



**national association
to advance
fat acceptance**

NAAFA Newsletter

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APA: Stop Mocking the Fat Kids

NAAFA is very concerned to see the cover image and read the cover story of the December 2012 issue of the *APA Monitor*, the official magazine of the American Psychological Association, on preventing obesity. "It is hard to believe that the Monitor represents a scientific and professional organization whose mission is to advance knowledge and promote human dignity," wrote Esther Rothblum, Ph.D., Professor of Women's Studies at San Diego State University and NAAFA Advisory Board Member.

The cover article titled "Big kids" points out that, "In 2009, APA endorsed a resolution encouraging psychologists to challenge the disproportionate emphasis on weight reduction and instead apply more energy to helping patients adopt healthier diets and engage in more physical activity." And yet, contradicting the APA's resolution, the December 2012 cover is a photograph of a very sad fat boy with "Preventing obesity" in big red letters.

The article also features a photograph of four fat boys in swim suits and caps in positions that hide their face or belly or entire front side with looks of shame and sadness on their faces: <http://www.apamonitor-digital.org/apamonitor/201212/#pg64>

NAAFA challenges the *APA Monitor* to produce articles that focus on health, not body size, and celebrate the achievements and accomplishments of children and adults of all body sizes. Stereotypes are constantly being reinforced by how marginalized people are represented in television, movies, print publications, and online. The APA needs to stop contributing to weight bias, stigma, and discrimination.

There is a critical need to create environments in which children and adolescents do not feel shame or guilt about their bodies, but are motivated to enjoy healthful eating and active living habits regardless of their body size or shape. NAAFA supports the evidence-based Health at Every Size (HAES) tenets, which state that healthy habits are good for EVERYONE, independent of their size. Eat healthy,

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December 2012

Amazing Christmas Lights "Gangnam Style"

[December Video of the
Month](#)

For the past few years during the holiday season, we've seen more and more videos of people's outrageous home lightshows set to music. People seem to be trying to outdo one another each year.

Earlier this year a new song from South Korea called "Gangnam Style" and its amusing dance moves swept across the world. It made its journey all the way "down under" where a Perth resident used it to create a holiday lightshow. Hope you enjoy:

www.vimeo.com/54118567

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nutritious foods and enjoy occasional treats. Pay attention to your natural hunger and satiety cues. Move your body in ways that feel good, and love yourself just the way you are!

NAAFA has created a tool, the NAAFA Child Advocacy Toolkit, for people who are parents of, work with and care for children of large body size. The toolkit helps kids, parents and caregivers take the focus off weight and direct it to healthy behaviors. It addresses bullying, building positive self-esteem, and eliminating the stigmatization of large children. This toolkit is available to view and download from NAAFA's homepage: www.naafa.org

Fabulous Fakes



by Dianne Hartley

Due to a doctor's visit about three years ago, my husband and I realized we needed to make a change in our eating habits. We decided that in an era where everything is synthesized, including food, we needed to "eat smart". Our goal was to limit sugar and starch (carbs) as much as possible. It is NOT about

losing weight. It IS about eating great tasting food and, in the spirit of HAES precepts, promoting healthy eating as part of a healthy lifestyle.

I thought I would share some of the Fabulous Fakes we have come up with and invite you to share your Fabulous Fakes. Try the recipes and tell us what you think. Send your Fakes to share to Reiki-di@comcast.net; each month a Fake will be selected to publish in the newsletter.

This month is one of my favorites:

FAKE PUMPKIN PIE

Cook Time: 50 minutes **Total Time:** 1 hour

Ingredients:

- 1 15 oz. can pumpkin
- 2 eggs
- 2/3 cup milk (or canned milk, soy or cream - milk has more carbs, so adjust)
- 1/3 cup cream
- 1 C sugar equivalent from artificial sweetener
- 1 teaspoon dark molasses (optional)
- 2 teaspoon cinnamon
- 1 scant teaspoon nutmeg
- 1/4 teaspoon ground ginger
- Pinch cloves
- 1/4 t salt

1) Preheat oven to 425F. **(Important)**

2) Dump all the ingredients into a food processor or blender and whirl to blend.

3) Pour into the crust

4) Put the pie in the oven and immediately turn the oven down to 375 F. In 15 minutes, turn the oven down to 300 F. (This cooks the crust so it isn't soggy, but then allows the custard to bake more slowly.) Bake until almost set in the middle, about 30 to 40 minutes more. If it starts to crack a bit around the edges, it's probably done.

5) Cool and serve with whipped cream (the real stuff, made with vanilla and sweetener).

Pecan Crust

- 1 cup pecan pieces
- 2 T melted butter
- 2 T sugar equivalent from artificial sweetener of your choice

1. Measure the pecans into a food processor (you can use a blender, but be careful not to blend them down too small). Pulse the processor until the largest pieces are as big as lentils or split peas.
2. Add the butter and the sweetener. Blend until it's mixed evenly.
3. Dump it into a pie pan, and push with your fingers to cover the bottom and sides. It should be the right consistency to mold the crust to the pie pan evenly

First of Four! 2013 NAAFA Teleseminars



NAAFA is developing teleseminars with subject matter experts highlighting topics aligned with our mission, emerging trends, and interest of its membership and supporters.

On Tuesday January 22, 2013 at 5:30 pm PST/8:30 pm EST, NAAFA will proudly present its first teleseminar with NAAFA Board Member and Director of Programs Lisa Tealer and knee

friendly fitness coach Cinder Ernst called:

"Top 3 Tips to Get Stronger and Be Fit to Fight Fat Discrimination"

In this fun and interactive seminar you will learn:

- The step by step blueprint to **gain strength without injuring yourself** (we promise it's easier than you think)
- The #1 technique that **keeps your knees safe** as you get fit
- How to avoid the **three mistakes** that make your knees hurt when you exercise
- How to **stay focused** on your personal routine - and it's not what you think

This interactive seminar will help your body get stronger and your knees hurt less so you will have more stamina to live your life and fight for the causes that matter to you.

Sign up here: <http://tinyurl.com/naafa-fitnessclass>

In Loving Memory of Deb Albright

by Nancy Harber

Longtime NAAFA member, Deb Albright passed away December 1, 2012. After a brief but difficult battle with cancer, Deb died peacefully on the evening of her 60th birthday with her sister Kathy and long time friend Sue by her side.

Deb was the daughter of John William Albright and the late Gladys (Shufflebotham) Albright. She was sister to one brother, John (and his wife, Diana) and one sister, Kathy (and her husband, Rodney). She was a 1970 graduate of Northwestern High School and received her Bachelor of Arts Degree from Indiana University. She was employed as a cartographer for the U.S. Forest Service from 1973 to 2004, receiving many awards for her work. Many of us who sat and talked to Deb for any length of time, found her stories of making maps for the Forest Service and of being a dispatcher on wild fires fascinating.

Deb was also the 1970 recipient of the Betty Crocker Homemaker award; her love of cooking and good food makes this no surprise. Many of her NAAFA friends know



she was always up for an adventure out of the convention hotel to try out a local restaurant. And if you ever needed inspiration or cooking advice, Deb was just a phone call away.

Deb was a longtime NAAFA member, spending her life fighting size discrimination. She was an active member of many of NAAFA's SIGs (special interest groups) throughout the years. She was a member of the Feminist Caucus and Super SIG and played an active role in their educating others. Always thoughtful of her fellow women, Deb tried to help other women of size in many ways. One example of Deb's generosity was her yearly purchase of clothing for plus size women, which she delivered to a women's shelter in her home town. Many things Deb did without any recognition just because she was kind

hearted, and wanted to help make life for other women easier.

Deb looked forward to the NAAFA Conventions and spending time with her many NAAFA friends! She spoke with many of us over the phone throughout the year on a regular basis, but being able to see friends in person was something she anticipated eagerly. She has donated time, money and her talents over the years to support NAAFA. Many will remember the NAAFA's 40th Anniversary Video that was shown at the 2009 Convention, Deb created that video, spending many hours requesting and gathering photos from other NAAFA members, organizing them, and putting the video together. She even taught herself to use the software she used to create the video. Her time and talents showed as we all enjoyed seeing the past 40 years of NAAFA in photos set to music!

Crafting was her favorite hobby during her last few years. Her card making skills, as well as her collection of crafting supplies, were impressive! She brought joy to many friends and family over the past few years by creating and sending her handmade cards. When she wasn't making cards, she enjoyed shopping for crafting supplies and discussing new crafting techniques with her crafting friends. Deb looked forward to getting together with some of her card making friends and spending a few days crafting together. Good friends, good crafting, good food, good music and good conversation were always in abundance during those get-togethers.

One thing Deb believed was that one's quality of life was important. She didn't want her friends waiting to do things in life until circumstances were perfect, or until they were thinner, or able to walk farther, etc. So, as we think of Deb and go about our lives, let's remember that it is the quality of one's life that matters most. Get out there and live life to the fullest! If that means using a scooter while shopping instead of not going shopping . . . ride that scooter! If it means buying beautiful clothing in the size you are NOW, and not waiting until you are thinner to buy something beautiful . . . buy it. Quality of life is important. I believe the quality of many of our lives is better by having been friends with Deb!

Wish I Had Said That!

by Peggy Howell

I recently initiated this column to ask for your suggestions for responses to people who make "cutting remarks" to us, whether on the job, on the street or at home. I also invited you to submit your suggestions for a list of "inappropriate" questions/comments that fat people hear way too often along with some



suggested responses to those. It has been exciting to see your willingness to get involved and express your opinions and thoughts.

Last month's question: Q - Couldn't you afford to lose a few pounds?

Your Suggested Responses:

A - Oh no! As a matter of fact, my doctor told me he wanted me to gain some weight! (Must be said with a totally straight face . . . don't crack up even when your listener looks confused, goes into vapor lock etc. . . . You see, they kind of know you are pulling their leg but on the other hand, if you are serious, they don't want to argue against your doctor!)

A - Yes, I probably could. Couldn't you afford to not be so rude?

A - Actually, I'm fine. But you could afford to gain some sensitivity.

A - You must have a lot of extra time on your hands if you spend it thinking about what others might need to do instead of how you might improve your manners, for example.

A - I love myself and that means accepting my body shape and size for what it is now.

A - My New Year's resolution is to be tolerant and less critical and judgmental of others. I suggest you try that as well.

A - I'm sure I could afford to lose or gain a few pounds without impacting my health.

A - My body is not open for public discussion.

A - Your opinion of my body isn't my concern.

A - What matters to me is my own opinion of myself, not that of a stranger.

A - I don't believe my weight is a subject I care to discuss with you.

So, what do you think? Did you read something here that you might like to add to your arsenal? Several people have remarked that they appreciate this exercise since they never seem to know what to say at that moment out of the blue, when someone makes a remark that really isn't appropriate. Keep those suggestions coming. Feel free to write me if there are questions or remarks for which you'd like to have responses.

This month's question: Have you thought about having weight loss surgery?

Example Responses:

A - No. Studies have shown that maintaining your weight, even a higher weight, is healthier than dieting or weight loss surgery.

A - No. I practice Health At Every Size where the focus is on health not weight, intuitive eating and enjoyable movement.

Send your suggested responses to Peggy Howell at pr@naafa.org

Help a Student and Benefit NAAFA

Dear NAAFA Members & Supporters,

My name is Yurivia Cervantes and I am currently a second year student in the PhD Clinical Psychology Program at the California School of Professional Psychology (CSPP) in San Francisco. Under the mentoring of Dr. Michael Loewy and consultation with Dr. Esther Rothblum, NAAFA Advisory Board member, I became very interested in NAAFA and its active role in size acceptance. I am writing today

to ask you, as a NAAFA member and supporter, to participate in this research. The online survey is completely voluntary, anonymous, will take about 30-60 minutes, and I will offer a \$1 donation to NAAFA for every person who fills out the survey (I'm hoping to get about 400 participants). Please visit the NAAFA Study here: https://alliant.qualtrics.com/SE/?SID=SV_dfXpXQpVj3QWiTX

If you have any questions, feel free to contact me at ycervantes1@alliant.edu I can only do this with your help!

Sincerely,
Yurivia

Breathing Room



by Cinder Ernst

In December don't we all need a little breathing room?

Schedules get full, and the roads get crowded. Chores and errands take longer. Days are short and often so are tempers. People are on edge worrying about so many things. Even if you don't subscribe to the holiday hoopla, it can still affect you.

That's not to say life is a humbug in December, it's just predictably trickier to keep your balance and peace of mind.

This year I am trying something different . . . something very simple. I put a post-it on my dashboard that says "BREATHE". So each time I go to drive somewhere I take an extra breath, it helps me stay relaxed and centered.

Why not try this? You will need to make the post-it right now, get a bit

of extra tape and put it by your car keys, so you will remember. Are you willing, right now? That's what I did as soon as I had the idea and it's working great!

Happy Holidays!

Love, Cinder

Media and Research Roundup

by Bill and Terri Weitze

[More news at <http://naafa.org>]

November 10, 2012: An (unpublished) study presented at the annual meeting of the American College of Rheumatology/Association of Rheumatology Health Professionals found that, contrary to what many doctors believe, fat patients undergoing total knee replacement surgery have similar pain and function outcomes as other patients.

http://www.sciencecodex.com/study_overturns_common_assumption_about_knee_replacements_in_morbidly_obese_individuals-101797

November 11, 2012: Research (unpublished) presented at the annual meeting of the American Association for the Study of Liver Diseases indicates those with acetaminophen-induced acute liver failure are 25 times more likely to have had bariatric surgery than the general public, indicating a possible causal link.

<http://www.aasld.org/Im2012/2012/press/Pages/bariatric.aspx>

November 20, 2012: A salesman from Denmark is changing the perception of fat athletes by participating in multiple-day endurance foot races in some of the world's harshest environments, from the Sahara to Alaska, and is now preparing for the Manaslu Mountain Trail Race in Tibet.

<http://www.nytimes.com/2012/11/21/sports/endurance-athlete-takes-obesity-route-for-a-bigger-challenge.html>

November 20, 2012: Canadian researchers looking at a gene associated with obesity found that it may also be linked with a somewhat lower risk of depression. There appears to be no clinical application of the discovery, but it does challenge the classic view that obesity leads to depression.

<http://www.cbc.ca/news/health/story/2012/11/20/depression-obesity-gene.html>
<http://www.nature.com/mp/journal/vaop/ncurrent/full/mp2012160a.html>

November 20, 2012: New research finds that the link between guilt and pleasure can make experiences more enjoyable when one is giving into temptation. According to the papers authors, those "who are primed with guilt subsequently experience greater pleasure than people who are not."

<http://www.psmag.com/health/guilt-makes-the-pie-taste-sweeter-49624>
<http://www.journals.marketingpower.com/doi/abs/10.1509/jmr.09.0421>

November 21, 2012: Yet another study, this time in the UK, finds high levels of weight bias among students training to become nurses, doctors, nutritionists, and dietitians.

<http://www.ncbi.nlm.nih.gov/pubmed?term=swift%20hanlon%20el-redy>

November 26, 2012: Researcher and NAAFA member Linda Bacon and NAAFA Board of Directors member Lisa Tealer are interviewed for a Taiwan TV feature on fashion and size rights. The commentary is in Chinese and it would be great if anyone can let us know what is being said.

http://vision.udn.com/storypage.jsp?f_ART_ID=436&pno=0

November 28, 2012: Looking at the long term effect of WLS on type 2 diabetes, new research indicates that although most patients experience at least partial remission of their diabetes within 5 years of surgery, over a third of them undergo relapse within the following five years.

<http://link.springer.com/article/10.1007/s11695-012-0802-1/fulltext.html>

December 2012: Lynne Hurdle-Price takes the stage at TEDxWomen to speak about her personal experience as a fat person and fighting fat hatred with love. Brava.

<http://tedxwomen.org/speakers/lynne-hurdle-price>

December 5, 2012: Iceland is considering weight under the equality provisions of its new constitution. If adopted, Iceland will be the first country to make weight discrimination illegal.

http://www.aedweb.org/AM/Template.cfm?Section=Resources_for_the_Press&Template=/CM/ContentDisplay.cfm&ContentID=3287

December 7, 2012: A Huffington Post blog post looks at the "Look AHEAD" (Action for HEALth in Diabetes) study (which was cut short because no improvement in cardiovascular health was found between participants in a strict diet and exercise program and those in a control group) and discusses the history of the medical definition of a "successful dieter", a definition which has become increasingly lax, perhaps in an effort to hide the ineffectiveness of diets.

http://www.huffingtonpost.com/a-janet-tomiyama/does-dieting-work_b_2253565.html

December 10, 2012: Nobody knows why there has been a small reduction in "obesity" rates in some schools in large cities such as Los Angeles and New York, but the obesity reduction policies in place in some of these schools are getting all the credit.

<http://www.nytimes.com/2012/12/11/health/childhood-obesity-drops-in-new-york-and-philadelphia.html>

December 12, 2012: Join us in congratulating Abigail Saguy on the publication of her book What's Wrong with Fat, a book that looks at the fat debate in America, its history, and its implications.

<http://www.abigailsaguy.com/whats-wrong-with-fat>

December 13, 2012: A study finds that yo-yo dieting (losing then regaining weight) can hurt your heart, especially for post-menopausal women. You might think this would mean the researchers would recommend not dieting, but instead they say lose the weight and keep it off. Unfortunately, they do not offer any suggestions on how this can be achieved.

<http://consumer.healthday.com/Article.asp?AID=671635>
<http://biomedgerontology.oxfordjournals.org/content/early/2012/11/22/gerona.gls236.short>

December 13, 2012: Here we go again - people, the world over, are living longer than ever and people, the world over, are fatter than ever. Why isn't this good news? A report published in The Lancet claims that fatness now causes a bigger health burden than hunger, because while hunger can kill you, being fat results in a lower quality of life, according to Ali Mokdad, co-author of the study.
<http://www.cnn.com/2012/12/13/health/global-burden-report>
<http://www.thelancet.com/themed/global-burden-of-disease>

December 17, 2012: In an interview with The Plain Dealer, nutrition researcher and NAAFA Advisory Board member Paul Ernsberger, PhD gives a rundown on how the "obesity epidemic" was created and why the hysteria over fat is unproductive.
http://www.cleveland.com/healthfit/index.ssf/2012/12/is_there_really_an_obesity_epi.html

December 19, 2012: Angela of Never Diet Again UK invites everyone to participate in her Not This Year project by filming, photographing, writing about, or commemorating in any other creative means you like the disposal of your old diet books.
<http://www.neverdietagain.co.uk/not-this-year>

December 20, 2012: Researcher and dietitian, Lucy Aphramor discusses HAES in The South China Morning Post, explaining the misconceptions that have led to the society-sanctioned environment of size discrimination.
<http://www.scmp.com/lifestyle/health/article/1107094/obesity-may-not-be-bad-your-health-says-expert>

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