stability.)

<http://www.nytimes.com/2013/08/07/health/broad-decline-in-obesity-rate-seen-in-poor-young-children.html>

August 2013: A study of an adult community-based behavioral weight-loss treatment claims that 87% of the participants lost "significant" weight and kept it off at 18 months. But a close look at the numbers reveals that, of the 90 people in

the study at the start, only 20 achieved that "significant" loss (about 10 pounds). Plus, 18 months isn't long enough to prove lasting weight loss.
<http://www.sciencedirect.com/science/article/pii/S0005796713000764>

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.

On the web: <http://www.naafa.org>

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