



**national association
to advance
fat acceptance**

NAAFA Newsletter

**National Association
to Advance Fat
Acceptance**
July 2014

In This Issue

[Extended One More Week; Don't Miss These Great Prices!](#)

[Self-Care Month](#)

[Letter to President Obama re Dr. Cosgrove](#)

[NAAFA Clark County Chapter Update](#)

[A Book in Review: Your Body is Awesome](#)

[It's Mobility Month!](#)

[Media and Research Roundup](#)

Extended One More Week; Don't Miss These Great Prices!



The 2014 NAAFA Conference is only three weeks away and we have been able to extend our great prices for one more week. The cut-off date is July 23, 2014 then prices go up for both the hotel and the conference.

The very reasonable conference fee of \$150.00 goes up to \$175.00 on July 23rd. Join us for a round table discussion with representatives from NAAFA,

ASDAH, Abundia and PlusInc as we discuss the future of size acceptance. There will be an update on the End Bullying Now campaign and a special workshop dedicated to bullying in the workplace. We will enjoy workshops on women's health and style tips for the modern man, relationships and romance, along with physical movement. Each evening's dance party will be followed by a swim party.

The beautiful Crowne Plaza Dulles Airport Hotel in Herndon, VA, includes free breakfast and free Wi-Fi for an amazing rate of \$84.00 per night single and \$94.00 per night double occupancy. Book your room before these rates expire on July 23rd! Remember, when the room rates expire, the conference fee also goes up, so register today for both at www.naafa.org

Self-Care Month

by Phyllis Warr

Abuse at the Buffet

[July Video of the Month](#)

If you recall, our March video of the month was from the *What Would You Do?* television show, which addresses real life issues by staging and filming controversial situations from everyday life. That video showed a fat woman being verbally attacked about what was in her shopping cart. This video, from the current season of that show, features a big woman in an all-you-can-eat buffet. It is heartening to see other people come to her defense when she was being attacked by diners. It's also interesting to hear them explain why they spoke out in her defense.

<http://abcnews.go.com/WhatWouldYouDo/video/heavy-woman-buffet-faces-abuse-24136723>

Quick Links

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

Facebook

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

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

Health At Every Size and HAES are registered



As you know from reading the NAAFA newsletter, we try to have articles celebrating or bringing information about the observance of the current month. Unfortunately, July observes nothing. Thus, I have decided to designate July *National Self-Care Month!*

trademarks of the Association for Size Diversity and Health, and are used with permission.

[Join Our Mailing List!](#)

Self-care is whatever you need to do to take care of yourself. For parents, it may be listening to your favorite music as you drive home from work each day and forcing yourself to think only about traffic (if it is an easy drive) and the music you hear. For some of us, it is saying "no" as a complete sentence when we are asked to do something that would probably stress us or cause us problems. We forget that we don't have to give our reasons for not doing something. We have the right to "just say no". Self-care can be taking a hot/warm bath with music, candlelight or silence after the house is quiet at night or escaping into the pages of a book. Essentially, it should be whatever is relaxing and rejuvenating for you.

One of my favorite self-care tasks is visiting with my chiropractor and massage therapist. A 90 minute massage is wonderful. I can avoid talking, listen to the soft relaxing music and allow myself to float without thought. Best of all, my health insurance will pay for this. Being touched therapeutically is good for mind and body. Tension is released from the body, muscles are relaxed and the oils or creams are very soothing to my skin. Since I am not talking or dealing with everyday problems, my mind is on vacation and not working as hard as usual.

Take some time to make a list of what you enjoy doing that helps you unwind and relax. Renew your spirit, so you can cope with the stresses of everyday life. We all need to learn to take care of ourselves. Start this today!

Letter to President Obama re Dr. Cosgrove

Mr. President,

NAAFA, a civil right organization working for Equality at Every Size, opposes the proposed appointment of Dr. Delos 'Toby' Cosgrove as the Secretary of Veterans Affairs.

Our opposition is based on Dr. Cosgrove's openly discriminatory ideation and bias toward people based on their body size, as exhibited by his statement in an interview with a *New York Times* reporter. Cosgrove stated that "if it were up to him, if there weren't legal issues, he would not only stop hiring smokers. He would also stop hiring obese people." He then took a moralistic view, blaming people for their body size. "People's weight is a reflection of how much they eat and how active they are."

Our veterans deserve the absolute best possible care offered. We believe Dr. Cosgrove's open hostility and bias against people of larger body size will bleed into the recommendations for policies and practices of the care of our veterans.

Studies have shown that the clear dislike and bias of healthcare providers toward people of larger body size leads to problems in the delivery of that much needed healthcare.

- ". . . although weight bias may originate in the belief that overweight individuals have weak character and could lose weight if they simply tried, the results of the current study indicate that weight bias goes beyond such stigmatization to clear dislike and negativity toward the overweight, leading to support for discrimination." [*Weight Prejudice and Medical Policy: Support for an Ambiguously Discriminatory Policy Is Influenced by Prejudice-Colored Glasses*, Brochu and Esses, 2009]
- Higher patient BMI was associated with lower physician respect. [*Physician Respect for Patients with Obesity*, Huizinga, et al., 2009]
- Research shows that providers spend less time during appointments and provide less health education with obese patients compared with thinner patients. Obese patients frequently report experiences of weight bias in healthcare, and being disrespected by providers. [*The stigma of obesity: a review and update*, Puhl and Heuer, 2009]
- Research from 2013 ". . . demonstrates that, in addition to poorer mental health outcomes, weight discrimination has implications for obesity. Rather

than motivating individuals to lose weight, weight discrimination increases risk for obesity." [*Perceived Weight Discrimination and Obesity*, Sutin and Terracciano, 2013]

Having served our country, and risked being exposed to chemicals that result in long term health problems, loss of limb(s), physical as well as mental trauma and so much more, our nation's veterans deserve the best possible healthcare as they age. People typically gain weight as they age, increasing the possibility of experiencing bias and discrimination from their healthcare providers.

Physician bias leads to avoidance of seeing a physician when attention is needed and can result in adverse effects and greater numbers of hospitalizations.

We ask that Dr. Cosgrove's name be withdrawn from consideration as Secretary of Veterans Affairs for the good of those that have selflessly and heroically served our country. We ask that all future potential candidates be vetted for their attitudes toward higher weight people before being seriously considered for appointment.

Your consideration in this matter is gratefully appreciated.

Respectfully,
The NAAFA Board of Directors

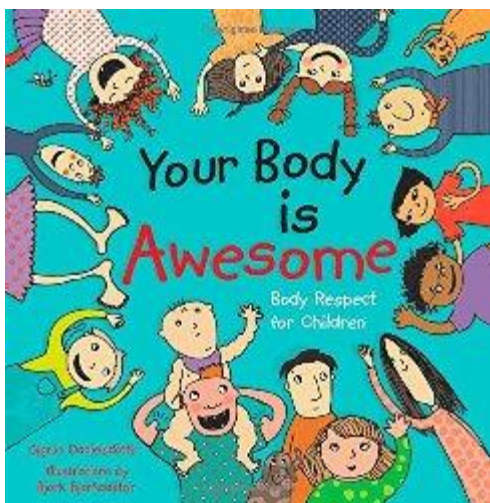
NAAFA Clark County Chapter Update



On June 25, 2014, three members of the NAAFA Clark County team represented NAAFA's End Bullying Now campaign at the fourth of five Safe Summer Night events. This event was held at the Stupak Community Center and was primarily attended by adults. We had the opportunity to share with other organizations represented at the event. Our participation resulted in two more invitations to make group presentations this fall. Twenty six adults and ten kids took the pledge to END BULLYING NOW!

The fifth, and last, event in this series will be on July 18, 2014 at the East Las Vegas Community Center from 6:00pm - 8:00pm. If you live in or near Las Vegas, join us!

A Book in Review: Your Body is Awesome



Book by Sigrun Danielsdottir
Review by Terri Weitze

Sigrun Danielsdottir's book *Your Body is Awesome* (*Your Body is Brilliant* in the U.K.) tells children why their body, no matter the color, shape or size, is a wonderful thing that should be celebrated and loved. Sigrun also lets kids know that they should respect not only their own body, but also other's bodies, because every body is a good body that does amazing things. The illustrations by Bjork Bjarkadottir are simple but show the diversity of life in a way that will capture the imaginations of kids.

The note from the author at the back of the book explains why this book is important and what it hopes to achieve.

This is a book that anyone with a young child in their lives should have. It provides a wonderful message (without talking down to children), and can be a good resource for conversations with your child about self-respect and respect for others.

It's Mobility Month!



Hello NAAFA friends,

I'm happy to announce the *Improve Your Mobility Extravaganza!* I'm offering free classes and support to help large folks learn easy ways to get more mobile. Friend me on Facebook or email me at coach@cinderernst.com to stay abreast of the opportunities.

In other news, its convention time and summer travel time. So here are those handy exercises you can do while on a plane or in your car. Not moving around enough when you fly can make you stiff and sore and even cause circulation problems. However, just a few targeted exercises can help you arrive happy and safe at your destination. You can do these in your seat:

- Start with your feet; tap your toes up and down and side to side 5 times.
- Then gently squeeze your knees together 5 times - gently. Did I say gently? Yes, I did.
- Now push your lower back gently into the seat 5 times. You can gently squeeze your butt with this.
- Gently (notice the theme here) squeeze your shoulder blades together 5 times, this is called a Shoulder Blade Kiss.
- Now roll your shoulders twice to the back and twice to the front.
- Next, look gently to the right, then the left.

If nothing hurts - if you do this gently it's more likely nothing will hurt and you will do more good for yourself than doing it with more force - you can repeat this sequence often during your flight.

It's good to do it as soon as you sit down and also before you stand up and of course in between.

PS If you know you have a trip coming up, you can do this routine in advance to prepare!

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.]

April 2, 2013: Louise Mansfield and Emma Rich's paper Public Health Pedagogy, Border Crossings and Physical Activity at Every Size looks at weight-centric promotion of physical activity compared to using a HAES paradigm. While not exactly embracing HAES, the authors call for an open-minded approach when devising public campaigns to promote physical activity.

<http://www.tandfonline.com/doi/pdf/10.1080/09581596.2013.783685>

March 21, 2014: Researchers find that discrimination based on age and weight, as well as other characteristics that change over time, impairs health and well-being, and does so into old age.

<http://news.fsu.edu/More-FSU-News/Perceived-age-weight-discrimination-worse-for-health-than-perceived-racism-sexism>
<http://www.sciencedirect.com/science/article/pii/S1064748114000943>

May 23, 2014: A study presented at the American Thoracic Society International Conference (non-peer reviewed) concludes that higher BMI (body mass index) is associated with lower mortality in patients with severe pulmonary hypertension. To read the study, use the 2nd link below, choose the Authors/Persons tab, and select "Zolty."

<http://medicalxpress.com/news/2014-05-higher-bmi-mortality-patients-severe.html>
<https://cms.psav.com/cPaper2014/ats2014/myitinerary>

June 2014: The American College of Obstetricians and Gynecologists' Ethics Committee have issued an opinion on the ethical treatment of fat patients. The opinion makes some good points about treating the patient with dignity and avoiding fat bias. Unfortunately, the conclusion calls obesity a modifiable risk factor.

http://www.acog.org/Resources_And_Publications/Committee_Opinions/Committee_on_Ethics/Ethical_Issues_in_the_Care_of_the_Obese_Woman

June 1, 2014: Even without weight loss, aerobic exercise can improve glucose and lipid metabolism in fat women who were previously sedentary, according to a recent study.

<http://www.sciencedirect.com/science/article/pii/S2095254614000404>

June 14, 2014: According to this study, lifestyle changes (dieting and/or exercising) sufficient to significantly reduce weight over 12 months may not change LINE-1 DNA methylation levels. Thanks to Angela at NeverDietAgain.Co.UK for translating the results for the lay people.

<http://www.neverdietagain.co.uk/fatties-who-lose-weight-not-necessarily-healthier-studies>
<http://onlinelibrary.wiley.com/doi/10.1002/oby.20806/abstract>

June 16, 2014: Author Dr. Deah Schwartz announces a signing for her book Dr. Deah's Calmanac on July 31, 2014 at 7:00 p.m., at A Great Good Place for Books in Oakland, California.

<http://www.drdeah.com/leftovers>
<http://www.ggpbooks.com/about-us>

June 18, 2014: Camp Eden is a summer camp that prohibits all body talk be it positive, negative, or neutral. The Camp tries to give kids a break from talking and hearing about physical appearance, including clothing, and encourages the kids to focus on who they are not what they look like.

<http://parenting.blogs.nytimes.com/2014/06/18/no-fat-talk-and-no-skinny-talk-either-at-some-camps>

June 21, 2014: Sigrun Danielsdottir announces her first book, Your Body is Brilliant (UK edition) or Your Body is Awesome (US edition), a 36 page picture book for young children about how bodies come in all shapes and sizes and are all awesome! The book is available through Amazon, and there's a Facebook page as well.

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

June 21, 2014: Peggy Ward-Smith, PhD, RN presents the result of a survey of nurse practitioners showing that more than 50% agree with statements that reflect weight bias. Presenting the results at the annual meeting of the American Association of Nurse Practitioners, Ward-Smith said, "The first step in overcoming this bias is to be aware that we are biased toward overweight people."

<http://www.medpagetoday.com/MeetingCoverage/AANP/46428>

June 23, 2014: A study of 50 women finds that fat stigma is more common than reflected in other studies. Because other studies are generally retrospective, asking participants to recall events over as much as 30 years, they conclude fat stigma happens but is not pervasive. In the new study, subjects recorded experiencing an aggregate of 1077 stigmatizing events in one week, often from friends and family.

<http://www.newswise.com/articles/study-weight-stigma-more-common-than-previously-studied>
<http://hpq.sagepub.com/content/early/2014/03/17/1359105314525067.abstract>

June 29, 2014: The International Sumo Federation, in hopes of having sumo wrestling become part of the Olympics some day, has stripped much of the ceremony from the art, and created weight classes for both genders, as shown in this video featuring male and female sumo wrestlers in varying weight classes.

<http://www.nytimes.com/video/sports/10000002969642/women-as-sumo-warriors.html>

June 29, 2014: Even though BMI has been shown to be mostly ineffective for diagnosis or evidence of health, a new study proposes that BMI thresholds be lowered for ethnic groups that, historically, tend to have lower obesity rates.
<http://care.diabetesjournals.org/content/early/2014/06/05/dc13-2966.abstract>

July 2014: Celebrating older ladies of varying sizes, Donnalou Stevens and her pals dance their way through this delightful music video!
<http://www.youtube.com/watch?v=O4QzHeUE-CM>

July 2014: The Fat Activism Conference, August 22 through 24, 2014, will feature many speakers with diverse backgrounds and expertise coming together to connect within the fat acceptance community. The conference is virtual, and registration allows you to listen live on the phone or on the computer and/or access recordings on your own time.
<http://fatactivismconference.com>

July 3, 2014: Huffington Post blogger Jenny Trout shares her experience when she makes a New Years resolution to wear a bikini this summer without (gasp) losing weight. While Jenny's insights are hilarious, she also recognizes that fat women wearing bikinis is more about keeping fat women in their "place" than any of the reasons proffered by her friends.
http://www.huffingtonpost.com/jenny-trout/i-wore-a-bikini-and-nothing-happened_b_5546206.html

July 4, 2014: A study of patients at the University of Antwerp's Weight Management Clinic finds an association between accumulated persistent organic pollutants (POPs) in visceral adipose tissue and certain metabolic conditions such as type 2 diabetes.
http://www.diabetesincontrol.com/index.php?option=com_content&view=article&id=16562
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0084816>

July 9, 2014: The Daily Mail gives fatphobic Linda Kelsey a soapbox upon which she spews tired myths and misinformation about fat, telling the world just how horrified she is that fat people dare to have self esteem and appear in public. Marilyn Wann, Ragen Chastain, and Amy McCarthy each expose Ms. Kelsey for the bigot she is.
<http://www.dailymail.co.uk/femail/article-2686676/Why-todays-young-women-unashamed-fat-Horrified-rolls-flesh-shes-witnessed-summer-LINDA-KELSEY-takes-no-prisoners.html>
<http://www.marilynwann.com/updates/thank-you-weight-bigot>
<http://www.bustle.com/articles/31226-writer-linda-kelsey-is-mad-that-fat-people-dont-hate-themselves>
<http://danceswithfat.wordpress.com/2014/07/11/unapologetically-fat>

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>

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