



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

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### END BULLYING NOW at the 2013 Stop the Pain Teen Summit



by Darliene Howell

Representatives of the *End Bullying Now* campaign were invited by Kande Lewis to participate in the 2013 *Stop the Pain LA Teen Summit* held at the Cal State Dominguez Hills campus, November 16, 2013.

Donna Frey, Darliene Howell, and Peggy Howell attended as exhibitors, providing information about the campaign to teens attending the Summit and connecting

with other organizations in the LA area. EBN Steering Committee member and OC Chapter Officer, Angelica Negrete, was a featured speaker on an anti-bullying panel.

A total of 144 attendees and other exhibitors came by the *End Bullying Now* table to sign the pledge to work to end bullying. Many of them signed up to get informational updates on the campaign, others asked about having our trainers, Donna and Angelica, come to speak to their constituents. As always, the "YAY!" scale was a big hit.

You, too, can stay abreast of what's happening with the EBN campaign through Facebook; "Like" us at [www.facebook.com/endingbullyingnow.naafa](http://www.facebook.com/endingbullyingnow.naafa)

We are happy to continue to make connections to spread the message of diversity and acceptance in working to END BULLYING NOW!

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December 2013

### Can You Do This?

December Video of the Month

Amber Riley not only won this season of *Dancing With the Stars*, she exemplified being fat and physical. In light of recent rumblings that it's not possible to be fat and fit, Amber lived it on television in front of all of America! In this video of Amber's freestyle dance during the finals, she leads six professional male dancers in a fast and fabulous dance that scored a perfect 30! Enjoy!

<http://youtube.com/watch?v=B7DC3XZQ2sg>

### Quick Links

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

**Facebook**

[Main](#)

[Cause](#)

[SF Bay](#)

[Capital](#)

[Orange County](#)

[Los Angeles](#)

[End Bullying Now](#)

**Twitter**

[MySpace](#)

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## Big Girl Rocks the Dance Floor!



NAAFA, a civil rights organization working to realize Equality at Every Size, congratulates Amber Riley and Derek Hough for taking the mirror ball trophy on *Dancing with the Stars*. Kudos to Amber for not only being the winner, but also for her words at the conclusion of this season's finale. "I did this competition because I didn't know if I could do it, and anything that scares me, I want to do. So I want to let women of all sizes out there know, you can do whatever you put your mind to. It doesn't matter what size you

are, what color you are, you can do whatever, whatever, whatever you put your mind to," Amber said tearfully.

Amber's hard work, stamina and determination clearly illustrate that people of large body size can be healthy and fit. More than 12 weeks of learning, practicing and performing has been good for Amber's overall health but also clearly illustrates that strenuous exercise does not necessarily result in tremendous weight loss. Amber does report feeling stronger and her energy is better.

NAAFA is proud to see role models of large body size like Amber Riley in the spotlight on national television and in the world news. People of all sizes should heed Amber's words. Whatever your dream, reach for the stars!

## Three Teens on Amber's Win

Becca Christine 15 - Congrats to Amber Riley for winning *Dancing with the Stars*! I have soo much respect for her it's not even funny. This girl showed that it doesn't matter what size or color you are, you can accomplish anything. I know i'm overweight and Amber helped remind me that i'm still beautiful no matter what. Thank you Amber!

Adriana 16 - I am so proud of Amber. She really showed that we fat girls are winners too! I wrestle in high school and people didn't think I could do it but I do!



Alexis Marie 19 - Wow, I knew she could do it! I voted for her every week. She is such an inspiration to all the big girls in the world. Can't wait to see what she does next.

## Exciting News from the OC Team!

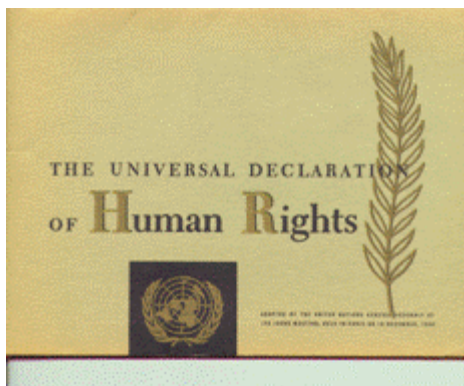


Guess who just joined the End Bullying Now team? Yup, it's Batman and Batgirl. They will be visiting the Anaheim Achieves Day Camp during winter break and will be discussing how kids can be a super hero by standing up for each other against a bully. They will have the kids sign EBN pledge cards and hand out stickers!

## National Human Rights Month

*by Peggy Howell*

The Universal Declaration of Human Rights (UDHR), adopted by the United Nations General Assembly on December 10, 1948, arose directly from the experience of World War II and represents the first global expression of rights to which all



human beings are inherently entitled. The full text is published by the United Nations on its website.

During World War II, the allies adopted the Four Freedoms -- freedom of speech, freedom of religion, freedom from fear, and freedom from want -- as their basic war aims. The United Nations Charter "reaffirmed faith in fundamental human rights, and dignity and worth of the human person" and committed all member states to promote "universal respect for, and observance of, human rights and fundamental freedoms for all without distinction as to race, sex, language, or religion".

When the atrocities committed by Nazi Germany became apparent after World War II, the consensus within the world community was that the United Nations Charter did not sufficiently define the rights it referenced. A universal declaration that specified the rights of individuals was necessary to give effect to the Charter's provisions on human rights. The Declaration was commissioned in 1946, and was drafted over two years by the Commission on Human Rights which consisted of 18 members from various nationalities and political backgrounds. The Universal Declaration of Human Rights Drafting committee was chaired by former First Lady of the United States Eleanor Roosevelt, who was a great spokeswoman in that area.

While not a treaty, the Declaration was explicitly adopted for the purpose of defining "fundamental freedoms" and "human rights" as used in the United Nations Charter, which is binding on all member states. The Declaration has been adopted in or has influenced most national constitutions since 1948, and has served as the foundation for a growing number of national laws, international laws, and treaties, as well as regional, national, and sub-national institutions protecting and promoting human rights.

Since 1969, NAAFA has been fighting for the human rights of people of large body size. Although we live in a country where human rights are supposedly observed, we see those rights being eroded for fat people on a regular basis. These violations of our rights are why an organization such as NAAFA is so essential. We serve as an important reminder that there is no place for violating a human being's rights based on their physical appearance!

If NAAFA is to survive, we must cooperate with other organizations whose goals and purposes are compatible with ours and which contribute to good human relations. Together, we can promote human rights for everyone irrespective of size, race, gender, orientation, religion, or location in the world.

The month of December is Universal Human Rights Month but we cannot stop the celebration when this month is over. We must commit ourselves to this work and do it daily!

## Exercise in Bed

by *Cinder Ernst*

This December I feel like hibernating. My heart is aching from a break up. I'm doing my damndest to keep my chin up, but I'm a bit down.

So I thought I'd give you an exercise you can do in bed in case you want to hibernate too. It's called a single knee hug and it's great to help with an achy low back.

Get a towel or, better yet, the belt from your bathrobe. Start lying on your back, knees bent, feet on the bed. Put the belt around one thigh and let it help you pull one knee in toward your chest. When you do that, you might feel a nice stretch in your butt, and/or your low back and/or your hamstring (back of thigh). Make sure it feels nice and gentle. The more advanced form is to slowly straighten the opposite leg, but there's no reason to do that if pulling the knee to chest gives you a stretch. Hold for a few seconds then lower your foot back to the bed. Now put the belt around the other thigh and try that one. Your sides may feel different, that is normal.





If you have any questions about this, just email me at [coach@cinderernst.com](mailto:coach@cinderernst.com)

If you need help with your knees get some free help here <http://lesskneepain.com>

Thanks and 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.]

March 2013: An analysis of the Affordable Healthcare Act and employer wellness programs finds little evidence that such programs can easily save costs without being discriminatory. The analysis also found "research results raise doubts that employees with health risk factors, such as obesity and tobacco use, spend more on medical care than others."

<http://content.healthaffairs.org/content/32/3/468.abstract>

September 15, 2013: Julia Fullerton-Batten's Unadorned series of photos captures the flavor of classic nude paintings of round and soft bodies. The images are both beautiful and evocative.

<http://beautifuldecay.com/2013/09/15/photographing-weight-nakedness-nudity>

November 16, 2013: Business Insider's article concerning online fat shaming looks at how, even though some people have been able to create something positive from a horrible situation, any kind of fat shaming is unacceptable.

<http://www.businessinsider.com/virtual-fat-shaming-2013-11>

November 16, 2013: University of Alberta professor and occupational therapist Mary Forhan hopes to spend the next five years researching and developing standards for the "rehabilitation" of fat people. Her goal is not weight loss, but rather finding ways to help fat people deal with their day-to-day life, and ending fat shaming in healthcare.

<http://www.leaderpost.com/health/Obesity+expert+rejects+shaming/9173879/story.html>

November 18, 2103: James McCormack's fun and informative YouTube video provides some interesting information on a person's "numbers" (i.e., blood pressure, cholesterol, etc.) and the effectiveness of current treatment options. (Spoiler alert: not very)

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

November 20, 2013: Yet another study shows that it is fitness not weight that is the best predictor of mortality. The study concludes that, "Researchers, clinicians and public health officials should focus on physical activity and fitness-based interventions rather than weight-loss driven approaches to reduce mortality risk."

[http://www.huffingtonpost.com/2013/11/20/fat-but-fit-fitness-weight-death-risk\\_n\\_4305622.html](http://www.huffingtonpost.com/2013/11/20/fat-but-fit-fitness-weight-death-risk_n_4305622.html)

<http://www.sciencedirect.com/science/article/pii/S0033062013001552>

November 22, 2013: While fat people have a greater risk of coronary heart disease, controlling blood pressure, cholesterol, and glucose can cut the added risk in half, with blood pressure being the most important risk factor. Rather than applaud the effectiveness of these measures (as opposed to current weight loss interventions, none of which work for most people in the long run), a commentary on this study adds the "PS we hate you" by calling for "creative and bold strategies" for weight loss.

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2813%2961836-X/fulltext>  
<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2813%2962076-0/fulltext>

November 23, 2013: Research (unpublished) presented at the 2013 European Society of Cardiology Conference finds that low body mass index (BMI) is a risk factor for cardiovascular disease (CVD) in patients that also have hypertension and diabetes. Even though the CVD risk was lowest for the group with the highest BMI, the authors still recommend weight loss. Derf?

<http://www.thealmagest.com/low-bmi-risk-factor-cvd-hypertensive-patients-diabetes/3765>  
<http://www.escardio.org/about/press/esc-congress-2013/press-conferences/Documents/slides/nagahiro.pdf>

November 25, 2013: Investment website Fool.com provides insight as to the marketing hurdles for weight-loss drugs, which are rightly perceived by doctors as risky and ineffective, and what the pharmaceutical companies are doing to get over these hurdles. (You will need to enter your e-mail address to read the full article.)

<http://www.fool.com/investing/general/2013/11/25/the-paradox-of-obesity-drugs.aspx>

December 2, 2013: A new study in the Annals of Internal Medicine says that the healthy fatty is a myth. Or does it? Even this fat-negative article (first link) admits that "overweight" (but otherwise healthy) people had NO increased risk of CVD or death than "normal" weight people. Plus, the study (second link) shows that healthy "obese" people have a much lower risk of death than metabolically unhealthy people of any size. A second study (third link) finds the healthy "obese" have a higher risk of some diseases than the unhealthy "normals", but in this case, "healthy" means up to one risk factor (so . . . not actually healthy). Meanwhile, the Huffington Post and even a weight loss site have some insightful criticism of the first study (fourth and fifth links).

<http://www.latimes.com/science/sciencenow/la-sci-fat-healthy-myth-20131202,0,5532717.story>  
<http://annals.org/article.aspx?articleid=1784291>  
<http://jcem.endojournals.org/content/early/2013/11/20/jc.2013-2832.abstract>  
[http://www.huffingtonpost.com/2013/12/04/obese-and-healthy\\_n\\_4381893.html](http://www.huffingtonpost.com/2013/12/04/obese-and-healthy_n_4381893.html)  
<http://healthyurbankitchen.com/blog/obesity-how-the-media-misleads-you>

December 3, 2013: Just in time for the holidays, two studies find that chocolate consumption is linked to less body fat. Chocolate eaters had higher caloric intake and reduced BMI compared to the participants who consumed less chocolate.

<http://blogs.kqed.org/science/2013/12/03/heres-some-sweet-research-increased-chocolate-consumption-linked-to-less-body-fat>  
<http://www.nutritionjrn.com/article/S0899-9007%2813%2900346-8/abstract>  
<http://archinte.jamanetwork.com/article.aspx?articleid=1108800>

December 4, 2013: Fatima Parker is interviewed on BBC Newcastle Radio, sharing her thoughts on positive body image, size acceptance, aging and self esteem.

<http://youtube.com/watch?v=OPCs7oHjvV8>

December 5, 2013: Chrystal Bougon, owner of a plus-size lingerie shop, and Maria Kang (of "What's Your Excuse" fame) went head to head on in a taping for Access Hollywood. Kang had previously stated that she was "misunderstood." However, after Bougon began her "Unphotoshopped" campaign, which shows scantily clad photos of "regular" women, Kang objected, "because that's not how real women look like or should look like." [emphasis added] Seems pretty clear to us.

<http://www.nbcbayarea.com/news/local/Fit-Mom-vs-Curvy-Girl-Battle-Weight-Sexiness-On-Air-Online-234465481.html>

December 6, 2013: In a study on whether or not weight loss diets improve certain health indicators (cholesterol, blood pressure, fasting blood glucose) the conclusion is that there are minimal improvements in those health outcomes and none of these improvements is correlated with weight change.

[http://www.salon.com/2013/12/06/losing\\_weight\\_that\\_doesnt\\_mean\\_youre\\_any\\_healthier\\_partner](http://www.salon.com/2013/12/06/losing_weight_that_doesnt_mean_youre_any_healthier_partner)

<http://onlinelibrary.wiley.com/doi/10.1111/spc3.12076/abstract>

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>

NAAFA, Inc. | P.O. Box 4662 | Foster City | CA | 94404-0662