

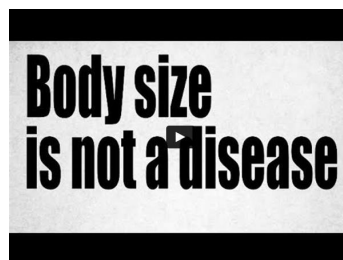


August 2018 NAAFA Newsletter

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Video of the Month



Netflix Hits an All-Time Low



Last month NAAFA circulated the following press release regarding a series titled *Insatiable*, to be available from Netflix starting in August. Following our news release and the HUGE response to the petition started by Florence Given from London, NAAFA was contacted by a PR firm who was putting together a resources page for those who might be negatively impacted by the series. NAAFA declined to be included on this resources page because of the possibility of implied support of the series.

We have requested feedback from the PR firm but have not heard back as of this writing.

###

BMI

BMI is a flawed measure and should never be used to determine one's worthiness. This month's video will not be new to most of you, but it's always good to be reminded of the basics. And it's always good to have a resource that explains the problem clearly in the event you need to education others.

<https://youtube.com/watch?v=uoNB2K2462k>

Quick Links

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

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[Toronto, ON, Canada](#)
[Capital \(DC\)](#)

Foster City, CA - NAAFA is infuriated to see that Netflix has agreed to distribute a fat shaming, bully promoting series aimed at teens. Rather than promote worthwhile productions that teach teenagers acceptance, inclusion and tolerance, Netflix has chosen to go for cheap sensationalism and extreme negative behavior as a model. There is nothing funny or entertaining about putting an actress into a fat suit, bullying, shaming and physically abusing her, then turning her into a revenge driven bully thereby perpetuating the cycle of violence.

That a man punching a young woman in the face is being portrayed as a positive act because it resulted in weight loss is unconscionable. The writers of this show have stooped to a new low. Misogyny and hate crimes are NOT appropriate content for teens. Destructive and abusive behavior is NOT an appropriate reaction to bullying for teens or anyone. Bullying is NOT entertainment. It has serious immediate consequences with very serious long term negative results. It is not acceptable at any age, social level or political station. A few facts about bullying include:

- 3.2 million students are bullied each year
- 17% of American students report being bullied 2 to 3 times a month or more
- 77% of students reported bullying to authorities
- 1 in 4 teachers see nothing wrong with bullying and will only intervene 4% of the time
- 100,000 students carry a gun to school
- School bullying and cyberbullying are increasingly viewed as an important contributor to youth violence, including homicide and suicide.
- Suicide is the 3rd leading cause of death in youth ages 10 - 24

NAAFA encourages you to sign the following petition which demands that Netflix cancel distribution of *Insatiable*: <https://www.change.org/p/netflix-stop-release-of-the-body-shaming-film-produced-by-netflix-insatiable>

[Clark County, NV](#)
[SF Bay, CA](#)
[Los Angeles, CA](#)
[Orange County, CA](#)
[End Bullying Now](#)

[Twitter](#)

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Monthly Meme: #EqualityAtEverySize





Ample App



We are delighted to announce NAAFA's cooperative work with Ample App, a review app to help people find all sorts of establishments that are friendly to marginalized bodies! Check out their announcement of our collaboration at <http://blog.isitample.com/2018/07/22/naafa-collaboration.html>

We encourage you to find or review an accessible, inclusive business or healthcare provider in your area. Click on their map at <https://www.isitample.com>

NAAFA Chronicles #31

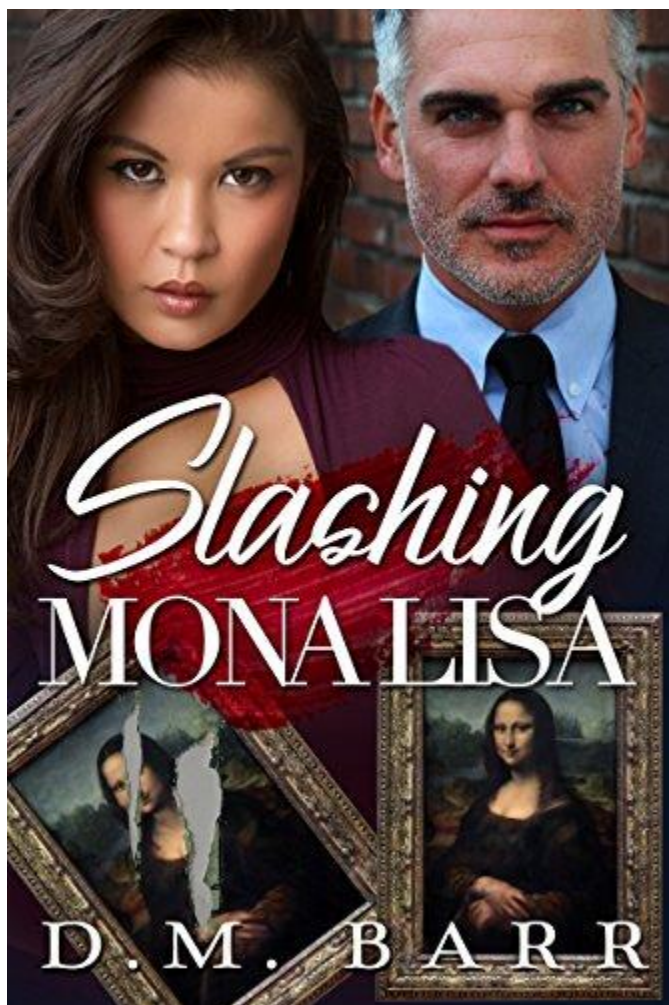
Enjoy NAAFA's 31st newsletter, September-October 1977, this month's NAAFA Chronicles feature:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Sept-Oct_1977.pdf

For more, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

Book Review: *Slashing Mona Lisa* by D.M. Barr

Reviewed by Darlene Howell



Trigger Warning: *Slashing Mona Lisa* contains a character that displays evidence of an eating disorder and other mental health issues.

The author's use of a group of ethnically and socially diverse characters is intriguing and entertaining.

There's a serial killer on the loose, eliminating owners of businesses that promote diet culture and fat stigma. But who is the killer? Are they attempting to bring attention to the societal problem of size discrimination? Or is it something else?

Synopsis:

The newest investigative reporter for a major "style and gossip" magazine, Camarin Torres, dreams of making a difference in the world by being "the world's first female Chamorro anti-discrimination crusader." On her first day of work, Camarin is told about the death of the owner of a weight loss clinic, which leads her to learn of

several other similar deaths. Since the deaths occurred all over the country, no one has noticed the pattern, except Camarin.

Slashing Mona Lisa follows Camarin in her quest to uncover the killer and leads to her being framed for murder, blackmailed, death threats made to those closest to her, untold secrets revealed, and finding the love of her life.

Media and Research Roundup

by Bill and Terri Weitze

February 7, 2017: Michelle Allison takes us through a history of humans, food and eating, and how this has led to diet culture that is intertwined with rituals, morals and ultimately a fear of death.

<https://www.theatlantic.com/health/archive/2017/02/eating-toward-immortality/515658>

May 11, 2018: Ellen Maud Bennett died after being diagnosed with inoperable cancer and given days to live. Ellen wanted people to know about the fat shaming she endured from the medical profession, feeling unwell for years and receiving only a prescription of weight loss.

<https://www.legacy.com/obituaries/timescolonist/obituary.aspx?n=ellen-maud-bennett&pid=189588876>

July 2018: Substania Jones talks about her latest version of the Adipositivity Project concerning the beauty of fat bodies and love.

http://zoomin.tv/video/#!/eng_gb/justme/830093

July 6, 2018: A seven month study for management of obesity, using a HAES (Health At Every Size) approach, resulted in many life and health improvements for the participants without weight loss.

<https://doi.org/10.1371/journal.pone.0198401>

July 9, 2018: Researchers attempt to identify molecular networks associated with human metabolic diseases such as type 2 diabetes, producing a model that may explain differences in responsiveness to treatment.

<https://doi.org/10.1093/nar/gky570>

July 26, 2018: Regan Chastain shares what she has learned about embarking on a fitness campaign while fat.

<https://health.usnews.com/health-news/blogs/eat-run/articles/2018-07-26/too-fat-for-fitness-lessons-from-a-plus-size-athlete>

July 30, 2018: Jon Robison provides a list of some red flags to look for when reviewing weight loss research, and explains what each flag means.

<https://www.linkedin.com/pulse/8-red-flags-weight-loss-research-how-spot-them-what-mean-jon-robison>

August 2, 2018: Virgie Tovar offers some practical advice for fat people dealing with healthcare professionals.

<https://ravisshly.com/medical-self-advocacy-fat-person>

August 9, 2018: A problematic opinion piece in the New York Times blames pretty much everything on fat folks; however, it does point out that making a priority of making good nutrition available would benefit millions.

<https://www.nytimes.com/2018/08/09/opinion/cost-diabetes-obesity-budget.html>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

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

Comments: pr@naafa.org

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

