



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

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

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### NAAFA Names New Chair of the Board

The NAAFA Board of Directors is pleased to announce the appointment of long-time NAAFA member and current Board Secretary, Darliene Howell, to the position of Chair of the Board. Darliene has served NAAFA for many years, most recently as the organization's Secretary and Research Specialist. She comes to this office familiar with the size acceptance community, possessing a good understanding of the politics involved in the "war on obesity", as well as a working knowledge of the organization.

Ms. Howell has a Bachelor of Science degree in Information Systems Management. She is retired from the Human Resources Department of the County of Sonoma, CA and her experience includes project management, database management, team leadership, staff supervision, department liaison, and statistician. These skills will continue to serve her well in her work with NAAFA.

We believe that Ms. Howell is the right person to lead this civil rights organization as we work for Equality at Every Size! Join us in congratulating and supporting Darliene in her new position.

### NAAFA, Moving Forward

*by Darliene Howell*

The summer's proving to be very busy for NAAFA. In late April, the NAAFA Board of Directors met to develop plans for updates, programs and to determine where we'd like to see NAAFA go as we move forward. A few of those plans are already underway.

The Board of Directors is looking to make this organization more responsive, not only to issues in the news but to our membership as well.

You may have seen NAAFA speak out recently on three very important issues:

1. People First Language

### Featured Article

[July Video of the Month](#)

In case you missed it, please take the time to watch this eye opening video about cyberbullying. One of the biggest reasons a kid is bullied is because of their body size. This is a very real issue that affects members of our community. We need to END BULLYING NOW!

[nbcnews.com/datetime/video/my-kid-would-never-do-that--bullying-478065731676](http://nbcnews.com/datetime/video/my-kid-would-never-do-that--bullying-478065731676)

### Quick Links

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

#### Facebook

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

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

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2. A public comment to the Equality Employment Opportunity Commission (EEOC) regarding a proposed rule that would amend the regulations and interpretive guidance implementing Title I of the Americans with Disabilities Act (ADA) as they relate to employer wellness programs
3. Needle length and dosage size of epinephrine auto-injectors, such as EpiPen and Auvi-Q

You can find links to all of our press releases and position statements for NAAFA in the news on our website at

<http://www.naafaonline.com/dev2/about/news.html>

We are asking for you, our members, to take action. As mentioned in the press release included in this issue, we have created an online petition to the manufacturers of the EpiPen and Auvi-Q auto-injectors, as well as to the Food and Drug Administration, asking them to take action. Your signature on this petition is essential to the success of this campaign.

We have also sent out a membership survey to ascertain what issues are of concern to you personally. You can help us in determining priorities in programming and activism through your participation in that survey. Here is a direct link to the survey: <http://survey.constantcontact.com/survey/a07eb26kpinia3itd0y/a0172ic72cn7s/questions>

We have immediate plans to:

- expand NAAFA's presence on social media
- review and update our brochures and fact sheets
- review NAAFA's policies
- continue Board recruitment to expand our current Board of Directors

Future plans include:

- updating the NAAFA Chapter Toolkit
- creation of an Equality at Every Size Toolkit
- creation of an End Bullying Now Toolkit
- archiving NAAFA's historical documents
- developing and distributing a Size Diversity Survey to large employers

So here's the pitch. We can only do these things with the financial help of members and donors to produce and distribute educational materials and develop new programming. Membership is only \$15/year. If you would like to become a member of NAAFA or renew as a member, you can do so by going to <http://www.gifttool.com/memberships/MembershipList?ID=1558&LNG=EN&VER=1>

If you would like to donate to NAAFA, you can do so by going to <http://www.gifttool.com/donations/Donate?AID=309&ID=1558&VER=1&LNG=EN>

We've made strides in working together with other size positive organizations in uniting for specific goals and purposes. We are open to other possibilities that will help all of us move forward. Thank you to everyone who has expressed support and offers of assistance as I assume my new role as Chair of the Board of NAAFA. I am proud to say I'm a member of NAAFA. I want you all to feel this way, too.

## Scary Words

by Salima Jefferson

One of the scariest words, in my opinion, is "Gynecologist." Being an insecure fat woman, the overwhelming sense of fear, judgment, embarrassment, and anxiety filled my head at the thought of being on a gynecologist's examination table. The fear forced me to delay going in for exams and check-ups no matter what my



issues were. I've always had irregular and heavy periods due to my weight and I really didn't think too much of it. When the bleeding and cramping got to the point where I couldn't sit, stand, walk, or lay down without being in severe pain, I questioned whether I should box up my insecurities and go to the doctors . . . but I was still too scared.

My family tried to get me to go see a doctor, but I just wasn't ready. Then one day something in my head clicked. Something was different. That feeling, along with an ultimatum from my best friend, made me decide to schedule my first gynecologist appointment in over 10 years. Two days later I was on the examination table. A few days after that, I was getting a biopsy done. And then a week later, on April 2, 2015, I found out that I had uterine cancer. Cancer. Another

scary word. I didn't know how to respond to the news. Shock, sadness, panic, realization, guilt, the list kept going. I had to get a total hysterectomy and oophorectomy. I would no longer have a uterus or ovaries or the choice to bear a child. I didn't really see kids in my future, but I relished in the fact that it was my choice that I could change if I wanted to, but now my freedom to choose was gone. A month later I had my surgery.

Going to the gynecologist as a fat woman was scary enough. Going to get surgery as a fat woman was a different level of fear. What's going to happen? Would I die on the table? Would the anesthesia work? Oddly enough, surgery was pretty relaxing! All the attention and sedatives put me at ease. I had an excellent surgeon and the nurses were great. Staying home after surgery was painful, but after three weeks of rest and a cancer-free bill of health from the surgeon, I was back at work and doing ok.

Due to the surgery, I've entered immediate menopause. At 31 years old, I had my first hot flash. It felt like I died and was ignited as a fiery phoenix. Not because I had a new lease on life, but because the hot flash was really hot! I hate it. But those will pass. The depression can be managed. All other issues that come with it can be handled. I will take that discomfort over the pain I was feeling before, any day. While I am nervous about what menopause has in store for me, I am looking forward to exploring all the things I will be able to do now that I have one very large burden off my chest. The future looks brighter . . . hotter and sweeter . . . but definitely brighter.

## Warning: EpiPen and Auvi-Q May Not Work for You!



We should all be shocked to learn that emergency medical devices promoted as potentially life-saving for those who suffer severe, life-threatening allergies to things like nuts, shell fish or bee stings, will not work for most women and for anyone with a BMI of 30 or more.

For ten years the manufacturer of EpiPen has known that they need to provide a product choice with a longer needle and possibly even a larger dosage of medication as dosage appears to be currently based on body weight. They have done nothing.

Please read more about this issue and support our efforts to get the manufacturers to do the responsible thing by signing our petition today at: <http://tinyurl.com/nt3wskn>

Physicians need to be informed. Patients need to be informed. It could be a matter of life or death!

NAAFA's full press release is available at <http://prlog.org/12471848>

## "Fat" Is NOT a Four Letter Word

NAAFA, the premier civil rights organization dedicated to ending size discrimination in all of its forms, opposes the Obesity Action Coalition (OAC) in its "Ban the F Word" movement. We agree that fat-shaming is rampant; however, studies have shown that shaming and stigmatizing fat people will do nothing to promote the health of the populace and in fact serves to increase negative attitudes toward those same people.

There has never been a research study showing that higher-weight people prefer the terms "obese" or "obesity" to describe our bodies; in fact, research shows the opposite. [*Motivating or stigmatizing? Public perceptions of weight-related language used by health providers*, R Puhl, JL Peterson and J Luedicke, 2012]

NAAFA and others in the size acceptance community have reclaimed the word "fat" as a descriptor. We are not ashamed of our fat bodies and oppose the use of the phrase "persons with obesity" to describe fat people, and the idea that being fat means being diseased. The way to eliminate fat-shaming and stigmatization is for society to accept that we come in ALL sizes.

Let's take a look at the word for a moment. Fat has gotten a bad rap. It's something that is essential to life for us humans yet has been used for centuries to manipulate people. Just what is fat?

Fat:

- is part of the human body.
- is a necessary part of the diet of humans.
- serves both as an energy source for the body, and as stores for energy in excess of what the body needs immediately.
- plays a vital role in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature, and promoting healthy cell function.
- serves as a useful buffer against a host of diseases.
- is one of the three main macronutrients: fat, carbohydrate, and protein.
- is used in the manufacture of soap, paints, and other protective coatings and in cooking.

As an adjective, it is defined as:

- having a lot of extra flesh on the body: having a lot of body fat
- having a full, rounded form

**FAT:**

- **is not a four letter word!**

NAAFA calls for people to not only accept our differences but to embrace and celebrate them

## The Shoulder Blade Kiss

Hello NAAFA Friends,

This month we're doing an exercise that is really good for posture; it's called The Shoulder Blade Kiss. :)

The problem is that gravity wants you to lean forward. By that I mean that your shoulders round forward and your head leans forward as well. This can make your neck and upper back ache or feel stiff. Over time, this will give you that "hump back" look; I'm sure you know what I'm talking about.

The Shoulder Blade Kiss is one aspect of preventing that or stopping it from getting worse. Before trying the exercise, roll your shoulders four times forward and four times back, then repeat to warm up the area. If these shoulder rolls feel hard or "sticky" then hold off on The Kiss until the shoulder rolls feel friendly and easy . . . then try The Kiss.

The Kiss is a good posture exercise that gently strengthens your upper back muscles. Here's how you do it: sit upright with arms at your sides or in your lap. Focus on pulling your shoulder blades toward each other, making them "kiss". Then relax each time. Try this two times. If this hurts, don't do it or do it more





gently. If you look in the mirror when you do this you will see that your shoulders are going back, not up. You may not have a lot of range of motion. Just keep the shoulders moving back.

With regard to your range of motion, remember to start where you are and be gentle. Because of your original body design (on all fours) there is a lot of muscle positioning that would have us head in the direction of being on all fours again. Think about how you might see an older person walking along with that forward bend. That is extreme but we all have a tendency to roll our shoulders forward. So when you attempt a Shoulder Blade Kiss you might feel something in the front of your shoulders or chest area. The kiss is an exercise that strengthens your upper back, so why might you feel it in the front? As the upper back muscles contract or shorten, the muscles in the upper chest and shoulder lengthen. This is the opposing muscle groups

working as they should. To keep standing and sitting up straight as you get older, it's important for your upper back muscles to be strong enough to hold you up and your chest muscles need to have enough flexibility to allow that to happen. We look for range of motion in this area.

When you do the Shoulder Blade Kiss, you want your chest to open and your shoulders to go straight back, even if they only go a little ways back. You do not want your shoulders to go up toward your ears. Do the Kiss in the mirror and see what you see. What do you feel?

If you feel a little stuck, don't worry; just keep doing what you can in your range of motion. The idea is to sneak up gently when you are making changes.

Here's to standing strong and moving forward!

Love,  
Cinder

## 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.]

March 11, 2015: A small study finds that students in a HAES class had improved intuitive eating, body esteem, and attitudes toward fat, as well as reduced dieting behaviors as compared with control and comparison groups.

<http://www.sciencedirect.com/science/article/pii/S1499404615000111>

May 5, 2015: A study finds that overweight people with type 2 diabetes, while more likely to be hospitalized for cardiovascular reasons, have a lower mortality risk than patients who are not overweight or who are obese.

<http://thepeninsulaqatar.com/news/qatar/343869/overweight-type-2-diabetics-live-longer-wcmc-q-study>  
<http://annals.org/article.aspx?articleID=2288519>

May 15, 2015: Loey Lane presents reasons why fat women should not wear bikinis, according to feedback to her YouTube posts or to her being in public in a bikini. As she confirms at the end of her video, none of these reasons are valid and people should wear what they want.

<https://www.youtube.com/watch?v=4haAyhmxz8k>

May 25, 2015: Researchers conclude that focusing on cardiorespiratory fitness in early to mid-adulthood to limit weight gain for fat people (rather than promoting

weight loss, which tends to lead to weight cycling) may help them maintain a healthy metabolic profile.

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21087/abstract>

June 2015: An article in the *M/C Journal* (a journal of media and culture), addressing Australia's "Measure Up" and "Swap It, Don't Stop It" campaigns, explains why social marketing campaigns that focus on weight loss simultaneously stigmatize fat people and make them invisible.

<http://journal.media-culture.org.au/index.php/mcjournal/article/viewArticle/974>

June 12, 2015: Mindfulness shows promise as a useful tool in the prevention of eating disorders according to a study conducted in Australia.

<http://www.physiciansbriefing.com/Article.asp?AID=700205>

<http://onlinelibrary.wiley.com/doi/10.1002/eat.22416/abstract>

June 15, 2015: When an article starts by saying *The Biggest Loser* is the author's favorite show, you can predict what follows. The author, Aaron E. Carroll, is correct that exercise has a lot of benefits and weight loss is not one, but his way of expressing this is totally fat-phobic.

<http://www.nytimes.com/2015/06/16/upshot/to-lose-weight-eating-less-is-far-more-important-than-exercising-more.html>

June 15, 2015: *What Every Woman Should Know* examines whether the "Target Loves Every Body" swimsuit campaign is truly empowering or body-positive. While the visuals seem to celebrate body diversity, the language used in the promotional video advises women how to choose a suit that fixes or hides those "challenging areas". Not so empowering.

<http://www.womenyoushouldknow.net/why-is-everyone-ignoring-the-unempowered-language-in-targets-supposedly-empowering-swimsuit-campaign>

June 16, 2015: Dr. David Katz's article for *The Huffington Post* says that we, as a society, are oblivious to being fat and are ignoring the "obesity epidemic". We wonder what color the sky is on Dr. Katz's planet, where he isn't bombarded on a daily basis with anti-fat messages.

[http://www.huffingtonpost.com/david-katz-md/overcoming-the-overweight-we-keep-overlooking\\_b\\_7595854.html](http://www.huffingtonpost.com/david-katz-md/overcoming-the-overweight-we-keep-overlooking_b_7595854.html)

June 17, 2015: NAAFA's own Peggy Howell writes for *US News* on why doctors need to improve their treatment and accommodation of fat patients.

<http://health.usnews.com/health-news/patient-advice/articles/2015/06/17/why-i-think-doctors-must-better-accommodate-fat-patients>

June 22, 2015: In a Research Letter to *JAMA*, researchers use aggregated data from 2007 to 2012 from the National Health and Nutrition Examination Survey (NHANES) compared with 1988 to 1994 data to find that non-Hispanic black women are getting fatter. The bigger story is that, since the body weights of Americans have leveled off in the past decade (third link), researchers are having to use longer time spans (about 20 years) and more aggressive "p hacking" to promote a deathfat scare. Other tidbits of data can be selected to show that we're all getting fatter (fourth link).

<http://www.medpagetoday.com/Endocrinology/Obesity/52244>

<http://archinte.jamanetwork.com/article.aspx?articleid=2323411>

<http://jama.jamanetwork.com/article.aspx?articleid=1832542>

<http://www.modernhealthcare.com/article/20150622/NEWS/150629983>

June 22, 2015: An article in *Sociology of Health & Illness* looks at the history of diabetes from the 1800s through 1950, as the illness went from being considered a disease of rich people to a disease of poor people.

<http://onlinelibrary.wiley.com/doi/10.1111/1467-9566.12292/abstract>

June 22, 2015: Researchers examine the cost-effectiveness of four methods of childhood obesity intervention: (1) taxing sugary beverages; (2) eliminating tax subsidies of TV advertising; (3) early care and education; and (4) active physical education; four concepts that might benefit all children without targeting fat children. Jane Brody's *New York Times* blog post presents a typical media spin on the study, making it clear she is for anything that will deal with the issue of fat children.

<http://well.blogs.nytimes.com/2015/06/22/seeking-efficient-paths-to-slimmer-children>

[http://choicesproject.org/wp-content/uploads/2015/06/AMEPRE\\_49\\_1-Gortmaker.pdf](http://choicesproject.org/wp-content/uploads/2015/06/AMEPRE_49_1-Gortmaker.pdf)

June 25, 2015: Deb Burgard PhD gives examples from her therapy practice showing how others respond to her body size differently depending on their own

perspective.

<https://vimeo.com/131160811>

June 30, 2015: Jon Robison posts his opinion on the subject of daily weigh-ins, explaining how diets do not work and how data is being manipulated or exaggerated to claim "success" where there is none.

<http://www.medicalnewstoday.com/opinions/186092>

July 2015: The third annual Weight Stigma Conference will take place September 18 and 19 in Reykjavik, Iceland. This year's theme for the interdisciplinary event is Institutionalized Weightism: How to Challenge Oppressive Systems.

<http://stigmaconference.com>

July 6, 2015: Amanda Bingson, USA Track and Field hammer thrower, discusses being a fat athlete and posing nude for *ESPN Body Issue 2015*. Amanda says she likes everything about her body and thinks it is important to show that athletes come in all shapes and sizes.

[http://espn.go.com/olympics/story/\\_/page/bodyamandabingson/hammer-thrower-amanda-bingson-says-athletes-come-all-shapes-sizes-espn-magazine-body-issue](http://espn.go.com/olympics/story/_/page/bodyamandabingson/hammer-thrower-amanda-bingson-says-athletes-come-all-shapes-sizes-espn-magazine-body-issue)

July 7, 2015: Ashley Nell Tipton will be competing on season 14 of *Project Runway*. Fat designers are rare on the TV show and fat designers who focus on clothing for fat people are even rarer. Good luck Ashley!

<http://bodyimage.waywire.com/video/Project-Runway-Season-14-Ashley>

July 8, 2015: *O, the Oprah Magazine* is being blasted for a fashion feature telling readers that only women with flat stomachs should wear crop tops! The uproar is evidence that many women don't want anyone saying what they can and cannot wear. Lots of pictures and videos of beautiful bodies of all shapes and sizes sporting crop tops have been posted in response.

<http://www.plus-model-mag.com/2015/07/oprah-magazine-sparks-outrage-on-social-media-over-crop-top-body-shaming-comment>  
<https://www.youtube.com/watch?v=VwsfDIrdUIM>

July 15, 2015: The *San Jose Mercury News* interviews several fat acceptance activists for an article on how an online community is forming to combat fat shaming.

[http://www.mercurynews.com/ci\\_28482447/ending-fat-shame-how-internet-is-creating-acceptance](http://www.mercurynews.com/ci_28482447/ending-fat-shame-how-internet-is-creating-acceptance)

July 16, 2015: Not only is it hurtful when a medical professional fat-shames a patient, it can be harmful to one's health. This article in *US News* shares some tips on how to be your own advocate for proper health care.

<http://health.usnews.com/health-news/patient-advice/articles/2015/07/16/is-your-doctor-judging-you>

*Founded in 1969, NAAFA is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.*

On the web: <http://www.naafa.org>

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