



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

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

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### NAAFA's Year in Review

by Peggy Howell

2014 was an eventful year for NAAFA. Despite the loss of Jason Docherty, our Chairman of the Board, NAAFA has been able to realize several major accomplishments. Now is a good time to reflect on some of these successes, which we have accomplished by working together, and recommit ourselves to this important work as we begin a new year.

In January, we added a new NAAFA chapter in Clark County, Nevada. NAAFA-CC successfully introduced the End Bullying Now Campaign on a local level and the Size Savvy Project, which is comprised of two lists, one of size-friendly businesses and one of size-positive healthcare providers in the Las Vegas valley. Chapter members also participated in other projects and events throughout the community. Find more information at [www.naafa-cc.org](http://www.naafa-cc.org)

NAAFA returned to our nation's Capital in 2014. Although this conference was overshadowed by the loss of NAAFA's Chairman of the Board Jason Docherty, who passed away on July 28, 2014, NAAFA members rose above their sorrow and worked to continue the fight for Equality at Every Size. During that time, Darliene Howell joined the Executive Board as NAAFA Secretary and Research Specialist.

NAAFA, in cooperation with Drs. Dawn Clifford and Michelle Neyman Morris, introduced *NAAFA Guidelines for Nutritionists & Dietitians*. This is the latest in a series of guidelines developed by NAAFA to assist professionals in treating people of large body size, with a focus on nutrition and dietetics.

NAAFA Advisory Board Member Dr. Joanne Ikeda planted a bug in the ear of an nbcnews.com health reporter regarding *LEAN Works!*, a wellness program published by the CDC. As a result of our combined voices, the CDC took down their website that offered an "obesity cost calculator" to help American bosses tally financial losses linked to their overweight employees. Thanks to Dr. Ikeda, our voices were heard, loudly and clearly.

It was a year with many challenges, but together we made a difference. We want to remind you of some of the highlights of 2014, but most importantly, we want to say **thank you**. The strength of NAAFA depends on you, our members and donors - and we are very grateful for your contributions and the actions we all take daily.

### Community Rallies Behind Bullied Teen

[January Video of the Month](#)

Cyberbullying seems to be running rampant. On social media and online article comments, the "trolls" come out. This video shares what happened to a young fat woman when she was trying to sell her junior prom dress.

Thankfully, many more people went from bystanders to "upstanders" (people who stand up and defend those bullied instead of standing by silently).

If you see someone being bullied online, speak up! END BULLYING NOW!

[wsmv.com/story/27823525/community-rallies-behind-sumner-co-teen-bullied-on-facebook](http://wsmv.com/story/27823525/community-rallies-behind-sumner-co-teen-bullied-on-facebook)

### Quick Links

[NAAFA.org](#)  
[NAAFA-CC.org](#)

#### Facebook

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

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

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We have a lot more work to do in 2015 and we can't do it without you. We need your support to continue working for Equality at Every Size and to End Bullying Now!

and are used with permission.

Please support our work in 2015.

CONTRIBUTE: <http://tinyurl.com/mrkq9I9>

Join Our Mailing List!

## From the Chair



by Phyllis Warr

Happy New Year, Everyone! Time has marched on, whether some of us wanted it to or not. I know that we will each do the best we can to cope with the latest ravages of winter in our areas. Here in the Midwest, it has hit big time, but we are very used to it and know to put on our layers and layers of clothes to deal with it.



The Board of Directors and I want to share some information with all of you. We have recently decided that we are not going to host a conference in 2015. Like many other organizations, we have lost money on each of the last few conferences and cannot continue to do so. We realize that there are many die-hard NAAFans who attend each year, by hook or by crook, and we appreciate them more than I can express. Unfortunately, it is not wise for us to continue to lose money if we want to manage our organization responsibly. To continue the work of NAAFA, we must do our best to stay viable.

We have chosen to skip 2015 and plan a conference in 2016. Several other organizations seem to be trying an every other year conference plan and we are, too.

We are also considering whether to host one conference or two smaller conferences. The two would be smaller, with one on each coast. By doing so, transportation may be easier for participants.

We hope that by giving our membership more time to plan for conference, more of you will be able to attend. The more attendees, the more interesting and fun the conference will be for all of us, so start saving for our 2016 NAAFA Conference. It will celebrate NAAFA's 46th year of working for the civil rights of people of size. While some may not think 46 is a benchmark year, I think it is. Previous and current Boards of Directors have struggled to keep NAAFA alive and going, so every year we are able to do our work is an important year.

## Accept Your Genes/Be Comfortable in Your Genes

by Emily Ireland Cox

In early December I had the absolute pleasure of speaking on a panel at Al-Arqam College Preparatory School here in Sacramento at a workshop focused on eating disorders, body image, and health. The workshop was organized by a bright and passionate young student, Duaa Mikbel, who had reached out to NAAFA for assistance in finding speakers for this school project. *"I started looking into it myself and came across facts such as many teenage girls suffer from an eating disorder and that sparked the idea for my sophomore project: An education program about eating disorders. Educating others on this topic seemed like a wonderful idea to me, and educating my schoolmates was a great way to learn more myself!"* Duaa said about why she wanted to put this event together.



Speakers presented "An introduction to the various kinds of eating disorders and their symptoms", as well as "The medical and psychological changes caused by eating orders". I was asked to share my personal experience with Binge Eating Disorder and Body Image. I felt nervous yet honored to be sharing what it was like growing up with an eating disorder. I stood in front of a room filled with ninety girls ranging in age from 11 to 18 and said, "This is what recovery can look like" and motioned my hands up and down and all over my large body, showing them that health and happiness come in every size.

I shared my long journey of disordered eating, the shame felt about my body, the abuse of yo-yo dieting, and what it took to get me into treatment at the age of 29. During my 9 months of intensive outpatient treatment at Eating Recovery Center of California I was introduced to the practices of Intuitive Eating and Healthy HAES that have enabled me to stop the viscous cycle with food and repair my body image. I now focus on changing my life and health for the better rather than my size.



When the presentations were over, the students spent time looking at the displays set up around the room which included a "Self Acceptance Pledge" from ANAD.org (Anorexia Nervosa and Associated Disorders) and "How to Help A Friend" resources along with blue awareness ribbons from NEDA (National Eating Disorders Association). One of the displays that particularly moved me was

called "Accept Your Genes/Be Comfortable in Your Genes". This simple display had two differently sized pair of jeans hung on the wall. Seeing the jeans side by side took me right back to a moment in my 8th grade gym class locker room where, for the first time, I noticed that my jeans were bigger than those of the girl next to me; that my body was "bigger". During the entire workshop I kept thinking how beneficial it would have been had someone organized something similar when I was in school.

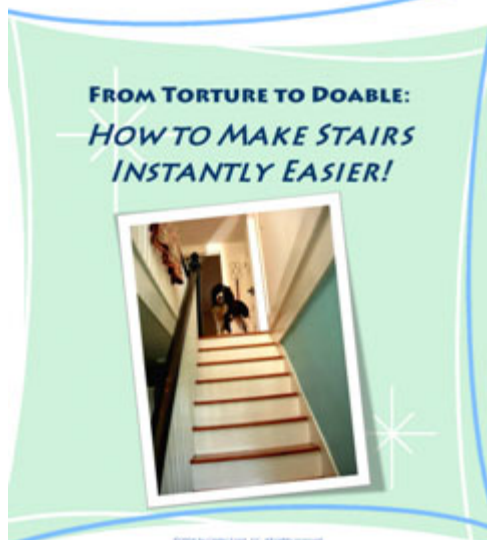
After the event, Duaa shared some feedback from students and teachers. One quote in particular moved me and drove home how important it is to reach out to girls and boys about body image and disordered eating. One student said "This was a great experience for me and honestly made me feel a lot better about myself. This made me see eating disorders in a new light, and in a weird way has given me more confidence as a teenage girl!" Even teachers benefited from the presentations, with one commenting, "I honestly had no clue what an eating disorder was. If I had to guess, I would say eating a lot. I never knew anorexia and bulimia were eating disorders. I feel like people don't take them as seriously as I learned."

I recently discovered the NAAFA Child Advocacy Toolkit and plan to use this as a tool to help guide conversations with young people in the future.

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<https://www.facebook.com/sacplussizeswap>

## Help with Stairs

by Cinder Ernst



Hello Friends!

I had a lovely holiday season, hope you did too. As much as I love that holiday spirit, I'm also relieved when it's all over.

This month I want to offer you an E-Report that will help with both going up and down stairs. You can pick it up here at <http://cinderernst.com/stairs>

There is also an option to come to a tele-class and video training that will help you make friends with the stairs in your life. Imagine how nice that would be!

Most of you know I'm always coming up with new and easy ways

for plus size folks to add in powerful small steps that help with strength building and pain relief. One of my favorites was featured in October but I'm going to remind you of that again. It will help prepare you for conquering those stairs!

The Famous Flop Over Hamstring/Calf/Back Stretch:

Many of my clients tell me they get leg cramps at night. If you do the Famous Flop Over Stretch before bedtime, you may NOT get cramps!

Even if you don't have cramps, it's still a great stretch to do because keeping your hamstrings, calves and back more flexible can help decrease knee, foot, back and hip pain!!!

It's a fun and funny stretch to do. Bonus: If you have pets and they happen to be on the bed, they will like it when you do it, too!

So, you stand facing your bed, legs straight, and bend at the waist resting your upper body across the bed. In effect, you simply flop over the bed. If it hurts behind your knees, bend your knees slightly.

Let me know how this feels for you and if you have any questions or comments. I love, love, love hearing from you guys! :) [coach@cinderernst.com](mailto:coach@cinderernst.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.]

December 2014: A paper looking to improve weight loss maintenance concludes that the problem lays with lack of compliance over the long term. The study seems to be based on a calories-in/calories-out formula which has been repeatedly called into question.

<http://onlinelibrary.wiley.com/doi/10.1002/oby.20967/pdf>

December 2014: Using health risks assessments (HRA), researchers find that while the HRA group accessed medical services more, their overall medical costs were lower, and seven out of eight health risk measurements improved over a three year period. The only measurement that did not "improve" was weight, showing that health improvements are achievable without weight loss.

[http://journals.lww.com/joem/Abstract/2014/12000/A\\_3\\_Year\\_Assessment\\_of\\_the\\_Effects\\_of\\_a.9.aspx](http://journals.lww.com/joem/Abstract/2014/12000/A_3_Year_Assessment_of_the_Effects_of_a.9.aspx)

December 12, 2014: Dr. Deah reviews *American Stage: Enter Fat Actress*, by Jennifer-Scott Mobley, a somewhat academic book which she says would work well for any syllabi in Women's Studies, Fat Studies, and Popular Culture.

<http://www.drdeah.com/curtain-up-female-bodies-on-the-american-stage-enter-fat-actress>

December 12, 2014: Researchers in Finland claim to have found a causal link between higher BMI and risk of cardiovascular disease independent of diet, exercise, smoking and other variables, based on "metabolite profiling". What the article fails to mention is four of the researchers (including the lead author) have a start-up company that offers metabolite profiling. Also, the meaning of the metabolite profile in terms of years of life lost or relative risk of getting a disease is not discussed.

<http://well.blogs.nytimes.com/2014/12/12/weight-gain-carries-risks-no-matter-your-weight>

<http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1001765>

December 18, 2014: The European Court of Justice rules that if obesity could hinder "full and effective participation" at work then it could count as a disability, potentially providing legal disability protection to fat workers throughout the European Union.

<http://www.bbc.com/news/health-30529791>

December 18, 2014: A study finds that greater weight gain during pregnancy may be beneficial to male fetuses. Researchers found that the amount of pregnancy weight gained and the proportion of males born go up together.

<http://well.blogs.nytimes.com/2014/12/18/weight-gain-during-pregnancy-is-especially-good-for-boys>

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0114304>

December 31, 2014: *The New York Times* looks at the evolving plus-size fashion market and new sources of trendy clothing for fat shoppers.

<http://www.nytimes.com/2015/01/01/fashion/plus-size-fashion-moves-beyond-the-muumuu.html>

December 31, 2014: A study claims that despite an "ongoing trend of rising adiposity" (a trend not actually examined in this study, and which according to the CDC's data is not true), new onset diabetes has remained steady in recent years.

<http://care.diabetesjournals.org/content/early/2014/12/18/dc14-1432.short>

<http://medicalxpress.com/news/2015-01-obesity-decade-diabetes-incidence-stable.html>

[http://www.cdc.gov/nchs/data/factsheets/factsheet\\_obesity.htm](http://www.cdc.gov/nchs/data/factsheets/factsheet_obesity.htm)

January 2015: Health at Every Size proponent Lily O'Hara, PhD provides access to her two recent publications, both of which were published in the *International Journal of Social Work and Human Services*, as well as the full text of her PhD thesis.

<https://ecae.academia.edu/LilyOHara/Papers>

[https://www.researchgate.net/profile/Lily\\_OHara/contributions](https://www.researchgate.net/profile/Lily_OHara/contributions)

January 2015: A study published in *International Journal of Human Rights in Healthcare* highlights how weight bias acts as a barrier to physical activity for larger women, and how a HAES approach to fitness may overcome those barriers.

<http://www.emeraldinsight.com/doi/abs/10.1108/EIHSC-11-2013-0043>

January 2, 2015: A group of women of varying shapes and height, size 0 to size 18, try on different one-size-fits-all garments and comment on the results and how the idea of one-size-fits-all is not just false but can be harmful to all women's body image.

<http://youtu.be/OapuLyWTvjQ>

January 12, 2015: Never Diet Again UK provides a good review of the latest study (published as a letter) claiming that there is no such thing as a metabolically healthy fat person - even though in the past decade there have been many studies that found that fat does not necessarily equal unhealthy.

<http://www.neverdietagain.co.uk/enjoy-your-haes-while-it-lasts-or-is-metabolically-healthy-obesity-a-myth>

<http://content.onlinejacc.org/article.aspx?articleid=2087915>

*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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