



**national association
to advance
fat acceptance**

NAAFA Newsletter

In This Issue

[NAAFA 2012 Convention Early Bird Special!](#)

[Obama Being Bullied](#)

[January Events!](#)

[Revolutionary Resolutions](#)

[Sweet Reasons](#)

[Take a Minute: Stop the Stigma!](#)

[Media and Research Roundup](#)

NAAFA 2012 Convention Early Bird Special!

NAAFA is pleased to announce that we will return to the San Francisco Bay Area for our 2012 fund-raising convention. We have worked hard to keep the cost of this convention down and to move quickly in making our convention package available as early as possible.

NAAFA is once again offering an Early Bird Special price of \$199 from January 1 through May 31, 2012. Beginning June 1, 2012, full convention price will be \$265.

Make your reservations at the Westin San Francisco Airport Hotel. Room rates are \$89 per night! This group rate will be available until July 10, 2012. Westin is prepared to receive your NAAFA convention reservations today at: <https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1112156171&key=A819C>

We encourage you to register for the NAAFA convention package today and to fully participate in this life-changing event. We made it easy for you to register for the convention as well as the hotel through our website (www.naafa.org). Keep checking our website for more exciting details as they become available.

Obama Being Bullied

As the civil rights organization working to end discrimination based on body size, NAAFA would like to remind our nation's right wing political leaders that hateful slurs and disparaging remarks about First Lady Michelle Obama's body is bullying.

One of our nation's lawmakers made a remark about the size of the posterior of the First Lady of the United States of America in a public place where it could be



**Official Publication of
the National
Association to
Advance Fat
Acceptance**
January 2012

Fat Pride in the 1970s

[January Video of the Month](#)

Text by Darlene Howell

Early in the new year, as people were making New Year's resolutions to lose weight, CBS posted a *60 Minutes* segment in which reporter Mike Wallace interviews members of NAAFA at the 1978 NAAFA Convention in Washington, DC.

We can do things differently this year and resolve to create New Year's Revelations:

- Resolve to celebrate that we are fat and we are here
- Resolve to make a difference in other people's lives by sharing information via NAAFA's Fact Sheets on Size Discrimination or Bullying, Guidelines for Therapists or Healthcare Providers or NAAFA's Child Advocacy or Size Diversity Toolkits and many other resources
- Resolve to support Health at Every Size® principles
- Resolve to attend the 2012 NAAFA Convention near San Francisco in August and invite family, friends and colleagues to attend as well
- Resolve to promote [Equality at Every Size!](#)

You can view the video here: www.cbsnews.com/8301-504803_162-57348478-10391709/fat-pride-obese-women-rally-in-the-70s

overheard and reported. A former presidential hopeful, once a fat person himself, called the First Lady "Moochelle" on public radio. Taunting is a form of bullying.

Our nation is spending millions of taxpayer dollars on campaigns to end bullying in our schools while the leaders of our country openly and publicly bully our First Lady. This has to stop! If these people cannot set good examples for the children of our nation, they do not deserve to be leaders!

NAAFA calls upon these individuals to grow up. Act like adults. Apologize to Michelle Obama, and to the people of this nation. Tell our children NOT to follow your example but to learn to accept one another and treat everyone with respect and dignity without regard to body size or shape.

January Events!



by Peggy Howell

January is historically a busy month in the battle against fat. Everyone is encouraged to make New Year's resolutions and start new diets. I'm happy to report that the size acceptance community has answered the call to combat all the bad advice.

Join NAAFA Advisory Board Member Joanne Ikeda as she presents Health at Every Size® to the Bay Area Dietetic Association's BADA Mini-Conference on Saturday, January 28, 2012. Find out more information about the conference and register at:

http://www.dietitian.org/d_bada/bada_events.html

NAAFA Public Relations Director Peggy Howell will join Amanda Levitt and Marilyn Wann as they kick-start the Body Love Revolutionaries Telesummit being held Tuesdays and Thursdays beginning January 31 - February 28, 2012. Golda Poretsky of Body Love Wellness has assembled a group of twenty (!) amazing people who are at the forefront of this revolution for this FREE telesummit. You won't want to miss this one, folks! To learn all the exciting details and register today, go to: <http://www.bodyloverevolution.com>

Revolutionary Resolutions



by Lesleigh Owen

Happy 2012! I want your year, and mine, to start off with a body-loving bang! Let's begin with reshaping our New Year's resolutions into self-promises that inspire grins rather than grimaces. Rather than New Year's resolutions (and with thanks to Pattie Thomas and company over at <http://revolutionsresources.blogspot.com>), I propose we carefully craft our own body-positive

and body-diversity-celebrating New Year's Revolution.

Below are a few suggested *Revolutionary Resolutions*. Feel free to adopt or tweak as needed. Or heck, be creative and make a dozen or so that uniquely summarize you, wherever you are in your own body love journey.

1. I shall limit my exposure to mainstream media, that vehicle for exclusive and harmful beauty ideals.
2. When buying art and tchotchkes for my home or others', I will shop at body-positive stores and surround myself with body-diversity-celebrating items.
3. If my body wants to get up and shake its groove thang for a bit, I'll let it, no matter where I am or who might see.
4. I will type out a list of brilliant responses for the inevitable diet or body hatred talk that I will encounter throughout 2012.
5. If I want to wear a sleeveless shirt or a tight dress or yellow shorts, I will! I refuse to let sizeism get in the way of me enjoying my life, my body, and my right to adorn said body.
6. I will read one fat-positive book each month.
7. I will buy at least one loved one a NAAFA gift membership.

Enjoy making your *Revolutionary Resolutions* and have a great new year!

You can find information about the 2012 NAAFA Convention here: www.naafaonline.com/convention2012

Quick Links

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

Join Our Mailing List!

Sweet Reasons



by Cinder Ernst

I love it when science proves what I know to be true. Last month the *Journal of Clinical Endocrinology & Metabolism*, UCLA found that adults who had higher muscle mass tended to have better insulin sensitivity and were less likely to develop pre-diabetes or diabetes than those with less muscle. This research suggests that regardless of body weight, **it's essential to maintain muscle strength**. Yep, we knew that. And the good news is you have 2 strengthening exercises you already know how to do, The Butt Bouncer (this name won the contest) and The Shoulder Blade Kiss! For more tips and exercises right now go to www.cinderernst.com and sign in for your free report.

Last month I asked you to look at this question: *What really matters to me in life?* I got some great answers such as my community, my spouse, my parents, my chosen family, my friends, my work,

my pets, my education, traveling, being respected, being loved and loving, being healthy, and being financially stable/comfortable. I call these sweet reasons. Did you list your sweet reasons last month? If not, jot down a few things right now.

This month's question is: *How might my improved health make a difference to one of my sweet reasons?*

Here's how this works for me. I love walking in nature with my dog. My sweet reason is because it's important for me to be a loving pet owner. Sometimes I have trouble with my hip and it hurts to walk. So for improved health I stretch and do rehab exercises for my hips. Doing these exercises could be a drag, but I focus on my sweet reason and then proceed to stretch and strengthen so I can walk in nature with my dog. The lesson for me is that I can get something done because I think I should, or I can get something done because it is important and sweet for me. I choose sweet. When I choose sweet, life is easier. (If you'd like some help with stretching go to www.cinderernst.com and get my Free Report which has three easy chair stretches.)

I would love to hear from you about this. What do you see for yourself in this question? Or if you would like help with it, let me know that too.

coach@cinderernst.com

Next month we'll get back to strength training. Stay tuned for the famous Miracle Knee Exercise!

Take a Minute: Stop the Stigma!

by Lisa Tealer

Last year Children's Healthcare of Atlanta launched its campaign www.strong4life.com to combat obesity and promote healthy behaviors in children.

NAAFA, along with several other organizations and individuals, was outraged that fat children are being exploited to deliver a health message. The billboards, ads, and videos depict fat children looking sad, talking about being bullied, and claiming to have certain diseases. Leading eating disorder organizations have stated that stigmatizing children about their size and/or appearance does NOT encourage healthy behavior; instead, it reinforces weight bias and further traumatizes children.

Chevese Turner, CEO of the Binge Eating Disorder Association (BEDA), has started a petition to end the "Stop Sugarcoating" child obesity campaign and send a message that bullying and exploiting fat kids to deliver a healthcare message is unethical and clearly reinforces the stigma and discrimination fat children face every day.

It only takes a minute to sign the petition and STOP THE STIGMA!

<http://www.change.org/petitions/childrens-healthcare-of-atlanta-end-the-stop-sugarcoating-campaign>

Media and Research Roundup

by Bill and Terri Weitze

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

March 2006: Blast from the (recent) past: The USDA (United States Department of Agriculture) website includes an article on a study comparing a HAES™ approach and traditional dieting over a two year period. After two years, neither groups of women had any significant weight change (the dieters having lost and regained weight); but the HAES team had continued with an increased level of activity, were more apt to continue using healthy eating behaviors, and maintained lower levels of cholesterol and blood pressure.

<http://www.ars.usda.gov/is/AR/archive/mar06/health0306.htm>
[http://www.journals.elsevierhealth.com/periodicals/yjada/article/S0002-8223\(05\)00322-6/abstract](http://www.journals.elsevierhealth.com/periodicals/yjada/article/S0002-8223(05)00322-6/abstract)

November 21, 2011: A study looking for a connection between BMI and death in patients within 30 days following surgery concludes that a low BMI (that is, thinness) is associated with increased mortality risk within 30 days following surgery, whereas fat people do not have increased risk.

<http://www.medicalnewstoday.com/articles/238019.php>
<http://archsurg.ama-assn.org/cgi/content/abstract/archsurg.2011.310>

November 27, 2011: Non-alcoholic fatty liver disease, the most common chronic liver disease in the United States, and one that is correlated with fatness and heart disease, does not increase one's risk of death according to a new study.

http://www.upi.com/Health_News/2011/11/27/Death-risk-not-increased-by-fatty-liver/UPI-81411322453394
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3220620>

December 2011: A study from the University of California at San Diego indicates that fatness is not related to recurrent stroke risk and that, among patients who have had a stroke, fat patients are at a lower overall vascular risk than thinner ones.

<http://stroke.ahajournals.org/content/early/2011/09/29/STROKEAHA.111.624957.short>

December 2011: The American Psychological Association has chosen to develop clinical treatment guidelines for fatness (among other conditions). Nominations for the obesity panel will be solicited in the next few upcoming months. One wonders why anyone would go to a psychologist to treat fatness since it's a physical condition. Could this be a bid to get psychologists back into the lucrative weight "loss" (actually cycling) industry?

<http://www.apapracticentral.org/update/2011/09-15/depression-obesity.aspx>
<http://www.apa.org/pubs/newsletters/access/2011/12/clinical-treatment.aspx>

December 9, 2011: A study of programs aimed at preventing fatness in children finds that although there was not a significant change in BMI, nearly all of the programs resulted in improved diet or physical activity. So even though they made basic healthful changes to the children's lifestyle, the programs are considered ineffective because they don't lead to weight loss.

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001871.pub3/abstract>
<http://www.medpagetoday.com/Pediatrics/Obesity/30128>

December 12, 2011: A judge in Quebec has approved a class action lawsuit for disabled persons (including people "disabled by obesity") if they were charged for an extra seat for their personal attendant. So far Air Canada is the only known defendant in the action.

<http://www.montrealgazette.com/news/Class+action+suit+approved+against+Canada+assistance+fares/5847368/story.html>

December 13, 2011: The U.S. Food and Drug Administration (FDA) issues warning letters to surgical centers and their marketer for advertisements for lap band surgery that do not warn of the risks involved, or that have the information in a font too small to be readily legible.

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm283455.htm>

December 13, 2011: Ever wonder why things we "know" turn out not to be so even when some studies back them up? An article in *The New Yorker* discusses why replication is an essential part of the scientific method, since repeat studies reveal statistical flukes that may exist in the initial research.

http://www.newyorker.com/reporting/2010/12/13/101213fa_fact_lehrer

December 14, 2011: Look out, the new year is coming and the weight loss industry is getting ready with new advertisements featuring celebrity spokespeople urging you to try yet another diet. After Jennifer Hudson brought so much success to Weight Watchers (monetarily, that is; the diet itself doesn't work any better), other diet companies are signing up pop divas as well.

<http://www.nytimes.com/2011/12/15/business/media/weight-loss-with-divas-and-public-service-angles.html>

December 16, 2011: Enjoy a nice, straightforward, TV news-style student video about fat acceptance with Marilyn Wann and Margarita Rossi, plus Linda Bacon discussing her book *Health at Every Size*.

<http://vimeo.com/33769524>

December 16, 2011: A study shows that older women who diet regain the weight, and that the regain has more fat than the lost weight. Yet, instead of viewing this study as a warning to not diet, the message of articles covering the study is don't regain the weight, never mind all the studies that tell us diets don't work that way (or more simply, diets don't work).

<http://www.webmd.com/menopause/news/20111216/weight-regained-in-later-years-has-more-fat>

<http://www.ajcn.org/content/94/3/767.abstract>

December 17, 2011: David William Haslam looks at society and its view of fat people, past and present. Most of the comments to this article, however, provide a much clearer understanding of the disturbing nature of fat hatred in society.

<http://www.nationofchange.org/free-be-fat-1323960102>

December 18, 2011: In their book *Why Women Need Fat*, biologist Steven J.C. Gaulin and retired doctor William D. Lasskek look at the biological, historical and evolutionary factors that cause diets to fail, and conclude that it is natural for most women to be "overweight".

http://www.salon.com/2011/12/19/why_women_need_fat/singleton

December 19, 2011: A new study shows that being fat affects your paycheck to varying degrees depending on your gender and race. Of note, black men earn more on average if they're fat than otherwise, and fat black women earn about the same as average-sized black women.

<http://news.health.com/2011/12/19/obesity-linked-to-lower-paychecks>

http://www.gwumc.edu/sphhs/departments/healthpolicy/dhp_publications/pub_uploads/dhpPublication_FA85CB82-5056-9D20-3DBD361E605324F2.pdf

December 19, 2011: Lorenzo Santiago, author of a study to see why fat and fit people don't lose weight through exercise, believes that fat people are "out of shape and they have some sort of respiratory limitation", even though his study shows that the cardiorespiratory fitness of fat people is only slightly less than for people who aren't fat. It seems like the mere presence of fat means "out of shape" to him, even when the data say otherwise.

<http://www.kens5.com/news/health/Texas-study-looks-at-why-some-who-are-overweight-arent-restricted-in-exercise-135894573.html>

<http://chestjournal.chestpubs.org/content/early/2011/09/21/chest.11-1147.short>

December 20, 2011: Fear of government intervention is increasing among fat children, their families, and their advocates in the wake of a fat child being put into foster care in Cleveland. It doesn't help that some influential doctors advocate this type of action, even though experience shows that it doesn't work.

<http://www.chicagotribune.com/features/tribu/sc-fam-1220-obese-kids-20111220,0,716180.story>

December 21, 2011: Due to Coast Guard rules effective December 1 that increased the estimated weight of each passenger from 160 to 185 pounds, the Washington state ferry system has reduced their passenger capacity accordingly. System spokeswoman Marta Coursey says the reduced capacity is unlikely to have much practical effect. Even so, the AP article covering this has lots of snarky anti-fat content.

<http://www.chron.com/news/article/Obesity-rise-prompts-Wash-ferries-capacity-change-2417915.php>

December 22, 2011: Reported comments by a Republican congressman on the size of Michele Obama's posterior are neither appropriate nor helpful. Sadly, they are in part a result of the fat stigma in our society, a stigma that is worsened by the First Lady's own campaign to end childhood obesity.

<http://news.yahoo.com/blogs/ticket/congressman-apologizes-criticizing-michelle-obama-large-posterior-183923894.html>

December 27, 2011: In a joint interview, Judith Matz and Ellen Frankel, sisters and co-authors of *The Diet Survivor's Handbook* and *Beyond a Shadow of a Diet*, explain why making a New Year resolution to lose weight is a bad idea. They explain that diets don't work and that people should concentrate on making healthy lifestyle choices without worrying about the number on the scale.

http://www.huffingtonpost.com/jean-fain-licsw-msw/new-years-resolution_b_1167354.html

December 27, 2011: Now that Medicare has approved coverage for doctor-supervised weight loss treatment, Dr. Michael Kaplan, founder of the Center for Medical Weight Loss, plans to market his program to doctors nationwide. He claims to have a nonsurgical, scientifically proven, evidence-based program for weight loss. Really? Does he keep it next to his deed to the Brooklyn Bridge?

<http://www.nytimes.com/2011/12/28/business/media/a-campaign-to-draw-doctors-to-a-weight-loss-program.html>

December 28, 2011: EnteroMedics is testing its VBLOC® weight-loss treatment whereby the vagus nerve is intermittently blocked by electrical impulses delivered by two electrodes implanted just above stomach. Is it really worth messing with a critical nerve to lose weight? See the link below for the Wikipedia article that will explain just how important your vagus nerve is.

<http://www.stonehearthnewsletters.com/now-were-screwing-with-the-nervous-system-to-curb-obesity/health-care>
http://en.wikipedia.org/wiki/Vagus_nerve

December 28, 2011: Tara Pope's *New York Times* article explains the complex biological reactions to dieting that make long term weight loss nearly impossible. She also talks to people who have maintained weight loss by devoting their lives to calorie counting. Unfortunately, Ms. Pope ends the article saying that despite everything she has just written, she remains optimistic about her ability to lose weight and keep it off.

<http://www.nytimes.com/2012/01/01/magazine/tara-parker-pope-fat-trap.html>
<http://www.nejm.org/doi/full/10.1056/NEJMoa1105816>

December 29, 2011: Kaiser Permanente Colorado is paying Coloradoans (whether insured by Kaiser or not) for losing weight and keeping it off. They've placed several kiosks with scales and video cameras in medical facilities, recreation centers, libraries, and stores. (No details are provided on how much it costs to participate.) They call it "Weigh and Win", which sounds like a lottery. That's about right.

<http://www.foxnews.com/health/2011/12/28/coloradans-can-make-money-by-losing-weight>

December 30, 2011: *Healthy Weight Network* releases its Slim Chance Awards for 2011, with awards for Most Outrageous, Worst Gimmick, Worst Claim, and Worst Product. Sadly, there are always plenty of contenders in all categories.

<http://www.healthyweight.net/hww.htm#slim2011>

January 1, 2012: Another blast from the past: *60 Minutes* posts a piece from the 1970s with Mike Wallace interviewing people at a NAAFA Convention. Although Mr. Wallace says his consciousness has been raised, when asked, he is still unable to say that he would hire a fat person.

http://www.cbsnews.com/8301-504803_162-57348478-10391709/fat-pride-obese-women-rally-in-the-70s

January 1, 2012: *The Daily Beast* lists the "most effective diets" for 2012. To make the list, there had to be 6-month and 12-month data on weight loss and participant retention, leaving unaddressed the fact that significant *long term* (5-year) weight loss is not possible for most people.

<http://www.thedailybeast.com/galleries/2011/12/30/most-effective-diets-for-2012-photos.html>

January 2, 2012: Last March, NAAFA called on the Georgia Children's Health Alliance to take down its billboards targeting fat children. Their response has been to step up the campaign and add TV spots, but now the UK's *Daily Mail* has put these fat-stigmatizing ads under the microscope. The renewed controversy brought out a greater opposition to these ads. (see related article above)

<http://www.dailymail.co.uk/news/article-2081328/Weighty-debate-anti-obesity-ads-featuring-fat-kids-causes-criticism-health-advocates-shock-tactics.html>
http://www.cbsnews.com/8301-504763_162-57350964-10391704/ga-childhood-obesity-psas-spark-controversy
http://www.salon.com/2012/01/03/why_is_georgia_shaming_fat_children_singleton

<http://www.thedailybeast.com/articles/2012/01/04/anti-obesity-ads-won-t-work-by-telling-fat-kids-to-stop-being-fat.html>

<http://harrietbrown.blogspot.com/2012/01/whats-wrong-with-georgias-childhood.html>

<http://www.abc2news.com/dpp/news/health/controversial-ads-encourage-overweight-children-to-lose-weight>

<http://www.eatingdisordersblogs.com/parents/2012/01/haes-reminders.html>

January 3, 2012: Author Marilyn Wann responds to the ubiquitous lap band billboards in Los Angeles, showing how dangerous and deadly the operations are, and providing a list of fun things to do in the new year.

http://blogs.sfweekly.com/exhibitionist/2012/01/lap_band.php

January 5, 2012: A recent study finds that teens who engage in fad dieting are likely to gain more weight in their 20s. Lead author Dianne Neumark-Sztainer thinks that this is because the risky dieting behaviors are being substituted for healthy behaviors. Perhaps she should also look at the recent studies showing that dieting causes complex biological changes that last long after the dieting has stopped.

<http://www.startribune.com/lifestyle/wellness/136780958.html>

[http://www.jahonline.org/article/S1054-139X\(11\)00176-5/abstract](http://www.jahonline.org/article/S1054-139X(11)00176-5/abstract)

January 5, 2012: John Tierney of *The New York Times* shares strategies on how to improve your odds of keeping your New Year resolutions. The article focuses mostly on weight loss and, bizarrely, uses as an example a guy who has weight loss surgery (WLS), then hires someone to go with him on an out-of-town business trip to monitor his eating and oversee his exercise, hardly an option for most people. We say: revolutions, not resolutions! (see second link)

<http://www.nytimes.com/2012/01/08/sunday-review/new-years-resolutions-stick-when-willpower-is-reinforced.html>

<http://revolutionsresources.blogspot.com>

NAAFA, Inc. | P.O. Box 4662 | Foster City | CA | 94404-0662