



February 2017 NAAFA Newsletter

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2017 NAAFA Advisors Webinar Series

We are happy to report that we had a great response to the first in our 2017 NAAFA Advisors Webinar Series, however there were some technical difficulties. We were unaware that Internet Explorer (IE) and Safari web browsers are no longer supporting sound for webinars. Some of our guests were able to see, but not hear. For this reason, Joanne has graciously agreed to present her webinar for us again.



This webinar will be **FREE OF CHARGE**, an educational service to not only our members and the size acceptance community,

Video of the Month

Teen Dating Violence Awareness

This month is Teen Dating Violence Awareness Month. Too many teens are being abused by someone who should be treating them with respect and love but are afraid to speak up. This video is made by teens themselves. Hear what they have to say...



Quick Links

[NAAFA.org](#)
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[Main](#)
[Toronto, ON, Canada](#)
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but to the world. All interested parties are welcome to join us. Of course we are always happy to accept donations to help support the efforts of NAAFA to realize Equality at Every Size. These webinars will occur on a bi-monthly basis throughout the year.

The first in our series of presentations will be ***Why Become an Advocate for HAES® (Health-at-Every-Size®)? and is being re-offered on Saturday, February 25, 2017 at 10:00 AM PST, 1:00 PM EST presented by NAAFA Advisor Joanne Ikeda, MA, RD***, a nationally recognized expert on pediatric obesity and the dietary practices of ethnic and immigrant populations as well as a pioneer in the Health at Every Size community and long-time NAAFA supporter.

Joanne's objectives are that:

1. Participants will be enthusiastic about adopting HAES as their approach to health.
2. Participants will become familiar with resources they can use to learn more about HAES and to advocate a HAES approach to health.
3. Participants will learn to recognize bogus HAES programs when they see them.

This webinar is **FREE OF CHARGE** to all who wish to attend. If you registered previously, there is no need to re-register. You will receive an email with the pertinent information on signing in to the webinar. If you have NOT registered and want to attend, all you need to do is register at:

<https://secure.gobluefire.com/go/event.php?eid=6df2e395c525&>

NOTE: We recommend that you use Chrome or Firefox web browsers for the seminar to insure that you receive both picture and sound through the web viewer. If you call in using the phone number listed on the freeconferencecall.com website, you will incur long-distance charges. This is why we suggest the use of the web viewer online.

The Oxygen Mask Metaphor

by Cinder Ernst

[End Bullying Now](#)
[Twitter](#)

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Hello NAAFA Friends,

There is a wave of activism happening right now in the US. As long time activists, you know how important it is to take good care of yourself as you strive to bring change to the world. I believe a fat friendly fitness practice is one way to insure or improve your own wellbeing. I believe that when you put your own wellbeing in front of anything you do, you increase your odds of being successful and feeling good. It's exactly like putting on your own oxygen mask before you try to help another.

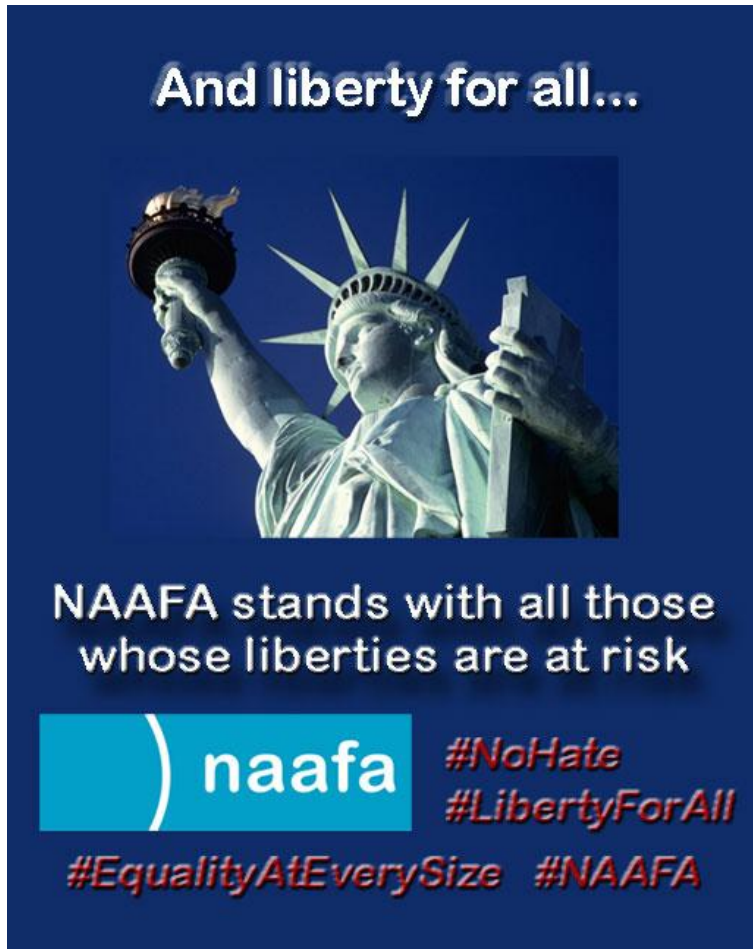
I teach a sweet and easy way to improve strength and stamina while you reduce pain. I have tons of free stuff that helps with that. If you'd like a personal recommendation, email me coach@cinderernst.com . Put " *NAAFA friend*" in the subject line and tell me what hurts and/or what might be stopping you from doing what you want to do. I'll send you a recommendation.

In the meantime, my book *Easy Fitness for the Reluctant Exerciser* may very well be out on time... February 28th! As soon as I'm certain about the timeline I will let you know how to get it and then I will offer a free to NAAFA folks virtual book study to answer your questions and help you get started. I'm so excited about how this book will help me bring what I do to lots of people without you all having to hire me! Yahoo for all of us!!!

Here's to standing strong, moving forward and being easy.

Warmly,

Cinder



Bringing Awareness to Teen Dating Violence

by *Kandee Lewis*



February is Teen Dating Violence Awareness Month (TDV). Unfortunately, there is such a thing and it has exceeded levels of epidemic proportions!

TDV is a pattern of behavior that includes physical, emotional, verbal, financial, digital or sexual abuse used by one person in an intimate relationship to exert power and control over another. We have seen TVD range in age between 13-19 years old, but the violence can be directed at children as young as 8 or 9, without respect to race, religion, socioeconomic status and sexual orientation.

Youth impacted by violence often continue violent patterns into adulthood: 23% of adult females and 14% of adult males who experienced rape, physical violence, or stalking by an intimate partner first experienced some form of partner violence between ages 11-17. [CDC 2011]

While some women are abusers, the clear majority of those abused are women and girls! Sadly, only about 1 in 4 cases of dating or domestic violence are reported to police and, more than 90% of the time when police are called, the offender does not go to jail. [RAINN.org]

Why don't people (men and some women) care about ANY FORM OF ASSAULT ON A WOMAN OR CHILD? Why is there a daily barrage of news about abuse, beatings, rape, sexual assault or violence against women and children? By the way, little boys and men are also abused, but we rarely speak about it!

Recognize The Warning Signs Of Teen Dating Violence:

- Excessive jealousy
- Constant checking in with you or making you check in with him/her
- Attempts to isolate you from friends and family
- Insulting or putting down people that you care about
- Is too serious about the relationship too quickly
- Has had a lot of bad prior relationships - and blames all of the problems on the previous partners
- Is very controlling - This may include giving you orders, telling you what to wear, and trying to make all of the decisions for you
- Blames you when he/she treats you badly by telling you all of the ways you provoked him/her
- Does not take responsibility for their own actions
- Has an explosive temper ("blows up" a lot)
- Pressures you into sexual activity with which you are not comfortable
- Has a history of fighting, hurting animals, or brags about mistreating other people

Top Reasons Victims Choose Not to Report:

20% feared retaliation

13% believed police would not do anything to help

13% believed it was a personal matter

8% believed it was not important enough to report

7% did not want to get the perpetrator in trouble

What Can We Do About It?

- Speak honestly to your child/ren
- Tell your child/ren you love and respect them, then treat them like it
- Put your cell phone or computer down, look them in the eye and ACTIVELY listen to them
- Make your child/ren feel like they are more important to you than your cell, computer, your boo thang, the next drink or joint, your car or any of the numerous items we put in front of the welfare of our children
- Believe them when they tell you something
- Stop lying to your children

- Do NOT blame, Do NOT shame

Learn to have healthy, positive, non-violent, non-accusatory, non-shaming or blaming conversations.

If You Have Questions Or Need Help:

Call 911 if you are in immediate danger

Call the National Domestic Violence Hotline at 1-800-799-7233 or 1-800-787-3224 TTY (Deaf or Hard of Hearing)

Contact The Positive Results Corporation to: schedule a workshop, lunch and learn, hire a speaker, conduct a program for youth, or professional development. Contact us at www.prc123.org or (323)787-9252.

Black History Month: A Fat, Black Reflection

by *Tigress Osborn*



NAAFA friends, I hope that I do not have to tell any of you that February is Black History Month.

It should go without saying that the contributions of Black Americans to the history of the United States are innumerable and should be celebrated all year. But the truth is, without the extra focus that Black History Month shines on the past, present and future of African-American folks, many of the stories we hear in February are stories that wouldn't be heard otherwise. (Note that I did not say stories that wouldn't be told otherwise; Black folks tell our stories all of the time, but audience attention is different when there's a formal pause to remind the rest of the country to pay attention. This does not have to be so, but it is so).

Black History Month was formalized as a federally-recognized observance in 1976. I was two at the time of the Bicentennial, so I don't remember whether folks around me blinked an eye. My childhood was steeped in Blackness not through formal observances but through intimate observation of my family and my neighborhood. My first memory of Black History Month is of taking *Ebony* and *Jet* magazines to school in first grade. My teacher wanted us to cut out pictures of Black people. As one of only a handful of Black children in my school, I had these amazing magazines that no one else had heard of. There weren't a lot of Black folks in mainstream magazines then. (There are more now, but if you don't understand how Black life is still left out of mainstream media, you need to spend some time engaging with Black-focused media and see what's different).

Whatever your racial identity, you may have just had the "Yes! Me, too!" moment regarding knowing what it's like to seldom see people who look like you in the media. Not seeing

yourself reflected in magazines, in movies, and on television is certainly something we relate to as fat people. We also know the sting of seeing ourselves dehumanized in media, of only seeing the worst stereotypes, of being represented by cardboard characters who are sidekicks to the more important characters. Blackness and fatness have parallels, and it's worthwhile to note what those parallels are. But it's also important not to be too casual with the comparisons, especially if you are someone who doesn't live both experiences.

As I thought about what I wanted to write for Black History Month for this newsletter, I thought about the ways I've experienced racism and Black erasure in fat community. Fat people sometimes assume they are immune to subjecting others to prejudice—if I'm the victim of discrimination, I can't possibly be a perpetuator of discrimination, right? Wrong. As I reflected on the thoughts I would share this month, I kept coming back to the ways in which I see Blackness used in fat community as a measuring stick of mistreatment. It's the same "Fat discrimination is the last acceptable prejudice" argument that I've written about here before. It always goes something like this: "If I said ___ about somebody Black, I'd be called racist, but you can say whatever you want to about fat people and get away with it! It's so unfair!"

When I try to interrupt this conversation—often with lived experience or with factual information clearly establishing that anti-Black discrimination is quite real, and that people do get away with it all the time—it is usually whitesplained to me how wrong I am. (If you don't know the term whitesplaining, look it up and reflect on it). Eventually someone brings up the "Oppression Olympics," and often someone mentions how "everybody knows it's easier to be fat in the Black community" anyway. These attitudes are astounding to me, and they frustrate me to no end. Meaningful, nuanced conversations about Blackness and fatness and fat Blackness are so wonderful to me, but they are so often derailed by white fragility and oversimplified comparisons between fatness and Blackness. I've been Black for 42 years, and I've been told I was too fat for at least 30 of those. I'm pretty good at being able to see where there's overlap and where there's not.

Increasing fat visibility is actually one of the most important areas of focus of my work as an activist, and I am always highly aware that fat visibility often looks like fat *white* visibility. When I think about what it meant to me growing up to have Black History Month increase my exposure to images of Black excellence and Black beauty and Black achievement, I recognize that my fat teenaged-self needed the fat girl equivalent of that, too. My 42-year-old fat self needs that!

And of course, for both fat people and Black folks, media visibility is only a starting place. Black freedom has to be more than cutting pics out of magazines; fat liberation has to be more than my outfit of the day pics on Instagram. I hope that as members of a fat civil rights group—especially one whose name was inspired by the NAACP, a key organization in the history of American civil rights for African-Americans and others—you are thinking about the civil rights issues that affect Black people in this country no matter what size we are. I hope, too, that you recognize that where fat discrimination exists, that burden is doubled when someone is also facing racial discrimination. And, finally, I hope you will be inspired this Black History Month not just to celebrate Blackness around you, but to interrupt white supremacy in whatever ways you can, for Black folks and for anyone else whose rights are in danger.

Remembering Louise Wolfe

We honor the passing of long-time friend and supporter of NAAFA, Louise Wolfe, on January 27, 2017. Louise was 70 years old. According to her daughter, Lydia, "She

was battling long time health problems, but passed away peacefully. She was surrounded by love and will be cherished forever and always.”

Louise was known by many for her work in the Bay Area as NAAFA's Activism Committee Chair in the mid- to late-1970's, a member of the fat liberation community and a founding member of the Fat Lip Readers' Theatre.



After marrying her husband, Russell French Williams , II (deceased in 2016), the family moved from the Bay Area to Hagerstown, MD.

Memorial services were held Wednesday, February 1, 2017. Memorial donations may be made to the John R. Marsh Cancer Center, 11110 Medical Campus Rd., Hagerstown, MD 21742.

Louise is remembered by many for her warmth, compassion, intelligence and good humor. She will be missed.

NAAFA Chronicles #12

As part of our monthly NAAFA Chronicles feature, here and on the "Chronicles" tab in the newsletter section of the NAAFA website, enjoy NAAFA's twelfth newsletter; the November, 1973 issue:

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/November_1973.pdf

Media and Research Roundup

by Bill and Terri Weitze

December 7, 2016: According to a recent study, obesity is associated with poorer academic performance for white girls in English, but not in math. No association is found for boys or black students for either subject.

<http://journals.sagepub.com/doi/10.1177/0038040716680271>

January 27, 2017: Fancy Feast is the stage name of a fat professional burlesque performer in New York City. She used to think after each performance she would never be booked again; but her calendar has remained full for the past six years!

<https://www.facebook.com/refinery29/videos/10155066985012922>

January 2017: The latest edition of the academic journal Fat Studies is now available for purchase, featuring articles, studies, and book reviews related to body weight and appearance.

<http://www.tandfonline.com/toc/ufts20/current>

January 2017: A study published in Obesity Surgery looks at why fat people choose “conservative” (noninvasive) therapy rather than weight loss surgery. Authors conclude that those not choosing surgery are afraid of surgery in general. Given all the problems associated with weight loss surgery, perhaps these fears are well founded.
https://www.researchgate.net/publication/312104263_Is_there_a_Reason_Why_Obese_Patients_Choose_Either_Conservative_Treatment_or_Surgery

January 10, 2017: The translation (from Spanish) is not great but the fat lady pole dancing in this video is terrific.
<https://www.facebook.com/CurvaceousWorld/videos/660995154025566>

January 10, 2017: Akira Armstrong, founder of Pretty Big Movement, a plus size dance troupe, tells her story in the first video. The second video shows another plus size dance ensemble, 4Thirty-Two, from North Carolina, rocking the song Look but Don't Touch.
<https://www.youtube.com/watch?v=7Qb1c0nRQgE>
<https://www.youtube.com/watch?v=-wr22BGJdxo>

January 15, 2017: BuzzFeed spotlights seven plus-sized women athletes in a body positive project featuring diverse bodies and women of color. They hope to show that exercise can be about health and doing what you love rather than about weight loss.
<https://www.bustle.com/p/buzzfeeds-latest-body-positive-photo-series-focuses-on-plus-size-athletes-photos-30501>

January 23, 2017: Jennifer Knapp Wilkinson fell off her motorized cart at a Walmart, and instead of helping her, someone took a photo and it became the basis of a fat shaming meme. She is now speaking out how hurtful these actions were and reminding everyone that fat people are people too.
<http://www.cosmopolitan.com/lifestyle/a8631217/jennifer-knapp-wilkinson-people-of-walmart-meme>

January 24, 2017: Evette Dionne explains how the mainstream body positivity movement marginalizes the very bodies that it originally was about, including fat bodies. Fat people are urged to engage in fat acceptance rather than be fringe members of the current body positivity movement.
<http://www.revelist.com/ideas/fat-acceptance-body-positivity/6632>

January 24, 2017: East Texas Judge Bailey Moseley posted a fat-shaming post about the recent Women's March on his Facebook page. The post was quickly deleted, but too late to prevent screenshots of the post to be made public. He now claims the walk was “nothing more than a hissy fit with no defined purpose.”
<https://goo.gl/YVenPf>

February 2017: A study of twins finds that there is no increase in the risk of chronic lower back pain for any of the obesity-related measures used in the study (BMI, percentage of fat mass, and waist circumference).
[http://www.thespinejournalonline.com/article/S1529-9430\(16\)31012-9/fulltext](http://www.thespinejournalonline.com/article/S1529-9430(16)31012-9/fulltext)

February 1, 2017: A study finds that people who fat-shame themselves (internalize the negative messages they are receiving from others) are less likely to exercise and more likely to over eat in order to deal with the stress.
<http://www.revelist.com/science/fat-shaming-health/6715>
<http://www.telegraph.co.uk/news/2017/01/29/fat-shaming-actually-makes-peoples-health-worse-study-pennsylvania>
<http://onlinelibrary.wiley.com/doi/10.1002/oby.21716/full>

February 8, 2017: Potential problems with research papers from the Food and Brand Lab at Cornell University are spotlighted after a blog post claims an unpaid PhD student produced five reports from one set of data originally collected for study that produced no usable results.

<http://nymag.com/scienceofus/2017/02/cornells-food-and-brand-lab-has-a-major-problem.html>

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

