



**national association
to advance
fat acceptance**

NAAFA Newsletter

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Advance Fat
Acceptance**
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Set a "STANDard"!



NAAFA encourages you to stand in support of the Stand4Every Body grassroots campaign to respond to the hateful ads and billboards launched in Georgia in early 2011. You may recall that NAAFA called for the removal of these damaging billboards in March 2011. Since that time we have learned that Georgia Children's Health Alliance has committed to spending \$5 million over the next five years on this negative Strong4Life campaign.

There are three aspects to this exciting Stand4Every Body campaign:

Fat activist Marilyn Wann's graphic response to the fat hating ads is the "I STAND" ad campaign. Marilyn would love for supporters of all sizes to send her a photograph and she will help you become a "STANDard". Here's what she suggests: send a photo, looking straight at the camera, along with a statement of what you stand for to marilyn@fatso.com Your

finished ad can include your name and/or affiliation, or neither (for example, [PEGGY HOWELL, NAAFA MEMBER](#) or just [NAAFA MEMBER](#)); let Marilyn know what you prefer. Take a look at some of the more than 300 fabulous ads created thus far: <http://istandagainstweightbullying.tumblr.com>

Blogger and fat activist Atchka Fatty calls you to action with his letter writing campaign against Strong4Life. He has provided contact information for people and organizations to write letters to, plus sample letters for those who prefer help with writing a letter of protest. He has also organized a video project for those who enjoy expressing themselves via video. Read all about how you can get involved at <http://fatkidsunited.wordpress.com>

My Secret Strength

[February Video of the Month](#)

As part of the Stand4Every Body campaign, Atchka Fatty invited people who enjoy expressing themselves on screen to create videos telling their stories of being bullied when they were kids. Our videos of the month are from Jennifer Jonassen, actress, dancer, writer, activist and clown. She's shared two videos at the link below. Be sure to watch them both!

fatkidsunited.wordpress.com/2012/01/30/my-secret-strength

Why don't you consider creating a video and sharing your experience if you were bullied as a child?

Quick Links

[NAAFA Home](#)
[NAAFA Facebook - Cause](#)
[NAAFA SF Bay Facebook](#)
[NEW: NAAFA-Capital](#)
[Facebook](#)
[NAAFA MySpace](#)

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Dancer, performer, and fat activist Ragen Chastain has raised money to lease and post billboards with positive messages and other information to combat the Strong4Life campaign. Ragen's "Big Fat Money Bomb" fund raiser resulted in more than \$12,000 in contributions in one day, and \$21,700 in eight days, including a \$5,000 matching donation from the More of Me to Love website. Read more about the Support All Kids Billboard Project, including how to submit your billboard design, at <http://danceswithfat.wordpress.com/the-billboard-project>

We encourage our members to get involved, become a "STANDard", write a letter, forward campaign details to others, and contribute your ideas and talents. Let's combine all our efforts to put an end to Georgia's Strong4Life campaign.

NAAFA to Award Plus-Size Fashion Design Scholarship

For the third year in a row, NAAFA is proud to announce our Plus-Size Fashion Design Scholarship of \$1000 to a currently-enrolled fashion design student. The purpose of this scholarship is to encourage student fashion designers to specialize in the design of fashions for the plus-size body.

Students currently enrolled in an accredited Fashion Design School are eligible to apply for the NAAFA Plus-Size Fashion Design Scholarship.

The winner will be asked to participate in the 2012 National NAAFA Convention Fashion Show on Saturday, August 4, 2012 at the Westin San Francisco Airport Hotel where s/he will be introduced as our Fashion Design Scholarship winner.

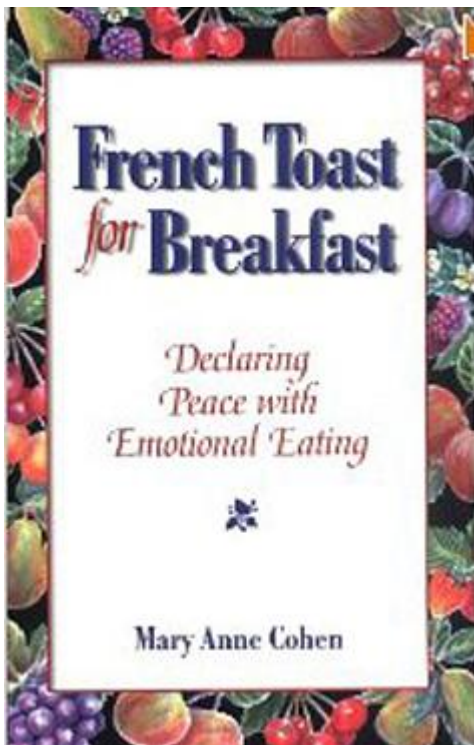
Complete details and an application can be found at:

<http://naafaonline.com/convention2012/schedule/scholarship.html>

Application deadline is July 1, 2012.

People Come in All Sizes....Fashion Comes in All Sizes!!

French Toast for Breakfast



*Book by Mary Anne Cohen
Reviewed by Peggy Howell*

Food is essential for living, but because of the current pressure to be a certain size and all of the "good food/bad food" rhetoric, many people today have serious emotional issues around food and eating.

In *French Toast for Breakfast*, Dr. Mary Anne Cohen explores these issues, their causes, and how to resolve them. The book includes examples from real therapy sessions, honest answers to common questions, some practical exercises, and even a questionnaire to help readers determine their path to peace with their issues around food and eating.

Whether or not you have eating issues, you will find *French Toast for Breakfast* a warm and compassionate guide to understanding the emotions that underlie eating problems.

Sweet Reasons and Needy Knees

by Cinder Ernst

Last month I told you that one of my sweet reasons for being healthy and mobile is to walk my dog in nature. To do that I perform some pretty boring hip rehab exercises for arthritis. I remember my sweet reason and simply do what is needed without dread or drama. Yay, Cinder! (Celebrating every accomplishment is a good habit; I'll talk more about that next month.)



In my many years of helping folks with fitness, I have never met a knee that couldn't use a bit of support from the surrounding muscles. This brings me to the famous Miracle Knee Exercise. This exercise is one of those pretty boring rehab moves that is good for knees. So if your knees could use a little help, break out a sweet reason of your own, sit on the edge of your chair and get ready for a knee miracle! Here are the 2 Steps:

1) Learn the Miracle Knee Exercise. This is the chair version so please do the exercise as you read it. Sit up tall and straight on the edge of your chair. Straighten both legs (or try one at a time) out in front of you. Keep your heels on the floor throughout the exercise. Squeeze your quadriceps muscles (quads) and then hold the squeezes for 2 or 3 seconds. (Your quads are the muscles in the front of your thighs that contract as you straighten your leg, you can go from straight to straighter to get the squeeze.)

Breathe throughout the exercise.

2) Do the Miracle Knee Exercise. Work up to ten repetitions. You can do them all at once or spread them out during the day. The Miracle Knee Exercise can be done every day, three times a week, or just once in a while. People get the knee miracle at many levels. Be sure to say to yourself "*I'm doing the Miracle Knee Exercise now*", and expect a knee miracle.

Bonus: You can do the Butt Bouncer in between to break up the action (see newsletter archive for that article).

See you next month, when I'll tell you all about celebrating and then you can practice that!

If you would like more of me, you can sign up for my free tele-class "*3 Easy Steps You Can Take Right Now to Lower Your Blood Sugar and Increase Your Energy*" at <http://cinderernst.com>

Here's to Your Premium Health!

Thanks and love, Cinder

Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafa.org>]

January 6, 2012: Abnormally elevated blood pressure measured during physical activity is associated with an increased risk of cardiovascular disease; but a new study shows that even moderate aerobic exercise reduces exercise blood pressure in fat post-menopausal women, even without weight loss.

<http://www.reuters.com/article/2012/01/06/us-modest-exercise-idUSTRE8051N520120106>
http://journals.lww.com/menopausejournal/Abstract/publishahead/The_effect_of_different_doses_of_aerobic_exercise.98891.aspx

January 7, 2012: *The New York Times* follows Shani Gofman through her experience with lap-band surgery at age 19. Lap-Band manufacturer Allergan, having lowered the BMI threshold for WLS, is now pushing to be able to market the surgery to 14 year olds. The article provides some of the dangers of WLS and problems, including long term weight regain.

<http://www.nytimes.com/2012/01/08/health/young-obese-and-getting-weight-loss-surgery.html>

January 8, 2012: French diet book author Pierre Dukan thinks that teens should be awarded extra points if during their last two years in high school they are maintaining an "acceptable" BMI. Dukan denies that this would punish fat children

and that his plan is "a good way to sensitize teenagers to the need for a balanced diet." We think that fat teens are probably sensitive enough without being targeted further.

<http://www.telegraph.co.uk/health/dietandfitness/8990122/Dukan-Diet-founder-says-students-should-be-graded-on-their-weight.html>

January 10, 2012: From a mind-bogglingly ignorant statement of "Losing weight is simple: Eat less and exercise more", *The Wall Street Journal* goes on to discuss a highly flawed study from July 2011 (see August 2011 NAAFA Newsletter, July 18 roundup entry) that concludes that our personalities make us fat. The article then names personality traits that could apply to anyone, tells you how those traits make you fat, and what you can do about it.

<http://online.wsj.com/article/SB10001424052970204124204577150702592157004.html>

January 10, 2012: Dr. Richard Kahn, speaking to public health advocates and diabetes researchers in Washington DC, points out that since community-based weight loss programs have proven ineffective, implementing a nationwide program would be a waste of money. For diabetes, Dr. Kahn recommends instead early detection and proper medical treatment as the best way to head off complications of the disease.

<http://www.medpagetoday.com/Endocrinology/Diabetes/30599>
<http://content.healthaffairs.org/content/31/1/76.short>

January 10, 2012: Since 2009, papers on publicly-funded research must be made available, free of charge, on the National Library of Medicine's website. However, the US House of Representatives is considering removing this requirement, forcing taxpayers to pay twice for the same research.

<http://www.nytimes.com/2012/01/11/opinion/research-bought-then-paid-for.html>

January 12, 2012: The damage of bullying doesn't end in the schoolyard. A study of Israeli workers shows that the coping methods used by most victims of a bullying boss or supervisor usually makes the victim feel worse not better. The result is a lot of stress, which can lead to all kinds of physical and mental health issues.

<http://today.msnbc.msn.com/id/45973010/ns/today-money>
<http://psycnet.apa.org/journals/str/18/1/5>

January 12, 2012: Dr. David Katz and Paul Campos talk with Joy Cardin on Wisconsin Public Radio regarding the ad campaign in Georgia that targets fat children. Dr. Katz states that the only way to judge the ads is by their effectiveness. Paul Campos points out how harmful the ads are, and that the focus should be on health for everyone, not weight.

http://wpr.org/webcasting/audioarchives_display.cfm?Code=jca&StartRow=1&keyword=campos&highlight=on

January 13, 2012: Dr. Pattie Thomas interviews Dr. Mary Beth Asbury, who discusses how weight is in truth more about social identity than health, and that how we talk about bodies and weight is at least as important as the weight itself.

<http://www.psychologytoday.com/blog/i-take-space/201201/weight-is-social-identity-according-new-research>

January 13, 2012: The Institute of Medicine is joining with various partners in a new national campaign to battle the "obesity crisis", called The Weight of the Nation. Perhaps they should look at the effect of campaigns like this in diminishing the quality of fat people's lives and in increasing health care costs, two factors IOM claims to be concerned about.

<http://iom.edu/Global/News%20Announcements/The-Weight-of-the-Nation.aspx>

January 14, 2012: The Canadian Obesity Network, a professional body devoted to "helping" fat Canadians, is trying to create guidelines for doctors when they discuss the subject of weight with their patients. A recent study has shown that use of a word that the patient dislikes (whether it be obesity or fatness or something else) may cause the patient to refuse to discuss their weight with their physician. NAAFA's guidelines released in October 2011 seem to be a partial inspiration.

<http://news.nationalpost.com/2012/01/14/fat-obese-and-other-dirty-words-for-weight-problems>
<http://www.nature.com/oby/journal/v20/n1/full/oby2011217a.html>
http://www.issuu.com/naafa/docs/naafa_healthcarep_guidelines_2011_v06_screenshot

January 15, 2012: Singer Adele, who was by many measures the top female vocalist of 2011, is one of the winners of the Women's Healthy Body Image Award. Talking about her weight, Adele says "I've seen people where it rules their lives,

how it wears them down. I don't want that in my life. . . . I make music to be a musician, not to be on the cover of Playboy." Other winners include *In Favor of Myself*, an interactive educational program promoting positive self and body image among youth in Israel, and Nancy Redd's books *Body Drama* and *Diet Drama*, which redefine beauty for teen girls.

<http://www.healthyweight.net/hww.htm#hww2011>

January 15, 2012: Children in various school districts are wearing monitors that track activity and biological indicators (like heart rate). Some schools have obtained parental consent, but others use the monitors during phys ed classes without the knowledge of the parents, raising all kinds of issues regarding health information privacy.

http://www.nypost.com/p/news/local/schools_spy_on_fat_kids_HpPAgsKXPYjt1EWFfaNp9K

January 17, 2012: An article in *The Wall Street Journal* explains that researchers are finding that the gut (the full digestive tract) affects much more than digestion. The gut's own nervous system is so complex that some refer to it as the body's second brain. Perhaps we shouldn't be so quick to remove large parts of it for the sake of losing weight.

<http://online.wsj.com/article/SB10001424052970204468004577164732944974356.html>

January 18, 2012: Georgians are not the only target of fat-phobic billboards. Albany (New York) now has two billboards linking body fat with eating cheese. Supposedly the ads are to encourage schools to reduce the amount of cheese served in school lunches; thankfully, the billboards depict adults, not children. But hate is never an appropriate tool.

<http://www.pcrm.org/media/news/fat-focused-billboards-warn-albany-cheese>

January 18, 2012: In light of the brouhaha surrounding Paula Deen's sharing of her diagnosis as diabetic, Paul Campos points out that this is not a moral issue. Mr. Campos wonders (as do we) why it's OK for Chef Anthony Bourdain (a thin man) to criticize Ms. Deen even though Bourdain has cheerfully admitted to chain smoking and eating whatever he pleases.

<http://www.lawyersgunsandmoneyblog.com/2012/01/moralizing-illness-and-weight>

January 22, 2012: Gary Taubes and Dr. Peter Attia proffer a letter petition in response to Tara Parker-Pope's article "The Fat Trap" (see January 2012 Roundup), claiming that people are fat because of insulin imbalances - because we all know there are no thin diabetics (sarcasm alert). They suggest that all fatties eat a low-carb (but not low-cal) diet because such diets have worked so well thus far (more sarcasm).

<http://www.nytimes.com/2012/01/22/magazine/reply-all-fat-trap.html>

January 23, 2012: A study looking at schools where "junk" food is banned and schools where it is sold (as well as looking at children who switched from one type of school to another) found no link between the sale of "junk" food and the obesity rates of the students.

<http://www.nytimes.com/2012/01/24/health/research/study-finds-no-childhood-obesity-link-to-school-junk-food.html>
<http://soe.sagepub.com/content/85/1/23>

January 24, 2012: In a recent poll, 82% of parents of children age 6-14 report at least one school-based childhood obesity intervention program, and 30% of those same parents report behavior of their children that could indicate the start of an eating disorder. The poll results raise concern about these programs and an increase in eating disorders among young children and teens. Gee, ya think?

<http://www.marketwatch.com/story/school-obesity-programs-may-promote-worrisome-eating-behaviors-and-physical-activity-in-kids-2012-01-24>
<http://www.med.umich.edu/mott/npch/pdf/012412eatingbehaviors.pdf>

January 24, 2012: The US Centers for Disease Control and Prevention (CDC) report that amputations related to diabetes have fallen more than 50% since the 1990s, probably due to better treatment. However, amputation is still substantially higher for diabetics than nondiabetics and it disproportionately affects people who are older than age 75, male, or black.

http://www.cdc.gov/media/releases/2012/p0124_lower_limb.html
<http://care.diabetesjournals.org/content/35/2/273.abstract>

January 25, 2012: All children deserve healthy and tasty school lunches, whether they're fat or thin. So why does the Obama administration find it necessary to single out fat kids as a problem when introducing improved guidelines for government-subsidized school meals?

<http://www.nytimes.com/2012/01/26/us/politics/new-school-lunch-rules-aimed-at-reducing-obesity.html>

January 27, 2012: A new study shows no increased risk from weight cycling if the weight loss was intentional (e.g. due to dieting). This seems odd since (as the authors admit) many other studies show significant risk. Turns out, what the authors did was remove patients with increasing BMI, hypertension, diabetes, etc. from the data, even though these may be caused by weight cycling. So, yes, no one is harmed by weight cycling other than those harmed by weight cycling. Argh!
<http://aje.oxfordjournals.org/content/early/2012/02/01/aje.kwr378.abstract>
http://www.nlm.nih.gov/medlineplus/news/fullstory_121534.html

January 28, 2012: *Tolerance.org* shares some thoughts for teachers to help them address size bias in the classroom, including the importance of a HAES™ attitude.
<http://www.tolerance.org/weighing-in>

January 29, 2012: An article in *The New York Times* looks at the history of the *Diagnostic and Statistical Manual of Mental Disorders*, how revisions to the DSM are approached, and the problems that revisions can create. The American Psychiatric Association is currently working toward adding obesity to the DSM, making this article particular interesting to the fat community. (See also last month's newsletter, fifth Roundup item)
<http://www.nytimes.com/2012/01/30/opinion/the-dsms-troubled-revision.html>

January 30, 2012: *Salon.com* interviews Lynne Gerber about her new book *Seeking the Straight and Narrow: Weight Loss and Sexual Reorientation in Evangelical America*. The book looks at the how the evangelical church deals with the two socially-charged issues of fatness and gayness.
http://www.salon.com/2012/01/31/praying_to_be_skinny_and_straight

February 2-4, 2012: Eating Disorder Recovery Support, Inc. holds its annual fundraising conference in Petaluma, California. You can see some of the presentations by going to the section entitled "Presenter Powerpoints and Handouts" (toward the bottom of the page).
<http://www.edrs.net>

February 7, 2012: Jeanette DePatie interviews Regan Chastain and Marilyn Wann on Marilyn's "I Stand" campaign and the joint campaign to raise funds to rent billboard space to respond to the Strong4Life billboards in Georgia. (See related article above)
<http://healthateverysizeblog.wordpress.com/2012/02/07/the-haes-files-a-tale-of-two-billboards>

February 7, 2012: Paul Campos and John Stossel (Fox Business News) face off with Dr. David Satcher (former US Surgeon General) and Dr. Pamela Peeke (Discovery Health TV) in a *Slate/Intelligence*² debate on government intervention and the issue of obesity. Campos and Stossel carry the day based on the fact that they changed the minds of 16% of the undecided people in the audience.
http://skirballcenter.nyu.edu/calendar/iq2us_obesity
http://www.slate.com/articles/health_and_science/intelligence_squared/2012/02/obesity_is_not_the_government_s_business_how_paul_campos_and_john_stossel_won_the_slate_intelligence_squared_debate_on_feb_7_.html
http://fora.tv/2012/02/07/Obesity_is_the_Governments_Business

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