



February 2019 NAAFA Newsletter

In This Issue:

1. [Head Sista in Charge: Reflections on Running a Black-Centered Fat Business](#)
2. [NAAFA Announces Dr. Joy Cox as Closing Keynote Speaker](#)
3. [Meme of the Month](#)
4. [NAAFA Confirms Presenters for 50th Anniversary Conference](#)
5. [NAAFA Chronicles](#)
6. [More Sponsors for Underrepresented Voices Needed!](#)
7. [Media and Research Roundup](#)
8. [Video of the Month](#)

Head Sista in Charge: Reflections on Running a Black-Centered Fat Business

by *Tigress Osborne*



Happy Black History Month, NAAFA Friends! Black history is US History and is the world's history, and we need to think about

Video of the Month



Many of you may have heard of the website and community, The Body Is Not an Apology, but have you experienced the passion of founder Sonya

Renee Taylor?

<https://tinyurl.com/y4ungy5z>

Quick Links

[NAAFA.org](https://naafa.org)

Facebook

[Main](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

[End Bullying Now](#)

[Twitter](#)

Health At Every Size and

this more often than just February, of course! But I also love the way Black folks and others use Black History Month to spotlight things that many (most?) of us don't know. I don't know about you, but my Facebook feed is full of news items, history highlights, and events centering Black folks. May you find many ways to mark this season.

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

Today, I am reflecting on what it means to create and support fat positive spaces where Black people of all genders feel welcomed, represented and empowered. You may know that I am the owner/creator of Full Figure Entertainment (FFE), which hosted Full Figure Fridays (nightclub parties) and other fat positive events in the Oakland/San Francisco Bay Area for almost a decade. What you may not know is that a huge part of the reason I started FFE was because of disappointing experiences I and other Black women had at other BBW (Big Beautiful Women) events. The first BBW parties I attended were lots of fun, and I loved being in an environment where fat women were seen as the most desirable women in the room. But the truth is, Black men were more present at those events than Black women were (for reasons and assumptions more complicated than I'll get into here). So I started an event with Black women in mind.

Join Our
Mailing
List

FFE had a mission and value statement outlining the environment I hoped to create. Everyone was welcome at our events, but we would be unapologetic about marketing toward and planning around the needs and desires of POC (people of color). Our marketing materials showcased mostly women of color--predominantly African-American woman of all shades--and the base crowd of regulars at our events was heavily Black. We were also a hip-hop party in Oakland, and both hip-hop and Oakland are readily associated with Black communities. FFE was a Black-owned business, employing lots of Black and Brown folks, and that meant a lot to me. I know that it meant a lot to others as well.

As FFE grew in popularity, and as folks outside of the Bay experienced our vibe in more racially mixed environments like BBW Bashes, people of all races were curious about coming to party with us, and we were happy to have them. My goal was never to host an exclusively Black party, just a Black-centric and POC-inclusive one. Folks of all colors who had no problem stepping into Blackness showed up and had a great time. But the truth is, the Blackness of FFE was part of the reason some folks didn't show up. This happened sometimes out of respect (one white prospective attendee asked me if it was ok to come. "I thought that was a space that Black people needed for themselves, and I should stay out of it and let you all have that," she said). But it also happened out of fear, both the kind based on stereotypes ("that party looks more dangerous") and the kind based on social discomfort ("it might be weird to be one of the only white people there").

There were lots of reasons folks who supported other fat positive events wouldn't come to FFE (location, schedule, disinterest in nightlife, me) but race was definitely one of the reasons, more often than many in fat community would like to examine. As I reflect on my journey as the HSIC of FFE (Head Sista in Charge), I learned a lot in that decade about fat community's relationship to Blackness when it comes to beauty,

love, sex, entertainment, activism, and more. I got to see the ways in which non-Black fat people think that our shared fatness erases race, and I got to see the ways in which it definitely does not. Lots of people in fat community think I talk about race too much. Sorry, not sorry. I firmly believe we as a community don't talk about race enough. For this piece, I am thinking specifically about Blackness, but we also have work to do for other underrepresented groups in race and other areas of identity (class, gender, ability, sexual orientation, etc).

So as you make your way through the rest of Black History Month, give some thought to which Black-centered fat positive events, spaces, and individuals you can support now and throughout the year. Support something Black with your money if you are able (if you'd like to see more Black folks at the 50th Anniversary NAAFA conference, you can earmark a donation to our conference fund specifically for a Black-identified applicant). If you are not able to support something financially, you can always boost the signal of something deserving. In fact, boost it twice for Black History Month because it's (at least) twice as hard for Black folks in fat community to get the same visibility that white folks get. I look forward to seeing how NAAFA friends answer this call to action.

NAAFA Announces Dr. Joy Cox as Closing Keynote Speaker



NAAFA is pleased and excited to announce that Dr. Joy Cox will join our conference line-up as the closing keynote speaker for our 50th Anniversary Conference. Our theme is "Honoring Our Past; Creating Our Future," and we think you will want to hear Joy's vision for the future of fat rights activism.

Dr. Cox's presentation, "Imagining the Future: What Happens When the Pieces Start to Come Together", will look at being part of both the present and future of fat activism and NAAFA's role in how we move forward as a community.

Dr. Joy Cox is a body justice advocate using her skill set in research and leadership to foster social change by promoting fat acceptance and diversity and inclusion. With 36 years living as a fat, Black cis-gender woman and seven+ years of professional experience under her belt, Dr. Cox draws on her own experiences and skillset to amplify the voices of those most marginalized in

society, bringing attention to matters of intersectionality addressing race, body size, accessibility, and "health."


For Joy, growing up has not always been easy, but she credits her aunt Pearl for displaying a fat positive representation early in her life, illustrating that dark-skinned fat Black women could live a life without shame despite the challenges society presents. Joy also learned advocacy early, contesting doctors' admonishments about her weight and staving off criticisms from family and peers.

In 2014, Cox graduated with her master's degree and completed a thesis titled, "It's All in the

Face: An Examination of Attitudes and Self-Perceptions of Viewers After Being Exposed to Pictures of Fat Women in the Media." In May of 2018, Joy completed her doctorate degree at Rutgers University submitting the finished dissertation, "The Fat Liberation Movement, Identity & Political Action: Processes and Implications." She also wrapped up her time as an organizer on the conference team of ASDAH's 2018 conference.

Visit www.naafa.org today to learn more about NAAFA's 50th Anniversary Conference. Conference and hotel registration may be completed right on the NAAFA website.


Meme of the Month



Honoring Black Women of Size in History

Amelia Boynton Robinson

A civil rights pioneer who was brutally beaten in a 1965 civil rights march, which became known as Bloody Sunday. The first black woman to run for Congress in Alabama. In 1990, she was awarded the Martin Luther King Jr. Medal of Freedom. Upon her death at age 104, her son stated, "...civil rights was her life."
[Source: www.biography.com]



naafa

#CelebrateDiversity

#EqualityAtEverySize

NAAFA Confirms Presenters for 50th Anniversary Conference

NAAFA has confirmed more exciting and informative workshops for our 50th Anniversary Conference, June 14-16, 2019 at Sam's Town Hotel & Gambling Hall in Las Vegas, NV. You won't want to miss our incredible line-up, including:



Erin Harrop - Experiences of Weight Stigma in Medical Care for Higher-Weight Women - This one-hour workshop examines higher-weight women's experiences of weight stigma in medical care. Using a narrative-focused approach and integrating artwork and audio clips from participants, this presentation will discuss women's

experiences with weight stigma. The workshop will end with practical recommendations for healthcare professionals to achieve more equitable, ethical care for folks of all sizes, from the perspective of patients.

Courtney Marshall - Weight Neutral Fitness: Affirming Fat Bodies in the Gym - This introduction to weight neutral fitness is a chance to experience a fat-affirming workout space. I'll begin by briefly discussing my experiences in the gym as a fat person and how those negative experiences inspired me to become a fat trainer and instructor and to be vocal about these issues online. I'll show some props and talk about how exercises can be modified for fat bodies' needs. We'll end with a short Zumba class (10 minutes) that can be performed seated.

Maria Pena, MS, ABD and Pattie Thomas, PhD - Size Diversity in Higher Education - In the fall of 2016 NAAFA introduced our NAAFA Size Diversity in Higher Education Tool Kit, a guide for higher education professionals regarding size discrimination and the types of accommodations needed to provide educational equity for Students of Size. Two of the authors of this toolkit will discuss their inspiration for this important document and their experiences as current college professors.

Dan Oliverio - Love & Relationships in a Big Fat World - In this interactive seminar, we'll take a broader look at the world of dating and relationships between fat people and their admirers in a safe, non-judgmental space, asking questions and examining beliefs. Discover a whole new way to think about sexuality, relationships, being fat, and how these aspects play together. We'll also examine the beliefs that limit our availability to dating and partnership, taking on topics like these:

- Adoration vs. Objectification
- Knowing your type vs. being trapped by a label
- Love, sex, or fetish?

Darliene Howell - Changing Anti-Discrimination Laws in Your Area - NAAFA's Board Chair will share strategies for changing the anti-discrimination laws in various jurisdictions. Do you start locally with your city/county or attempt a statewide effort to add weight and height to the present anti-discrimination law? Should it be added to bills that include other changes to the law? We will discuss strategies that have been used by areas that have introduced legislation, changes to law enacted and steps you can take to get the process started.

Our EARLY BIRD SPECIAL price starts as low as \$229.00 and is available through April 1, 2019. Visit www.naafa.org today to learn more about NAAFA's 50th Anniversary Conference. Conference and hotel registration may be completed right through the NAAFA website.

NAAFA Chronicles #37

For this month's selection in our NAAFA Chronicles feature, here's NAAFA's 37th newsletter, May-June 1979:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/May-June_1979.pdf

For more, click the "Chronicles" tab in the newsletter section of the NAAFA website.

More Sponsors for Underrepresented Voices Needed!



We are happy to report that we have received a number of conference scholarship applications! We would love to be able to fund every one of these requests. To do that, we are asking you to give. Our goal is to prioritize the inclusion of intersectional and underrepresented voices and perspectives by offering scholarships to each applicant representing marginalized gender identities and/or sexual orientations, and people of color (POC) who might not otherwise be able to attend the 50th Anniversary Celebration Conference.

Whether you give \$5 or \$500, every donation helps, so please consider giving! You can do so using the form on the Conference Registration page at

<https://www.naafaonline.com/dev2/community/register.html>

Media and Research Roundup

by *Bill and Terri Weitze*

November 17, 2019: A study finds that higher fat mass, and to a lesser extent higher lean mass, is associated with improved outcomes in heart failure.

<https://doi.org/10.1002/clc.23118>

January 17, 2019: Training for emergency procedures to clear the front-of-neck airway is mostly done with a slim manikin, which makes the procedure unrealistically easy. Now there is a synthetic fat-necked manikin for training that users find more realistically difficult.

<https://doi.org/10.1111/anae.14581>

January 22, 2019: The dangers to fat patients from healthcare professionals who have fat bias are discussed along with how to improve this sometimes life-threatening situation.

<https://ravishly.com/how-way-doctors-approach-body-weight-killing-women>

January 23, 2019: Melinda Wenner Moyer talks about how to instill body acceptance in children and why it is important in a world where children are bombarded with the message that thinner is better.

<https://slate.com/human-interest/2019/01/child-body-image-advice-weight-shaming.html>

January 29, 2019: A woman seated between two fat passengers on United Airlines went on a fat-shaming rant that was caught on video. The woman was eventually escorted off of the plane.

<https://canoe.com/news/world/two-big-pigs-rude-woman-kicked-off-flight-after-fat-shaming-meltdown>

January 29, 2019: Arizona State University professor Glenn Gaesser believes it is time to stop using weight as a focus for better health, and instead focus on healthy behaviors that lead to improvements with or without weight loss.

<https://asunow.asu.edu/20190129-discoveries-big-fat-lies-about-obesity>

<https://insights.ovid.com/medicine-science-sports-exercise/mespex/2019/01/000/health-risks-obesity-exaggerated/27/00005768>

(doi: 10.1249/MSS.0000000000001746)

February 2019: A petition on Change.org calls on Australia's Minister for Health and others to

stop a proposed study that would allow its teenage participants only 800 calories a day for a month, followed by 700 calories a day for three days a week for an entire year. Use the link below to read more about this experiment and, if you choose, sign the petition.

<https://www.change.org/p/dr-michael-bryden-say-no-to-starving-our-teens-stop-the-fast-track-trial-1d356ed5-e8d5-48dc-b168-7710fcf062a4>

February 12, 2019: Fatness is considered to be a risk factor for colorectal cancer; but a new study finds that a high amount of muscle mass and fat mass are beneficial in the later stages of the disease and result in better survival outcomes.

<http://blogs.biomedcentral.com/bmcseriesblog/2019/02/12/obesity-paradox-impact-body-composition-cancer-survival>
<https://doi.org/10.1186/s12885-019-5319-8>

February 13, 2019: Kudos to Samantha Bee for working with two fat women to create a segment on healthcare professionals who are fat biased; as well as addressing the problem of headless fatties in the media.

https://www.youtube.com/watch?v=aD9x7_aFsN0
<https://www.youtube.com/watch?v=cDqG0gS7p2k>

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

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

