



**national association
to advance
fat acceptance**

NAAFA Newsletter

December 2015

Dear Reader,

Suggestions for the newsletter? Drop us a line at pr@naafa.org

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Holiday Travel



by Tony Harrell

As the winter holiday season is upon us, many people are making their plans to travel to see family, friends or even treat themselves to a vacation. With so much traffic both in the air and on the ground, travelers are often building extra time into their commutes. For travelers of size, there can be even more considerations to take into account.

When it comes to preparing for a flight, arriving at the airport at least two hours before departure would generally be recommended. Passengers of size may want to plan to arrive as much as three hours early, especially if mobility is a concern. It can be helpful to contact the airline in advance to arrange (bariatric) wheelchair transport through the airport, if applicable. Airports often have carts available for those who want to conserve their energy getting through the facility. (Remember to tip your cart driver a few dollars!) Upon arriving at the departure gate, suggest to the gate agent that it would be beneficial to be allowed to board with those in the "special needs" category. This will allow extra time to be settled in your seat.

For those traveling by rail on Amtrak, arriving at your departing station two hours ahead - rather than the standard one hour ahead on normal travel days - would be advised. Call the station in advance to confirm wheelchair availability, station accessibility and confirmation of the transfer process to and from the train if necessary.

Road-tripping advice would be the same for travelers of all sizes. Avoid peak driving times if possible by scheduling your commute a couple days before or after Christmas Eve and New Year's Eve. In my experience, Christmas Day and New Year's Day are often the lightest traffic days of the year, especially this holiday season as both days are the start of a "three-day weekend".

Whatever your plans are for traveling during the holidays, be patient, be safe and enjoy!

Big Man Jordan Smith Makes the Finals

December Video of the Month

The Voice contestant Jordan Smith has thrilled us all season with his pure powerful voice. This week was no exception as he blew the competition away with his version of Queen's "Somebody to Love", securing his place in the finals next week. Enjoy! www.people.com/article/jordan-smith-the-voice-somebody-love-adele

Quick Links

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Do You Have Finance or Accounting Skills?

If so, NAAFA wants you!

NAAFA's Treasurer, Tony Harrell, will be retiring from the Board of Directors (BOD) at the end of January 2016. We are so thankful to have had his skills and input to the BOD for the last few years. We wish Tony and his beautiful wife, Cathy, all the best in their endeavors.

Board Treasurer Primary Duties

1. Is a member of the Board of Directors
2. Manages the finances of the organization.
3. Administers fiscal matters of the organization.
4. Provides annual budget to the board for approval.
5. Ensures development and board review of financial policies and procedures.
6. Participates in developing and implementing short-term and long-term strategic planning for the organization.
7. Represents the organization in the community.

The position would require you to volunteer approximately 4 hours/week. If you are interested in finding out what you can do to be a part of moving the organization forward, contact us at secretary@naafa.org. Thank you!

Survive the Holidays Through Self-Care

by Darliene Howell



The holidays are here, and while it is a time for sharing and joy, it can also be a time of stress. Here are a few suggestions to try if you find yourself feeling stressed out.

Get plenty of rest. Sleep is very important for your emotional and physical well being. Lack of sleep can lower your ability to handle stress. If you are traveling and have difficulty sleeping in different surroundings, bring along your favorite pillow or something that reminds you of home to help you relax so you can sleep.

Although you may at some point during the Holidays just want a good stiff drink, **avoid drinking excessively.** It may seem to be a temporary fix to feel better, but in the long run it can create more problems and add to your stress.

Give yourself permission to say no. We can get pulled in many different directions trying to make the most of the Holidays. If you are feeling anxious that you don't have enough time to do everything or be everywhere, allow yourself to say, "Thank you but I won't be able to _____." Also remember that you do not have to justify why you can't do whatever is asked of you.

If you're feeling lonely, volunteer! Volunteer with a group or organization by offering your time and skills in giving to the community. Share yourself by showing people you care.

Spoil yourself. Have your nails done, a massage, go to a concert or something else that makes you feel cared for and pampered.

Give yourself a break! There are times when you just need to get away from the madness of the Holidays. Give yourself that time, if even for a few minutes. Take a long, hot bath; go for a walk; listen to your favorite song.

BREATHE! Practice "belly breathing". Slowly inhale through your nose while expanding your belly rather than your chest. Exhale through your mouth. Repeat this five times. Don't hyperventilate. Belly breathing helps you calm your nerves and gives you a minute to regroup.

Give someone a BIG FAT HUG! Hugs are wonderful ways to recuperate from the craziness around you. It will make both of you feel better!

Remember that you have people that care in your NAAFA family! We wish you the very best during the Holidays.

Supporting NAAFA Made Easy

Nonprofit organizations such as NAAFA depend on charitable gifts from donors like you. Your monthly giving helps to create educational materials, funds special projects and programs like the End Bullying Now Campaign, can work to expand programs like the Size Savvy Project to a national level, and covers everyday expenses for administration (i.e. phone service, credit card processing, newsletter distribution, web hosting, etc).

Beyond signing up for recurring donations through the website, there are other easy ways to give with very little effort from you. Here are some of the everyday ways to donate to NAAFA without taking extra money out of your pocket right now.

Make Welzoo your homepage!

The newest addition to our list is Welzoo. Simply make Welzoo your homepage and \$0.03 goes to NAAFA every day you sign on. Make it a second homepage so it automatically opens every time you sign on. Easy as that! Sign up at www.welzoo.com/join/national-associ/V8yJlrw/8QgNr7Q

Sell your unwanted goods on Givium!

Givium is a resale website that allows you to list and sell goods and give the proceeds (or a percentage of the sale) to NAAFA! Not only that, you can give your friends a discount. Check out the details at <https://givium.com>

Search, shop, or dine through Goodsearch and Goodshop!

It's simple to DO GOOD! Go to www.goodsearch.com, sign up and designate NAAFA as the charity you support. You'll raise money for NAAFA doing things you'd do anyway, all at no extra cost to you!

Shop with Amazon Smile!

Love to shop with Amazon? Try Amazon Smile and part of your purchases can be designated as a contribution to NAAFA. For more information, go to <https://smile.amazon.com>

Designate NAAFA for charitable contributions through payroll deductions!

If your employer allows for charitable contributions through payroll deduction, see if NAAFA qualifies for their program. Some employers will even match your contribution. It's a win-win!

Note: For charitable contributions they made through payroll, you must retain both:

- A pay stub or other document from your employer that shows the date and amount of contribution
- A pledge card or other document from the qualified organization that shows the name of the organization

Bequeath money to NAAFA

Although we don't like to think about our mortality, it's a gift to your family and loved ones to know your wishes when you pass. If you'd like to see the work go on, include a bequest to NAAFA in your will. You can buy a software package or talk to an attorney to prepare your will (which you should have in any case).

If you know of other easy ways to give to NAAFA, please let us know at secretary@naafa.org so we can share your ideas with others! Thank you for your continued support!

Reduce Back Pain in Bed!

by Cinder Ernst

I find that this is a great time of year to sleep. Short dark days lend themselves to longer lie downs, lol.

How about doing a magical exercise in bed that can reduce back pain and strengthen your core at the same time!

Start with 5 or 10 and see how you feel. As always if you have questions, comments or need some help, send me an email at coach@cinderernst.com

Find the exercise instruction here:



<http://cindersays.com/2012/03/27/strong-abs-starting-right-now>

Here's to standing strong and moving forward!

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.]

November 2, 2015: A study finds that the use of lifestyle changes with metformin improves insulin sensitivity regardless of the patient's genetic predisposition for insulin resistance.

<http://diabetes.diabetesjournals.org/content/early/2015/10/30/db15-0950.abstract>

November 13, 2015: Based on reader comments attached to obesity-related news articles, researchers conclude that regulations to fight obesity are perceived as government-endorsed discrimination against fat people.

<http://onlinelibrary.wiley.com/doi/10.1111/1467-9566.12378/abstract>

November 17, 2015: Harriet Brown gives a good account of the current status of the obesity paradox in science and the medical community and how bias may be preventing the acceptance of the idea that fat is not always unhealthy.

<http://qz.com/550527/obesity-paradox-scientists-now-think-that-being-overweight-is-sometimes-good-for-your-health>

November 18, 2015: Studying mice, researchers find that gut microbes are affected more by environment (diet) than by genetics. The researchers believe the research can lead to treatments for obesity, cancer, cardiovascular disease, and inflammatory bowel disorder.

<http://www.biotechniques.com/news/biotechniquesNews/biotechniques-361619.html>

November 19, 2015: Comparing calorie-restriction (dieting) and intuitive eating, researchers find the dieters lost more weight. This was a pilot study with only 16 participants and lasting only 6 weeks, and all participants were required to keep a food diary. No word on (a) long term effectiveness, (b) effect on overall health, or (c) why intuitive eating would be expected to cause weight loss since that's not its goal.

<http://well.blogs.nytimes.com/2015/11/19/mind-what-you-eat>

<http://www.ncbi.nlm.nih.gov/pubmed/26399269>

November 19, 2015: An article by Peggy Howell in *U.S. News & World Report* explains how a health at every size (HAES) approach can lead to a healthier life with or without weight loss.

<http://health.usnews.com/health-news/patient-advice/articles/2015/11/18/you-dont-have-to-be-thin-to-be-healthy>

November 26, 2015: A study co-authored by Lily O'Hara looks at weight-related public health initiatives and finds strong evidence of a coercive and paternalistic discourse with little respect for personal autonomy or discussion of the potential for harm.

<http://www.publish.csiro.au/paper/HE15046.htm>

November 27, 2015: While insurance companies are usually willing to pay for weight loss surgery, they are not as willing to pay for removal of excess loose skin. Not just a cosmetic issue, the skin can chafe and develop sores.

<http://sanfrancisco.cbslocal.com/2015/11/27/weight-loss-formerly-obese-left-with-loose-skin-problem-insurance>

November 30, 2015: Presenting at the 6th All Wales Medical and Dental Student Surgical Research Symposium, Olivia Roberts advises that fat people should not be denied surgery because research suggests fat patients have as good a chance of recovery as thinner patients. (You must subscribe to read the full article.)

<http://www.thetimes.co.uk/tto/health/news/article4627379.ece>

December 1, 2015: According to data recently released by the U.S. Centers for Disease Control and Prevention (CDC), the rate of new cases of diabetes has declined from 2008 to 2014 by approximately 20%. The drop has been gradual over a number of years but has just recently become statistically meaningful.

<http://www.nytimes.com/2015/12/01/health/new-diabetes-cases-at-long-last-begin-to-fall-in-the-united-states.html>

<http://www.cdc.gov/diabetes/statistics/incidence/index.htm>

December 1, 2015: Data released by the CDC shows that the percentage of adults with high total and low HDL cholesterol declined from 2007 to 2014. If fatness is killing America, it's not very good at it.

<http://www.cdc.gov/nchs/data/databriefs/db226.pdf>

December 1, 2015: The syllabus (which has been removed from the University's website) for University of Maryland's first Fat Studies course, Introduction to Fat Studies, is covered in *Campus Reform*. Taking a less-neutral position, *OpposingViews.com* takes issue with the perceived fat positivity by quoting the CDC regarding health issues and costs.

<http://www.campusreform.org/?ID=7041>

<http://www.opposingviews.com/i/health/report-university-marylands-fat-studies-class-will-teach-fatness-human-diversity>

December 6, 2015: Researchers link weight gain between pregnancies with an increase in risk for stillbirth and infant mortality, compared to patients (even overweight patients) who maintain a stable weight between pregnancies. Fat patients who lose weight between pregnancies have reduced risk, while average weight patients who lose weight between pregnancies have increased risk.

<http://www.medpagetoday.com/OBGYN/Pregnancy/55036>

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(15\)00990-3/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(15)00990-3/abstract)

December 9, 2015: Two assistant professors of marketing claim that using larger models leads to greater actual or intended consumption of food and reduced motivation to engage in a healthier lifestyle. Translation: if the health data don't support the "war on obesity" (see CDC entries above), how about marketing research?

<http://www.dailymail.co.uk/health/article-3353528/Plus-sized-models-FUELLING-obesity-Ads-featuring-larger-models-promote-idea-overweight-warn-experts.html>

<http://journals.ama.org/doi/abs/10.1509/jppm.14.020>

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>

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