



NAAFA Newsletter

Official Publication of the National Association to Advance Fat Acceptance

February 2010

In This Issue

[To the First Lady](#)

[New Year - New You!](#)

[Call to Action](#)

[The Discovery of Leptin](#)

[Is It Okay To Be Fat?](#)

[A Media Firestorm!](#)

[Five Years of Service](#)

[The Roundup](#)

Cool Ideas!

NAAFA member Mara Nesbitt-Aldrich invited her Facebook friends to make a donation to NAAFA through Facebook for her birthday in 2009. Big fat thanks to Mara for using this venue in such a creative way to help support the work of NAAFA!

--//--

In 2007 NAAFA member Terri Weitze created accounts with GoodSearch, GoodShop, and IGive so that NAAFA could receive donations from these sites. Every time you use GoodSearch as your search engine or shop on-line through GoodShop and IGive, donations are made to NAAFA. This is a great way for you to donate to NAAFA's work without cost to you!

Please do your web searches through www.goodsearch.com (a Yahoo search engine) and your on-line shopping through www.goodshop.com and/or www.igive.com. Be sure to enter NAAFA as the charity you wish to support.

NAAFA has been receiving checks since Terri introduced this cool idea so we know that it works! Make Goodsearch.com your homepage today!

About NAAFA

NAAFA Challenges the First Lady

First Lady Michele Obama has recently announced her intention to focus on childhood obesity prevention. NAAFA encourages the First Lady to consider all the research before supporting any program that may do more harm than good.

Mrs. Obama, please consider the following:

- When important figures such as parents, teachers and peers in children's social environment endorse a preference for thinness and place an importance on weight control, this can contribute to body dissatisfaction, dieting, low self-esteem and weight bias among children and adolescents (Davison & Birch, 2001; Davison & Birch, 2004; Dohnt & Tiggemann, 2006; Smolak, Levine, & Schermer, 1999).
- The stigmatization of large children has increased by 40% over the last 30 years (Latner & Stunkard, 2003).
- Many drugs being prescribed to children cause weight gain. There was a 40-fold increase in bi-polar diagnoses in children between 1994 and 2003. 90.6% of youth received a psychotropic medication during bipolar disorder visits. For many, mood stabilizers, antipsychotics, and antidepressants were also prescribed. (*Arch Gen Psychiatry*, 2007)
- Prescribing dieting is, in effect, prescribing weight cycling, and many people will be fatter in the long run (Mann, 2007).
- Weight-control practices among young people reliably predict greater weight gain, regardless of baseline weight, than that of adolescents who do not engage in such practices (Neumark-Sztainer et al., 2006).
- Based on results from a population-based, longitudinal study with 2,500 teens, Neumark-Sztainer and colleagues at the University of Minnesota (2006) concluded that to prevent obesity and eating disorders, the focus needs to be on health much more than weight. The more weight *per se* is talked about, the more likely teens are to adopt dangerous dieting behaviors.
- A 2006 study from UCLA suggests our media and cultural obsession with achieving a certain weight does little or no good and may actually undermine motivation to adopt exercise and other healthy lifestyle habits.
- The National Center for Health Statistics, part of the Centers for Disease Control and Prevention, indicated in 2008 that childhood obesity has leveled off.

NAAFA urges the First Lady to:

- Partner with us and our many resources in the scientific and healthcare communities to examine this issue. Fat children are already the targets of merciless bullying. NAAFA urges Mrs. Obama not to support any programs that would create a pervasive bias against fat children.
- Consider guidelines for Childhood Obesity Prevention Programs found at: <http://www.aedweb.org/media/Guidelines.cfm> Childhood School Plans at <http://www.healthyweight.net/schools.htm> and Guidelines for Children at <http://www.healthyweight.net/children.htm>
- Support the Health at Every Size (HAES) tenets which state that healthy habits are good for EVERYONE, no matter what their size.

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.

Eat healthy, nutritious foods and enjoy occasional treats. Pay attention to your natural hunger and satiety cues. Move your body in ways that feel good rather than exercise focused solely on weight loss.

"Obesity has a strong genetic component that is expressed in environments that foster sedentary activity and eating an energy dense diet", stated Joanne Ikeda, Nutritionist Emeritus, University of California Berkeley. "Therefore, we encourage First Lady Michelle Obama to promote environmental changes in school settings that support enjoyable physical activity and consumption of a wide variety of nutritious, appetizing foods."

Quick Links
[Our Website](#)
[2010 Convention](#)

[Join Our Mailing List!](#)

:: 916-558-6880

This issue is about the critical need to create environments in which children and adolescents do not feel shame or guilt about their bodies but, rather, are motivated to enjoy healthful eating and active living habits regardless of their body size or shape.

Special Note:

Should you wish to express your opinion on this subject to the First Lady, you can contact the White House by e-mail through a form at <http://www.whitehouse.gov/contact> Snail mail may be sent to Michelle Obama c/o The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500. Please include your e-mail address in your correspondence.

White House Phone Numbers
 Comments: 202-456-1111
 Switchboard: 202-456-1414
 FAX: 202-456-2461

New Year - New You!

by *Mary Rockas*

[Editor's note: This article presents one person's approach to Health at Every Size and is not meant as a prescription for everyone.]

We just exited the month of invigorated weight loss goals, discounted gym memberships, reduced price diet programs and general shame for any holiday gluttony whether such gluttony was real or imagined, worthy of shame or not. To me, a newbie to the fat acceptance movement and to the concept of HAES, it seems like January should be renamed "Hate your Body Month: Dedicated to shame, fat phobia, discrimination and self-doubt."

As someone in love with the idea of HAES, I initially thought I should avoid the holiday goal setting and habit changing. (Such preoccupations are for dieters! No one can stick to their goals anyway!) I quickly realized that was silly. The psychologically blank slate that is New Year's could be used for good not evil! I became determined to make some HAES goals.

As I tried to set these goals, I realized that the line between healthy eating/exercise and diet land is fuzzy. When does eat more vegetables become EAT vegetables? When does "try not to eat trans fat" become "no cookies for you!?" We all know diets do not stick but how do you negotiate making healthy decisions so that these decisions don't become the equivalent of a restrictive diet? And what if I hate exercise but want the benefits?

I thought perhaps, going the intuitive eating route of HAES would guide the way. In this way, I wouldn't have to make pesky vegetable related decisions beyond the decision to listen to my body, but that's when the concepts went from fuzzy to downright hairy! No one will argue that eating better is bad for you but what if you're eating intuitively and have no desire for whole foods but instead want only "death-on-a-stick" foods? Is the possible mental anguish of denial and diets more hurtful than cakes? I don't have answers to these questions yet.

Despite all the fuzz and hair, I did manage to come up with some goals that will (I hope) be amenable to many different HAES views. They are:

1. Learn, learn, learn more about what nutrients are in different foods and what these nutrients do for bodies. I recently learned that the bioflavonoids in orange rind are good for your veins.

2. Discover new ways to exercise. Right now I do the elliptical - it's 45 minutes of boring "swish, swish, swish." There must be something a bit more interesting, and this year, I'm on a mission to find it!
3. Take a vitamin! Take a vitamin! Take a vitamin! Most US adults are deficient in one or more vitamins or minerals, such as vitamin D or thiamin.
4. Think about what is eaten and what the body intuitively wants. Do they match? What is the food doing for my body (this relates back to number 1)? Do I care?
5. Don't be a healthist! People do what they can on the health front. All too often, when trying to improve ourselves, we judge others (similar to how average size people tend to judge the big ones, ay?). I am going to try to recognize when I do this and change my attitudes.

These are just some of my HAES related goals for the year, what are yours?

Happy learning, discovering, moving, vitamin taking, eating and non-healthist thinking! ☺ M

Call to Action - Consider Carefully Where You Spend Your Grocery Dollars

Is it deliberate discrimination, or merely a misguided concern for wellness?

Steven A. Burd, Safeway's chief executive, says he has set an example for employers nationwide by rewarding employees for healthy behavior. His wellness program requires workers to pay higher insurance premiums if they flunk tests for measures such as weight, blood pressure and cholesterol.

As proof that his plan works, he claimed their health care costs for four years have been held constant. Really? The element of Safeway's benefits plan tying employees' premiums to medical test results was not implemented until 2009, according to Safeway Senior Vice President Ken Shachmut.

Subsidiaries of Safeway Inc. include: Safeway Food & Drug, Carrs Safeway Alaska Division, Dominick's, Genuardi's, Pak 'n Save, Pavilions, Randall's, Simon David, Tom Thumb, and Vons.

Meanwhile, John Mackey, CEO of Whole Foods, has a plan for cutting his health insurance costs by giving his employees extra discounts on their company store purchases based on their Body Mass Index (BMI).

Employees with a BMI between 28 and 29.9 will get a 22% discount; those with a BMI of 26-28.9 will get a 25% discount; those with a BMI of 24-25.9 will get a 27% discount; and those below 24 will get a 30% discount. Employees must also meet blood pressure and cholesterol criteria and not use nicotine to qualify. All company employees are afforded a 20% discount on their purchases.

These approaches in company wellness programs are not effective long term strategies. They simply repeat a cycle of stigma and bias in workplaces across America (Puhl et al, 2008). Wellness programs that encourage and support holistic healthy lifestyle changes independent of BMI are much more effective.

In light of the discriminatory practices of these industry leaders, NAAFA urges our members and all those who believe that discrimination is wrong to consider very carefully where you spend your hard earned grocery budget. We encourage you to support grocery suppliers whose benefits packages benefit all employees equally. We encourage you to support co-ops and farmer's markets for your organic grocery needs. You work hard for your money. Use it wisely to support those who do not promote weight bias and discrimination.

Those of you who wish to express your concerns and opinions to these company leaders may do so at the following addresses:

John Mackey, CEO

Whole Foods Market, Inc.
550 Bowie Street
Austin, TX 78703-4644

Steven Burd, CEO
Safeway, Inc.
5918 Stoneridge Mall Rd.
Pleasanton, CA 94588

The Discovery of Leptin and the Size Acceptance Movement

by Paul Ernsberger, Ph.D.



The discovery of leptin in 1994 was such a major event that one could divide history into a pre-leptin era and a post-leptin era. In the pre-leptin era, there was a perennial debate about the root cause of obesity. The mainstream view was that fat people were lazy and gluttonous. If people maintained a normal level of physical activity and avoided eating junk food to excess, then no one would be fat.

This moralistic view prevailed not only in the general public but also among health professionals, scientists and journalists. Fat people were judged to have a simple failure of will, and this opprobrium extended to scientists and doctors who studied obesity as well. Obesity held little interest as a scientific question, except for a handful of psychologists.

In the pre-leptin era there was an alternative view of obesity as a biological issue, which held that fatness is a natural condition for some people and part of their genetic heritage. This was sometimes called "the setpoint theory" or the genetic theory of obesity. This was the position of NAAFA and size acceptance advocates, and also a small cohort of biologists and biological psychologists. A major criticism of the setpoint theory was that it could not explain how the body "knew" how much fat was stored. How could fatness be biologically regulated if there was no signal that could pass from fat cells to the brain?

In 1994 with the discovery of leptin, the setpoint theory instantly stopped being controversial and became established fact. Leptin was recognized as the chemical messenger that travels from fat cells to the brain and makes possible an elaborate biological control mechanism that regulates fatness. Obesity was no longer seen primarily as a moral failing, at least by well informed people. The genetic basis of obesity was suddenly recognized. Of course, proof of the genetic basis of obesity and a biological control system for body had been known for decades. Studies of identical twins and adoptions and laboratory and domestic animals showed the overwhelming influence of inheritance going back at least a century. But it was only with the discovery of leptin that obesity came to be understood as a biological condition and became a legitimate topic for biologists.

A few years later, the pendulum of mainstream opinion seemed to swing back the other way. Because the average American had gained about 15 pounds since the 1980s, this "epidemic of obesity" was somehow thought to overthrow years of biological discoveries and prove that laziness and gluttony were the sole causes of fatness. Perhaps now that the rise in average body weight has stabilized, the importance of biological control of body weight will be recognized once again.

Notes From The Taping of Nightline's Face Off: "Is It Okay To Be Fat?"

by Golda Poretsky, H.H.C.
www.bodylovetowellness.com

Despite reports of an impending snow storm and the early afternoon call time, pro-fat



supporters from all over the New York City area showed up and participated in the taping of Nightline's Face Off: "Is It Okay To Be Fat?" It felt like a mini-NAAFA convention as NAAFA folks greeted each other warmly in the lobby.

The crowd at the event was small but lively, and at least fifty percent were there to support the pro-fat side of the debate. That side was ably and eloquently represented by Marianne Kirby, co-author of *Lessons from the Fat-O-Sphere* and blogger for The Rotund, and Crystal Renn, model and author of *Hungry: A Young Model's Story of Appetite, Ambition, and the Ultimate Embrace of Curves*. MeMe Roth, President of the National Action Against Obesity and Kim Bensen, author of *Finally Thin* were on the anti-fat side. Juju Chang of Nightline was the moderator. Happily, she seemed to be relatively unbiased toward either side. Also present was Nightline regular, Dr. Richard Besser.

As the debate got started, Ms. Chang requested civility from the debaters and the crowd. Things remained relatively polite, until Ms. Roth quoted a statistic that, allegedly, obese people have 4% smaller brains than non-obese people. A member of the audience began to argue with her while Ms. Kirby was speaking, and Ms. Roth had to partly take back her statement. A number of groans and guffaws followed from members of the audience, particularly when Ms. Bensen made a heartfelt statement about "calories in, calories out" and Ms. Roth argued that it was good to "harness the power of stigmatization to fight obesity."

Once the debate was opened up to questions from the audience, there was an incredible mix of thoughtful questions and obvious posturing. Ms. Roth had been arguing throughout the debate that fat people should pay more for health insurance, and one woman thoughtfully asked her if she also thought that minorities and poorer people should pay more for insurance, because, like fat people, as a category they allegedly cost the system more. Ms. Kirby also made the great point that because of well-documented discrimination against fat people, they often do not receive quality healthcare or end up waiting to go to the doctor because of ill-treatment.

One of the most poignant questions came from NAAFA member Ivan Greene, who asked Ms. Roth why she pushes dieting when diets don't work for 95% of people. Surprisingly, Ms. Roth didn't dispute that statistic. Her only response was that people shouldn't stop trying to lose weight, despite that fact.

Throughout the debate, Ms. Kirby kept noting where both sides had common ground, namely, that they all agree that everyone should have access to diverse and healthy fresh food. But when asked to give their closing statements, it became especially clear how far apart the two sides were. Ms. Kirby noted, that "[her] body and [her] health doesn't look like everyone else's" and that "it's dangerous to judge everyone and their health levels on this one factor." Ms. Renn, who had earlier called out Ms. Roth on being both "fat-phobic" and probably "pro-anorexic" made the argument that our dieting culture keeps people down, especially women, and creates a society where we "have difficulty with acceptance and self-confidence."

On the other side, Ms. Bensen's final statement was that we shouldn't give up on dieting. I expected Ms. Roth to say something similar, but instead she made a new argument, stating that we need to deal with obesity by nipping it in the bud in children while in utero through age five. I wonder if they'll edit out the collective gasp.

Nightline's "Face Off: Is It Okay To Be Fat?" airs on February 22nd at 11:30PM on ABC.

A Media Firestorm!

As most of the world is now aware, film director Kevin Smith was recently ejected from a flight on Southwest Airlines after having stowed his bags and settled into his seat. A flurry of Twitter messages from Kevin to his 1.6 million followers ensued, attracting the media to his story.

ABC World News was the first to contact NAAFA for a statement in which we said, "NAAFA recommends that people of size seek out and travel airlines that do not have such discriminatory policies." ABC World News

announced on Sunday night that NAAFA was calling for a boycott of Southwest Airlines.

Media requests began to pour in and NAAFA volunteers stepped up to the plate to speak to the issue of discrimination by the airline industry. Our east coast team included Golda Poretzky, Brandon Macsata and Cathy Grinels while Linda Bacon, Lesleigh Owen, Linda Ramos, Kathy Salgado and Peggy Howell rose to the challenge from the west.

NAAFA members represented the size acceptance community on television shows such as ABC World News, Fox News, Fox TV - Las Vegas, CNN's "The Situation Room", CNN's Anderson Cooper 360, NBC Universal, KNBC - Burbank, CA, ABC7 Eyewitness News - Los Angeles, CBS News The Early Show and CBS News, WUSA - Washington, DC.

Our awesome volunteers fielded radio interviews on WVON Chicago, IL, KDKA Pittsburgh, PA, WBAL Baltimore, MD, WTKK-FM Boston, MA, KFI Los Angeles, CA, WTHU Thurmont, MD, WBT Charlotte, NC and BBC Five Live Radio.

A big fat thanks to NAAFA activists for representing all of us. For those of you who missed the excitement, we thought you might enjoy the following news clips:

<http://video.foxnews.com/#/v/4018405/airline-kicks-hefty-filmmaker-off-plane>

<http://www.wusa9.com/video/default.aspx?bctid=66656356001>

<http://www.cnn.com/video/?/video/bestoftv/2010/02/16/ac.kevin.smith.flight.new.cnn>

<http://abclocal.go.com/kabc/story?section=news/entertainment&id=7278299>

<http://www.cbsnews.com/video/watch/?id=6219606n>

<http://www.hulu.com/watch/128112/abc-nightline-too-fat-to-fly>

Five Years of Service, Passion & Innovation!

by NAAFA Board of Directors

On December 29, 2009 Peggy Howell celebrated her five-year anniversary as volunteer Director of PR and NAAFA Board member. To mark this milestone, we thought that it would be interesting to take a look at some statistics and show what a significant impact Peggy has had on this key function of NAAFA's communication strategy,



- Directed the creation of NAAFA's presence on MySpace and FaceBook with fellow volunteer and sister Darliene Howell.
- Sent **8130** emails from the naafa_pr mailbox.
- Posted **426** messages on the NAAFA news group
- Linked with **374** friends on NAAFA Cause Facebook
- Linked with **2069** friends on NAAFA MySpace
- 199 MySpace Blog postings, with **225** comments, **111** kudos and a whopping **97,163 views!**

Yes, that's right, **97,163 views!** A very exciting example of the effectiveness of this medium!

As impressive as the above stats are they do not take into account the many hours dedicated to phone calls, convention organizing, press releases, media interviews, vendor relations, member correspondence and operational duties. Peggy has been a powerhouse that has built the momentum of NAAFA's message and pushed it to new heights.

When asked to summarize her 5 years of service Peggy had this to say. "I am proud of all that we have accomplished during this time and delighted to serve with and for such a fantastic group of people. It will be very exciting to see what the next five years brings!"

Volunteers are NAAFA's true strength, but key volunteers like Peggy Howell are its heart. Thank you Peggy!

Media and Research Roundup

[Editor's Note: As we continue to play catch-up in this column, you can find the latest size acceptance news, good and bad, at the NAAFA News RSS Feed at <http://naafa.org>]

April 2009: Katherine Flegal and Barry Graubard's study looks at several measures of fatness (BMI, waist line, arm circumference, and so on) and finds no significant difference in the death rates of people in different size categories, even for causes of death normally associated with fatness. Fat does not kill!

<http://www.ajcn.org/cgi/content/abstract/89/4/1213>

June 3, 2009: Rebecca Fox and William Sherman's fat and fabulous cyber-serial on Dimensionsmagazine.com is published as a romantic novel by Pearlsong Press! *Measure by Measure* is available through Amazon.com or directly from the publisher.

<http://www.pearlsongpress.com/2009/06/a-pearlsong-conversation-with-rebecca-fox-and-william-sherman-authors-of-measure-by-measure.html>

June 5, 2009: An article on fat flyers in Canada's *National Post* makes a show of evenhandedness by quoting folks like Bill Fabrey, but mostly blames fat people for everything from personal injury of seatmates to causing airfares to rise. [Article no longer on line]

June 9, 2009: *The Wall Street Journal* discusses thoroughly the issue of fat people on planes, including an option of providing limited extra-wide seating in the same manner as extra-leg-room seating is now available on some flights.

<http://online.wsj.com/article/SB124450530210396091.html>

June 11, 2009: *MedPageToday.com* reports that bariatric surgery doubles the risk of bone fractures, possibly due an increase of bone turnover and altered nutrient metabolism. Aggressive calcium and vitamin D supplementation may still be insufficient to prevent the increased risk of fracture.

<http://www.medpagetoday.com/MeetingCoverage/ENDO/14670>

June 15, 2009: Blogger and author Marianne Kirby and fashion designer hopeful Gabrielle Gregg are featured in *Good Morning America's* story on being young, fat and fabulous, letting people know that getting off the yo-yo dieting rollercoaster can be a happy decision. The hosts can't resist a "PS we hate you" message at the end, though.

<http://abcnews.go.com/GMA/story?id=7823614>

June 18, 2009: The journal *Obesity* publishes (online) two studies, from Japan and Canada, showing that moderately fat people live the longest, six to seven years longer than very thin people according to the Japanese study (confirming the landmark 2005 Flegal study). I just want to know how long before healthcare professionals will catch up with fat science. Yet as pointed out in a *Washington Post* article a few weeks later, the evidence is still being ignored.

<http://www.breitbart.com/article.php?id=CNG.c7aaeb7940626693fa418a1eab2291f6.81>

<http://www.nytimes.com/2009/06/26/health/26weight.html>

<http://www.nature.com/oby/journal/vaop/ncurrent/abs/oby2009190a.html>

<http://www.nature.com/oby/journal/v18/n1/abs/oby2009191a.html>

<http://www.washingtonpost.com/wp-dyn/content/article/2009/07/06/AR2009070600924.html>

June 22, 2009: CSPI (Center for Science in the Public Interest) sends a letter to President Obama urging him to reverse the "obesity epidemic". Without actually citing any science, the President is told fat people are dropping dead by the tens of thousands, costing billions in medical expense (even though we are dying young?), and we have psychosocial problems like stigmatization and discrimination in the workplace!

<http://cspinet.org/new/pdf/obesity-letter-obama.pdf>

June 22, 2009: Speaking in San Francisco, First Lady Michelle Obama kicks off a campaign on social change through volunteerism. Unfortunately, in praising a group of volunteers creating a playground at a

Bay Area school, she includes comments correlating health problems/costs and being fat.

http://abclocal.go.com/kgo/story?section=news/local/san_francisco&id=6877554

June 26, 2009: *CNN* jumps into the fat flyer arena with some misinformation, a lot of fat bias, and one interesting tidbit from Boeing saying studies have found most seat space invasions are due to wide shoulders! So how come those folks don't have to buy another seat?

<http://www.cnn.com/2009/TRAVEL/06/26/obese.passengers.airlines>

June 29, 2009: Finally, a show where fat dancers can compete! *Dance Your Ass Off* premieres on the Oxygen Network. Sadly, the real agenda for this competition is weight loss. Way to ruin a really good idea.

<http://dyao.oxygen.com/about-dyao>

July 4, 2009: Keith Devlin, NPR's *Weekend Edition* math guy, provides 10 reasons why the BMI is bogus! Print it, keep it handy, and share it.

<http://www.npr.org/templates/story/story.php?storyId=106268439>

July 7, 2009: *ABC News Medical Unit's* article on employers requiring employees to lose weight should scare everyone. The diet industry has now moved into the workplace. Not only do these employers require certain behaviors be adopted by their employees, but they also require the employee somehow achieve specific results from those behaviors. [See related Call to Action above.]

<http://abcnews.go.com/Health/WellnessNews/story?id=8015892>

July 7, 2009: NAAFA comes out against the CDC's "Obesity Cost Calculator". NAAFA believes that the calculator is inaccurate, and merely reinforces prejudicial stereotypes, promoting further discrimination against fat people.

<http://groups.yahoo.com/group/naafanews/message/375>

July 9, 2009: A study of 76 monkeys claims to show that long-term caloric restriction leads to a longer, healthier life. The dieting monkeys' caloric intake was reduced by 30%. The oldest monkey is a non-dieter who is 2 years older than the oldest dieting monkey, but the dieting monkey looks much younger. Imagine how happy that makes the hungry monkey.

<http://www.cbsnews.com/stories/2009/07/09/health/main5146924.shtml>

<http://www.sciencemag.org/cgi/content/abstract/325/5937/201>

July 10, 2009: Following its merger with NWA, Delta Airlines has run afoul of the union representing NWA flight attendants. Delta has a newly-designed and stylish red uniform but it only goes up to size 18, even though Delta's other uniforms go up to size 28. Delta claims they have had few complaints from their own employees. But Delta's employees don't have a union to stand up for them.

http://www.newsvine.com/_news/2009/07/10/3015662-some-nwa-flight-attendants-want-to-wear-red-dress

July 12, 2009: Not all TV shows about fat folks are fat hating according to the *Pittsburgh Post-Gazette*. While there are still weight-loss focused shows, there are now some choices that are more size accepting and work to help break down fat stereotypes and prejudices.

<http://www.post-gazette.com/pg/09193/983185-67.stm>

July 15, 2009: The *New York Times* article "Tossing Out the Diet and Embracing the Fat" reads almost like a who's-who of the fat community, repeating the message that diets don't work and you can be fit and fat. Dieters are urged to stop investing time and money in weight loss that doesn't work, and start investing in what you want out of life.

<http://www.nytimes.com/2009/07/16/health/nutrition/16skin.html>

July 15, 2009: Once again, the many and excellent qualifications of a nominee are overshadowed by the nominee's weight. This time it's Regina Benjamin, Surgeon General nominee. Frances Kissling at Salon.com thinks Regina Benjamin is a great nominee for Surgeon General because Dr. Benjamin is qualified and fat. In a fat nation, Dr. Benjamin understands how being fat can affect your life. Lemondrop.com also addresses the issue, although the title is unfortunate ("Should Health Officials Have to Be Healthy and Trim"). [NAAFA's press release and a story in Australia's *The Age* are also linked below.]

http://www.salon.com/mwt/broadsheet/feature/2009/07/15/regina_benjamin/index.html

<http://www.lemondrop.com/2009/07/16/should-health-officials-have-to-be-healthy>

<http://groups.yahoo.com/group/naafanews/message/381>

July 16, 2009: A study published in the *American Journal of Hypertension* concludes that, in men with hypertension, fitness negates the mortality risk associated with obesity. More evidence that fitness is a better predictor of health than fatness. So why wasn't this study all over the news?

<http://www.nature.com/ajh/journal/v22/n10/full/ajh2009122a.html>

July 21, 2009: Yet another study shows that many doctors do not like fat people; however, this study wants to know why. It may be their training, or it may be that doctors are frustrated with "years of attempted treatment of obese patients in the face of modest weight loss or even weight gain." So they are blaming the patient instead of the ineffective treatment.

<http://www.reuters.com/article/idUSTRE56K6SV20090721>

<http://www.biomedcentral.com/1472-6963/9/106>

July 27, 2009: *The LA Times'* article on taxing fattening food and using the money for healthcare reform shows a real lack of understanding of the complexities of why people are fat. They refer to a tax implemented in Great Britain which has, indeed, raised a lot of money; but has not resulted in a thinner population. Why not call it a "luxury tax" instead of demonizing fat people?

http://latimesblogs.latimes.com/booster_shots/2009/07/tough-love-for-fatties-tax-their-food-pay-for-healthcare.html

July 28, 2009: A study estimates that fat Americans cost the country \$147 billion in weight-related medical bills in 2008. One big problem is that the study confuses correlation with causation. Also, the researchers themselves acknowledge there is no effective treatment for weight reduction, but it should not surprise anyone that the media is using the report to create more fat hatred.

http://www.usatoday.com/news/health/2009-07-27-costofobesity_N.htm

<http://content.healthaffairs.org/cgi/content/abstract/28/5/w822>

July 28, 2009: Just the fact that the CDC called their conference "The Weight of the Nation" should have been a warning to the fat community that a major attack was underway. Human and Health Services Secretary Kathleen Sebelius' opening remarks combine ideas for healthy living with lots of fat scapegoating.

<http://www.hhs.gov/news/press/2009pres/07/20090728a.html>

July 29, 2009: Thank you Megan McArdle for choosing Paul Campos to interview on issues concerning America's moral panic over obesity as published in *The Atlantic*. McArdle gets Paul's input on just about every current issue facing the fat community, and as usual Paul delivers a thoughtful and rational point of view.

http://meganmcardle.theatlantic.com/archives/2009/07/americas_moral_panic_over_obes.php

July 29, 2009: Blogger Daniel Engber is no fan of fat acceptance. Even so, his blog on fat people and health care costs points out that you can't have it both ways - either fat people die young (saving lots in medical costs) or they don't die young (meaning they are a lot healthier than you think).

<http://www.slate.com/blogs/blogs/browbeat/archive/2009/07/29/no-fat-people-won-t-pay-for-health-care-reform.aspx>

July 31, 2009: *Time* magazine runs an article on the history of NAAFA in conjunction with NAAFA's 40th Convention, and right at the top is a picture of two headless fatties. That should let you know where this is going. Despite the tone of the article, Peggy Howell puts in her two cents, making it clear that NAAFA does not encourage people to get fat and that discrimination is wrong. Period.

<http://www.time.com/time/nation/article/0,8599,1913858,00.html>

July 31, 2009: Miss Conduct's Mind Over Manners wishes NAAFA a happy 40th birthday, provides links for her readers and urges them to check out size acceptance in general, and NAAFA in particular.

<http://robinabrahams.com/2009/07/happy-birthday-fat-acceptance>

