



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**National Association  
to Advance Fat  
Acceptance**  
February 2015

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### Mississippi House Bill 330 Misguided and Discriminatory



If Mississippi House Bill 330 were to become law, obese (based on BMI) Medicaid patients who refuse to sign up for an online program to help lose weight will be penalized by increasing their co-pay. NAAFA, a civil rights organization working for Equality at Every Size, believes that this proposed law is discriminatory.

Targeting Medicaid recipients, made up of the poor and the elderly, forcing them to submit to programs that require foods that they may not be able to afford, and penalizing

them if they do not comply or cannot lose weight, is clearly inhumane. There is no other disease or condition that faces this kind of bias.

In 2014, the American Medical Association (AMA) declared obesity a disease. Since that time, this has been upheld by actions of the Equal Employment Opportunity Commission (EEOC), which has filed lawsuits on behalf of obese individuals and won those suits. Penalizing a person with a disease that has a multitude of treatments but no known cure is clearly discriminatory.

For supersize individuals at the highest end of the weight spectrum who are disabled by their weight, protections under the Americans with Disabilities Act (ADA) are now clear. The requirement that a supersize person who is disabled by weight achieve a target BMI to avoid a penalty would violate his/her rights, even if he/she might be able to do so via herculean efforts.

### ***Biggest Loser* Contestant Says Show Fat Shamed**

#### February Video of the Month

In this month's video, experts discuss the merits of weight loss methods, fat shaming and the merits of the show *The Biggest Loser*. One of the speakers, author and Licensed Clinical Social Worker, Judith Matz lent some sanity to the conversation.

[live.huffingtonpost.com/  
r/segment/54b6efcb78c90  
a828100029d](http://live.huffingtonpost.com/r/segment/54b6efcb78c90a828100029d)

#### Quick Links

[NAAFA.org](http://NAAFA.org)  
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Although it is understandable that the State of Mississippi wants to lower costs of health care, cost shifting cannot be based on a criterion that discriminates against those that are most vulnerable. A 2010 Congressional Budget Office (CBO) report stated, "Even if there is no growth in the prevalence of obesity between now and 2020, per capita spending on health care for adults would rise by 65 percent-- from \$4,550 in 2007 to \$7,500 in 2020 . . . largely as a result of the continuation of underlying trends in health care that have led to rapidly increasing spending for all adults regardless of weight."

NAAFA urges all concerned citizens to contact State Representative Omeria Scott (<http://billstatus.ls.state.ms.us/members/house/scott.xml>) and Governor Phil Bryant (<http://www.governorbryant.com/contact>) to express your objections to MS House Bill 330. Or feel free to sign our petition at <https://www.change.org/p/phil-bryant-omeria-scott-stop-mississippi-house-bill-330> Make your voice heard and stop this insanity.

**UPDATE: The petition currently has 1,039 signatures. Add your name to help stop this insanity and we will send the petition to the governor of MS on February 20, 2015.**

## Mara Nesbitt-Aldrich

As this issue went to press, we were saddened to learn of the passing of size rights activist Mara Nesbitt-Aldrich. Many who knew her are posting tributes, pictures, and farewells to her Facebook page at [www.facebook.com/mara.nesbitt.aldrich](http://www.facebook.com/mara.nesbitt.aldrich) She will be missed.

## From the Chair



by Phyllis Warr

Recently NAAFA suffered another loss. Don't feel sad, this loss was for a good reason. After many years as a NAAFA member, four years of being instrumental in running registration for annual conferences and two years of serving on the NAAFA Board of Directors, our dear Donna Frey has resigned from the Board. As some of you know, Donna is a Director at the Anaheim Family YMCA and is working on her Master's degree. Unfortunately for us, she reached the point in her career and her studies where she was pulled in too many directions and something had to go. It is very understandable that, while important to her, NAAFA was the task which had to suffer.



NAAFA Chair Phyllis Warr

[Phyllis\\_Warr@naafa.org](mailto:Phyllis_Warr@naafa.org)

Thank you, Donna for your service. We truly appreciate all that you have done to serve the size acceptance community. We will miss you, but wish you good luck in your professional and academic endeavors.

Sadly, this means that we now have an even bigger need for more board members. Again, we are seeking new members for the Board of Directors (BOD). We need people who are willing to meet monthly via teleconference, donate time to projects and work with the rest of the BOD to direct our organization. We need people with the following skills: membership director (manage our membership database and recruit new members), activism, web site design/maintenance and other duties. If you are interested and would like more detailed information, please contact me at

## NAAFA-Capital Chapter's Next Phase



### Posted January 19, 2015:

On this day that we honor the memory of Martin Luther King, Jr. and his fight for civil rights, I am also thinking of the work that NAAFA has done for over 46 years as a human rights organization.

Those of you who have been active in the Capital Chapter over the last fifteen years have witnessed our efforts to transition from just a reliable source of dances to getting back to our roots of supporting an organization that fights for the civil rights of fat people. As the cost of putting on dances became too expensive, the Chapter offered other lower-cost alternative social

events that have not attracted as many people.

As a new year begins, it also brings the reality of changes in the near future. Chapter Vice-President/Secretary Cathy Harrell and I will be moving out of the area as soon as 2018. At that point, it would be unrealistic for Chapter Treasurer Gina Washington to handle the responsibilities on her own.

So, the Chapter is looking for people with fresh energy and new ideas who would be interested in becoming an Officer and lead the next generation of NAAFA. With experience, you may even want to consider an invitation to the NAAFA Board of Directors.

Are you ready and willing to take the organization that has been fighting for your rights to the next level? Then feel free to [contact me](#) and I will be glad to answer any questions you may have.

Thank you,

*Tony Harrell  
President, NAAFA-Capital Chapter  
Treasurer, NAAFA Board of Directors*

## ASDAH 2015 Conference

Registration for the 2015 ASDAH Educational Conference is now open -- and you could be going for FREE! Read on to learn how.

### Early Bird Savings

ASDAH is offering a great discount on the conference's regular price for a limited time. If you take advantage of Early Bird Registration, you'll save \$50 on the regular cost of the conference and pay only \$295! Register here:

<http://bit.ly/asdah-registration>.

### FREE Registration

As if that weren't enticing enough, *More of Me to Love* will be paying the registration costs of one lucky conference attendee! If 50 people register for the conference by March 17th, they will each be entered into a raffle to have their entire conference registration costs covered!

### Video of Sonya

The theme of the conference is Difficult Conversations, where ASDAH will lay the groundwork for moving the HAES community forward. The conference will kick off with a spectacular performance by Sonya Renee Taylor of *The Body is Not an Apology* that will set up and frame a weekend of inspirational work together.

Watch this video of Sonya explaining how her performance will affect ASDAH and the HAES community: <http://bit.ly/asdah-program>

### Conference Details

The ASDAH Conference will take place July 17-19th at the Park Plaza Hotel in downtown Boston, MA. It will be a fabulous time, and with limited space and the chance to go for free, we encourage you to sign up as soon as possible and have your friends and colleagues do the same. Let's get to 50 people by March 17th to

open the raffle for free registration! Help us spread the word far and wide to involve as many people and new voices as we can.

## Health for Every Body

*reviewed by Darliene Howell*

NAAFA Advisory Board Member Jon Robison, PhD, MS, MA, is an expert in the field of workplace wellness programs and specializes in programs that incorporate the Health at Every Size concept. So when Jon and his business partner, Rosie Ward, PhD, MPH, MCHES, BCC, CIC, CVS-FR, decided to put together a paper to introduce businesses to their Health for Every Body program, they aptly named it *Weight at the Workplace: Shifting the Paradigm*.

This brochure debunks the pervasive yet faulty information about employees of larger body size that is presented to business owners and managers, and provides evidence that weight is not a true measure of health. It introduces the reader to the Health at Every Size concept and how it can be used in company wellness programs.

More and more, employers are implementing wellness programs that include weight loss as a measure of success or a cost factor for health insurance. In response, NAAFA has made this resource available to our members to share with their employers.

You can find *Weight at the Workplace: Shifting the Paradigm: Health for Every Body* at [http://www.naafa-cc.org/Health\\_for\\_Every\\_Body.pdf](http://www.naafa-cc.org/Health_for_Every_Body.pdf)

## Not Quite Kick Your Butt Move



Hello Friends!

Last month I offered a free E-report and complementary tele-class to help make stair climbing easier. In case you missed any part of it, you can access all the time tested strategies and small sweet steps in the training right here: <http://cinderernst.com/stairsp1>

For this month's small step, I want to show you the *Not Quite Kick Your Butt Move*. This is a standing exercise that can help with knee pain while you are standing or walking. The reason it works is "motion is lotion". When you can move a joint, gently and in a comfortable range of motion, the joint secretes synovial fluid which helps it glide better. It's almost like the tin man and his oil can :)

So, try this move when you get up from a chair so your knees feel better as you step out. You can also try it while you are walking if your knees feel stiff or sore. Just pause,

hang onto something for balance and Not Quite Kick Your Butt.

See the simple instruction here: [https://www.youtube.com/watch?v=yK\\_ZpmkQ1pE](https://www.youtube.com/watch?v=yK_ZpmkQ1pE)

As always, let me know if you have questions or need help with anything by emailing me at [coach@cinderernst.com](mailto:coach@cinderernst.com)

Love,  
Cinder

## Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and

<http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

January 2015: Dr. Joy Abramson invites feedback on her new project: HAES Body Activism Kits. Check out the website, suggest more images to include, or order a kit!

<http://www.haeskit.com>

January 2015: The CDC's new Diabetes Prevention Recognition program recognizes "effective lifestyle change programs" to prevent type 2 diabetes. Although the standards state that programs should focus not on weight but rather on type 2 diabetes prevention, the CDC's suggested curriculum makes clear that this is all about weight loss.

<http://www.cdc.gov/diabetes/prevention/recognition/about.htm>

<http://www.cdc.gov/diabetes/prevention/recognition/curriculum.htm>

January 15, 2015: A large study out of Europe finds that regular moderate physical activity can significantly reduce health risks across all-cause mortality in inactive people of all sizes.

<http://www.medscape.com/viewarticle/838209>

<http://ajcn.nutrition.org/content/early/2015/01/14/ajcn.114.100065.short>

January 16, 2015: The Endocrine Society issues guidelines for the treatment of fat patients by concentrating treatment on weight loss, including using weight loss drugs and avoiding medications that have a side effect of weight gain (the opposite of HAES). This seems to be based on the assumption that doing so cures all diseases that fat people have.

<http://www.medscape.com/viewarticle/838285>

<http://press.endocrine.org/doi/pdf/10.1210/jc.2014-3415>

January 19, 2015: Judith Matz and three other women join Josh Zepps on HuffPost Live to talk about recent revelations about The Biggest Loser and claims of fat shaming its participants and the harmful effects reality weight-loss shows can have.

<http://huff.lv/14BgzIK>

January 19, 2015: Get past the first paragraph, and read an article about a dance exhibition, Nothing to Lose, featuring 5 women and 2 men, all fat, coming together in an attempt to change how people view fat bodies.

<http://www.bbc.com/culture/story/20150116-can-fat-be-beautiful>

January 20, 2015: Jon Robison discusses his and Dr. Rosie Ward's HAES based workplace wellness program that focuses on health and improving the life of employees of all sizes.

<http://salveopartners.com/weight-at-the-workplace>

January 26, 2015: A Gallup Poll appears to show that obesity rates in the United States have risen based on self-reported information. A closer look shows that rates had been flat through about 2012, a trend confirmed by studies based on actual medical records (second and third links). We will have to wait for better data to see if these new increases are confirmed.

<http://bit.ly/KenPopeGallupReportOnWeight>

<http://www.cdc.gov/obesity/data/childhood.html>

[http://www.cdc.gov/nchs/data/hestat/obesity\\_adult\\_09\\_10/obesity\\_adult\\_09\\_10.htm](http://www.cdc.gov/nchs/data/hestat/obesity_adult_09_10/obesity_adult_09_10.htm)

January 29, 2015: Virgie Tovar shares her experience of running "Babecamp," a month-long, multi-modal, virtual camp focused on giving women the tools to banish diet culture from their lives.

<http://healthateversizeblog.org/2015/01/29/the-haes-files-ending-diet-culture-one-babe-at-a-time>

February 2, 2015: Marianne Kirby appears on The Nightly Show's panel on Obesity in America and does a great job keeping it 100.

<http://www.cc.com/video-clips/ic7181/the-nightly-show-panel---obesity-in-america---keep-it-100>

February 5, 2015: The Third Annual International Weight Stigma Conference, to be held in Reykjavik, Iceland on September 18 and 19, 2015, is accepting abstracts for oral presentations, posters, and symposia. The Conference is hosted by Sigrun Danielsdottir in conjunction with the Icelandic Association for Body Respect.

<http://stigmaconference.com/author/weightstigmaconference>



February 9, 2015: A mother complains that a letter sent home with her child from school was fat shaming. The school claims that the letter (which said that the child is overweight based on BMI) is merely a recommendation for the parents. The little girl's reaction was concern that she was fat and that would make her sad.

<https://www.yahoo.com/parenting/mom-claims-school-fat-shamed-6-year-old-the-mother-110557012432.html>

February 12, 2015: Amy Herskowitz, MSc, on behalf of the HAES Blog Committee, invites you to share information about the resources in your community that provide assistance to persons with physical and mental issues.

<http://healthateverysizeblog.org/2015/02/12/the-haes-files-finding-support-in-your-community>

*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.*

On the web: <http://www.naafa.org>

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