



**national association
to advance
fat acceptance**

NAAFA Newsletter

**Official Publication of
the National
Association to
Advance Fat
Acceptance**
July 2010

In This Issue

[2010 Convention Update](#)

[Win a Fabulous Week in Hawaii](#)

[The NAAFA Fashion Show Extravaganza](#)

[NAAFA's International Fat Film Fest](#)

[Call for Convention Volunteers](#)

[NAAFA Goes Greener](#)

[NAAFA's Got Talent](#)

[The Caring Bridge for Kara](#)

[Meet NAAFA's Summer Intern: Coda Pritchard](#)

[Media and Research Roundup](#)

2010 Convention Update

The NAAFA Board of Directors has been working hard to make this the best convention ever. We have scheduled interesting and helpful workshops covering health, being a FAT advocate, child advocacy, and building community. We also have fun workshops, like line and belly dancing, poetry writing, and water aerobics. As always, we will have our annual fashion show and vendor fair with beautiful clothing and wares. Saturday evening we will honor those who have worked hard to advance fat acceptance and human rights at the Gala Awards Dinner and Dance.

This year we will again have an exciting Hawaiian vacation raffle. For a low ticket price, you could be on the beach in Hawaii! Check out the details below.

We will be learning, dancing, planning and implementing ways to maximize our impact and make much needed changes in society. We'll celebrate the joy of being ourselves and being alive! Additionally, we will raise the money needed to continue the work begun more than 40 years ago to eliminate size bias.

Don't forget to volunteer to take tickets or decorate or any of the other tasks that must be done. We greatly appreciate any time you are willing to give to help make this the best convention ever! Each year we want a better convention than the previous year, but we need your help to accomplish this goal.

Be sure to make your hotel reservation at the gorgeous Westin San Francisco Airport Hotel. The deadline for reservations at the low price of \$89 per night is July 20, 2010. See the [NAAFA web site](#) to register for the convention and make your reservation now!

Body Talk 2 Trailer

July Video of the Month:
Pre-teens talk about body image, eating disorders and fitting in:

<http://youtube.com/watch?v=s1WqK4md9Dg>

For more information about Body Talk CDs and The Body Positive, please visit their website at www.thebodypositive.org

About NAAFA

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.

[Join Our Mailing List!](#)

Win a Fabulous Week in Hawaii!



Only \$25 buys you a chance to win a week in a luxury condo at the fabulous [Westin Princeville Ocean Resort Villas](#) on the Garden Island of Kauai in Hawaii. And, it raises much needed funds for the work NAAFA is doing to end discrimination against people of size.

Long time NAAFA Board Member Carole Cullum has once again generously donated an additional

one week stay in her Hawaiian timeshare as a raffle prize to raise funds for NAAFA.

This is in addition to the drawing for one week's stay promised by Carole last year to those who committed to making a monthly donation to NAAFA between the 2009 and 2010 conventions. These are two separate drawings and prizes, both of which will take place at our NAAFA convention in August.

The Westin Princeville rests on a cliff on Kauai's breathtakingly beautiful North Shore. Suspended high above the crystal clear waters of the Pacific, the resort is set against the majestic mountains of Namolokama and Makana, and is just a few miles from Hanalei Bay and the world-famous Napali Coast. Escape to this tranquil Hawaiian hideaway to renew your mind, body and spirit amid the stunning natural beauty of Kauai.

The premium studio features a whirlpool tub, kitchenette, private lanai, DVD player, and flat panel TV. The resort also has 4 heated outdoor pools and hot tubs (with steps entering pools and hot tubs).

The vacation package for this raffle is scheduled for **November 27 - December 4, 2010**, with check in at 4 PM, November 27 and check out at 10 AM, December 4. Any request for change in date or location would be subject to charges by the Sheraton Resorts of approximately \$200. **This vacation raffle does not include airfare.**

Tickets may be purchased through the NAAFA website or at the convention. Each chance to win this island getaway valued at over \$3500 will cost you only \$25 per chance, or five chances for \$100, and best of all, **you need not be present to win!** These are better odds than any lottery and a much better cause! Buy your tickets today!

The NAAFA Fashion Show Extravaganza!



The curvy female form has inspired artists for centuries, and plus size fashion designers are truly artists, transforming their customers into creatures of beauty and style.

Plus size fashion designers will present their latest collections of inspired designs at the highly anticipated **NAAFA Fashion Show Extravaganza on**

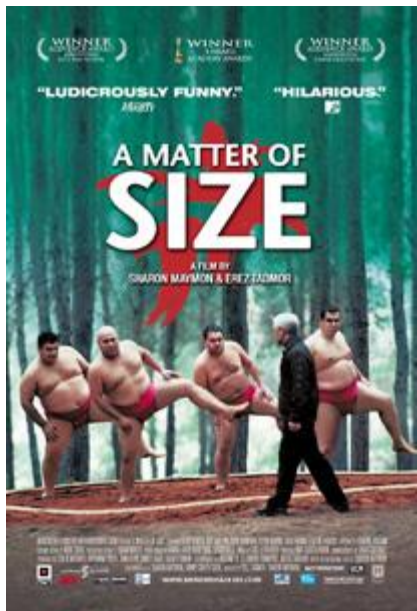
Friday, August 6, 2010 at the Westin San Francisco Airport Hotel in Millbrae, CA. These talented designers have a sincere desire to give women of any age and size the opportunity to be dressed in style and comfort.

NAAFA is very pleased to have **Ms. Yuliya Raquel** as guest speaker during our fashion extravaganza. She will share with us her journey, beginning at age five when she first learned to sew, to becoming an award winning designer as founder of IGIGI by Yuliya Raquel, <http://www.igigi.com>. Ms. Raquel was recently presented the Best Plus Retailer of the Year Award during the final runway show at this year's Full Figure Fashion Week.

Joining us as our special guest emcee for the fashion show this year is San Francisco Bay Area plus size fashion blogger **Marie Denee**. Marie is the owner of MarieDenee.com, a contemporary plus-size boutique and Fashion Blogger for The Curvy Fashionista. She is all about curves and confidence; we will see plenty of that on the runway Friday night.

This inspiring event will showcase food, fashion, art, and our well known Not-So-Silent Auction. Be sure to bring your wallets, checkbooks, and charge cards for both the auction and the **Vendor Fair being held on Saturday and Sunday, August 7 and 8, 2010 beginning at 10 AM** where you will be able to purchase fashion, accessories, art and furniture - all catering to the plus size audience. **NAAFA's Vendor Fair is open to the public and free of charge to access.**

NAAFA's International Fat Film Fest



Quite a few size positive films have been released recently, and NAAFA is very pleased to present ***Weightless*, *Gordita* and *A Matter of Size*** at our first ever International Fat Film Fest!

Join us on **Sunday August 8, 2010 at 8:00PM** as we come together and enjoy films from around the world that encourage us to love our bodies and live our lives to the fullest each day!

Our first feature will be ***Weightless***, a documentary short film about a group of plus-size women who share a love for SCUBA diving. Liz Nickels, a size 26 woman who lives in Oakland, CA, is a psychologist, SCUBA diver, and certified SCUBA instructor. She created Big Adventures to allow women of size a comfortable space to learn SCUBA diving and have fun with other large women. Both Liz and director/film maker Faith Pennick will be present for a Q & A period following the showing of

this film.

Gordita is a short 10 minute film written and directed by Debby Wolfe. It chronicles the emotional journey of a young Latina woman who starts out hating her body. A simple gift from a lifelong girlfriend helps her remember her hopes and dreams and changes her life.

A Matter of Size is a hilarious and heart-warming film about four fat Israeli men who set out to become sumo wrestlers, and in the process learn to accept themselves for who they are and find happiness. It continues to win audience awards at film festivals all over the world, including the Washington Jewish Film Festival, and was awarded three Israeli Oscars!

This fantastic International Film Fest is open to the public. A donation of \$25 will buy you a one year membership to NAAFA as well as access to this exciting event.

Who's bringing the popcorn?

Call for Convention Volunteers

Conventioneers: please help! We need ticket takers, wrist band checkers, auction assistants, decorators, raffle prize runners, and more. Many jobs will require only a short time to complete; others may take a little longer, but no task will make you miss out on the fun and excitement of the various events or the workshops. In fact, your help will aid everyone, yourself included, to enjoy the events all the more.

Volunteers are needed starting Thursday, August 4 through Monday, August 9. Give a little time (or a little more time) and have a great impact on the "NAAFA Experience". We will appreciate any help you are willing to give.

Contact Phyllis Warr, NAAFA Board of Directors Member & Volunteer Coordinator at PWarr1995@aol.com to volunteer your help to make this a superior event!

NAAFA Goes Greener!

Many of you have attended NAAFA conventions for several years and by now have quite a collection of name badge packs and convention bags. Please bring your badge pack from a previous convention with you to use again this year. If you have a convention bag from a previous year, bring that along as

well and we'll simply put this year's contents into it. You'll help reduce the production of plastics, and help our organization save money. Every dollar we save helps support the important projects that NAAFA initiates, such as the new Child Advocacy Toolkit being introduced at this year's convention.

Please do your part and help us go greener!

NAAFA's Got Talent!



This is not news to us! We've long known that NAAFA members are a talented bunch, but it's been a while since we showcased some of that singing, dancing, poetry reading, storytelling, comedic talent!

Come join us on **Sunday August 8, 2010 at 6:00PM as DJ Xavier** leads us through a riotously good time! But for this talent show to succeed, we need YOU to step up and show us your talent. If your talent involves music, please contact DJ Xavier at

djxavierfunksitup@yahoo.com. He will make sure that he has the music you need for your song, dance, recitation, magic act; whatever it is that you will be performing for our adoring audience!

Did I mention that there will be prizes awarded for the top three talented performers? You can't win if you don't perform, so start practicing!

The Caring Bridge for Kara



We are sad to report that longtime NAAFA member, former NAAFA Board of Directors Co-Chair, and all around awesome fat activist Kara Brewer Allen has been diagnosed with breast cancer.

We know that all of you want to call or write to her right now but dealing with this insidious disease is difficult, both physically and mentally. Thankfully, some forward-thinking people have created a [place](#) where people like

Kara can create their own web pages. You can read updates from Kara, post messages of support and love to her, and see what others have to say.

Here is an invitation in Kara's own words:

"After the outpouring love and support through emails yesterday, I realize that I cannot respond back to each of you every time. Now I know why folks in this kind of situation create their own website for updating family and friends. Please come and visit anytime and read my "blog" (oh geez, can you believe it?) during this cancer journey. Also, leave me a message when ya come! You all mean the world to me now more than ever. BIG hugs, Kara"

Meet NAAFA's Summer Intern: Coda Pritchard



Coda Pritchard

by Lisa M. Tealer, NAAFA Board of Directors Member & Director of Programs

The NAAFA Board is pleased to introduce Coda Pritchard, our 2010 Summer Intern. She is currently enrolled as a Master's/PhD student at the University of Akron in a Collaborative Program in Counseling Psychology. She'll receive her Master's degree next month and continue her work to receive a PhD.

Coda was such a delight when I interviewed her by phone. She was enthusiastic and smart, and her application was

confirmed with stellar references from her professors, supervisors and advisors.

Here in her own words, Coda describes her interest in the internship and what she hopes to get out of it.

I became aware of NAAFA through some research that I am doing on weight bias, so when a friend forwarded me an email offering an internship, I was very eager to apply. I was most drawn by the opportunity to meet the emerging leaders in the field through the Convention and the Summit. I was also very eager to help research some of the empirical literature backing the tenets of NAAFA.

Through this experience, I am hoping to be able to continue to examine my own values about weight and learn more about the HAES initiative. I truly believe that everyone has room to grow in their acceptance of others and that knowledge is the first step to reducing prejudice. I am also looking forward to attending the Convention and Summit.

I'm really excited to be working with NAAFA this summer and I look forward to getting to know the members. See you all at the Convention!

Coda brings an analytical perspective to our various projects and initiatives, and we're excited to have her. When you see Coda at the convention and summit, please give her a big NAAFA welcome and congratulate her on receiving her Master's Degree!

Media and Research Roundup

[Editor's Note: As we continue catching up, go to the NAAFA News RSS Feed at <http://naafa.org> for the latest news.]

June 16, 2009: A study in the *Journal of Adolescent Health* finds that soda taxes have no significant effect on the weight of teenagers. Not content to stop there, the authors speculate that a really high tax might work.
[http://www.jahonline.org/article/S1054-139X\(09\)00106-2/abstract](http://www.jahonline.org/article/S1054-139X(09)00106-2/abstract)

December 1, 2009: A study looking at generational trends of fatness in Americans concludes that "the increasing cumulative exposure to excess weight over the lifetime of recent birth cohorts" -- which means we are getting fatter earlier but living longer, so we're fatter longer, "will likely have profound implications" -- which means we don't really know what's going to happen but this is our guess, "on type 2 diabetes and mortality" -- which means we're all going to die -- eventually. Hmmm.
<http://www.nature.com/ijo/journal/v34/n4/abs/ijo2009235a.html>

January 12, 2010: Another study in *The International Journal of Obesity* finds that weight loss among fat people seems hazardous to survival, but seems less so among those who remain or become physically active.
<http://www.nature.com/ijo/journal/v34/n4/abs/ijo2009274a.html>

March 1, 2010: In two separate posts, *Slate.com* asks its readers to first discuss the problems of fat and tall flyers and then to offer solutions to those problems. Although a number of posters point out that fat is not a choice, fat people take more heat for problems than tall people because of this misconception.
<http://www.slate.com/id/2246306>
<http://www.slate.com/id/2246470>

March 2, 2010: The first half of this *New York Times'* article on the effect of small dietary changes is so good. It explains that, while making one small reduction in calories may lead to weight loss (or gain), eventually your body adjusts and the loss (or gain) stops. Unfortunately, while one interviewee (Dr. Jeffrey M. Friedman of Rockefeller University) advocates making changes for health and not for weight loss, the article mostly focuses on weight and BMI.
<http://query.nytimes.com/gst/fullpage.html?res=9805E0DA123BF931A35750C0A9669D8B63>
<http://jama.ama-assn.org/cgi/content/extract/303/1/65>

March 3, 2010: A paper in *The Medical Journal of Australia* claims that fat people cost Australia about \$21 billion per year in healthcare costs. But the authors don't seem to have controlled for potential confounding factors, such as socioeconomic status. They also confuse correlation with causality, which

leads them to focus on fat people rather than improving nutrition, activity, and health care for all.

http://www.mja.com.au/public/issues/192_05_010310/col10841_fm.html

March 8, 2010: Talk about your fat-acceptance dream team; Marilyn Wann and Paul Campos join forces in a *New York Daily News* article pointing out just how arbitrary the concepts of "fat" and "thin" are. They urge people to stop worrying about labels and start fighting against a system that bullies people based on their size.

http://www.nydailynews.com/opinions/2010/03/08/2010-03-08_fatties_its_time_to_fight_back.html

March 11, 2010: Congratulations to Sigrun Danielsdottir (a size rights activist from the Division of Psychiatry, Landspítali-University Hospital, Reykjavík, Iceland) on the publication of her first journal article. Her study reviews other studies on the subject of fat prejudice, and questions why such studies fail to lead to any significant reduction in fat prejudice.

<http://content.karger.com/ProdukteDB/produkte.asp?Aktion=ShowAbstract&ArtikelNr=277067&Ausgabe=253869>

March 13, 2010: A study comparing children who eat school lunches and children who bring their lunches seems to indicate that the children eating the school lunches are fatter. But since many poor children get their main meals at school, and since 93% of school lunches do not meet the School Meals Initiative's guideline, these results reflect more about poverty and nutrition than about childhood fatness in general.

<http://www2.med.umich.edu/prmc/media/newsroom/details.cfm?ID=1514>

March 14, 2010: A guy meets a lady, chats with her for a while, and ends up getting slapped because he referred to the lady as have a "nice, full, hourglass figure". Besides pointing out slapping is not an option, advice columnist Miss Conduct laments that fat prejudice has so permeated our society that simply implying someone is large becomes "fighting words", and refers her readers to NAAFA and the writings of Paul Campos! Thanks for the excellent advice!

http://www.boston.com/bostonglobe/magazine/articles/2010/03/14/figures_of_speech

March 14, 2010: In a world where it is assumed that most Americans are too fat, *The New York Times* publishes statistics from the Food Research and Action Center showing that more people in the South Bronx cannot afford food than anywhere else in the country; and addresses the fact that being fat and going hungry often go hand in hand.

<http://www.nytimes.com/2010/03/14/nyregion/14hunger.html>

March 15, 2010: British celebrity chef Jamie Oliver tries to teach the people of Huntington, West Virginia how to eat a healthier diet in ABC's show *Food Revolution*. But the show unintentionally highlights how much of the war on obesity is rooted in classism. It's not the change of diet the people of Huntington object to, it's a condescending British guy telling them what to do.

<http://www.newsweek.com/2010/03/15/the-battle-of-bulging-classism.html>

March 15, 2010: Harriet Brown, writing in *The New York Times*, offers an article that enumerates the effects of fat prejudice from employment to health issues; and points out that Michelle Obama's campaign on childhood obesity just adds another layer to society's acceptance of fat prejudice.

<http://www.nytimes.com/2010/03/16/health/16essa.html>

March 16, 2010: A diet pill company offers Oscar-nominated actress Gabourey Sidibe a free one-year supply if she endorses their product, claiming that her fatness kept her from winning an Oscar. NAAFA's Peggy Howell reminds people that fat does not equal unhealthy and that achievements come in all sizes.

<http://www.t TMZ.com/2010/03/15/gabourey-sidibe-weight-loss-obesity-acai-diet-precious-oscar>

March 16, 2010: Anna North of *Jezebel.com* looks at the comments being generated as a result of articles on Gabby Sidibe and Harriet Brown's *The New York Times* article (see above) and how they reflect a society where fat prejudice has become acceptable.

<http://jezebel.com/5494388/offensively-fat-the-truth-behind-weight-stigma>

March 16, 2010: Hoping to disprove the "obesity paradox" (that fat heart failure patients fare better than slimmer counterparts), these scientists ended

up confirming that once afflicted with heart failure, fat patients have a much higher survival rate.

http://www.science20.com/news_articles/obesity_reduces_risk_cardiac_death

<http://www.ncbi.nlm.nih.gov/pubmed/20185000>

March 18, 2010: A 5 year old in the UK has been labeled "obese" because of his size, even though he is active, healthy, and of average proportions. He is simply a big boy. His mother is appalled after getting letters from the school telling her the boy is at risk for many health conditions because of his BMI.

<http://www.dailymail.co.uk/news/article-1258614/Mothers-outrage-healthy-year-old-son-weighing-4st-branded-obese-NHS.html>

March 19, 2010: Looking at the issue of people who want to become fatter, *Jezebel.com* provides a very open-minded and balanced viewpoint. Of even more interest are the comments which are mainly very insightful.

<http://jezebel.com/5497299/my-tummy-returned-to-its-former-glory-the-controversial-world-of-gaining>

March 24, 2010: Michael Inglis was told to go home and "lose weight" after attending Glasgow's Victoria Infirmary in May 2007; instead he went home and died from untreated heart disease. His mother complained that the care given to her son was below the level expected of medical practitioners, and after investigation, her complaints have been upheld.

http://news.bbc.co.uk/2/hi/uk_news/scotland/glasgow_and_west/8585854.stm

March 24, 2010: The Healthy, Hunger-Free Kids Act of 2010 is passed unanimously by the Senate Agriculture Committee and now heads to the Senate Floor. The bill would provide low-income kids with free healthy meals at school. Of course, we couldn't do this just because it's really good for the kids, we can only do it if the aim is to make kids less fat. Sigh.

http://www.usatoday.com/news/education/2010-03-24-school-lunch-safety_N.htm

March 27, 2010: Korea's use of diet pills and appetite suppressants including some narcotics, is nearly the highest in the world, despite one of the lowest "obesity" rates, due to reckless prescribing and a lack of governmental controls.

http://english.chosun.com/site/data/html_dir/2010/03/27/2010032700362.html

March 31, 2010: Advocacy groups have a saying: "Nothing about us without us." But as Betsy Phillips' blog post points out, the "Obesity Taskforce" has no fat people, sees them as a problem to be solved rather than a group to be accommodated, and uses fat stereotypes to push its agenda.

<http://www.nashvillescene.com/pitw/archives/2010/03/31/does-the-obesity-task-force-even-have-any-obese-people-on-it>

April 2, 2010: Tyra Banks wants to have a plus-sized model competition, and it seems this has set off the fat phobics, who feel anything that even looks like size acceptance will lead to more fat people. With some reasoned input from the size-acceptance side, the anti-fat folks come off as close-minded and, dare we say, prejudiced?

http://today.msnbc.msn.com/id/36133397/ns/today-today_health

April 6 and 7, 2010: Dr. Phil presents his two-part "Fat Debate" with a face-off between members of the fat acceptance and anti-fat communities. Participant Peggy Howell warns that the show is more like Jerry Springer than a reasoned debate.

<http://drphil.com/shows/show/1438>

<http://drphil.com/shows/show/1439>

April 8, 2010: In the University of California journal *Social Problems*, Abigail Saguy and Kjerstin Gruys examine how society's views of body size affect media reporting on eating disorders and weight, finding that the news media reinforce these negative viewpoints.

<http://www.sizediversityandhealth.org/content.asp?id=34&articleID=81>

April 8, 2010: David Katz wants to eliminate fat bias. Yay! Because only then can we eliminate fat people. Wait, what? Also, NAAFA is bad because we "accept" fatness, which no one should do according to him. Huh? Although he correctly states that society should encourage good nutrition and body movement, he doesn't realize that you can be fat and fit.

http://www.huffingtonpost.com/david-katz-md/do-we-need-a-fattitude-ad_b_509572.html

April 9, 2010: Thank you to Jessica Holden Sherwood for providing the resources to help fat folks when they get the "weight talk" from their physician. Not only does she give links to research, she gives the best advice of all: Don't be shamed by the weight talk!

<http://msmagazine.com/blog/blog/2010/04/09/dont-be-shamed-by-the-weight-talk>

April 12, 2010: Raymond DeFelitta writes about how, in his film *City Island* he came to have an adolescent character with a secret -- he is attracted to fat women. Not only does DeFelitta talk about his own feelings about fat women, but also talks about the difficulty of finding a beautiful fat actor to cast in his film.

http://www.salon.com/entertainment/movies/film_salon/2010/04/12/de_felitta_9

April 13, 2010: A new study claims that having weight loss surgery (WLS) before pregnancy lowers the risks of gestational hypertension and eclampsia. All of the data was gleaned from medical bills and dealt with about 600 women who became pregnant either before or after WLS. In other words, ALL of the women had WLS, and the study did not seem to take into consideration the medical protocols a WLS patient goes through prior to surgery which might have skewed results. The study also failed to mention the risks of WLS itself.

http://www.bmj.com/cgi/content/full/340/apr13_1/c1662

April 13, 2010: Jill Richardson writes an interesting article that starts out discussing HAES and Linda Bacon's book *Health at Every Size*. She goes on to look at Jamie Oliver's TV show *Food Revolution* and Michelle Obama's campaign against childhood fatness. Richardson ends up firmly in favor of HAES, and of improving access to good food and health care for the poor.

<http://www.alternet.org/story/146416/?page=2>

April 16, 2010: It is well known that fat prejudice runs high in the healthcare professions. However, a recent study shows that at least some of that prejudice can be prevented at the student level through more balanced education as to the many different reasons people are fat.

<http://www.nature.com/oby/journal/vaop/ncurrent/full/oby201079a.html>

April 18, 2010: The great Marilyn Wann (along with Marsha Coupe, Sondra Solovay, the Phat Fly Girls, and Linda Bacon) is featured in an article in *The Observer* (UK) on size rights activists!

<http://www.guardian.co.uk/lifeandstyle/2010/apr/18/obesity-nutrition-weight-diversity>

April 18, 2010: WLS done properly is dangerous. But the big money involved and the lack of regulation of outpatient clinics that perform lap-band surgery can create an atmosphere where the safety of the patient is blatantly disregarded, as *The Los Angeles Times* reports in its article about a Beverly Hills medical group famous for their annoying billboards.

<http://articles.latimes.com/2010/apr/18/business/la-fi-hiltzik18-2010apr18>

April 19, 2010: According to a new study, dieting may increase the risk of developing heart disease, diabetes and cancer. Restricting calorie intake can increase production of cortisol and create psychological stress, to the detriment of the dieter's health.

<http://www.psychosomaticmedicine.org/cgi/content/abstract/72/4/357>

April 21, 2010: Apparently cleavage during "Family Hour" is only okay on the Fox Network and ABC if that cleavage is sported by a not-fat person. Lane Byrant claims that they fought both networks to air its ad featuring plus-size model Ashley Graham wearing lingerie, while a Victoria's Secret ad with barely-clad models airs without a hitch.

http://www.salon.com/life/broadsheet/2010/04/21/lane_bryant_lingerie

April 25, 2010: Speaking with size rights activist Fatima Parker, Suzanne Elliott of *The National* (Emirates) gets a thumbnail education on being fat and fit and how a number on the scales (or the size of your jeans) is no predictor of good health.

<http://www.thenational.ae/apps/pbcs.dll/article?AID=/20100426/LIFE/704259986>

