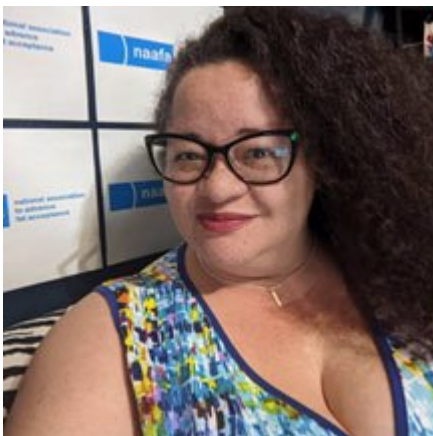




August 2021 NAAFA Newsletter

Fat Community Project Grants - An Update

by *Tigress Osborn*



In the two years following our 50th Anniversary conference, the NAAFA Board of Directors and the Future of NAAFA committee have looked for ways to revitalize membership and expand NAAFA's support of fat community. Inspired by the [Small](#)

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Video of the Month

"Good Day, LA"

[Project Across the Land \(SPAL\)](#) program administered by our friends at [NOLOSE](#), last year we rolled out the Fat Community Project Grants program. The goal of the program is "to provide financial support to NAAFA members and other members of fat community who wish to deepen their commitment to advocacy and support for fat people and/or to create projects that further educate fat people or the general public about fat rights."

Initially, we created three funding areas: Arts and Entertainment; Community Education; and Training, and Networking and Socializing. As we were finalizing schedules and processes for applying, our increasing focus on intersectionality and the global protests in the wake of the murder of George Floyd led us to develop a public statement in solidarity with Black Lives Matter. We added an additional grant category--Solidarity with Other Anti-Oppression Causes-- to help support people in fat community whose projects demonstrated an understanding that overcoming anti-fatness is not enough if our fat friends and others are still oppressed because of their other identities.

We created four grant periods for our then-upcoming fiscal year. We decided to accept applications quarterly so that applicants who miss a grant cycle could have another chance soon. We also decided to give grants in full up front (rather than having grantees spend money and wait for reimbursement) to facilitate more people being able to apply.

The first Fat Community Project Grants (FCPGs) were awarded on August 15, 2020 and the final grants for the first year of the program were awarded on May 15, 2021. NAAFA awarded 17 grants ranging from \$344 to the maximum amount, \$500, from 24 applications submitted. As of the time of this writing, one grant award was declined because the applicant received funding from another source which sufficiently covered the project expenses, and one project has been cancelled due to COVID-era hurdles that could not be overcome.

Long-time NAAFA supporter Dr. Lindo Bacon was recently contacted by, of all TV stations, a Fox News affiliate. Michaela Pereira of "Good Day LA," the morning show at Fox11 LA, interviewed Dr. Bacon regarding their work and particularly Health at Every Size.

In addition to exposing fans of the popular morning show to [HAES](#) concepts, Dr. Bacon emphasizes the intersectional understanding that body acceptance isn't only about weight but is also about other ways bodies are disrespected and oppressed, including racism and transphobia. It is so heartwarming to see this work get the recognition it deserves. Hope we see more!

<https://tinyurl.com/3r3p9yn2>

Quick Links

[NAAFA.org](#)

[Facebook Main Members Community](#)

Four projects have been completed: [RADCAMP](#) for Women fundraiser, Sustaining Black Lives Embodied virtual wellness retreat, a series of [fat-positive Zoom yoga classes for trans community](#), and harm reduction research and awareness campaign for fat people. We will provide further info about the outcome of these and the other pending grant projects in a future newsletter. Applicants have up to nine months to complete their projects, and we've approved extension requests from those who thought they'd be completed by now but encountered hurdles, usually due to COVID in one way or another.

We're proud of this program and we hope to continue it in some form or another in the future. However, at this time, we've decided not to initiate another Fat Community Project Grant cycle until more of the outstanding grants are completed and we can do a full review of the program, including reviewing administrative processes, allowing grant applicants to evaluate their experience with us, and assessing donor support. The final project deadlines for fiscal year 20-21 are in January 2022. These are difficult times for launching and completing new projects, but we have faith in our recipients and we look forward to sharing more with our members and community.

Anti-Racism Resources - Back to School *compiled by Darliene Howell*

Summer leads to preparation for the upcoming school year: buying books and helping students focus on education and learning. The anti-racism resources we share this month are aimed at BIPOC (Black, Indigenous, and People of Color) students and white allies who want to help.

COLLEGE STUDENTS

[Resources for Black College Students -- Wherever You Go to School](#)

This resource lists organizations that support Black college/university students financially, mentally, socially and in career development. Allies, please remember that you can help by donating to any of the resource groups listed.

[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health, and are used with permission.

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[Anti-Racism College Guide for AAPI Students and Allies](#)

This listing outlines anti-racist actions toward AAPI (Asian-American and Pacific Islander) people and discusses what protections and resources are available to AAPI college students. It outlines the history of AAPI people in America, advocacy organizations, mental health resources, how allies can help, and scholarships available.

RESOURCES FOR GIVING (STUDENTS OF ALL AGES)

[Kids in Need Foundation](#)

Product and school supplies are distributed through Kids in Need Foundation's National Network of Resource Centers and foundational programs, as well as through partnerships with school districts.

[Reading Partners](#)

Trained volunteers meet with elementary school students to deliver individualized one-on-one tutoring twice a week for 45 minutes, following a structured curriculum. Check the locations link to see if there is a program in your area.

Want to engage locally with providing books and resources to kids in your area? Why not start a "Books by BIPOC for BIPOC" project? Purchase and/or fundraise for books to give to your local schools, juvenile detention centers, or start a [Little Free Library](#) in your neighborhood! Don't know which books to buy? Check out the [Race, Equity, and Inclusion Collection](#) from Reading is Fundamental, [26 children's books to support conversations on race, racism & resistance](#), or ask your local librarian for referrals to young adult books written by BIPOC authors.

Fat Art

compiled by Peggy Howell

August is the American Artist Appreciation Month. We have some incredible artists in our community who depict the fat body in interesting and beautiful ways. This month I'd like to honor and celebrate some of those who produce images that reflect the under-represented: supersize people. We should all be able to see ourselves through the eyes of an artist! Check out these beautiful works. Enjoy the talent and do what you can to help support these awesome artists (listed in alphabetical order).

Artist [Kat Colter](#) is a crafty gal, fat revolutionist, Elf tamer, chocolate lover, wife, giantess, Peace, Fat and Queer Activist, coloring book author, and Mother of furry



beasties. Kat is especially known for her whimsical, brightly colored mermaids.



Artist [Kathryn Hack](#) is a fat artist creating fat art. She "seeks to impart proactive self love to folks dealing with Fat Disorders, as an essential

step toward wellness. As well as using art to improve how ALL PEOPLE view themselves."



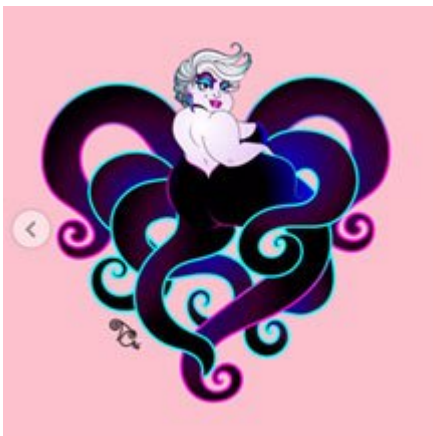
Artist [David James](#) is a Black Trinidadian male in Newark, New Jersey. "Inspiration for me sprouts from many places, but in keeping with my guidelines, it comes overwhelmingly from two things. Things that I feel have to be said, and things that I find beautiful."

In addition to being an artist herself, Katy Maslow is the founder of "[Artifats](#)" because there is not enough representation in the art world for fat artists and the genre of fat art. The Artifats Collection exclusively features the work of fat artists and is dedicated to taking up space in the art world by prioritizing

QTBIPOC, disabled, and superfat artists."



Sculptor [Adam Schultz](#)'s body of work ranges from miniature to monumental. It includes his latest collection of bronze sculptures, the Goddess Series, a celebratory expression of 'delightfully abundant' figurative nudes.



Artist [Toni Tails](#) is a body-positive artist, graphic designer, and author, whose work includes logos, branding, business cards, flyers, t-shirt design, cartoons, paintings and more.



Sculptress [Darina](#) wants to "help heal the wounds created by the culture's obsession with skinniness as the beauty ideal. With my art, with positive imagery, I hope to elevate the status of large women and counteract negative stereotypes." Darina has a long history with NAAFA as she was featured in a 1997 newsletter (Dari Walker).

NAAFA Chronicles 67

Here's the latest in our Chronicles series, NAAFA's 67th newsletter, [March 1986](#).

For more, check out the "Chronicles" page of NAAFA's website,
<https://naafa.org/chronicles>

Media and Research Roundup

by *Bill and Terri Weitze*

July 19, 2021: Researchers find that Instagram's algorithms are recommending weight loss content to teens if the teen's account has as little as two pro-weight loss interactions. Facebook, which owns Instagram, claims the study is flawed, and that some of the issues brought up have already been resolved.

<https://www.theguardian.com/society/2021/jul/20/instagram-pushes-weight-loss-messages-to-teenagers>

July 24, 2021: *This Fat Old Lady* talks about getting wheelchair assistance when flying. (Adult language.)

<https://thisfatoldlady.com/2021/07/24/this-fat-old-ladys-fat-friday-a-fat-old-ladys-gotta-do-what-a-fat-old-ladys-gotta-do>

July 26, 2021: Claire Bracken discusses how body neutrality works and how to make it a part of your life by shifting focus from appearance to functionality.

<https://www.abc.net.au/triplej/the-latest/how-to-make-body-neutrality-a-part-of-your-life/13470574>

August 2021: An article in *Her* talks about how body positivity arose from the fat liberation movement, noting that while body positivity has been mostly appropriated by white, non-fat women, we now see greater diversity of body types in movies, on TV, and in print.

<https://www.her.ie/life/a-brief-history-of-body-positivity-529107>

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: <https://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.



