



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

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### NAAFA Announces New Chapter in Nevada



The NAAFA Board of Directors has unanimously approved the formation of a chapter in Clark County, Nevada. The new chapter application was accepted with a vote of 6:0. Said chapter will be known as NAAFA-Clark County and NAAFA-CC.

The NAAFA-CC Officers are:

- Treasurer - Jeanne Fenton
- NAAFA National Board Liaison: Peggy Howell
- President - Darliene Howell
- Vice President/Secretary - Dawn Jett

The Clark County Chapter will include Las Vegas, North Las Vegas and Henderson. It is the intent of the chapter to work on projects to support the local size-acceptance community. Examples of this are engaging members in working on projects such as the local End Bullying Now Campaign; the Size Savvy Project, which is a list of size-friendly businesses; a list of size-positive healthcare providers; and other size-positive projects and events.

More information is available on the new Chapter website at [www.naafa-cc.org](http://www.naafa-cc.org), and you may also request to join the NAAFA-Clark County (NV) group on Facebook at <https://www.facebook.com/groups/1430161773883856> to keep abreast of any announcements or upcoming events that are open to the public. The officers plan to conduct fund-raising events for the chapter and the End Bullying Now campaign throughout the year.

### Size Acceptance Activist Passes Away

The NAAFA Board of Directors extends our deepest condolences and sympathy to

<https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/January 2014 NAAFA Newsletter.html>

**National Association  
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### More Amber

#### [January Video of the Month](#)

Last month in this spot we showed Amber Riley and Derek Hough, who won the 2013 *Dancing with the Stars* competition, get a perfect 30 with their dance to "Can You Do This?" This month's video shows the moment when the winner is announced. No dancing in this one, but I love the sheer joy and excitement when Amber finds out that she won!

[www.youtube.com/watch?v=b4nkE0ZOd6g](http://www.youtube.com/watch?v=b4nkE0ZOd6g)

### Quick Links

[NAAFA.org](http://www.naafa.org)  
[NAAFA-CC.org](http://www.naafa-cc.org)

#### Facebook

[Main Cause](#)  
[SF Bay Capital](#)  
[Orange County](#)  
[Los Angeles Clark County](#)  
[End Bullying Now](#)

[Twitter](#)  
[MySpace](#)

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the family and friends of Kara Brewer Allen, former Co-Chair of NAAFA. Kara championed the cause of size acceptance, working to end discrimination against people of large body size for many years. Our community has suffered a great loss as a result of her passing.

Kara, who died on December 26, 2013 from complications following chemotherapy, lived in Asheville, North Carolina with her husband David Guy Allen. Kara's heart was filled with love, laughter and music. All who knew Kara knew she always had a smile affixed to her face and a song on her lips. "I love, love, LOVE to SING . . . ever since I was a small child after seeing the Sound of Music! . . . when I am on stage or when I am singing, I feel that

I am closest to being my authentic self without being self-conscious. (I know, makes very little sense!)", wrote Kara.

Kara taught Communications at AB Technical Community College and was a long time active member of Womansong, Asheville's oldest and largest women's community chorus. Kara's family, friends, students, fellow actors, and songbirds all mourn the loss of an extraordinarily loving woman some call an angel. We are confident that she is now singing with the heavenly choir.

## The AAPR First Annual Conference -- A Review

by Tony Harrell

I was honored to participate in the First Annual Conference held by the Association for Airline Passenger Rights (AAPR) in Washington, DC on Tuesday December 10th. NAAFA and AAPR have a common interest in improving the travel experience for passengers of size and I was interested in learning more about other advocacy groups as well.

Although I would be considered a "typical-sized" person representing NAAFA, there were no people of size in attendance. Nonetheless, there was a diversity of constituents there. While I expected to meet wheelchair users, it was enlightening to discover airline passengers who were deaf, blind as well as deaf *and* blind. Watching the different modes of communication from captioning to a very active two-person discussion in sign language was an educational experience.

The most relevant seminar to NAAFA members discussed the innovative Side-Slip Seat whose design allows for wider seats thereby accommodating more passengers of size. Hank Scott, COO of Molon Labe Designs and co-creator of the Slip-Side Seat, explained the concept to us. NAAFA has already endorsed the Slip-Side Seat based on the recommendation of Board Member Peggy Howell who had previously corresponded with Mr. Scott about his product. Imagine three seats: an aisle and window seat that are each eighteen inches wide, as well as a middle seat that is twenty-one inches but placed a few inches lower than the outer seats. When the middle seat is empty, the aisle seat is able to slide over. This allows for easier passage into the aisle for passengers who need to move about the cabin while allowing for wider, more accommodating seats for all. Mr. Scott said that there is even an option to have the two outer seats slide together to make one very ample seat. For the flight crew, the more immediate benefit would be the ability to clean faster and improve the turn-around time for the next flight, thereby saving them money. And everyone would win as airlines that adopted these seats would see more passengers of size on board. His company is currently in negotiations with airlines such as JetBlue, Virgin America and Southwest.

Officials from the US Department of Transportation also attended the conference and made a presentation regarding the Air Carrier Access Act (ACAA). They specifically referred to "Part 382" of the act, which references the requirement of airlines to have a Complaint Resolution Official made available either in person at the airport or by phone to serve passengers with accessibility issues. For more information, they recommended that passengers go to [www.dot.gov/airconsumer](http://www.dot.gov/airconsumer) and click on the Disability link or call the disability hotline at 1-800-778-4838 available Monday through Friday from 9am-5pm Eastern.

One set of stakeholders that was not present at the Conference was the airlines. AAPR made a valiant effort to secure their appearance and are hopeful that they will attend a future conference.

In summary, I learned that passengers of size are far from alone in dealing with the challenges of air travel. I look forward to continuing NAAFA's alliance with AAPR in making the airline experience comfortable for literally every body.

## Fighting Media Manipulation

by Bill Weitze



Dr. Charlotte Cooper  
(photo by Sara Davidmann)

New research by fat activist Charlotte Cooper has gathered and examined the experiences of those in the fat acceptance community who interact with the mainstream media. The goal of the paper is to prevent "stitch-ups" or manipulation by the media outlets. Stitch-ups can be what I would call bait and switch, where the interview or debate topic is promised to be one thing but turns out to be another. Another media tactic is to edit the fat activist's words so as to remove context and/or meaning. As stated in Cooper's paper:

"The stitching-up of fat activists consists of: empty promises made to fat activists, drawing them into productions about which media makers have little ethical investment; dubious editing; disrespectful framing; the recruitment of problematic experts to incite a sensationalist debate; and overall lack of care. This creates a full package of misery for fat activists hoping to reach an audience for their ideas."

The specifics are sobering. Major media outlets with some of the best reputations are dishonest about how quotes and materials supplied by fat activists will be used. The activist's own message is subverted to the received wisdom that the article or segment is trying to present. There is always a pre-existing story that the media try to fit us into. The result is that many fat activists will not engage with the media at all, preferring to use blogs and social networks to spread the word.

But ultimately, the fat rights community as a whole does need to engage with the media. Peggy Howell and other NAAFA Board of Directors members, as well as NAAFA's Advisory Board members, are experienced in dealing with the media. But what can the rest of us do?

Rather than to try to answer that here, I encourage you to read the full text of Charlotte Cooper's paper here: <http://obesitytimebomb.blogspot.co.uk/2014/01/no-more-stitch-ups-developing-media.html> The most important message I got from reading this was fat activists need to be very careful when approached by the media, and to feel free to say no or to refer them to someone more experienced in this area. Moreover, the article made me even more thankful for Peggy and others in NAAFA who do this sort of thing regularly.

## We Can All Do It: Mentoring

by Phyllis Warr

As regular readers know, the newsletter regularly runs articles about notable groups or observances for that month. For January, I found through my research that there are three. Mentoring is the one that most interested me, as that is something I have done for most of my life: First, as an aunt to seven nieces and nephews by my three sisters, then to friends and their children. (What real friend does not mentor her/his friends?) Mentoring means "to act as a wise and trusted counselor or teacher." True friends will not only bail us out of jail - after helping us do whatever we did to get arrested in the first place - they will also advise us beforehand that we really should not do that act and explain why; to my students



for the past 35 years; to new/young teachers; to new friends at NAAFA; and, finally, to anyone who will listen to me expound.

Giving wise counsel is often not easy but is something many of us do daily or almost daily. Recently, I saw that a lady in my local grocery store had left her grocery cart a good six feet behind her, with her purse sitting in the basket wide open. I counseled her to keep her eye on it, so no one would steal from her. Yes, I was being a busy body and perhaps she did this often with no negative effects, but there is always the first time.

This brings me to the purpose of this article: mentoring other fat people. As you know many of us have had a long hard road to reach positive self-esteem and there are many more who have not reached the golden mountain where they feel good about themselves. That is where "mentoring" comes into play. We need to mentor others, encourage them to see the good in themselves and their bodies; to see their value in the world, to the world and to themselves. We need to tell the fat kid we pass in the store, that she/he looks nice. Or that the color of the shirt s/he is wearing looks good on her/him. After hearing someone denigrating themselves, compliment that person, say what s/he is not seeing clearly about the subject, or how s/he can improve it, and be proof of the effort and the end result. Sometimes, the simplest comment can be "wise counsel", if it advises well. We can each do that every day when we interact with others, whether the person is a stranger, a friend or a member of our families. In the process, we also give "wise counsel" to ourselves because we remind ourselves to do good things that we need, as well.

## Happy New Year



*by Cinder Ernst*

"And now let us welcome the New Year, full of things that have never been!" - Rainer Maria Rilke

This month, I'm going to give you an easy way to create something new and sweet in your life. A question can shift your attention away from what you've always done and toward something different. That's all it takes.

Below are some powerful questions. Choose one you like, even just for today. Put it on a post-it or a widget and see what answers come up for you. Write down your answers.

- **What am I willing to enjoy this year?**
- **What would give me more breathing room?**
- **What am I willing to appreciate this year?**
- **What could I be doing, that I'm not doing now, that would be fun?**
- **What am I willing to be curious about?** (For example; being physically stronger, having a more organized life, daily meditation, trying yoga, hiring a coach)

If you'd like to share about this come on over to the NAAFA page on Facebook.  
<https://www.facebook.com/EqualityAtEverySize>

Thanks and love,  
 Cinder



PS. Have you tried the Miracle Knee Exercise yet? If you already know this exercise let this be a gentle reminder to do it. If you are already doing it regularly . . . bravo! If you haven't seen it or tried it yet, see it on YouTube at:

<http://www.youtube.com/watch?v=tDgxkoNWrl0>

Get more knee healing info at <http://lesskneepain.com>

## 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.]

August 9, 2013: A study of weight cycling mice finds that, compared with mice that simply gain weight, weight cycling can impair insulin sensitivity in fat tissue, decrease glucose tolerance and increase pro-inflammatory factors in fat tissue, suggesting that this exaggerated immune response may contribute to metabolic dysfunction.

<http://news.vanderbilt.edu/2013/08/yo-yo-dieting-inflames-fat-tissue>

<http://diabetes.diabetesjournals.org/content/early/2013/05/28/db12-1076.abstract>

October 29, 2013: A study finds that fat women drinking sucrose-sweetened soft drinks, added blind to the diet, do not gain weight and have basically the same fundamental physiological response as overweight and "normal" weight women to the addition of sucrose to the diet.

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9057653>

<http://journals.cambridge.org/download.php?file=%2FBJN%2FS0007114513002687a.pdf&code=b7050411f9a90f19be3d4e84592ebdd3>

December 4, 2013: Dr. Deah Schwartz's new book, Dr. Deah's Calmanac, is a 12-month interactive guide to help readers transform negative body image and disordered eating patterns into a body positive HAES approach to wellness.

<http://www.amazon.com/DR-DEAHS-CALMANAC-INTERACTIVE-CULTIVATING/dp/0991235304>

December 12, 2013: After coming to the conclusion that there is no known effective way to achieve weight loss for most people, researcher Andrea Bombak of the University of Manitoba, Winnipeg suggests that a "weight-neutral, nutrition- and physical activity-based, Health at Every Size (HAES) approach may be a promising chronic disease-prevention strategy."

<http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301486>

December 17, 2013: Abigail Saguy's article on the Time magazine website explains why Michelle Obama's support of The Biggest Loser constitutes support of fat shaming. Fat shaming leads to more anti-fat prejudice, as well as mental and even physical injury to its targets in some cases.

<http://ideas.time.com/2013/12/17/michelle-obama-is-supporting-fat-shaming>

December 17, 2013: Psychologist Deb Burgard, PhD deftly takes apart a recent study that concludes that fat people, even those who do not have metabolic abnormalities, are at an increased risk for adverse long-term outcomes. (See the December 2 entry in last month's issue, third link below, for more on this study.)

<http://healthateverysizeblog.org/2013/12/17/the-haes-files-examining-the-so-called-evidence>

<http://annals.org/article.aspx?articleid=1784291>

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/December%202013%20NAAFA%20Newsletter.html#LETTER.BLOCK22>

December 19, 2013: Lack of meaningful relationships in your life leads to loneliness but it also may lead to health problems according to John Cacioppo, a social neuroscientist at the University of Chicago who has made the effects of loneliness a focus of his research. (The second link below takes you to his publications page.)

<http://www.care2.com/greenliving/being-friendless-is-more-dangerous-than-being-fat.html>

<http://psychology.uchicago.edu/people/faculty/cacioppo/pubs.shtml>

December 21, 2013: Rachel Wiley's performance reflects her personal strength and beauty in reading her poem "10 Honest Thoughts on Being Loved by a Skinny Boy" at the 2013 Boston Poetry Slam.

<http://www.upworthy.com/so-your-girlfriend-says-shes-fat-heres-why-no-youre-beautiful-isnt-always-the-best-response>

December 30, 2013: Fat activist blogger Amanda Levitt is interviewed for CNN's New Day. Amanda talks about using the word "fat" without negative connotation and why it is more productive to talk about the health effects of poverty and stigma, which fat people often live with, than attacking an individual's right to live in their own body.

<http://www.plus-model-mag.com/2013/12/blogger-and-fat-activist-amanda-levitt-on-cnn-talking-about-defending-against-fat-prejudice-video>

January 2014: Sandra Aamodt is not a fat-friendly person, but her TED talk shows she understands why diets do not work. Ms. Aamodt is a neurologist, discussing how the brain affects a person's weight as well as exploring the science behind the ineffectiveness of diets.

[http://www.ted.com/talks/sandra\\_aamodt\\_why\\_dieting\\_doesn\\_t\\_usually\\_work.html](http://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work.html)

January 6, 2014: Findings derived from PepsiCo's workplace wellness program reflect that while the "disease management" part of the program (helping employees with existing health issues) resulted in a small amount of healthcare savings, the "lifestyle management" component did not result in healthcare savings.

<http://www.reuters.com/article/2014/01/06/us-wellness-workplace-idUSBREA0510R20140106>  
<http://online.liebertpub.com/doi/abs/10.1089/pop.2011.0108>

January 7, 2014: The Federal Trade Commission has charged four companies (Sensa Products, L'Occitane, HCG Diet Direct, and LeanSpa) with deceptively marketing weight-loss products. The companies will collectively pay \$34 million to consumers without admitting fault. The FTC is proposing new guidelines for media outlets and says it will urge media not to accept ads that make dubious weight loss claims.

<http://www.nytimes.com/2014/01/08/business/us-charges-4-companies-with-deception-in-weight-loss-products.html>

January 9, 2014: Christine Whelan shares her experience as a 40-year-old fat woman who, after the breakup of a long term relationship, decides she wants to enjoy more sexual relationships, and finds there is no shortage of men who are happy to become part of her adventures.

<http://www.xojane.com/sex/hi-there-im-fat-forty-single-and-slutty>

*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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