



**national association
to advance
fat acceptance**

NAAFA Newsletter

**National Association
to Advance Fat
Acceptance**
August 2015

Dear Reader,

We hope you enjoy this month's newsletter. If you are interested in writing an article for an upcoming issue, please contact Peggy Howell at pr@naafa.org

In This Issue

[Simple Actions Can Lead to Big Results](#)

[Massachusetts Bill Moving Forward](#)

[Activism Update: Epipen and Auvi-Q Too Short for Some Kids](#)

[Making an Impact at I.M.P.A.C.T.](#)

[Stretch Those Strings!](#)

[Media and Research Roundup](#)

Simple Actions Can Lead to Big Results



by Peggy Howell

NAAFA received a letter last week through the "Share Your Story" feature on our website. A very angry and frustrated mother from Massachusetts shared that her daughter visited an amusement park in New Hampshire with a group of her friends where she was bullied and humiliated by a staff member because of her body size. This mother was livid. Not only did she send an email to the management of the amusement park, but phoned and spoke directly to a staff member who had a very cavalier attitude about the whole situation. In an effort to tell someone who cares, she wrote to NAAFA.

NAAFA Chair Darliene Howell wrote to Angry Mom expressing our sympathy and support. Since Angry Mom lives in MA, Darliene shared with her that a bill that would add height and weight to the anti-discrimination laws of MA will be considered when their house is back in session. She encouraged Angry Mom to write to Representative Byron Rushing expressing her support of this bill. And a new size advocate is born!

As a NAAFA supporter, you are already an advocate for people of size, but I would like to encourage you to do more. Some people are afraid of their concept of activism. They don't want to dye their hair purple and carry a picket sign while marching on Washington. That's understandable because I don't especially want

Activism Can Be Fun!

August Video of the Month

In 2014, a group of people in the San Jose/San Francisco Bay Area got together and showed just how much fun fat activism can be. Check out the 2014 Fat Flash Mob video choreographed and created by Juicy D. Light and Alanna Kelly, filmed by Full Figure Entertainment (FFE).

http://youtube.com/watch?v=GPXrHmX_Qxo

Quick Links

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to do those things either. There are a lot of things we can do that don't necessarily seem like activism to us, but can make a big difference.

Activism can take a wide range of forms from writing letters and making phone calls to newspapers, politicians or targeted individuals and organizations, political campaigning, economic activism such as boycotts or preferentially patronizing businesses, rallies, street marches, strikes and sit-ins. Some activists try to persuade people to change their behavior directly, rather than to persuade governments to change or not to change laws.

Coming Out as a Fat Person can be considered activism in today's fat-hating society. It can be as simple as wearing a swim suit in public, joining a health club or gym and wearing workout clothes instead of baggy sweats, attending a size positive dance in pretty party duds or modeling in a plus-size fashion show. It can include activities such as becoming active in the PTA and volunteering at your kid's school. Encouraging a fat friend or neighbor to accept their self just as they are is radical activism!

Economic/Consumer Activism involves using economic power for change; boycott companies and organizations that do not agree with your political, religious, or social values. Conversely, it also means purchasing from those companies and organizations that do.

Internet Activism is the use of electronic communication technologies such as social media, especially Twitter, Facebook, YouTube, Instagram, email, and podcasts for various forms of activism to enable faster communications and delivery to a large audience. Internet technologies can be used for cause-related fundraising, community building, lobbying, and organizing. And we love fat positive blogs such as those you'll find on Tumblr. Your positive self-care can encourage others to do the same.

What action have you taken that, although you didn't think of it at the time, really is activism? Share your creative stories with us at pr@naafa.org and help encourage others to think outside the box to bring about positive change.

Massachusetts Bill Moving Forward



by Darliene Howell

A bill to add height and weight to the Massachusetts anti-discrimination law was introduced by House Representative Byron Rushing in 2013. Although it did not make it to a vote of the House at that time, it was reintroduced in the 2015 session as Massachusetts Bill H.1764, An Act Making Discrimination on the basis of Height and Weight Unlawful.

NAAFA's friend and ally, Linda Bacon, who had submitted testimony in favor of the Bill the previous session, was notified of H.1764 coming up for hearing last month. Although the bill was not heard at that time, on August 3, 2015, the bill was reported favorably by the committee on Labor and Workforce Development and referred to the committee on House Steering, Policy and Scheduling. This is an important step since this committee will determine if the bill will be scheduled for a vote by the full House of Representatives.

Massachusetts Bill H.1764 needs your support to survive. If you live in Massachusetts, I would ask you to contact Representative David Nagle, Committee Chair and Robert Koczera, Committee Vice-Chair, and ask them to support Massachusetts Bill H.1764. Additionally, please send a copy of your message to David VanderWoude of Representative Rushing's office, letting him know of your support for this bill.

David.Nangle@mahouse.gov
Robert.Koczera@mahouse.gov
david.vanderwoude@mahouse.gov

Every message counts if we are to make a difference in eliminating discrimination based on body size. Thank you for taking action!

Activism Update: EpiPen and Auvi-Q Too Short for Some Kids



by Darliene Howell

At the 2013 annual meeting of the American Academy of Allergy, Asthma & Immunology, a study was presented where the researchers used ultrasound to measure skin-surface-to-muscle depth at defined distances down the thigh and leg in 93 children seen at pediatric allergy clinics. It was found that **82% of obese children and 25% of non-obese children had skin-surface-to-muscle depth greater than needle length**. The study suggests injecting it in the lower thigh of the child. However, even at a distance of three-quarters of the way down the thigh, skin-surface-to-muscle depth was greater than needle depth in 17% of obese children and 2% of non-obese children.

Note that this suggested change in the injection area did not come from the manufacturers and they may not be held responsible should that be done and the injection still fails.

This study reinforces the need for the manufacturers of the epinephrine autoinjectors to offer an autoinjector with a longer needle for people with larger bodies, even children.

Additionally, Mylan and Sanofi should provide educational material to healthcare workers, childcare workers, teachers and parents that their current product may be inadequate in delivering this potentially life-saving medication, depending upon the patient's/child's body composition. This is critical since there are already nine states that REQUIRE epinephrine autoinjectors be on hand in schools, yet the school personnel may be unaware of any problem with needle length. Nevada is one of those states. We have friends that are teachers here (even one with severe allergies herself) that were not aware of this problem.

Please sign and share this petition with everyone you know! It could be critical to saving the life of someone you know and love. <http://tinyurl.com/nt3wskn>

Making an Impact at I.M.P.A.C.T.



by Darliene Howell

Last month, the End Bullying Now - Clark County Team was invited to make an anti-bullying presentation to kids at the I.M.P.A.C.T. Wellness Center's "Kidz Kamp 2015". I.M.P.A.C.T. is a nonprofit organization that provides affordable and high quality educational, behavioral, recreational, and counseling services to individuals and their families.

We were delighted to share with the group of kids ranging from ages 5 to 12 years about the differences between rude or mean behavior and bullying behavior, the meaning of empathy, and how to change from being a bystander to an "upstander"!

I believe we made a positive impact with these kids and had some fun while learning! We shared information and reinforced their understanding of the concepts using games that were developed by Donna Frey's Orange County Team. Each of the kids signed a pledge to End Bullying Now and received End Bullying Now stickers and wrist bands to remind them of what they pledged to do.

Stretch Those Strings!



Hello NAAFA Friends,

I know I harp on this a lot and here I go again. Hamstring stretching!

Your hamstring muscle is the back of your thigh. When this muscle is tight it can create more knee, back and hip pain. Conversely, if you create some flexibility in this muscle you can alleviate some of that pain. The calf muscle (back of lower leg) will often get stretched in this process too, which is a GREAT BONUS! Tight calf muscles contribute to knee and foot pain, so more flexibility here will help lessen pain as well.

Check out this video of how to stretch your hamstring muscle in a chair. Please note that I say hold for 30 seconds. I'd like to amend that to 15 seconds or less. Let it feel sweet and easy to do.

<https://www.youtube.com/watch?v=F4v7mw4GCvY>

As always, if you have a question or need some extra help, ask me!
coach@cinderernst.com

Love,
Cinder

Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and

<http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

May 27, 2015: In a TEDx talk, model and body activist Ashley Graham tells her story of self discovery during her early days as a "plus size" model, and why she objects to the phrase "plus size", preferring "my size".

<http://bodyimage.waywire.com/video/Plus-size-More-Like-My-Size-Ash>

June 4, 2015: Low calorie diets are often accompanied by bone loss, which loss is not recovered by weight regain. Researchers have found that a treatment commonly used for type 2 diabetes (GLP-1 RA) increased bone formation and prevented bone loss after weight loss through a low calorie diet. Or you might just skip the low calorie diets and bone loss altogether.

<http://www.diabetesincontrol.com/articles/53-diabetes-news/18215-glp-1-receptor-agonists-reduce-bone-loss-during-weight-loss>
<http://press.endocrine.org/doi/abs/10.1210/jc.2015-1176>

July 7, 2015: Routledge, the world's leading academic publisher in Humanities and Social Sciences, has put together a group of articles on body image from the

perspective of gender. The series are available for free until the end of September 2015.

<http://explore.tandfonline.com/page/bes/gender-body-image>

July 23, 2015: Taunya English wants to know if obesity is a disease, and she does a good job discussing the pros and cons of the issue helped out by Substantia Jones of the Adipositivity Project.

<http://www.newsworks.org/index.php/local/the-pulse/84301-is-obesity-a-disease>

July 24, 2015: Regan Chastain takes on physician Waqas Khan and his "Miss Fatty" video, which clearly demonstrates Khan's bigotry towards fat people. Thanks to the actions of Regan and others, the video has been removed from the KevinMd website. Other activism suggestions are included at the end of the blog.

<https://danceswithfat.wordpress.com/2015/07/24/waqas-khan-is-a-bigot-who-should-never-practice-medicine-again>

July 24, 2015: An article looking at data from food diaries, logs of food purchases, and measures of the food supply concludes that Americans are consuming less calories. From this data point, a lot of assumptions are then made as to the reasons for the reduction of calories.

<http://www.nytimes.com/2015/07/25/upshot/americans-are-finally-eating-less.html>

July 31, 2015: A study examines how the mother-daughter relationship can be used to promote body satisfaction and acceptance, as well as reducing the risk of eating disorders.

<http://www.academia.edu/14524981/>

[Mothers strategies to strengthen their daughters body image](#)

July 31, 2015: Skepchick Rebecca Watson looks at a study that claims bullying is an adaptive behavior with an evolutionary basis, and explains why the study shows nothing of the sort.

https://www.youtube.com/watch?v=ZRetS_9YNII

August 5, 2015: Researchers looking at the long term (5 year) effect of laparoscopic sleeve gastrectomy find significant weight regain and a decrease in diabetes remission as well as other comorbidities over time. Also of note, the study started with 443 participants and at the 5-year follow-up there were only 56 participants.

<http://www.reuters.com/article/2015/08/05/us-health-bariatricsurgery-longterm-bene-idUSKCN0QA2EP20150805>

<http://archsurg.jamanetwork.com/article.aspx?articleid=2422341>

August 11, 2015: Valerie S. takes the yoga she has learned in classes and modifies it for her fat body and finds she can do most yoga poses. She practices yoga for the calmness. Despite the amazing things Valerie does with her body, Valerie still feels she needs to lose some weight. (Sigh.)

<http://www.colorlines.com/articles/joy-alert-%E2%80%98big-gal%E2%80%99-yogi-you-should-be-following-instagram>

August 12, 2015: Listing six ways that fat people face discrimination, Sarah Landrum explains why fat discrimination is prevalent in our society and how the effects are insidious.

<http://everydayfeminism.com/2015/08/size-discrimination-facts>

August 14, 2015: Uzbekistan Airways has joined Samoa Airlines in weighing passengers before flights. Uzbekistan Airways, claiming safety concerns, will weigh each passenger and their carry-on luggage to determine the average weight of all passengers and luggage on the flight.

<https://www.yahoo.com/travel/step-on-the-scale-airline-to-weigh-passengers-126519860737.html>

August 14, 2015: A woman, who most likely injured her back from over exertion, still suffers today due to a fat-shaming doctor who wrote off her pain as a symptom of being 20 pounds overweight; an example of how healthcare fat bias can damage the health and wellbeing of fat patients.

<http://www.womenshealthmag.com/health/doctor-shaming-weight>

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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