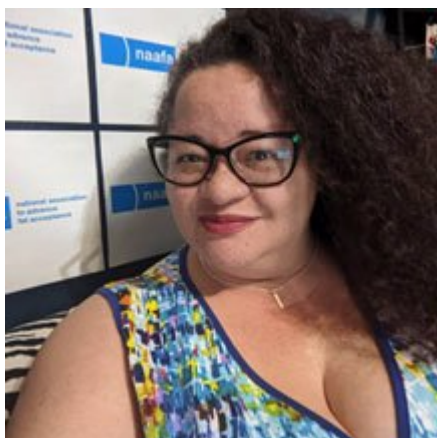




December 2021 NAAFA Newsletter

2021 Year in Review by Tigress Osborn, NAAFA Board Chair



NAAFA Friends, we made it through another year!

I began my term as Board Chair in January despite my family and I having Covid. While it wasn't the way I expected to start off

in this role, fat community showed me so much love and support during my healing that I was reminded of all the ways we show up for each other in this movement. With the support of my fellow board members and other NAAFA volunteers, we still managed to get the ball rolling for the year, and we're going to keep it rolling right into 2022!

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As I reflect on this year, I'm so proud of folx on the NAAFA team at every level, not only of our accomplishments, but also of the ways we have challenged each other, worked through difficult issues, grown and created opportunities for others to grow. We got soooooo much done this year. I've outlined some highlights here, but they are really only a fraction of all we achieved. We hope that our work is evident to our community, and more than that, we hope each of you finds it meaningful in one way or another.

Outreach and Community

- We hosted our first-ever [Fat Liberation Month](#) including a logo contest, a kickoff performance by [Angry Fat People](#), webinars, tarot reading, a writing workshop, a trivia game, and a virtual mixer, as well as other educational resources and special blog posts.
- In the spring, we convened what we believe to be the first joint meeting of leadership from fat liberation organizations with national membership: the Association for Size Diversity and Health ([ASDAH](#)), the [Council on Size and Weight Discrimination](#), Fat Legal and Rights Education Project ([FLARE](#)), [Fat Rose](#), [Fat Women of Color](#), [Nobody is Disposable](#), and [Nolose](#). We met again this fall, and we hope to meet quarterly in 2022.
- We created a special COVID-19 [webinar series](#) exploring the effects of the coronavirus pandemic on fat people individually and collectively.
- We increased our social media presence, including more than doubling our Instagram following.
- The Future of NAAFA Committee (FONC) initiated numerous new projects, including the creation of new support materials to assist fat people in end of life planning (stay tuned for the launch of these resources in the next few weeks).
- Recipients of support from our [Fat Community Fund Mini-Grant Program](#) launched a variety

Video of the Month



To Tell the Truth

We're wrapping up the year with a trip back to 1970 when NAAFA's founder and his wife appeared on To Tell the Truth!

That line about Bill being embarrassed by the kiss was way off. He might blush but it would be from enjoyment!

youtube.com/watch?v=66MV4yk0lCM

Quick Links

[NAAFA.org](#)

[Facebook](#)
[Main](#)
[Members Community](#)
[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

Health At Every Size

of fat-positive projects, with several still to be completed in early 2022.

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

To read more click here!

Your Gift Keeps Us Going!



Join Our
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Donate!

As you reflect on 2021, please consider NAAFA in your end-of-year giving plans. All of our programming is funded through the generous support of donors like you. Head to the NAAFA website now to [make your donation online](#) or to learn about other ways you can give.

Be sure to donate by December 31 to get your 2021 tax deduction for charitable donation!

Join us in Welcoming Our New Board Members!



Back in October, we invited the NAAFA community to nominate themselves or others to our board of directors. Through the process of nominations, applications, candidate interviews, and reference checks, our board and volunteers engaged with almost 60 people as we worked toward making offers to join the 2022 NAAFA Board.

We are thrilled to announce that these six leaders will join the NAAFA Board in January: Christina Chase, Dawn Clark, Tamra Dozier-Garland, Amethyst Fist, Trevor Kezon, Tegan Lecheler. We'll make a more thorough introduction in the new year, but we were too excited to wait until then to tell you who they are!

We thank *everyone* who invested their time and energy into this process, especially the many outstanding candidates who made our decision incredibly difficult. Having too many great people is a good problem to have! We are very excited about how many of our nominees and candidates will be joining NAAFA in other capacities and working in partnership with NAAFA through their individual activism. We can't wait for you to see what these new folx bring to NAAFA in 2022.

Anti-Racism Resources - Winter Celebrations Edition

compiled by Darliene Howell



Each month, we feature educational resources on the NAAFA Community Voices Blog. Some present the history of systemic racism. Others are resources on doing the internal work of understanding ourselves and how we play a part in that system. There are also actions that can be taken to directly oppose racism.

Winter Holiday Observances and Celebrations

[December Holidays Around the World](#) - When talking about December holidays, many focus on Christmas. However, there are other multicultural observances that take place during this period. This blog post outlines five different celebrations that include multiple cultures throughout the world. Learn more about these celebrations and their history!

Allyship

[Lean Into Allyship - Session 6 - Have Yourself A Very Anti-Racist Holiday](#)

This 2020 webinar includes a post-election reaction from Dr. Alex Gee of the Nehemiah Center for Urban Leadership Development and its initiative, Justified Anger, how to lead antiracist conversations during the holidays, and Jackie Hunt talks about encouraging the most vulnerable and marginalized in our community right now.

[8 ways to be a better ally this Holiday season](#)

This article considers what being an ally to LGBTQIA+ family and friends during the Winter Holidays looks like and eight ways to be a better ally.

[Interrupting Bias: Calling Out vs. Calling In](#)

This chart from Seedtheway gives examples of the type of things we can have in our arsenal to interrupt bias when it's presented.

Dismantling Internalized Racism

[Cultural Humility Toolkit](#)

The University of Oregon offers a Cultural Humility Toolkit that gives information on what cultural humility is, the difference between cultural humility and cultural competence, and ways to develop cultural humility.

NAAFA Chronicles 71

Another month, and another entry in the NAAFA Chronicles feature: here's NAAFA's 71st newsletter from [July 1986](#).

For more, check out the "Chronicles" page of NAAFA's website, <https://naafa.org/chronicles>

Collecting Care Rationing Stories to Advocate for More Inclusive Healthcare

by Brandie Sendziak, Esq, FLARE Project

FLARE
Fat Legal Advocacy,
Rights, & Education
PROJECT

#NoBodyIsDisposable

nobodyisdisposable.org

During emergencies like the COVID-19 pandemic, when hospitals are overwhelmed, they turn to care rationing. Care rationing means medical providers limit the care they provide to certain people.

Sometimes care rationing means that people will be denied life-saving care and instead will only receive care to help them be more comfortable. When this happens based on certain characteristics, it can be unlawful or wrong. Because COVID precautions often mean patients are without their usual support systems, care rationing can happen behind closed doors without input from family members, friends, support workers, or community. It is important to share stories of discrimination so that all people receive fair treatment.

The [#NoBodyIsDisposable Coalition](#) and the [Fat Legal Advocacy, Rights, & Education Project](#) have created a short survey to gather information from people who are being or have been denied medical care because of limited resources during the ongoing COVID-19 crisis. Responses will be used to help advocate for fair medical treatment. Stories will be shared to create awareness and support advocacy. (Respondents can choose whether or not to share anonymously.)

Please take the survey if you or someone you know had a hard time getting medical treatment during COVID due to limited personnel and supplies/equipment shortages and you suspect part or all of the reason was based on discrimination including but not limited to your weight, disability, race, age, or other factors.

Take the survey if you have been delaying necessary medical care because you worry if you do get COVID that you will be deprioritized for life-saving medical treatment based on your weight, disability, race, age, or other factors.

Take the survey if you work at a health care organization and have concerns about the care rationing policy, or how it is implemented.

English and Spanish-language surveys are available. Thank you to [Senior and Disability Action](#) for providing Spanish translation. You can find the surveys here: <https://www.flareproject.org/rationingsurvey/>

NBID and FLARE will be reviewing answers on an ongoing basis. Please share this information with your networks so we can collect as many responses as possible. Thank you for your support of this effort.

NAAFA Supports Fat Acceptance Month this January



FAT ACCEPTANCE MONTH 2022

Bully/Bullied: The Double-Sided Trauma of Fat Antagonism

#FAM2022 will focus on the duality of the abuse that fat folks experience directly (and indirectly) related to our fatness. We have significant histories of trauma but live in a society that often brands us as the obvious aggressor in our interpersonal, professional, and communal interactions.

Via Twitter chats, live discussions, and other formats we'll discuss the effects of these harms on our mental and physical health, community, livelihoods and financial health, and other areas of living.



As we confront violence, shame, and oppression, #FAM2022 will also create space for joy and healing, through open mic, collective art making, building community, and offering validation. Follow the hashtag to stay updated and informed!

Founded, hosted, and curated by Denarii Grace (Twitter/IG: @writersdelite)

Fat Acceptance Month (FAM) was founded by activist/educator/writer Denarii Grace (she/they) in January 2019, and is moderated and curated each January by Denarii. This year's theme is "Bully/Bullied: The Double-Sided Trauma of Fat Antagonism." To get updates about #FAM2022 plans, [sign up here](#) for the latest news. If you missed Denarii's essay on fat liberation on the NAAFA Blog during our first-ever Fat Liberation Month this year, be sure to [check it out here](#). Follow Denarii on Instagram and Twitter @writersdelite

Following Dr. Ernsberger's Path:

How Giving to NAAFA's New Scholarship Supports Fat-Positive Science

by Dr. Richard Koletsky



Editor's Note: The Dr. Paul Ernsberger research scholarship fund was established through the generous gift of one of Dr. Ernsberger's colleagues. Here, Dr. Richard Koletsky, who was Dr. Ernsberger's research partner for many years at Case Western Reserve University, gives us more insight into their work and why it's essential that Paul's approach be carried on by the next generation of researchers.

Paul Ernsberger was a brilliant scientist, teacher and humanitarian. NAAFA has decided to create an award to honor his memory and promote work in his field. Paul fought against our society's prejudices against obesity and argued for honest reviews of data regarding the effects of obesity and the need for evidence-based treatments. He fought against incorrect information, social taboos and psychological pressures.

His scientific studies centered around metabolic syndrome: a constellation of medical conditions that includes insulin resistance, often leading to diabetes mellitus, high blood pressure and hyperlipidemia. Metabolic syndrome is associated with increased morbidity and mortality.

By studying the effects of various diets and drugs on metabolic syndrome, Paul sought to understand how it developed and could be prevented and treated. He sought to understand all the complicated interactions of exercise, diet, drugs, and surgery, as well as their efficacy and safety. He used his training in neuropharmacology to explain the nervous system's role in metabolic syndrome, and used similar approaches in developing and testing treatments.

Paul's work showed that treating one aspect of metabolic syndrome with a particular diet or drug could, at the same time, adversely affect another aspect. He showed that weight cycling (yo-yo syndrome), often seen in weight loss programs, promoted more weight gain in the long run and increased metabolic

syndrome morbidities and mortalities as well.

He understood the uncertainties and shortcomings in behavior and lifestyle modifications that are used to treat metabolic syndrome. He was a fierce advocate for honest reviews of treatments for metabolic syndrome and spoke at government hearings when these treatments were being evaluated for approval.

Paul was always deeply interested in making sure that his work was understood by his students, patiently spending time explaining and demonstrating his work, and supervising theirs. His students were motivated by his enthusiasm. Our students ranged from high school students, to undergrads, to medical to pre-med, as well as masters and doctoral candidates, plus technicians who were not getting degrees but who worked in our lab. Anyone who worked in the lab was openly encouraged to ask questions, make suggestions, and participate. Our lab was friendly, helpful, and supportive. Nobody was too good to help someone else no matter what level they were. We never considered people as working for us; we always considered people as working with us.

Paul felt strongly about bias in medical care, and the use of body mass index (BMI) as a measure of health especially rankled him. Paul knew that the social war on the overweight was based in part on oversimplified ideas about body measurements, like weight and BMI, contributing to misunderstanding of the health of fat people.

Everyone is aware of the ways that structural inequality impacts access to food, information, and healthcare. Paul understood that physical, mental, and social health are all part of wellness, and he wanted people to have access to information so they could make better choices in order to live their best lives.

There's no one pathway that's right for everyone when it comes to wellness, and Paul knew people would be better able to figure out their pathway with more information. Providing financial support for the next generation of researchers who understand this approach ensures that the progress Paul made continues to advance. Prioritizing funding for students who are underrepresented in the sciences also helps create more possibilities that other labs can be as inclusive as ours was, and Paul would've been delighted to help enable that to be so.

[Donate to the Fund](#)

Media and Research Roundup
by Bill and Terri Weitze

November 14, 2021: Livestrong.com provides a detailed article about healthcare discrimination, myths about fat bodies and health, the HAES (Health at Every Size) approach and some ways to help a fat person deal with these issues.

<https://www.livestrong.com/article/13767169-how-to-unlearn-weight-bias/>

November 15, 2021: (Trigger Warning: Fat bias.) An article about Body Positivity shows where the Bo-Po movement can be in direct conflict with the tenets of the fat acceptance movement. The author confuses weight with health and discloses her own biases in her healthism and ableism attitudes.

<https://www.thecrimson.com/article/2021/11/15/mclellan-body-positivity>

November 19, 2021: KQED, a public television station, interviews Annette Richmond (founder, Fat Girls Traveling and Fat Camp: A Fat Girl's Traveling Retreat), Tigress Osborn; and Jeff Jenkins (founder, Chubby Diaries travel blog) about their experiences traveling while fat.

<https://www.kqed.org/forum/2010101886561/experience-of-plus-size-travelers-often-gets-ignored-advocates-are-changing-that>

December 1, 2021: Researchers find that anti-obesity messaging may put vulnerable people at risk for eating disorders, and suggests that (a) school personnel and healthcare professionals get increased training regarding weight bias, and (b) public health campaigns and legislative policies be weight neutral.

<https://www.inquirer.com/health/anti-obesity-messaging-harms-fat-bmi-20211201.html>

<https://doi.org/10.1097/PSY.0000000000000962>

December 14, 2021: Long time NAAFA member and size acceptance activist Barbara Altman Bruno, PhD has donated her papers to her Cornell University's Rare and Manuscript Collections in Kroch Library, where they are available for review by scholars.

<https://alumni.cornell.edu/cornellians/bruno-size-acceptance/>

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: <https://naafa.org>

Comments: naafapeg@gmail.com

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