



December 2017 NAAFA Newsletter

In This Issue:

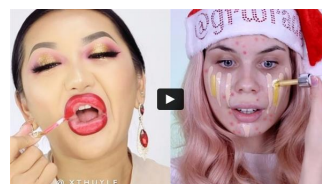
1. [Being Fat, Free and Fashionable This Holiday Season!](#)
2. [Healthcare Provider Guidelines Minus the Fat Bias](#)
3. [Monthly Meme: #EqualityAtEverySize](#)
4. [Foot Pain Fixes](#)
5. [Happy Holidays, my NAAFA friends!](#)
6. [NAAFA Chronicles](#)
7. [NAAFA S/Heroes](#)
8. [Media and Research Roundup](#)
9. [Video of the Month](#)

Being Fat, Free and Fashionable This Holiday Season! *by Saucye West*

'Tis the season to be sassy! No matter what the season, never be afraid to show your individual style and take a risk. Just like you are free to love your body, you are free to dress it accordingly. I don't like to wear sleeves; that's my business! Your fashion is your business so adorn your body the way you want.

As soon as the cold weather hit, I instantly missed the summer rays. But of course we must adjust, and I knew what staples I wanted in my holiday wardrobe! I have been so drawn to royal blue this season and I found some amazing boots at Avenue that are definitely a conversation piece to say the least. I am also loving velvet and lace; so luxurious and sexy!

Video of the Month



Holiday Makeup

We are going to depart from our typical educational video this month. Interested in trying a different look? Here's a fun makeup tutorial. video that shares several options:

<https://youtube.com/watch?v=U-IA2eq7j-o>

Quick Links

[NAAFA.org](#)
[NAAFA-CC.org](#)
Facebook
[Main](#)
[Toronto, ON, Canada](#)
[Capital \(DC\)](#)
[Clark County, NV](#)
[SF Bay, CA](#)
[Los Angeles, CA](#)
[Orange County, CA](#)
[End Bullying Now](#)

[Twitter](#)

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

Join Our
Mailing
List



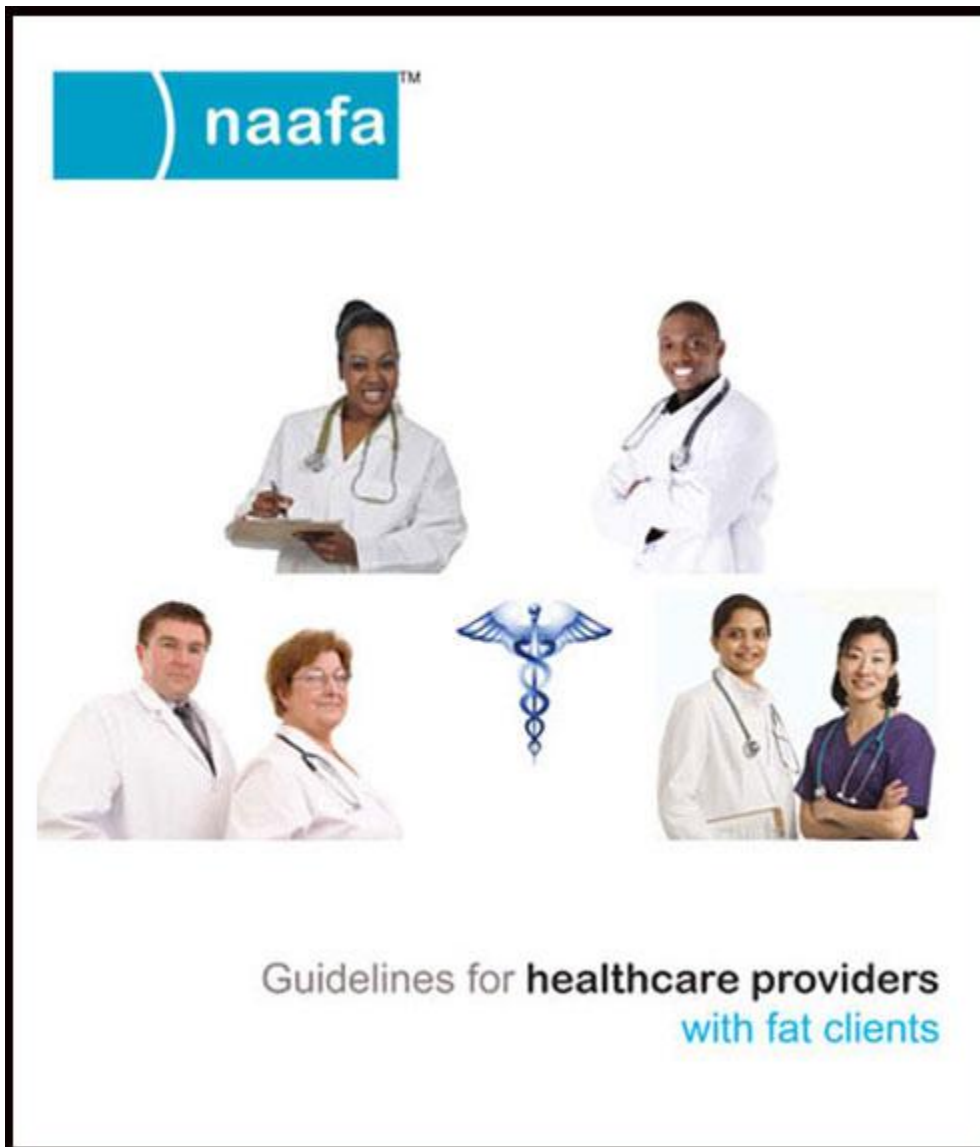
But my number one must haves are *drumroll* capes! I have been obsessed with capes for years but have never been able to find them in my size. More brands are coming out with fabulous capes for the cold weather this year. This is awesome for me since I hate wearing coats. Capes give you that perfect coverage without the restriction of sleeves!



I hope you are following the #FatAndFree campaign on Instagram. If you are not, you are missing some amazing examples of fat positivity and visibility that will definitely encourage you this season. #FatAndFree is a declaration to love your body and live without apology. So along with what you wear this season, make sure to feed your spirit with self-love, and celebrate being #FatAndFree. Have a #FatAndFree holiday!



Healthcare Provider Guidelines Minus the Fat Bias



The last several years has seen an alarming increase in bias against fat clients among healthcare providers. NAAFA is fighting those discriminatory attitudes and actions by introducing our updated *Guidelines for healthcare providers with fat clients*.

NAAFA has stepped up to help educate healthcare providers, enabling them to better understand and treat fat clients. This updated brochure can help them create a safer more welcoming office environment and a more understanding attitude, which can lead to open conversation about best health choices. NAAFA promotes Equality at Every Size.

From the waiting room to the examination room to the attitudes of the staff, NAAFA's *Guidelines for healthcare providers with fat clients* provides information that will improve everyone's experience when seeking medical assistance. It is available as a free download from our website at <https://tinyurl.com/y8jrdbcd>

Monthly Meme: #EqualityAtEverySize



Foot Pain Fixes

by Cinder Ernst



Have you ever had Plantar Fasciitis (PF)? Boy does it suck! Especially when you put your feet on the floor first thing in the morning, ouch!

There is a ton of information online about PF. Try any of it that seems like a good idea to you. Here is what I have found works best for me and my clients (In no particular order, do what you can).

1. Always wear shoes, slippers, sandals. in other words don't go barefoot, not even for a minute.
2. Choose shoes with excellent arch support; Birkenstocks, Crocks, Danskos come to mind.
3. Stretch your calves and hamstrings (see below).
4. Contrast bath: One basin of warm, almost hot water. One basin cold water with ice in it. Alternate soaking your feet for 3 minutes warm, 1 minute cold, repeat 3 times. This takes some preparation and 12 minutes but I have found this to be the best turn around for PF. Always end with cold.
5. Try the bed foot exercises (see below).

All of the above (except contrast baths) will help prevent PF as well as speed your recovery from it. If you know you will be doing an unusual amount of walking, especially on really hard surfaces like the sidewalks of NYC, then implement some of the above for prevention.

Calf and hamstring stretching. A great calf/hamstring combo stretch is the flop over. Simply stand in front of your bed, table or counter, fold yourself forward from the hips, and let your upper body rest on the surface. You will feel a stretch in the back of you anywhere from low back to your heels. Locking your knees will affect it. Arching your back will affect what you feel as well. Experiment, be gentle, pay attention and find what works best for you. You can

search on YouTube for many calf/hamstring stretching variations.

Bed foot exercises. I found an article recently through the Fit Fatties forum on Facebook that spoke about how hip/butt strength and flexibility make a big difference in the treatment and prevention of PF. It made total sense to me. I put the exercise ideas through Cinder's Easy Fitness filter and came up with a few small sweet steps:

Lie in bed (or wherever) on your back with your legs straight. You can also sit with legs straight.

Toe Kisses. Bring the edges of your big toes together to "kiss" then release. You can flex your feet (toes to nose) or relax your feet. See what feels better. Start with 5 or 10 of these and add more slowly over time. Build up slowly to 30 repetitions.

Sword Crosses. When/if Toe Kisses are easy and comfortable try Sword Crosses. Same starting position as Toe Kisses. Go beyond the "kiss" and cross your feet, alternating which foot is on top. These can be surprisingly challenging so go slow, pay attention, be gentle and err on the side of caution. You may feel these up your whole leg and thigh into your hips.

Happy Holidays, my NAAFA friends!

by Tigress Osborn



We are a diverse group of folks with a range of winter traditions and a breadth of feelings about the winter holiday season, and I hope this newsletter finds you happy and healthy whatever December means for you.

There's one thing that December means for all of us: an uptick in fat-shaming everywhere we turn. Whether it's New Year's diet resolutions, warnings and whining about holiday weight gain, or jokes about Santa's waistline, only a complete media blackout could save you from being exposed to holiday season fat-phobia. On top of the media

messages, many of us have to battle diet talk and body shaming at work-related seasonal events and at gatherings of family and friends. Here are three tips from me, based on Christmases past, which might help you as you navigate the nonsense. (My own December traditions are a mix of Christian religious traditions and secular/commercial Xmas practices, but I hope you'll enjoy the memories and find something useful even if our traditions don't overlap).

1) Eat the cookies! Eat the pizza!

When I was in 6th grade, my school did a Christmas play called "Shaping Up Santa." The premise is that Mrs. Claus sends Santa and his trusty elf, Huey, to fat camp with an

overzealous Jazzercise instructor named Betty Body because Santa was so fat he got stuck in a chimney. She had to! For his health! And for the children who'd be deprived of presents because Santa was too fat to deliver them! #WontSomeonePleaseThinkofTheChildren!? Despite the beliefs of internet trolls, bingeing on millions of cookies in one night is not how any of us got fat. But even if it were, you're allowed to indulge. Santa's allowed to be fat, and so are you. If you're too big for the chimney (and who's not!?), that's what doors are for! By the end of the play, Santa has escaped the fat camp. He's also ordered 10 pizzas to share with the elves back at the workshop. Even Betty Body decides to have a slice. Everyone gets to eat without shame. I hope your holiday celebrations skip the diet industry and the judgment and just land on that happy ending.

2) Spend some holiday time with folks who believe in fat liberation

A few years ago, a San Francisco clothing store set up a display they called "Santa the Hutt". They claimed it was a commentary on the gross commercialism of the season (while charging \$100 for sweatshirts). Really, it was a cheap joke at the expense of fat bodies. Local activist Marilyn Wann gathered a group of friends across the street from the store with a life-size cutout of the Venus of Willendorf. We stood there in the rain, inviting folks to take their photo with a more positive fat icon. After a couple of hours, we marched through the neighborhood with our fabulous icon, fielding questions from passersby. Then we shared an amazing Indian food meal. Nothing about this action said "typical Christmas" but everything about it said "fat community!" If you don't have a local fat community that does things like this in person, gather your internet friends around you for digital love and support. Check out some fat positive hashtags on your favorite social media site, or spend a little more time with an online group that fortifies your fatty spirit.

3) Don't let the "f" word ruin your cheer

When my nephew was about three years old, we were at work together on some holiday goodies when I realized my sister-in-law had an adorable Santa apron that neither of us were wearing. Photo op! I held it up and asked his opinion. "Should I wear it, or should you wear it?" I asked. "Well," he said. "Santa's fat, and you're fat, so you should wear it!" "You're right!" I replied, and put on the apron. And that was the end of that. He wasn't being mean. He was telling the truth. Auntie is fat. If you're in NAAFA, you probably already have some comfort with the idea that fat is a descriptor, not an insult. But maybe the people around you - especially the little ones - could use a great example of that. If I'd been mad or embarrassed that my little guy said I was fat, he would've learned that fat is shameful. Instead, he learned how much fun it is to cook with Auntie. It's one of my favorite holiday memories.

I hope your winter is wonderful, and I wish you a happy (and diet talk free) New Year!

NAAFA Chronicles #23

Continuing our NAAFA Chronicles feature, here's NAAFA's 23rd newsletter; January-February 1976:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan-Feb_1976.pdf

For more, click on the "Chronicles" tab in the newsletter section of the NAAFA website.

NAAFA S/Heroes

by Peggy Howell



The year of 2017 has seen some horrific disasters in our country; hurricanes and floods devastated parts of Texas, Puerto Rico, the Virgin Islands and Florida, while fires burned whole communities to the ground in northern California, and now fires are still raging in southern California. One thing we know for sure from past experience is that fat people are generally overlooked when it comes to disaster relief. Most shelters and distribution centers do not have clothing for fat people. This is where NAAFA members have risen to the occasion again.

We made arrangements with the awesome Dawn McDowell Brooks to receive and coordinate the distribution of clothing for hurricane relief, and NAAFA members and friends through the size acceptance community came through big time. People all over the country had clothing drives and went through their closets to send new and gently used clothing to help these people in dire need.

Boxes of clothing were distributed to shelters and centers in Austin and Houston and shipped to Puerto Rico and the Virgin Islands. Her network of willing helpers drove clothing to remote communities where people gathered with tears in their eyes because they were able to get a pair of clean underwear and dry socks that fit them.

When the fires began to devastate northern California homes, Dr. Deah Schwartz and Kathy Higgs reached out to raise funds for food and personal care items to help those in need. I talked to them about needing a point person to receive plus size clothing and they volunteered. Again, boxes of clothing began pouring in, and Dr. Deah and Kathy have made at least three trips with cars full of clothing and other items needed by the community in northern California.

Now there are fires raging through communities in southern California. The situation in these areas is still developing. If you are willing and able to receive clothing and coordinate distribution efforts in the affected area of southern CA, please contact me at pr@naafa.org and we will call on our community once again to assist those in need.

Bless you all for everything you have given and have done. May you have a joyful holiday season!

Media and Research Roundup

by *Bill and Terri Weitze*

October 2017: A study finds that certain populations with increased rates of type 2 diabetes are exposed to more endocrine-disrupting chemicals that are linked to metabolic dysfunction.
<http://care.diabetesjournals.org/content/early/2017/10/20/dc16-2765>

November 12, 2017: A weight loss surgery survivor is the focus of an article on the health implications of WLS featuring Dr. Linda Bacon, who wants a focus on health not size, and Dr. Andrew Duffy, who feels the "cure" for fat discrimination is WLS.
<https://yaledailynews.com/blog/2017/11/12/unseen-cuts>

November 13, 2017: The American Heart Association and ten other groups have redefined high blood pressure as a reading of 130 over 80, down from 140 over 90, claiming that the new guidelines better reflect the risks of heart disease and death from hypertension; while a study (2nd and 3rd links) finds that treatment for blood pressure below 140 has no benefit for primary prevention but may be helpful to persons with coronary heart disease.
<https://www.washingtonpost.com/news/to-your-health/wp/2017/11/13/blood-pressure-of-130-is-the-new-high-according-to-first-update-of-guidelines-in-14-years>
https://www.eurekalert.org/pub_releases/2017-11/uu-ncd111317.php
<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2663255>

November 14, 2017: A study of pregnant women in Washington State finds that those with a high body mass index (BMI) before pregnancy (based on self-reported weight and without correcting for covariants such as socioeconomic status) have a slightly increased risk of pregnancy complications and poorer health for the mother.
<https://www.linkedin.com/pulse/nutrition-harm-workplace-5-steps-prevent-jon-robison>

November 14, 2017: Dr. Jon Robison PhD outlines the harm caused by work place wellness programs, and suggests ways to avoid some of the problems that these programs create.
<https://www.linkedin.com/pulse/nutrition-harm-workplace-5-steps-prevent-jon-robison>

November 14, 2017: While many have claimed obesity is linked to food deserts, a new study claims that food swamps (areas with a high density of fast food and junk food) are a better predictor of obesity rates in the United States. It's not clear how this correlation can be used since junk food bans have had mixed results at best (2nd link).
<http://www.mdpi.com/1660-4601/14/11/1366/htm>
<http://www.latimes.com/local/california/la-me-food-study-20150319-story.html>

November 17, 2017: Researchers believe they have found a common genetic variant connected to obesity. In mice, the variant causes fat cells to absorb glucose faster than normal, doubling the size of the fat cells. The researchers believe that the genetic mutation can be compensated for by diet and exercise.
<http://www.newsobserver.com/news/business/article185243383.html>
<http://www.pnas.org/content/early/2017/11/09/1708865114.abstract>

November 17, 2017: The British Psychological Society endorses a position statement suggesting that limiting elective surgery based only on BMI ignores the complex and diverse issues faced by fat people.
<http://beta.bps.org.uk/news-and-policy/bps-endorses-aso-statement-restricting-elective-surgery-based-bmi>

November 22, 2017: According to this analysis, clinical trials that focus on weight loss rarely consider adverse events associated with the weight loss, and attribute the health benefits of behavioral changes (increased exercise for example) to the weight loss rather than the

behavior.

<http://www.bmj.com/content/359/bmj.j5303>

November 29, 2017: Researchers find that eating almonds, with or without dark chocolate or cocoa, can improve lipid panels and may, incorporated into the typical American diet, reduce the risk of coronary heart disease.

<http://jaha.ahajournals.org/content/6/12/e005162>

December 6, 2017: Researchers find that exercise appears to produce better metabolic function and changes to the structure of subcutaneous fat tissue that can impact the development of insulin resistance.

<https://www.nytimes.com/2017/12/06/well/move/how-exercise-can-make-for-healthier-fat.html>
<https://www.ncbi.nlm.nih.gov/pubmed/28798202>

December 6, 2017: A small study concludes that type 2 diabetes remission can be achieved, in some instances, through weight loss and weight loss maintenance. This study does not currently include any data beyond 12 months.

<https://scicasts.com/channels/clinical-research/2110-clinical-trials/13076-type-2-diabetes-is-not-for-life-says-study>
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)33102-1/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)33102-1/fulltext)

December 7, 2017: A study finds that severe weight loss during the early period of rheumatoid arthritis (RA) is associated with an increased subsequent mortality risk, and weight gain of more than 30 pounds was associated with no increase in mortality risk of women with RA.

<http://onlinelibrary.wiley.com/doi/10.1002/art.40346/abstract>

December 7, 2017: This article explains why communication about fatness can reinforce stigma, and how to deal with the topic without feeding into the stereotypes and bias.

<https://www.healthnewsreview.org/2017/12/communicate-obesity-without-promoting-stigma>

December 11, 2017: An editorial in *Frontiers in Psychology's* issue on Eating Behavior talks about weight stigma in healthcare and research, and makes suggestions on reducing weight stigma.

<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.02149/full>

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>

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.

