



**national association
to advance
fat acceptance**

NAAFA Newsletter

**Official Publication of
the National
Association to
Advance
Fat Acceptance**
July 2011

In This Issue

[Sneak Peek at Convention](#)

[NAAFA's 2011 Fat Film Fest](#)

[NAAFA's Got Talent](#)

[Volunteers](#)

[Raffle Reminder](#)

[Green Again!](#)

[Board Members Retirement](#)

[Article Headline](#)

[Media and Research Roundup](#)

Sneak Peek at Convention



The excitement about the 2011 NAAFA Convention is building, and many of you want to know what to expect, so here's a quick overview of the schedule.

If you're arriving on Thursday, registration opens at 7 PM, and you won't want to miss the Affinity Party beginning at 8:30 PM. Meet some people with like interests and reconnect with those you haven't seen in a while.

On Friday morning you can enjoy water aerobics or learn to use the weight of your own body in your workout beginning at 8 AM, and still have plenty of time to get showered and ready for the Annual General Meeting at 11 AM. Friday's schedule continues as follows:

1:00 PM - 2:30 PM

NAAFA Orientation: For New and Returning Members
Tending Boundaries: Learning to Set Boundaries

2:45 PM - 4:15 PM

Learn to Shake What Your Mama Gave Ya with DJ Xavier!
Life as A Fat Man Workshop (For Men Only)

4:30 PM - 6:00 PM

Social Media: Enhance Your Brand and Build Awareness
Chapter Workshop for Current Leaders and Those Who'd Like to Be

Fat and Proud Part 1

[July Video of the Month](#)

This month's video chronicles what's happening in the size acceptance movement in the UK, but it could just as well be right here in the good old USA. It's great to see that fat people there are creating a social support system for themselves and others. Hopefully they'll realize the need to protect their civil rights as well. (Parts 2 and higher are linked on the page.)

<http://youtube.com/watch?v=9WIjRwtCx88>

Quick Links

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

[Join Our Mailing List!](#)

7:00 PM - 9:45 PM
2011 NAAFA Awards Dinner

10:00 PM - 2:00 AM
NAAFA Dance: A Monument to Diversity

11:00 PM - 1:00 AM
Private Pool Party

Saturday morning registration begins at 8 AM and you can get in another fantastic morning workout before you start the rest of your day. Don't forget shopping! The NAAFA Vendor Mall will be open today from 10 AM until 5 PM. You have lots more fantastic workshops to choose from on Saturday:

10:00 AM - 11:30 AM
Creating A Life You Love!
ZPoint Process for Peace

1:00 PM - 2:30 PM
Fat Photo Reclamation Project
Life Style Watchers: A New Program

2:45 PM - 4:15 PM
FA/FFA Workshop-Both Sides of the Coin
NAAFA's Diversity & Inclusion Review

4:30 PM - 6:00 PM
Travel Tips for People of Size
Fat Poets' Society

7:00 PM - 10:30 PM
2011 Fashion Show and Auction Dinner

11:00 PM - 1:00 AM
Private Pool Party

Believe me, the education and fun does not stop on Saturday. Sunday is packed full with movement, shopping, education and entertainment! Sleep in a little today and start your morning workout and water aerobics at 9 AM. The last day for shopping is today from 10 AM until 4 PM. You won't want to miss any of today's offerings:

11:30 AM - 1:30 PM
Child Advocacy Superworkshop

2:30 PM - 4:00 PM
Fat Advocacy Training (Required for visits to The Hill on Monday)

5:00 PM - 8:00 PM
NAAFA'S Got Talent Contest and Pizza Party!

8:00 PM - 10:00 PM
NAAFA'S Fat Film Fest

Monday we put it all together, everything we've learned and experienced this week, and go to The Hill to visit our lawmakers and talk about how to stop the bullying that fat kids are experiencing every day:

ALL Day: Educating the Hill

6:00 PM -7:30 PM
NAAFA Capitol Hill Debrief and Strategy Meeting

As you can see, we have put together yet another fabulous, life affirming NAAFA convention where you can learn, dance, swim, laugh and celebrate life. If you haven't registered yet, do so today and join us as we once again take our message to The Hill:

We come in all sizes
Understand It
Support It
Accept It

NAAFA's 2011 Fat Film Fest

Last year, NAAFA's first **Fat Film Fest** was so well received that we simply had to do it again. We are very pleased and excited to present *BodyTalk DVD for Teens*, *The Fat Body (In)visible*, and *The Souls of Black Girls* at our second NAAFA Fat Film Fest!

Join us on **Sunday August 7, 2011 at 8 PM** at the Westin Washington Dulles Airport, 2520 Wasser Terrace, Herndon, VA, as we come together and enjoy

films that encourage us to love our bodies and live our lives to the fullest each day.



Our first film, *BodyTalk DVD for Teens*, was made by teens for teens. It features students and medical professionals who strongly believe in The Body Positive's mission to increase people's body esteem and self-love, freeing them to lead more purposeful, vibrant lives. The speakers challenge the messages society promotes about weight, health, and beauty, and share what they do to love their bodies. It is filled with lively footage of teens moving and eating and relating to each other in positive ways. (Running time: 26 minutes)

The Fat Body (In)visible features two young fat women, Keena and Jessica, who are not afraid to live with style and flair.

Both are from San Diego and their paths crossed as a result of their interest in fashion and blogging. They talk about both the moments in which they feel visible and invisible. They share about the times when they can simply BE, and the times when they are made to feel hyper-aware of the size of their bodies. Directed by PhD student Margitte Kristjansson, the documentary also contains photos from The Adipositivity Project, some of which may not be suitable for children. (Running time: 25 minutes)

The Souls of Black Girls was written, produced and narrated by Daphne Valerius. This thought-provoking documentary asks whether or not women of color, specifically African American women, are suffering from a self-image disorder as a result of media images. This film reveals candid conversations from women and men including entertainment insiders Jada Pinkett Smith, Regina King, and Gwen Ifill on the impact these media images have on women; their relationship with themselves and the world around them. (Running time: 52 minutes)

This fantastic Fat 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?

<http://www.naafaonline.com/convention2011>

NAAFA's Got Talent



If you were at last year's NAAFA Convention and attended or took part in the "NAAFA's Got Talent" show, you know what a blast it was. We're doing it again this year, and we're happy to announce that **DJ Xavier** is returning to host the festivities.

Join us on **Sunday August 7, 2011** at 6 PM, and show us your talent, whether it's singing, dancing, poetry reading, storytelling, comedy, or something else. 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 we mention that prizes will be awarded for the top three talented performers? You can't win if you don't perform, so start practicing!

Call for Volunteers

This is just a reminder that we are looking for people to help with the running of the NAAFA Convention this August 4 through 8: ticket takers, wrist band checkers, auction assistants, decorators, raffle prize runners, and so on. Please contact Phyllis Warr, NAAFA Board Member & Volunteer Coordinator, at PWarr1995@aol.com to volunteer your time and make this a superior event!

Raffle Reminder

Don't forget: only \$25 buys you a chance to win a week in a luxury condo at the fabulous WESTIN Point at Poipu on the Garden Island of Kauai in Hawaii. Buying

tickets raises much needed funds for the work NAAFA is doing to end discrimination against people of size. Go to the NAAFA website (www.naafa.org) for more information and to purchase tickets, which will also be available for sale at the 2011 convention.

A Green Reminder

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.

And 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 NAAFA Child Advocacy Toolkit now available to view from our website. Please do your part and **help us go greener!**

Board Members Retirement



The NAAFA Board of Directors is sad to report that two long-standing board members have retired in 2011.

Frances White, who last held the position of co-chair of NAAFA, has served this community tirelessly for many years, dedicating her time, energy, and personal possessions to see NAAFA thrive. She has held just about every position on the Board and fulfilled every task that presented itself in her service to our cause. Sadly, Frances has encountered health and mobility issues this year that have led to

her decision to retire. She will be sorely missed in her leadership role with NAAFA but will continue to assist and support the current Board as we move forward.

Carole Cullum, who last held the position of Treasurer, has served not only in several positions on the NAAFA Board of Directors but has been a fat activist for most of her adult life. Carole and her partner Kathy have, for many years, generously given their time, money, and resources to the NAAFA cause. Once again this year, they have donated a week at their timeshare in Hawaii for a fundraising raffle benefitting NAAFA. Carole has retired from her law practice in California and they have moved to Minnesota to be near family. Carole and Kathy will be attending the convention in August so you can thank and congratulate them there.

How does one adequately thank those who have given so much? Words seem inadequate. Frances and Carole are rare treasures and we are blessed to have them as part of the NAAFA family.



What's Up with This, Living XL?

An Open Letter to Living XL

In 2008 NAAFA was excited and proud to have you, Living XL, sponsor our fabulous fashion show at our annual convention in Los Angeles, CA. We were pleased to introduce you and encourage our members to spend their hard earned dollars with a company that carries products designed especially for us.

We are sad to report that we have received some complaints about products purchased through Living XL. What's up with that? Your advertising leads us to

believe that your products have been tested for strength and durability. Well, take a look at these reports:

Subject: Office Chair Recommendations

Eleanor reports: ". . . whatever you do, do not, do not, DO NOT use Living XL. I got a chair from them that was rated to hold 100 lbs more than I weigh. It was very comfortable -- until it fell apart a year after I started using it."

Carol reports: "I thought it was just me. I bought one from Living XL rated for about double my weight and two wheels broke within 5 months. And it was used on a floor mat on a hardwood floor, so there was no carpet drag. I bought one for less than 1/2 the price from Office Depot and I've had it for over 6 months with no problem."

NAAFA challenges Living XL to take a closer look at the products you are selling to people of size. Demand that your suppliers provide you with a quality product that will last. When we pay premium prices, we expect and deserve premium quality and service!

NAAFA invites Living XL to send a representative to our upcoming convention in Washington, DC, August 4-8, 2011 at the Westin Washington Dulles Airport Hotel near Washington, DC to address this issue.

Media and Research Roundup

by Bill and Terri Weitze

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

Summer 2010: The Minnesota Department of Human Rights examines why, in the six cities and one state (Michigan) that have made weight discrimination illegal, there haven't been more cases brought to their local enforcement agencies. (See also the July 6 entry below.)

http://www.humanrights.state.mn.us/education/articles/rs10_2weightlaws.html

February 2011: A study from the Stanford University School of Medicine concludes that alcohol metabolism is impaired following weight loss surgery (WLS), causing blood alcohol to rise faster and to come down slower than average. The study is supported by a previous study by Harvard Medical School researchers (published in December 2010) that shows lifetime alcohol use disorders are more prevalent in individuals who have had WLS.

<http://www.ncbi.nlm.nih.gov/pubmed/21183366>

<http://www.ncbi.nlm.nih.gov/pubmed/21188544>

February 2011: PhD student, filmmaker, and blogger Margitte Kristjansson (her work is among those featured at NAAFA's Fat Film Fest this year) speaks candidly about the stereotype that fat girls are more promiscuous in her video blog post "Fat girls and sexpectations".

<http://vimeo.com/19283149>

April 2011: Another video by Margitte Kristjansson tackles dealing with anti-fat talk within one's family. While there are no easy answers, Ms. Kristjansson provides some tips for coping.

<http://vimeo.com/21944363>

June 7, 2011: The lap-band company Allergan continues its war against fat people by urging people to sign an open letter to Congress to have obesity "acknowledged" a disease; which Allergan hopes will encourage insurance companies to cover more of the expense of WLS. The letter itself is a blatant piece of propaganda for the company.

<http://www.ocregister.com/articles/obesity-303535-allergan-disease.html>

June 7, 2011: Here we go again. An article claims that more fat people, not more old people, is the reason healthcare costs are increasing. The author points to a 2003 study in the *New England Journal of Medicine* as proof. However, as Deb Burgard pointed out to us, a 2010 study by the CDC clearly shows that age and gender are much stronger predictors of healthcare costs.

<http://www.miller-mccune.com/health/obesity-aging-cause-ballooning-health-care-costs-31879>

<http://www.cdc.gov/nchs/data/nhsr/nhsr024.pdf>

June 8, 2011: As a twist on an old idea, here is a narrative of a man looking for the perfect bathing suit, hoping it will make him look like Jude Law. Although intended as humorous, the article is a sad reminder that body insecurity affects men as well as women.

<http://www.nytimes.com/2011/06/09/fashion/seeking-to-be-jude-law-in-a-swimsuit.html>

June 8, 2011: Good reading ahead, as the Association for Size Diversity and Health (ASDAH) launches its Health at Every Size (HAES) blog. Moderated by Dr. Deah Schwartz, the blog will feature posts by Deb Burgard, PhD; Linda Bacon, PhD; Jon Robison, PhD and Michelle May, M.D. focusing on the HAES approach to weight, nutrition, physical activity, and discrimination.
<http://healthateverysizeblog.wordpress.com>

June 10, 2011: Researchers think they have pinpointed the part of the nicotine molecule that suppresses hunger, and also think that this may lead to a new and non-addictive weight-loss drug. This may be, although I've known lots of fat smokers in my day.
<http://www.healthzone.ca/health/newsfeatures/article/1006109--holy-smokes-study-reveals-why-cigarettes-can-make-you-thinner>
<http://www.sciencemag.org/content/332/6035/1330.short>

June 11, 2011: Third-ranked heavyweight boxer Sonya Lamonakis is also a public school teacher. Sonya tells her students that it's good to dream but it is also important to get an education. Also good? The fact that this story about a female heavyweight doesn't contain any anti-fat BS.
<http://www.nytimes.com/2011/06/12/nyregion/sonya-lamonakis-is-a-heavyweight-boxer-and-a-teacher.html>

June 12, 2011: A new study in *JAMA* on the survival rates of very fat older patients after WLS concludes: "[WLS] was not associated with decreased mortality during a mean 6.7 years of follow-up." (Intermediate results showed some advantage to WLS patients, but after properly matching WLS patients with controls the advantage went away.) So, WLS may not kill you, but it won't extend your life either.
<http://jama.ama-assn.org/content/early/2011/06/07/jama.2011.817.abstract>

June 13, 2011: Louisville, Kentucky has a lot of fat people, and the city is using that fact to obtain grant money from the federal government and nonprofit foundations to provide easier access for biking and walking as well as more parks. But as long as they use the fatness rate as one of the metrics, the efforts will probably result in perceived failure even if their citizens start leading healthier lifestyles.
<http://www.nytimes.com/2011/06/14/health/14obese.html>

June 14, 2011: Though not generally considered a fat-friendly show, *So You Think You Can Dance* features a dancer who shows that talent and ability to dance are not the sole purview of the thin.
<http://www.leftoverstogo.com/2011/06/14/1944>

June 14, 2011: A study of salary differences along the whole weight spectrum found that the thinner a woman is, the more likely she is to make more money than her average sized coworkers, while very thin men make less than their slightly-fatter counterparts. The study shows that weight bias in the workplace can affect workers of all sizes.
<http://www.businessinsider.com/skinny-women-make-more-money-2011-6>
<http://www.timothy-judge.com/Judge%20and%20Cable%20%28JAP%202010%29.pdf>

June 15, 2011: WLS is dangerous. A new study (not yet published) presented at the ASMBS (American Society of Metabolic and Bariatric Surgery) Annual Meeting shows it is even more dangerous if done as an outpatient procedure, with a 30-day death rate of 0.8% compared to 0.1% when done as an inpatient procedure with a 2-day stay after surgery.
<http://s3.amazonaws.com/publicASMBS/2011AnnualMeetingPress/RisksOfSameDaySurgery6-15-11.pdf>

June 15, 2011: Dr. Deah Schwartz picks up an issue of *Money* at the doctor's office, trying to avoid all the weight-loss talk in the other magazines, only to be confronted with an article on how to "Slim Your Body, Not Your Wallet". Seems like weight loss is such a hot topic that a magazine about money needs to include it.
<http://fiercefatties.com/2011/06/15/body-hate-for-sale>

June 15, 2011: Life expectancy in some counties of the US has fallen recently, especially for women. *The L.A. Times*, reporting on this study, adds, "experts say smoking and obesity are partly to blame." Experts may say that, but the experts who conducted the study do not say that. Actually, income level appears to be the strongest predictor.

<http://articles.latimes.com/2011/jun/15/nation/la-na-womens-health-20110615>
<http://www.pophealthmetrics.com/content/9/1/16/abstract>

June 16, 2011: A study of male Harvard alumni (born 1914 through 1952) claims that a man's weight at age 18 is a risk factor for dying of cancer, irrespective of BMI at middle age, or smoking or physical activity at university entry. (The popular press incorrectly interprets this as meaning that smoking doesn't increase cancer risk.) However, all relative risks were well below 2.0, showing a weak (even though statistically persistent) relationship.

<http://www.smh.com.au/lifestyle/wellbeing/lean-at-18-the-key-to-cancer-survival-20110616-1g4wn.html>
<http://annonc.oxfordjournals.org/content/early/2011/06/03/annonc.mdr270.full>

June 16, 2011: In a news release, the University of Medicine and Dentistry of New Jersey reports research showing that some fat people are indeed healthy and urges medical professionals to look at the patient's actual health before prescribing medications or diets. [The research is apparently unpublished as yet.]

<http://www.newswise.com/articles/obese-doesn-t-always-mean-unhealthy-umdnj-research-shows>

June 17, 2011: Robert Nolin seems to have a problem that society is making some minimal adjustments to accommodate fat people. Using snarky comments like "garbing the girth" and "high-volume cargo" he lets his readership know just how much he disapproves of fat people having clothing, or for that matter, seat belts that fit. NAAFA's Peggy Howell is (not surprisingly) misquoted in the article.

<http://www.latimes.com/health/fl-overweight-new-normal-20110601,0,566894.story>

June 17, 2011: A study of students in Taiwan indicates that children as young as 10-years use self-induced vomiting to control weight. The behavior was more prevalent in boys and children who are already underweight.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2702.2011.03739.x/full>

June 20, 2011: Remember the Christakis and Fowler study that claimed obesity is socially contagious? A critique of that study says the data was severely flawed and cannot support the conclusion. Also flawed is a system that makes it almost impossible for this critique to be published. A related July 5 article from *Slate* continues the debunking of this and other "contagion" studies from these same people, including ones for divorce and (if you can believe it) *loneliness*.

<http://www.weightymatters.ca/2011/06/obesitys-contagious-or-is-it-sober.html>
<http://www.bepress.com/spp/vol2/iss1/2>
<http://www.slate.com/id/2298208>

June 21, 2011: A study shows that rats who are fed potato chips containing Olestra gained more weight than rats who were fed regular potato chips. It is suggested that the "fake fat" interferes with the rats' natural ability to regulate the intake of fat as well as changing the way their metabolism reacts to high-fat foods.

<http://abcnews.go.com/Health/Diet/eating-fake-fat-makes-real-fat-olestra-study/story?id=13893613>
<http://psycnet.apa.org/psycinfo/2011-12290-001>

June 23, 2011: We all hear about the plight of the fat woman who can't find nice clothes, but what about the fat man? *Bloomberg Businessweek* tells us how retailers are starting to exploit the market of "big and tall" men by offering stores with wider aisles and larger dressing rooms, as well as greatly increasing the variety and quality of the merchandise. The article features quotes from NAAFA's Jason Docherty.

http://www.businessweek.com/magazine/content/11_27/b4235026523790.htm

June 23, 2011: Researchers claim that type 2 diabetes may be reversible based on a study of 11 people who were put on a 600 calorie a day diet for 8 weeks, even though at the 12 week follow-up 3 of the people were again diabetic (1 person was unavailable for follow-up). Given the size of the study and the lack of long term follow-up, declaring diabetes "reversible" seems vastly premature. (A free download of the study is available at the second link below.)

<http://www.bbc.co.uk/news/health-13887909>
<http://www.diabetologia-journal.org/index.html>
<http://www.springerlink.com/content/68rmr50h7j024525>

June 23, 2011: The Institute of Medicine (part of the US National Academy of Sciences) issues a report with good advice for all children: stay active, eat well, and get enough sleep. Unfortunately, rather than focus on healthy behaviors for

all children, the Institute uses scare tactics and stigmatization of very young fat kids to put forth their program. (The second link below goes to a free pre-publication copy of the report.)

<http://www.npr.org/blogs/health/2011/06/25/137374819/chubby-babies-may-be-cute-but-they-re-also-at-risk>
<http://iom.edu/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx>

June 26, 2011: A study of Australian children found that thin children are less likely to want to improve their fitness than fat children or those in between, even though thinness is a risk factor for some measures of fitness. Since equating thinness with fitness is a fallacy, doing so in school fitness programs is unfair not only to fat kids, but to thin ones as well. Why not focus on fun activities that all kids can enjoy, and stop the emphasis on size?

<http://www.ijbnpa.org/content/8/1/68>

June 26, 2011: A genetic variation has been linked to both reduced body fat and an impaired metabolic profile, including increased risk of diabetes and heart disease. Men are more sensitive to this variation than women, possibly because men's bodies are more sensitive to body fat distribution.

http://www.eurekalert.org/pub_releases/2011-06/hsif-gss062311.php
<http://www.nature.com/ng/journal/vaop/ncurrent/abs/ng.866.html>

June 28, 2011: Fitness instructor and life coach Kelly Bliss points out how an interview she gave on weight discrimination can be used to give different messages based on the biases of the reporters. While both reports linked below talk about size discrimination and the need to stop it, the Boston CBS report claims that Kelly said she was "too heavy", and at the end of the article mentions (for no discernable reason) that Massachusetts and New Hampshire have fewer fat people than other states. The Philadelphia version of the story is quite size-positive, and even includes a link to the NAAFA website.

<http://philadelphia.cbslocal.com/2011/06/28/sharing-weight-discrimination-stories-online>
<http://boston.cbslocal.com/2011/06/21/boston-man-uses-twitter-to-help-overweight-people-find-solace-from-insults>

July 6, 2011: Dan Fastenberg takes an in-depth look at weight-based wage and job discrimination, including the legal and economic ramifications. Since weight discrimination is often mixed with gender, age and ethnic perceptions, it becomes more difficult to prove in a court of law. The article quotes NAAFA Board of Directors member Lisa Tealer.

<http://jobs.aol.com/articles/2011/07/06/discrimination-against-overweight-workers-a-hefty-problem>

July 8, 2011: The ever-fabulous Marilyn Wann calls for a big fat parade for everyone who has to struggle for acceptance and equality, and so each of us can celebrate all aspects of ourselves, especially those that don't quite fit into mainstream society. Well done as always, Marilyn!

http://blogs.sfweekly.com/exhibitionist/2011/07/a_fat_pride_parade_could_expan.php

July 8, 2011: A new study shows that the California requirement of noting on children's report cards whether they are "overweight" or "obese" has had no positive effect. More proof that a focus on body size or shape is not helpful. We think that schools should provide healthy food and accessible fitness classes for all kids.

http://www.msnbc.msn.com/id/43686981/ns/health-diet_and_nutrition
<http://archpedi.ama-assn.org/cgi/content/abstract/archpediatrics.2011.127v1>

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