



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**National Association  
to Advance Fat  
Acceptance**  
December 2014

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### New York State Representative both Sizeist and Racist

NAAFA, a civil rights organization working for Equality at Every Size, was shocked to learn of the decision of the Grand Jury in the Eric Garner case, and appalled by New York State Representative Peter King's stigmatizing remarks. For him to state that Garner's death was due to his obesity is a blatant attempt to make the victim the guilty party.

In fact, an officer who has a history of civil rights violations felt his authority was being challenged and feared that someone who was larger than he could overpower him. Clearly, the officer let his fear cloud his judgment and violate the department's anti-choke hold policy, which has been in place since 1993.

Eric Garner would probably be alive if he had not been put in an illegal choke hold and forced to the ground. Eric Garner would probably be alive had any one of four officers listened when he repeatedly said he could not breathe as they held him face down.

Eric Garner would probably be alive had he not been a large, tall, black man. Four officers aggressively forcing one non-violent person to the ground displays their racism and fat-hatred. Furthermore, for Representative King to blame Mr. Garner's body size for his death, despite the homicide ruling of the coroner, demonstrates his own weight bias and discriminatory attitude.

DO NOT blame the victim! Judgment and treatment based on a person's color and/or size is discrimination. It is time for change. It is time for Equality at Every Size!

### Labeling of Menu Items a Wasted Effort

### Fat is Beautiful

#### Video of the Month

Back in 1969 when Bill Fabrey and his colleagues were forming NAAFA, Jim Morrison, of the music group The Doors, was interviewed and discussed why he believes fat is beautiful. Hope you enjoy this animation that was created for that interview.

<http://bodyimage.waywire.com/video/Jim-Morrison-why-fat-is-beautif;INSPIRATION>

### Quick Links

[NAAFA.org](http://naafa.org)  
[NAAFA-CC.org](http://naafa-cc.org)

#### Facebook

[Main](#)  
[Cause](#)  
[SF Bay](#)  
[Capital](#)  
[Orange County](#)  
[Los Angeles](#)  
[Clark County](#)  
[End Bullying Now](#)

[Twitter](#)  
[MySpace](#)

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NAAFA, BEDA, and BingeBehavior.com believe that the mandated labeling of calorie counts for all food and beverages sold in chain restaurants is a waste of business owners' money, may be triggering for those with eating disorders, and will not accomplish the desired result. Labeling that might actually be beneficial to the public would be nutritional information for people with food allergies or celiac disease.

The 2010 Affordable Care Act tasked the Food and Drug Administration (FDA) with initiate regulations that require food establishments that sell prepared foods and have 20 or more locations to post calorie counts for all food and beverages they sell. The FDA announced on November 25, 2014 that they will give these businesses one year to comply with the mandates.

It is the stand of these organizations that this attempt to inform the public through the use of menu labeling will add to the stigma of larger body size, shaming people into making choices based on these labels and turning the public into the "food police." Additionally, showing "calorie counts" does not show nutritional value of food.

According to the USDA, past experience with "Nutrition Facts" labeling on products sold in grocery stores showed an increase in awareness of potentially negative nutritional content but found no evidence that label use was associated with reduced intake of calories, saturated fat, or cholesterol. [1]

A 2011 study looking at food consumption for children and their parents concluded that, "A restaurant menu-labeling regulation increased parents' nutrition information awareness but did not decrease calories purchased for either children or parents." [2]

A 2014 study showed that, even when restaurants have organized their menus to provide customers with the calorie information it was found that, "When choosing from a calorie-organized menu, consumers are more likely to filter out low-calorie options in the early non-compensatory screening stages of the decision process and, consequently, are less likely to choose low-calorie options." [3]

One 2012 study went so far as to add recommended calorie intakes per day or per meal to the calorie information on restaurant menus. The results showed that the calorie benchmarks had no impact and, in fact, appeared to promote a slight increase in calorie intake. [4]

NAAFA ([www.naafa.org](http://www.naafa.org)), BEDA ([www.bedaonline.com](http://www.bedaonline.com)), and [BingeBehavior.com](http://BingeBehavior.com) suggest that the FDA focus their efforts on compelling food manufacturers to cut back on the salt, sugar and preservatives that are in all processed foods and contribute greatly to the growing health concerns today.

[1] *Will Calorie Labeling in Restaurants Make a Difference?*; Morrison, Mancino and Variam; <http://www.ers.usda.gov/amber-waves/2011-march/will-calorie-labeling.aspx>

[2] *The Impact of Menu Labeling on Fast-Food Purchases for Children and Parents*; Tandon, P., et.al.; October, 2011

[3] *Options Reduces the Benefits of Providing Dish-Specific Calorie Information*; Parker, J. and Lehmann, D.; June, 2014

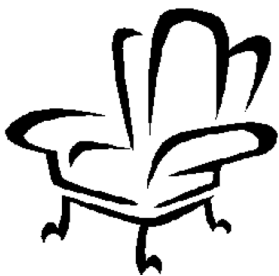
[4] *Supplementing Menu Labeling With Calorie Recommendations to Test for Facilitation Effects*; Downs, J. et.al.; December, 2012

## Disney for Deidra!



Many of you know Deidra Everett Murphy from both NEC-NAAFA and her involvement in the national NAAFA organization for many years. Sadly, Deidra is losing her battle to cancer and her friends would like to help her realize the first item on her bucket list, a trip to Disney World. If you can afford to help, every bit is appreciated. Read her story and donate at <http://www.youcaring.com/other/disney-for-deidra-/274490>

## From the Chair



by Phyllis Warr

It is holiday time for most religions and for everyone who loves to have a good time. This time of the year is, also, when charitable organizations send us letters, address labels, package labels and note pads to encourage us to send them money.

I would like to say that NAAFA will not do that to you! We will NOT send you gifties so you feel compelled to send a check in return.

Instead, I would like to remind you that we don't have the money to do mass mailings. Therefore, we are using our newsletter to implore you to make one final donation to keep NAAFA working for your civil rights before 2014 ends.

The Board of Directors and I know you have bills to pay, Christmas, Chanukah and other holiday gifts to purchase and more responsibilities than we can imagine with which to deal. Nevertheless, we do ask you to send \$5, \$10, \$15 or more beyond your membership renewal for 2014-2015. Whatever you can. Without your membership fees and donations, we cannot continue the work that we do to insure the civil rights of fat people. If we do not fight for those rights, we will continue to be the "butt" of jokes and targets of bullies. Do not allow the fat shamers and fat haters to win. To do this, we need your help. Click here to donate: <http://tinyurl.com/mrkq9l9>

Happy Holidays to all! Whatever you celebrate, the Board and I hope that it is a safe and very happy time for you and your family.

## Giving Tuesday!

Since December 2, 2014 was "Giving Tuesday," we felt this was a perfect opportunity to highlight the work NAAFA is doing and encourage donations to support the projects that are changing the way people of size are treated. The following messages were sent through Twitter and posted on Facebook:

### National:

#GivingTuesday. Support #EqualityatEverySize! Donate to NAAFA at:  
<http://tinyurl.com/mrkq9l9>

#EndBullyingNow #GivingTuesday #YourDonationsAtWork Give at:  
<http://tinyurl.com/mrkq9l9>

NAAFA Guidelines for Nutritionists and Dietitians #YourDonationsAtWork #GIVE  
<http://tinyurl.com/mrkq9l9>

#YourDonationsAtWork #HealthatEverySize Curriculum  
<http://haescurriculum.com> #HAES #GIVE <http://tinyurl.com/mrkq9l9>

Use #Goodshop for your holiday purchases and designate #NAAFA as your charity  
#PurchasesForGood <http://www.goodsearch.com/goodshop.aspx>

Buying through #Amazon Use #Amazonsmile for holiday purchases and designate  
#NAAFA as your charity #PurchasesForGood <http://smile.amazon.com>

### Clark County Chapter:

Size Savvy Businesses <http://naafa-cc.org/Size-Savvy-Businesses>  
#YourDonationsAtWork #GIVE #LasVegas <http://tinyurl.com/mrkq9l9>

Size Savvy Healthcare Providers <http://naafa-cc.org/Size-Savvy-Healthcare-Providers>  
#YourDonationsAtWork #GIVE #LasVegas <http://tinyurl.com/mrkq9l9>

#EndBullyingNow <http://naafa-cc.org/End-Bullying-Now> #YourDonationsAtWork  
#GIVE #LasVegas <http://tinyurl.com/mrkq9l9>

## The 2014 AAPR Air Travel Accessibility Conference

by Tony Harrell

Earlier this fall, I once again had the honor of representing NAAFA at the 2nd Annual Air Travel Accessibility Conference hosted by Association for Air Passenger Rights (AAPR) in Washington, DC. There were a variety of stakeholders present representing the communities of wheelchair users, the deaf, the blind, as well as the deaf *and* blind. Officials from the Department of Transportation (DOT) and Transportation Security Administration (TSA) were also in attendance. The attendance of management from four airlines was a welcome and encouraging addition.

Some interesting statistics shared during the Conference include the following:

- Over 38 million people have a visible or hidden disability.
- Thirty percent of Americans will have a disability by retirement age.
- 360,000 people with disabilities fly every day.
- The Air Carrier Access Act passed in 1986 prohibits discrimination against air travelers with disabilities, although passengers of size are not considered to be disabled by the act's definition.

I was not the only person representing the fat community. Kenlie Tiggeman of Plus Inc. shared her story of an inconsistent, humiliating experience with gate crews for a particular airline. Even after registering a complaint with airline management and receiving compensation for free travel, she still encountered gate staff who were not prepared to work with a large passenger. Kenlie's story would eventually catch the attention of the ABC news show *Nightline* on which she would later appear.

Both Kenlie and I made similar points to the airline representatives that we felt would improve the experience for passengers of size: consistency, transparency, and sensitivity. The airline officials appeared receptive to those concepts. NAAFA intends to play an important role in developing guidelines for airlines when working with passengers of size.

## Way to Go NAAFA-CC!



*by Darliene Howell*

The NAAFA-Clark County (NV) Chapter (NAAFA-CC) was created with service to the community in mind. Our projects are designed to support the local size-acceptance community and the valley community at large, and 2014 has been a year of accomplishments:

- Chapter formed in January 2014
- Created the chapter website, Facebook fan page, Facebook chapter group and chapter Twitter account
- Initiated the Size Savvy Businesses and Healthcare Providers project and created the Size Savvy logo

- Received and posted reviews of 31 businesses and 12 health care providers in the greater Las Vegas area
- Presented two businesses and two health care providers with Size Savvy Awards and issued press releases
- Represented the End Bullying Now campaign at nine different events and collected signed pledges from 284 youth and 318 adults
- Had exhibits at two size acceptance events
- Received the *2014 Community Group of the Year Award* from Thicknation

We celebrate these accomplishments and look forward to many more in the year ahead, such as:

- Expanding the End Bullying Now-Clark County campaign to include presentations to schools and other local organizations
- Working with other local size acceptance groups and community service organizations
- Presenting information and working with local health care providers to learn about the needs of clientele with large bodies
- Expanding the Size Savvy project in Clark County

NAAFA-CC is always looking for new ways to facilitate opportunities for affecting change in the way people with large bodies are seen. We're working to shatter the stereotypes of fat people by providing education and advocacy within the community.

For more information on NAAFA-CC, go to our website at [www.naafa-cc.org](http://www.naafa-cc.org), find us on Facebook at [www.facebook.com/naafa.cc](http://www.facebook.com/naafa.cc), or follow us on Twitter @naafa\_cc\_official

## Seated Heel Tap



*by Cinder Ernst*

Hello Friends,

Wishing you a peaceful holiday season.

When I looked at last December's article I remembered that I was really sad from the ending of a relationship. Phew, I'm so glad this year feels better.

I'm putting together a program of strategies called "How to Make Friends with Stairs". It will be ready really soon and it will be FREE! Yay! Look for that next month or if you'd like it sooner be sure to join my email list here: [www.lesskneepain.com](http://www.lesskneepain.com)

This month's small step is the Seated Heel Tap. Many people tell me they have pain and stiffness when they get up from a chair. This exercise helps that go away. BONUS: The Seated Heel Tap also builds strength and mobility in the

thigh muscles, which helps with standing, walking and . . . you guessed it . . . making friends with the stairs!

### **Seated Heel Tap**

Sit in good posture with your ankles under your knees, which puts the bend of your legs at 90 degrees (this is the 90 degree rule).

Gently straighten your right leg, tapping your heel in front of you. Return to 90 degrees and do the other leg. Simple!

If it feels too hard or hurts your knee, then begin with your leg straighter than 90 degrees and go from there. This makes the movement gentler and better for you.

Repeat alternating legs, a few each side, then squeeze your butt a few times, then stand up with more ease and less stiffness

Watch a video of the exercise here: <http://youtube.com/watch?v=GluLa22VFoo>

## 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 28, 2014: Any public health policy needs to account for the relationship between childhood obesity and poverty according to this (still somewhat anti-fat) paper, stating that policies that tend to minimize or eliminate poverty have the greatest potential for healthier weights and better child health.

[https://www.academia.edu/9640659/You\\_can\\_t\\_walk\\_or\\_bike\\_yourself\\_out\\_of\\_the\\_health\\_effects\\_of\\_poverty\\_active\\_school\\_transport\\_child\\_obesity\\_and\\_blind\\_spots\\_in\\_the\\_public\\_health\\_literature](https://www.academia.edu/9640659/You_can_t_walk_or_bike_yourself_out_of_the_health_effects_of_poverty_active_school_transport_child_obesity_and_blind_spots_in_the_public_health_literature). *Critical Public Health* 2014 p. 1-16  
<http://www.tandfonline.com/doi/abs/10.1080/09581596.2014.920078>

September 2014: An August 2013 study recently published in *Journal of Health Economics* looks at the impact of "weight report cards" in Mexico. The researchers found no meaningful changes in parents' behavior after the report cards, and parents of the fattest children were least likely to report that their child weighed too much. The study claims that if the reference points for appropriate body size increase then it will be harder to lower obesity rates.

<http://www.ncbi.nlm.nih.gov/pubmed/25132149>  
[http://www.russellsage.org/sites/all/files/PrinaRoyer\\_ImportanceParental.pdf](http://www.russellsage.org/sites/all/files/PrinaRoyer_ImportanceParental.pdf)

November 2014: A study compares liver transplant recipients with BMIs of 40 to those with lower BMI. The researchers find that the bigger patients are often sicker at the time of the transplant and utilize more resources. However, the short term survival rates for the two groups are equivalent.

<http://onlinelibrary.wiley.com/doi/10.1111/tri.12483/abstract>

November 14, 2014: Researchers conclude that ingesting chlorogenic acid (CGA - the most abundant component in coffee) may help prevent diet-induced obesity and obesity-related metabolic syndrome . . . in mice. Also, the mice received a greater dose of CGA than a human could absorb by drinking copious amounts of coffee.

<http://www.pbs.org/newshour/runtdown/could-coffee-help-prevent-obesity-negative-side-effects>  
<http://link.springer.com/article/10.1007%2Fs11095-014-1526-9>

November 16, 2014: A crossword puzzle in the Sunday New York Times features a clue for 110 across as "more than plump" with the answer being "fat as a pig". If you wish to let The New York Times know that you find this offensive, you can e-mail them at [NYTNEWS@NYTIMES.com](mailto:NYTNEWS@NYTIMES.com)

<http://www.crosswordfiend.com/blog/2014/11/15/sunday-november-16-2014>

November 17, 2014: Scoot Nitty shares his experience of prejudice from the healthcare community due to his size. If you are moved by his video, he asks that you share it so the effects of fat prejudice are recognized.

<https://www.facebook.com/video.php?v=759268717487113>

November 17, 2014: Marilyn Wann proposes that the fat community and its supporters help crowd source funding and possibly provide data for fat-related research instead of relying on the anti-obesity community.

<http://www.marilynwann.com/updates/biggest-data-were-all-winners>

November 18, 2014: Peggy Howell is doing her happy dance because the CDC has taken down its website featuring an "obesity cost calculator" (see November 2014 NAAFA Newsletter Roundup) after receiving criticism that the site would foster discrimination against fat people.

<http://www.today.com/health/cdc-shelves-workplace-obesity-website-after-complaints-1D80297990>

November 19, 2014: Two researchers take the "devil's advocate" position as to weight and health, and conclude that "an emphasis on maintaining a healthy lifestyle . . . may be . . . more appropriate . . . than just focusing on the goal of weight loss alone." Sounds like a HAES recommendation to us.

<http://onlinelibrary.wiley.com/doi/10.1111/obr.12232/full>

November 20, 2014: McKinsey Global Institute, the research arm of management consulting giant McKinsey & Company, claims that the economic cost of obesity is

\$2 trillion (first link). Review of the research shows that much of the cost is due to failed weight loss attempts. In fact, a recent study from the University of Manitoba shows that, once age and gender are considered, there is no direct relationship between BMI and death, and that the healthcare costs of fat people are not significantly increased over most of the weight range. Also, since research by McKinsey Global is funded by their parent company, there is no way of knowing who ultimately paid for the research.

[http://www.mckinsey.com/insights/economic\\_studies/how\\_the\\_world\\_could\\_better\\_fight\\_obesity](http://www.mckinsey.com/insights/economic_studies/how_the_world_could_better_fight_obesity)

<http://news.yahoo.com/mckinsey-report-says-obesity-costs-hit-2-trillion-104532623.html>

[http://mchp-appserv.cpe.umanitoba.ca/reference/MCHP-Obesity\\_summary\\_final\\_WEB.pdf](http://mchp-appserv.cpe.umanitoba.ca/reference/MCHP-Obesity_summary_final_WEB.pdf)

November 21, 2014: The Gap, Inc. responds to the Change.org petition regarding their plus size clothing line issues (see November 2014 NAAFA Newsletter Roundup) and by the looks of the comments, reaction is mixed.

<http://www.change.org/p/gap-inc-stop-up-charging-for-women-s-plus-sized-clothing/responses/25206>

November 21, 2014: A (not fat) middle-school girl gets sent to the principal when she stands up for her rights and refuses to be weighed in gym class as part of her school's FitnessGram program. Ireland Hobert-Hoch feels it isn't anyone else's business (except her doctor and her mother) how much she weighs.

<http://eagnews.org/student-punished-for-refusing-to-be-weighed-in-class>

November 25, 2014: Two videos promote the book How to Build a Thriving Culture at Work by Dr. Jon Robison and Dr. Rosie Ward. The first video discusses the problems with workplace wellness programs. The second discusses a successful program that has nothing to do with what employees eat or how much they exercise.

<http://youtube.com/watch?v=-Nh42Uias-Y>

<http://youtube.com/watch?v=p6Qt987OeMg>

November 26, 2014: Ragen Chastain blogs about Dutch singer-songwriter Elly Kellner's experience, after a performance, of being told her clothing was a distraction from her music. Elly's response was her song and video Deugdelijk (Decent). The video (with English subtitles) is linked in the blog post.

<http://danceswithfat.wordpress.com/2014/11/26/elly-kellner-is-decent>

November 26, 2014: A recent study claims that obesity is associated with half a million cases of cancer worldwide. The study appears to be an exercise of number crunching of other studies and is based on the association between high BMI and certain cancers. However, association is not the same as causation.

<http://consumer.healthday.com/cancer-information-5/breast-cancer-news-94/obesity-fuels-many-cancers-worldwide-report-shows-694092.html>

[http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(14\)71123-4/fulltext](http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(14)71123-4/fulltext)

December 2, 2014: Dr. Jon Robison (see Nov 25 entry) explains why much weight loss research is faulty because of the "last man standing" fallacy - basing results on just the few remaining participants at the end of the study and/or ignoring or discounting weight gain trends occurring after the end of the study.

<http://salveopartners.com/wellness-research-last-man-standing-fallacy-nice-play-denominators>

December 2, 2014: Researchers find that a fasting-binge diet resulted in some health benefits for fat, diabetic mice. The researchers believe frequency and timing of meals may have a greater impact on metabolism than the type of food consumed. We think that this sort of nonsense has been tried, and has failed, in humans already.

<http://www.medicaldaily.com/fasting-and-cheat-days-provide-health-benefits-may-reverse-obesity-and-type-2-312764>

<http://www.pnas.org/content/111/47/16647.short>

December 2, 2014: The US Equal Employment Opportunity Commission has filed its third lawsuit this year questioning the compliance of wellness programs under both the Affordable Care Act and the Americans with Disabilities Act. This suit takes on Honeywell International's wellness program that can penalize couples up to \$4,000 a year for not participating in the program.

<http://www.npr.org/blogs/health/2014/12/02/367842386/government-says-bosses-cant-force-workers-to-get-health-tests>

December 5, 2014: Whatever your opinions are regarding the death of Eric Garner, can we agree that blaming his death on his weight and health is not

appropriate?

<http://www.msnbc.com/msnbc/peter-king-believes-garners-poor-health-obesity-caused-his-death>

December 8, 2014: Sonya Renee Taylor's website [thebodyisnotanapology.com](http://thebodyisnotanapology.com) has gone live. She hopes that this will become an online resource for radical self love for all people, and invites everyone to visit the site, read the articles, and participate in this online community.  
[www.thebodyisnotanapology.com](http://www.thebodyisnotanapology.com)

*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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