



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

Official Publication of the National  
Association to Advance Fat  
Acceptance  
July 2012

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### Help Make Convention Amazing!

by *Julianne Wotasik*

I can't wait to see you all at Convention in a few short weeks! We've got some truly incredible events, speakers and experiences prepared for you. I want every one of you to get the most out of your Convention experience. One aspect of Convention that I have always found rewarding is volunteering. Whether for half an hour or half a day, everybody's contribution helps make the wonderful workshops, fabulous fashion show, and inspiring meetings even more awesome for everyone. Volunteering is also a really great way to meet new friends.

Would you consider volunteering your time and talents to help make this year's Convention better than ever? There are lots of ways to help out, from small tasks to larger projects. We have tasks suited to people of all physical abilities. If you are willing to pitch in, please email [julianne1030@peoplepc.com](mailto:julianne1030@peoplepc.com) and include your name, email address, cell phone number (for contact during Convention), any special talents you have that we can use (like "I'm super outgoing and friendly" or "I am a muscle (wo)man and can do some loading/lifting/walking"), as well as any special requests regarding your assignment ("Please assign me a task on Sunday in the afternoon" or "Please assign me a task that I can do while sitting").

I can't wait to work with all of you to make this Convention truly transformational for all of us!

### You Could Win a Week in Hawaii!

### Life is a great big canvas

#### July Video of the Month

Blogger Andrea shows and describes herself and her perceived flaws, and talks about her path to self acceptance as a teenager. Andrea says, "No matter what size I am, I'll always love my body, because it's the only one I have." Enjoy this great video with a beautiful message of acceptance!

[sunnythunderstorms.tumblr.com/post/2451853438/i-am-beautiful-and-so-are-you-dont-worry-about](http://sunnythunderstorms.tumblr.com/post/2451853438/i-am-beautiful-and-so-are-you-dont-worry-about)

#### Quick Links

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

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2011 winner Darliene Howell

Once again, long time NAAFA members Carole Cullum and Kathy Brehm have donated their fabulous Hawaiian condo as a raffle prize to raise funds for NAAFA. Just **\$25** buys you a chance to win a week at the fabulous Point at Poipu resort on the Garden Island of Kauai in Hawaii. This is a fully-equipped two-bedroom apartment, and is reserved for the week of **November 25 to December 2, 2012**. The resort overlooks the secluded and polished sands of Shipwreck Beach on Kauai's southern-most tip, where you can enjoy exceptional snorkeling and scuba diving. **This vacation raffle does not include airfare.**

Tickets may be purchased through the NAAFA website and will be available for sale at the 2012 Convention. Each chance to win this one week island getaway, valued at over \$3,500, will cost you only **\$25 per chance or five chances for \$100**. Best of all, **you need not be present to win!** Buy your tickets today at <http://www.gifttool.com/registrar/ShowEventDetails?ID=1558&EID=11224>

## NAAFA's Got Talent!

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

Come join us on Sunday August 5, 2012 at 6 PM as DJ Xavier leads us through a riotously good time! For this talent show to be a success, we need YOU to step up and show us your talent. If your talent involves music, please contact DJ Xavier at [djxavierfunktup@yahoo.com](mailto:djxavierfunktup@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 there will be prizes awarded for the top three talented performers? You can't win if you don't perform, so start practicing!

## Go Green

Just a reminder: if you have badge holders and bags from previous NAAFA conventions, please bring them to the 2012 Convention for reuse. You'll be helping us and the environment.

## Weightless on the Documentary Channel!



The documentary film *Weightless*, which had its world premiere at the 2010 NAAFA Convention, will make its television premiere on the Documentary Channel ([www.documentarychannel.com](http://www.documentarychannel.com)) on **TUESDAY, JULY 31 AT 8 PM ET and PT**. The Documentary Channel is available via satellite:

- Dish Network: Channel 197
- DirecTV: Channel 267

*Weightless* features Liz Nickels, a Northern California-based psychologist and avid scuba diver who created Big Adventures, a scuba diving "camp" for plus-size women. In *Weightless*, Nickels joins three large women, two of whom are new to scuba, on a trip to Maui. During the course of the film we learn whether the two newbies succeed in their shared goal of becoming certified scuba divers.

"As plus-size women we take political action simply by showing up and living life," says Nickels, who describes *Weightless* as a beautiful visual rendering of the "personal as political." Nickels praises scuba as an outlet "to experience my body as a source of physical strength and athletic skill, while making connections with other living creatures."

Director/producer Faith Pennick, a filmmaker based in Brooklyn, N.Y., said *Weightless* came out of wanting to acknowledge the plus-size women she knows who are not ashamed of their bodies. "I made *Weightless* because I was tired of seeing larger women in mainstream media, not as multi-dimensional human beings, but as people who deserve shame and ridicule," she says. "The women in *Weightless* are pursuing scuba diving as an extension of their fat selves. Personally, I think that is something a lot of people need to witness so that they can shake off the excuses for why they may not have accomplished their own dreams.

"It took two years to complete *Weightless* and another two years to get it on American television," says Pennick. "I'm glad that a larger audience will finally get to see the film."

*Weightless* is also available as an educational DVD, distributed by New Day Films. If you are an educator interested in using *Weightless* in the classroom or community settings, go to <http://www.newday.com/films/weightless.html>

For more information on *Weightless*, go to [www.orgchaos.com](http://www.orgchaos.com) or follow Faith Pennick on Twitter at @orgchaosmedia

## Opportunity for Research Interviews

Christine Spinetta, a doctoral student in Health Communication at Purdue University, is writing her dissertation project on Fat Studies. She will be at the NAAFA Convention and HAES™ Summit interviewing individuals who identify as members of the U.S. size and/or fat acceptance movement. If you are interested in being a part of this project please email Christine at [cspinett@purdue.edu](mailto:cspinett@purdue.edu). The interview will take approximately one hour and will generally focus on three areas: the size/fat acceptance movement, your experiences as a member of this movement, and suggestions for ways to encourage people to be healthy without increasing body stigma.

As members of this movement you have a lot to share that could help to revise and improve future approaches to health, and Christine would very much appreciate your time in being a part of this project. If you can't attend the NAAFA convention or summit, please email Christine to arrange a different interview time or a Skype interview. Thank you for your support of this research!

Please note: You will be required to sign a consent form; however, your identity and responses will be kept confidential.

## The Slider Seat by Molon Labe Designs



by Peggy Howell

In 2010 NAAFA was contacted by a professor from the University of Colorado who is designing, through his own personal business, a new airline seat design that would allow aisle seats to slide over the middle seat. This design would double the aisle width for quicker passenger turnaround, and would provide a middle seat approximately 20-21" wide, allowing for a bit more "seat" room: [www.molonlabedesigns.com](http://www.molonlabedesigns.com)

NAAFA happily provided a letter of support for this project. Since that time, he has progressed with the design, has overcome all patent issues and even won a semi-finalist position in a Department of Energy sponsored Clean Technology Accelerator Program. The new design has been featured in the new designs section (Design Brief) of industry magazine *Aircraft Interiors*: <http://viewer.zmags.com/publication/14fc7866#/14fc7866/31>

Not only does the new design widen the aisle during passenger loading and unloading, it permits disabled passengers to use their OWN wheelchair to get all the way to their seat. There are currently four airlines that have expressed interest in viewing a prototype.

The designer is seeking funding to build and test a prototype. One of the ways he is trying to do this is by crowdfunding. If you would like to see this new seat design become a reality, please donate to the project at <http://www.indiegogo.com/SlidingSeat>

## NAAFA's 2012 Scholar to Take on *The Biggest Loser*

Natalie Ingraham, MPH has been selected as the 2012 NAAFA HAES™ Scholarship recipient. Natalie is a graduate student at the University of California San Francisco (UCSF) pursuing her doctorate in Sociology. Her proposed research project is to conduct a critical content analysis of the television show *The Biggest Loser*. The results will be compared against HAES principles to create and recommend possible policy changes with regards to body size and health. To learn more about HAES visit NAAFA's website at <http://www.naafaonline.com/dev2/education/haes.html>

"We commend Natalie for taking on *The Biggest Loser*, as we are very concerned about the impact it has on public policy, public opinion and its participants," stated Lisa Tealer, NAAFA Board Member and Director of Programs.

Ingraham will receive a \$1,000 scholarship from NAAFA to continue her graduate studies and research. She will be recognized at the NAAFA convention on Saturday, August 4, 2012 during NAAFA's Annual Dinner held at the Westin San Francisco Airport Hotel in Millbrae, California. On Monday, August 6 at the NAAFA HAES Summit, Natalie will participate as a session panelist and present a poster of her research.

To join Natalie and other HAES practitioners at the NAAFA HAES summit, please register at <http://www.naafaonline.com/naafasummit2012>

## Convention Family

by Dr. Lenny Husen

I'm checking email and wondering why my sister, Monica didn't get back to me yet. I invited her to come with me to the NAAFA Convention and HAES Summit in August. She had shown interest in attending the next local meeting. After I registered, I sent her the price but I'm not sure she'll want to spend the money, since both her boys are in prestigious (aka, expensive) universities and her budget is tight. Besides, with her penchant for spending any spare resources flying to Maui and Denver, she might not have any time/money left over.

I stated my case, "This is a really worthy cause, and it can be life changing-it was for me. And you probably will get to meet Linda Bacon!" After the 2010 HAES Summit, I bought Monica a copy of *Health At Every Size* and she's become a fan. She's had to listen to me rave about the work of Glenn Gaesser, Deb Burgard, Lucy Abramor and Amy Farrell, among others. I gave her a copy of *Shapesville* to use in her classes. Monica is a Reading Specialist.

She told me about a little girl in one of her tutoring groups. "Shelley" was told she needed to diet and had proudly showed Monica her lunch box apple "that will make me lose weight". At the time, Shelley was a six-year-old who was having behavior problems and difficulties with first grade reading. Monica was able to snatch the opportunity to assure Shelley that she is beautiful the way she is and that apples taste good and are healthy for every single person. By the end of the year, Shelley had become a reader.

As I was waiting for Monica to return my email, I reflected on how the NAAFA 2010 Convention/HAES Summit changed me.

Professionally, I've stopped instructing my patients to lose weight and instead, focus on encouraging body movement that can be maintained or activities that involve enjoying nature. I recommend foods such as dark chocolate, green tea and fresh fruits.

Socially, I am now unimpressed with tales of fanatical exercise routines involving jogging at 4:30 AM and feel less inclined to smack people upside the head for raving about their new diet and sincere desire to lose three more pounds. I know they are just ignorant

and I practice tolerance. I still do wish I had "Beetlejuice" powers so I could instantly silence someone by putting a metal plate over their mouths, especially surgeons who use the word "gluttony" and proclaim the wonders of WLS.

Spiritually, I am much more at peace with the aging process. I have accepted the idea that no amount of food restriction, ab crunches, donkey kicks, treadmill miles, or plastic surgery will ever make me look like Brooke Shields did when she was a teenager.

I suppose the only negative result is that I used to be able to cheer myself up when I felt discouraged and depressed with the fantasy that I could magically lose X pounds in Y weeks. And if I could, then I would rock the little black dress at the next work function. And I might actually be able to make friendships that last longer than my shampoo, and people would want to sit next to me at work meetings. I'd have confidence and exude contentment.

Instead I have to try to become more perfect by practicing compassion and meditations on gratitude. I have to be creative and become larger instead of attempting to wear myself down. I have to accept disappointment. At this point, I am sure Monica has decided not to come to the convention this year and I practice acceptance with her choice.

Later, my 21 year old daughter Sarina and I took a walk, and she asked me whether or not weight loss was possible with exercise. So I outlined Intuitive Eating, and explained human biology and the evolutionary advantages to fat storage, the Set Point Theory, as best as I understand those things. Later, Sarina asked "Can I go with you to your next fat meeting?" I told her that there just happens to be one coming up, and I would love for her to come. I wasn't going to ask her because she asked me very politely about a year ago, "Mom, please stop giving me fat books."

Sarina went on "Do they ever dislike people like you who aren't fat?" I explained that NAAFA members are awesome, warm and welcoming, and do not have the compulsion to criticize the body types of others. It is like the Tattoo Rule: The ONLY difference between people WITH tattoos and people WITHOUT is that people WITH tattoos don't care whether or not you have a tattoo. She laughed at that.

The next day, I heard back from my sister. Monica is coming to the convention. After all, she said, it is a worthy cause, and she might get Marilyn Wann's autograph.

## Be Flexible



by Cinder Ernst

One way to be successful in life is to see what's true right now and what to do next. You can plan all you want for life or for fitness, and then something unexpected happens and you have to adapt your plans. You have to be flexible!

For example, I plan out my articles for you guys in advance. Then last month we just had to celebrate the new NAAFA Fitness Guidelines. Did you check them out? Did you appreciate your NAAFA leadership for making it happen?

This month I have a great gift for everyone! You may have read or heard of my teleseminar called "*The Quick Start Guide to Healthier Knees; simple strategies you can do in just minutes a day from a chair*". I had requests for a printed version from many of you. It wasn't available then, but it is now!

Go to <http://lesskneepain.com>, enter your first name and email address, and the guide will be sent to you free of charge! Start getting stronger and having less knee pain with the simple steps in this guide, and in the Fall I will be teaching a teleseminar about preventing knee injuries with simple awareness techniques and more easy to do exercises.

For today remember, make a plan but stay flexible. To keep your legs flexible, try a hamstring stretch!

Sit on the edge of your chair in the *90 Degree Rule*, then straighten your right leg in front of you (your knee can be locked or soft in this non weight bearing position) as I demonstrate in the picture, heel on the ground, toes up. You should feel a pull or stretch in the back of your leg. If you say to yourself "this feels good or nice" you are in the ballpark. Hold for 10 seconds. If it hurts or feels bad, correct by relaxing your foot and softening your knee. You must keep the stretch small and gentle for the system to work. Bigger is not better in this case! Hold for 10 seconds. If you don't feel any stretch at all, stick your butt out a little, lift your ribcage and flex your toes. Hold for 10 seconds. **Stretching with too much intensity creates pain and tightness**, which is exactly what we are trying to get rid of.

P.S. Are you coming to the conference? Come visit me in the Fitness Room!

## Media and Research Roundup

by Bill and Terri Weitze

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

May 11, 2012: Researchers in Japan conclude that despite having a non-significantly shorter lifespan, lifetime medical expenses of fat people are non-significantly higher than those of average sized persons. Their answer is weight control - we wonder how they plan to achieve that.

<http://bmjopen.bmj.com/content/2/3/e000940.short>

May 14, 2012: Discussing his own study, researcher Fred Pampel says "this data suggests you have a better chance of keeping off excess pounds if you indulge in leisure-time interests that have intellectual or emotional weight." We say that this is a perfect example of confounding variables: people who are better off tend to be thinner, and also tend to read more and do classy things such as going to the opera, but that doesn't mean that opera makes you thin. And in any case, poor people may not have the time and money to enjoy these activities.

<http://www.psmag.com/health/to-stay-thin-eat-like-the-cultural-elite-42154>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1467-9566.2011.01377.x/abstract>

June 2012: HAES proponent Jacqui Gingras debates Arya Sharma, Professor of Medicine at the University of Alberta, on the subject of whether fatness is a disease. A two-hour video of the event is linked below.

<http://blogs.plos.org/obesitypanacea/2012/06/26/is-obesity-a-disease-video-now-online>

June 19, 2012: Dr. Jon Robison blogs about a study that looks at whether financial incentives can change behavior and cause extended weight loss. But the data show that, as with every diet program, there is initial weight loss and then the weight comes back.

<http://healthateverysizeblog.org/2012/06/19/the-haes-files-two-for-the-price-of-one>

<https://sizediversityandhealth.org/content.asp?id=34&articleID=207>

June 21, 2012: Blogger Lloyd Alter takes a study published in 2006 that looks and cherry picks one of the 10 proffered "explanations" for increases in fatness to argue that air conditioning makes people fat. The original study actually discusses many different influences that may increase the fat population, most of which Mr. Alter ignores.

<http://www.care2.com/causes/your-air-conditioner-makes-you-fat.html>

<http://main.uab.edu/show.asp?durki=107063>

<http://www.nature.com/ijo/journal/v30/n11/full/0803326a.html>

June 21, 2012: The torment of Karen Klein, a school bus monitor, by children on her bus was captured on video and has caused an outcry against bullying. Prof. Christine Spinetta of Purdue University is urging the fat community to reach out to the principal of the school where this occurred ([david.richardson@greece.k12.ny.us](mailto:david.richardson@greece.k12.ny.us)) to suggest that they make this a teaching moment about how fat people are bullied.

<http://www.youtube.com/watch?v=I93wAqnPQwk>

June 21, 2012: Last October (see second link), we reported that fat athlete Holley Mangold was in the running for the US Olympic weightlifting team. Now, she's made the team, and is profiled in this *New York Times* article (first link). The third link points to our first item on Holley back in 2008 (second September 4, 2007 entry).

<http://www.nytimes.com/2012/06/24/magazine/shes-350-pounds-and-olympics-bound.html>

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/October%202011%20NAAFA%20Newsletter.html#LETTER.BLOCK23>

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Spring%202008%20NAAFA%20Newsletter.html#LETTER.BLOCK21>

June 22, 2012: Jeremy Waldron's book *The Harm in Hate Speech* tells us why the United States is one of the few "Western liberal democracies" that does not have laws punishing "hate speech" and why he believes we should change that. The book is reviewed by a former federal judge and current First Amendment law professor who explains why freedom of speech may be more important than trying to censor hate speech.

<http://www.nytimes.com/2012/06/24/books/review/the-harm-in-hate-speech-by-jeremy-waldron.html>

June 23, 2012: An unpublished study presented at the Endocrine Society's annual meeting in Houston (ENDO 2012) says there may be a link between higher BMI in children and higher blood levels of the plasticizer di-ethylhexyl phthalate (DEHP). DEHP is all around us, in food, water, plastic bags and packaging wraps, cosmetics, lotions, shampoo and toys.

<http://consumer.healthday.com/Article.asp?AID=665971>

June 24, 2012: A separate unpublished study from ENDO 2012 says that second hand smoke may be associated with obesity and a greater risk of type 2 diabetes. (Editor's note: Both this study and the previous one should be considered preliminary until published in a peer-reviewed journal.)

<http://consumer.healthday.com/Article.asp?AID=665888>

June 25, 2012: A study shows that following WLS, incidence of alcohol abuse increases. Since it is known that WLS survivors are more sensitive to alcohol, lead author Wendy King suggests that this increased sensitivity may be causing the increased alcohol abuse.

<http://well.blogs.nytimes.com/2012/06/25/weight-loss-surgery-and-alcohol-abuse>

<http://www.medsci.cn/webeditor/uploadfile/201206/20120623205534498.pdf>

June 26, 2012: Dana Schuster responds to the latest round of fat-is-contagious buzz by suggesting that being around fat-positive friends will infect you with good feelings about yourself and the fat community. We agree!

<http://healthateverysizeblog.org/2012/06/26/the-haes-files-the-contagion-of-fat-positive-friends-infect-me-please>

June 27, 2012: Proposing that weight loss maintenance is more difficult due to decreases in resting energy expenditure (REE), researchers looked at three types of diets and, in a preliminary communication, report that low-fat diets resulted in the highest decrease in REE. But before you switch to a low-carb diet, those have been associated with a greater risk of heart disease among women (see third and fourth links).

<http://www.medpagetoday.com/PrimaryCare/Obesity/33484>  
<http://jama.jamanetwork.com/article.aspx?articleid=1199154>  
<http://www.medpagetoday.com/Cardiology/MyocardialInfarction/33495>  
<http://www.bmj.com/content/344/bmj.e4026>

June 27, 2012: The WLS known as stand-alone laparoscopic sleeve gastrectomy (LSG) is now approved for coverage by Medicare for persons with a BMI of 35 or more for patients with an obesity-related co-morbidity and who have tried and failed to lose weight. The Decision Memo acknowledges that "life expectancy of individuals with obesity appears statistically comparable to non-obese individuals . . . the long term benefits and harms of specific treatments and interventions for obesity should be considered."

<http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=258>

June 27, 2012: The FDA approves weight-loss drug lorcaserin, to be marketed as Belviq. In a recent trial that we reported on last month, those on the drug lost an average of 12 lb (5.8 kg) compared with 5 lb (2.2 kg) for those on a placebo. Long-term maintenance depended upon staying on the drug.

<http://www.bodyhealthandfitness.net/fda-approves-lorcaserin-first-weight-loss-drug-since-1999>  
<http://www.nejm.org/doi/full/10.1056/NEJMoa0909809>

June 27, 2012: U.S. Preventive Services Task Force not only wants medical records to track BMI, they want fat patients to be automatically offered or referred to an intensive weight loss program, irrespective of the patient's health. The petition linked below asks that the government require doctors to consider science-based health indicators rather than weight.

[http://www.latimes.com/health/boostershots/la-heb-obesity-screening-20120626\\_0\\_248515\\_story](http://www.latimes.com/health/boostershots/la-heb-obesity-screening-20120626_0_248515_story)  
<https://petitions.whitehouse.gov/petition/require-doctors-rely-science-based-health-indicators-rather-bmi-select-patients-obesity/LHYQrwr8>

June 29, 2012: Gyms that exclude slimmer patrons have been popping up across the country, hoping to attract fat customers who feel intimidated by all-inclusive gyms. But NAAFA's Lisa Tealer is concerned that this may be a form of reverse discrimination, and that the ideal fitness center is one in which all are welcomed and respected.

<http://sacramento.cbslocal.com/2012/06/29/new-trend-gyms-banning-slim-clients-to-foster-comfort-for-overweight-patrons>  
<http://fattiesunited.wordpress.com/2012/07/04/a-gym-where-my-fat-ass-fits-in>

July 2012: The August issue of *Feminism & Psychology* is dedicated to Fat Studies. The link below lists the articles being offered in this special issue, including one by NAAFA's own Lesleigh Owen. (Apologies in advance if we've missed other NAAFA notables as authors.)

<http://fap.sagepub.com/content/current>

July 2012: A study in the *International Journal of Obesity* shows that body satisfaction in adolescents may protect against further weight gain and binge eating. This could explain the ineffectiveness of "awareness" campaigns against fatness, and is evidence for the benefits of a size-accepting approach.

<http://www.nature.com/ijo/journal/v36/n7/full/ijo201268a.html>

July 2012: Metabolic slowing is a problem associated with loss of metabolically active fat-free body mass (like muscle). However a study finds that preservation of muscle during weight loss does not prevent the dramatic slowing of resting metabolism, meaning maintenance of weight loss would require high levels of physical activity and/or caloric restriction.

<http://www.ncbi.nlm.nih.gov/pubmed/22535969>

July 2, 2012: A study of black women concludes that there is a relationship between early sexual and physical abuse and risk of obesity in adulthood. Can't we all just agree that any abuse is bad whether or not it might make you fat?

<http://www.medpagetoday.com/PrimaryCare/Obesity/33574>  
<http://pediatrics.aappublications.org/content/early/2012/06/27/peds.2011-1554.short>

July 3, 2012: The Health at Every Size® Blog presents a roundtable of HAES experts responding to frequently asked questions about weight neutrality and the HAES approach. This is a great introduction to and overview of HAES.

<http://healthateverysizeblog.org/2012/07/03/haes-matters-the-weight-neutral-core-of-the-haes-approach>

July 3, 2012: Yet another study has been published showing that heart failure patients with high BMI and waist circumference have significantly less risk for negative outcome for both male and female patients. The study calls this a "paradox", but that's only because fatness is considered a disease rather than an adaptation that has both costs and benefits.

<http://medicalxpress.com/news/2012-07-obesity-larger-waist-size-outcomes.html>  
<http://www.ajconline.org/article/S0002-9149%2812%2900853-3/abstract>

July 4, 2012: Deb Burgard, PhD, FAED, invites those interested in discussing the American Psychological Association's current development of Clinical Treatment Guidelines for Obesity to subscribe to the SUDAPA (Show Us the Data, APA) Yahoo group (see address below).

[SUDAPA-subscribe@yahoogroups.com](mailto:SUDAPA-subscribe@yahoogroups.com)

July 6, 2012: The second part of a series on the National Weight Control Registry (first link) talks about the statistics regarding weight regain reflected in the NWCR data, noting that after two years, most participants have regained some of the weight. (The remaining links are to related posts on the blog Fatties United.)

<http://neverdietagainuk.blogspot.co.uk/2012/07/national-weight-control-registry-gold.html>  
<http://fattiesunited.wordpress.com/2012/06/30/nwcr-so-the-fck-what>  
<http://fattiesunited.wordpress.com/2012/07/02/more-on-the-nwcr>  
<http://fattiesunited.wordpress.com/2012/07/02/nwcr-update-and-my-fat-ass-is-still-chewing-those-crackers>

July 6, 2012: A study using nationwide data found that in people without diabetes or hypertension, fat people had no increased risk of death over a six-year period. Put another way, fatness is a risk factor only because it is associated with diabetes and hypertension, so it makes sense to treat these diseases directly rather than focus on weight. Astoundingly, however, the lead author still says (first link) that the largest fatties should lose weight. ("PS: We hate you.")

<http://www.stoneheartnewsletters.com/extra-weight-is-not-necessarily-linked-with-a-higher-risk-of-death-uc-davis-study/corporate-wellness>  
<http://www.jabfm.com/content/25/4/422.short>

July 6, 2012: Blogger Whaliam presents his take on fat filmmaker Michael Moore's current practice of taking daily walks together in different places with his Twitter followers.

<http://fattiesunited.wordpress.com/2012/07/06/mike-walks>

July 8, 2012: Fat dancer Ragen Chastain creates FatFriendlyLA.org, to be a website containing reviews of fat-friendly establishments in Los Angeles. It's still under construction, but feel free to check it out.

<http://fatfriendlyla.org>

July 9, 2012: Fat activist Charlotte Cooper summarizes the first-ever Fattylympics, an activity-filled day for rad fatties held in London during the runup to (and as protest of) the 2012 Olympics. Despite some media party-crashers, the event was fun and inspiring.

<http://fattylympics.blogspot.co.uk/2012/07/this-is-what-we-did.html>

July 10, 2012: Linda Bacon provides an open letter to employers who think that workplace "wellness" initiatives aimed at weight loss are a good idea.

<http://healthateverysizeblog.org/2012/07/10/the-haes-files-obamacares-misfire-on-weight-new-workplace-provisions-that-deserve-a-pink-slip>

July 11, 2012: As New Zealand's first fat studies conference begins, so does extensive NZ media coverage. The conference is hosted by Massey University (New Zealand) and the University website provides information regarding the speakers and topics as well.

<http://health.msn.co.nz/healthnews/8496875/massey-hosts-first-fat-studies-conference>

<http://www.stuff.co.nz/life-style/wellbeing/7253718/Fat-studies-focus-of-conference>

<http://www.stuff.co.nz/dominion-post/news/7252846/Fat-studies-conference-coming-to-Wellington>

<http://www.stuff.co.nz/manawatu-standard/news/7257849/Fighting-fat-sterotypes>

<http://www.stuff.co.nz/national/health/7256608/Fat-hatred-should-be-banned-scho>

<http://www.massey.ac.nz/massey/learning/colleges/college-education/conferences/fs2012/program.cfm>

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