



July 2017 NAAFA Newsletter

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**Video of the Month**



**Human Rights for Fat Humans**



NAAFA, a civil rights organization working for Equality at Every Size, is proud to introduce the fourth in our 2017 NAAFA Advisors Webinar series, "Human Rights for Fat Humans", on Saturday, July 29, 2017 at 10:00 AM PDT (12:00 PM CDT

and 1:00 PM EDT). This webinar will be presented by NAAFA Advisory Board Member Dr. Lily O'Hara.

Dr. O'Hara is a public health professor and practitioner with extensive experience in Australia and the United Arab Emirates. She is currently Assistant Professor of Public Health at Abu Dhabi University in the UAE. Lily has worked on community, workplace and school based programs addressing a broad range of health and wellbeing issues. Her research focuses on

**Parents Disapprove . . .**

The television show "What Would You Do?" has covered difficult and controversial issues, and we have shared some of their videos in the past. In this clip, parents meet their son's fat girlfriend, illustrating how rude and mean some people can be.

**Quick Links**

- [NAAFA.org](http://NAAFA.org)
- [NAAFA-CC.org](http://NAAFA-CC.org)
- [Facebook](#)
- [Main Cause](#)
- [Toronto, ON, Canada](#)
- [Capital \(DC\)](#)
- [Clark County, NV](#)
- [SF Bay, CA](#)
- [Los Angeles, CA](#)
- [Orange County, CA](#)

assessing both holistic and specific aspects of health and wellbeing in local communities, analyzing and critiquing public health approaches to body weight, and developing ethical and evidence-based public health initiatives using the Health at Every Size approach. Her research is also focused on developing the ethical and technical competencies of the health promotion workforce. She is the proud recipient of the NAAFA International Size Acceptance Trailblazer Award in recognition of her work in bringing the message of Health at Every Size to colleagues in the health education field.

[End Bullying Now](#)  
[Twitter](#)

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The objectives of the webinar are to:

1. Describe the human rights of fat humans as enshrined in international human rights treaties
2. Examine the evidence related to these human rights
3. Highlight actions by the state that directly breach human rights
4. Encourage participants to advocate for the human rights of fat humans

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The weight-centered health paradigm and resulting concerns about the “obesity epidemic” are the foundation for public health policies and programs around the world. International human rights treaties describe the legal obligations of states and the moral obligations of other actors in society to respect, protect, and fulfill human rights, including the right to health. In this webinar Dr. O’Hara will use a human rights lens to examine the weight-centered health paradigm, showing that it may lead practitioners and organizations to breach their human rights obligations inadvertently.

Register today for this free webinar at:

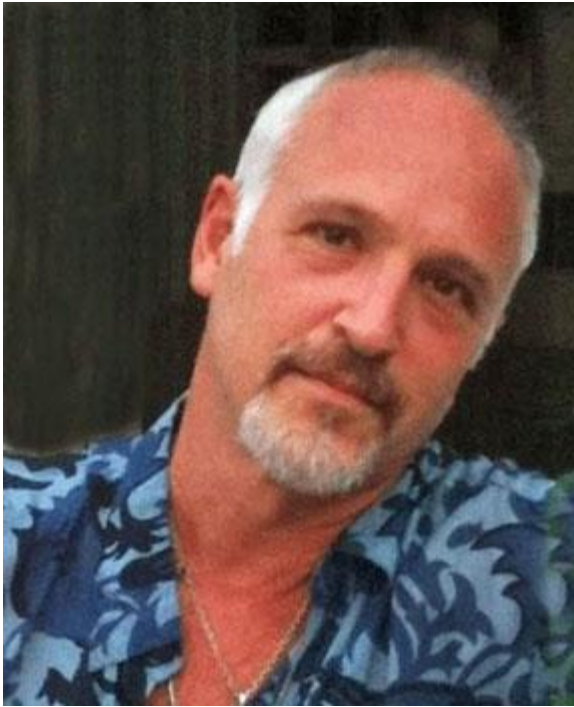
<https://secure.gobluefire.com/go/event.php?eid=d415ec41385f>

## **I’ve Made Fat-First Design My Business** *by Stephen Hadley*

It’s no shocker that finding stylish, well-designed clothing is much harder for the fat community. Brands and designers have actively ignored and rejected men and women larger than what they’ve considered to be their “ideal” size.

There are more options now than ever, but that doesn’t mean that designers are actually crafting their designs with fat bodies in mind. Often times smaller blouses, pants, and skirts are simply upsized, resulting in a poorly fitting garment that misses the mark.

I’ve been designing fat-positive women’s clothing since 1997. I decided to focus on plus size design in 1998. After 5 years of speaking with members of the fat community, listening to their frustrations, and testing designs, I was finally able to release my first



clothing line in 2003.

It hasn't been easy. Creating comfortable, fashionable garments for fat women has become the complete focus of my business. It has required years of adjustments and tweaks in an effort to find the perfect combination of fit and style. But it's also been immensely rewarding.

I am so grateful to all of the women who have shared their stories with me. And for the feedback I've gotten from friends and customers - it's helped me create clothing I'm truly proud of. Many women told me, "There's nothing stylish for my size. I don't want to dress like I'm going to a funeral - but that's all I can find." They told me that they loved color and wanted to see more options than just black and navy blue.

I have to give special thanks and appreciation to my sister - she's been my mentor during this journey. She struggled to find plus size clothing that she actually wanted to wear all her life. She was my first model and was extremely helpful when I was trying to find the right fit for my designs. It's thanks to her that I was able to craft garments that I'm truly proud of. Without her, I likely would have missed the mark on fit and construction like so many other designers have.

Making fat-first design my business has helped me push myself personally and creatively. I've been able to branch out into producing batik fabrics, tie dye, and hand screen prints. I've learned to work with a wide range of fabrics - including rayon jersey, cotton knits, and rayon Lycra.

If you're frustrated with your clothing options or feel fed up with the fashion industry, I hear you. But don't give up!

There are more and more designers like myself working to make fat-first fashion. If your local stores and boutiques aren't offering the styles you want, shop online. You have more options now than ever before - so enjoy your style and unique approach to fashion. Share it with the world!

*About the Author: Stephen Hadley, founder of Generous Fashions, has exclusively designed plus size clothing since 2002. In 2009, he relocated to Bali to handcraft fabrics and garments from his home studio for Generous Fashions and his Etsy shop.*



## What's your favorite emoji?



## Emoji Challenge: Can you read this phrase?



### More Anti-Inflammatory News

by Cinder Ernst

Last month I suggested that watching/listening to the news might help you feel lousy and so doing that less might help you feel better. How about intentionally choosing things that feel better? Here's what I mean. Feeling good emotionally is part of feeling good physically. I am someone who has significant physical pain. I intentionally choose to be hopeful (instead of despairing) in the face of physical pain. But if I'm already feeling negative emotions, that hopeful place is not accessible.

So step one is to find a relaxed, good-feeling mood. Do that by delaying your news intake (and other aggravating or sad topics such as Facebook or emails). Try replacing that with something soothing or uplifting. I start each day with a 15 minute meditation. That is my step one. It has taken me a number of years to develop my meditation routine. I





started by finding a song or a short video on YouTube that would help me sit still and feel good. You can also just sit in comfortable clothes and close your eyes and follow your breath or listen to the refrigerator, LOL.

Out of meditation, I listen to uplifting happy music while I get on with my day. I always do a few Easy Fitness exercises at this time to get my blood flowing and check in with my body. I make peace with where I am and I feel a sense of satisfaction. When I get a start like this I can be selective about where I put my focus and I can keep track of how I feel. The better I feel, the better I feel. The opposite is also true so I'm always course correcting when I don't feel good.

So, back away from things that feel inflammatory and move toward things that feel good. Notice what thoughts bring which feelings. Have fun with this!

## NAAFA Chronicles #17

In our monthly Chronicles feature, we look back at newsletters from the early days of NAAFA. Enjoy the next in this series, the November/December 1974 NAAFA Newsletter:

[https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Nov-Dec\\_1974.pdf](https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Nov-Dec_1974.pdf)

For more, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

## Media and Research Roundup

by *Bill and Terri Weitze*

April 20, 2017: An article on the Centers for Disease Control and Prevention (CDC) website recommends that healthcare providers avoid stigmatizing fat patients by focusing on physical activity and health goals rather than on weight.

[https://www.cdc.gov/pcd/issues/2017/17\\_0006.htm](https://www.cdc.gov/pcd/issues/2017/17_0006.htm)

June 2017: For patients with BMI (body mass index) that classifies them as class 1 or 2 obese, the clinical outcome after total knee replacement surgery is not affected by BMI seven years post-surgery. Higher obese classifications were not included in this study.

[https://www.researchgate.net/publication/317622070\\_Body\\_Mass\\_Index\\_Related\\_Clinical\\_Outcomes\\_After\\_Knee\\_Replacement](https://www.researchgate.net/publication/317622070_Body_Mass_Index_Related_Clinical_Outcomes_After_Knee_Replacement)

June 1, 2017: A Washington think tank, working with other organizations and experts, but no fat-centric or weight-neutral groups, recommends that healthcare providers avoid shaming their fat patients, but maintains the basic idea that fatness is bad per se. Deb Burgard, PhD comments on the report in an ASDAH blog post.

<https://cdn.bipartisanpolicy.org/wp-content/uploads/2017/06/Provider-Competencies-for-the-Prevention-and-Management-of-Obesity.pdf>

<https://healthateverysizeblog.org/2017/06/30/the-haes-files-healthcare-providers-get-our-marching-orders-for-the-war-on-fat-people>

June 6, 2017: David Rasmussen's paper on the fat rights movement reveals a deep

misunderstanding of weight, health, the effects of fat bias, fat economics, and the lack of proven effectiveness of obesity interventions. Like many, Rasmussen believes that fat is a choice and fat equals unhealthy, and goes downhill from there.

[https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2981737](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2981737)

June 9, 2017: A meta-analysis of 20 studies finds a significantly lower risk of all-cause mortality for overweight diabetics and those who are both obese and elderly, as compared with lower weight patients.

[http://www.upi.com/Health\\_News/2017/06/09/Study-Being-overweight-linked-to-longer-life-in-older-diabetics/1011497017876](http://www.upi.com/Health_News/2017/06/09/Study-Being-overweight-linked-to-longer-life-in-older-diabetics/1011497017876)

<http://onlinelibrary.wiley.com/doi/10.1111/jdi.12677/full>

June 10, 2017: Comments regarding a study published in *The Lancet* are questioning the finding that high body mass index (BMI), including the overweight category, was associated with higher all-cause mortality.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31438-1/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31438-1/abstract)

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31437-X/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31437-X/abstract)

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31436-8/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31436-8/abstract)

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31369-7/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31369-7/abstract)

June 15, 2017: An article published by the Centers for Disease Control and Prevention (CDC) suggests that weight loss programs are not effective for African American women, and that perhaps instead of using BMI as a measure of health for this group a more “holistic, multifaceted approach” should be used. How about broadening this idea to include all fat people?

[https://www.cdc.gov/pcd/issues/2017/16\\_0573.htm](https://www.cdc.gov/pcd/issues/2017/16_0573.htm)

June 20, 2017: An article about flying next to someone you find unpleasant gives several practical options. NAAFA's Peggy Howell provides the point of view of the fat passenger as well as resources for flying while fat.

<http://www.marketwatch.com/story/next-to-an-airplane-seatmate-from-hell-heres-what-to-do-2017-06-19>

June 20, 2017: The US Protective Services Task Force is updating its recommendations regarding screening children (6 years and up) for obesity, claiming that (a) intensive behavioral intervention can lead to improvements in weight for up to 12 months, and (b) these screenings and interventions are not harmful, even though other recent studies have shown that simply identifying as fat can lead to lifelong emotional and physical problems.

<http://jamanetwork.com/journals/jama/fullarticle/2632511>

<https://www.uspreventiveservicestaskforce.org/Page/Document/evidence-summary/obesity-in-children-and-adolescents-screening1#table4>

June 26, 2017: A recent study finds that perceived weight discrimination can lead to health-risk behaviors beyond eating and physical activity; and these behaviors may contribute to the association between weight discrimination and poor health.

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21845/full>

June 26, 2017: While acknowledging that there is no known way to achieve significant long term weight loss for almost all fat people, researchers believe that a study of the forces that affect the body's homeostasis will reveal the causes of fatness, and allow them to find a more successful “treatment” for being fat. Good luck finding that magic pill, folks.

<https://academic.oup.com/edrv/article/3892397/Obesity-Pathogenesis-An-Endocrine-Society>

June 29, 2017: A recent study finds that overweight to mildly obese patients are associated with significantly lower mortality following an ischemic stroke when compared to lower weight patients.

<http://www.cardiovascularbusiness.com/topics/vascular-endovascular/extra-weight-may-improve-survival-after-stroke-%E2%80%98obesity-paradox%E2%80%99>

<http://jaha.ahajournals.org/content/6/6/e004721>

June 30, 2017: Disabled and fat protester Carrie Ann Lucas is being charged for interference because she did not explain to arresting officers the operation of her wheelchair. An ACLU attorney claims the charge is excessive as Lucas did not resist arrest but simply declined to assist in her own arrest.

<https://www.denverite.com/refusing-tell-officers-operate-wheelchair-activist-carrie-ann-lucas-charged-interference-38538>

June 30, 2017: A fat passenger who bought 2 seats on a flight was removed from the over-booked flight so that 2 thin passengers could have his seats. Spirit Airlines – fail.

<http://www.ravishly.com/fat-passengers-cant-win-airlines>

June 30, 2017: Another study finds an association between being mildly obese and better outcomes following a heart attack, compared with those in either higher or lower BMI categories. Improved outcomes include fewer days of hospitalization and living longer post heart attack.

<http://www.dailymail.co.uk/health/article-4654786/Obese-patients-30-likely-survive-heart-attack.html>

<https://academic.oup.com/ehjqcco/article-abstract/doi/10.1093/ehjqcco/qcx010/3098576/The-obesity-paradox-extreme-obesity-and-long-term>

June 30, 2017: Cook County, Illinois has been temporarily restrained from imposing a tax on sweetened beverages because of allegations that the tax violates the Illinois Constitution. The tax is touted as a revenue source and for purported health benefits. Other areas that have imposed such a tax have found that it has not affected the consumption of sweetened beverages.

<http://wgntv.com/2017/06/30/judge-blocks-cook-county-beverage-tax>

July 2017: Researchers were surprised to find that having a BMI of over 40 is associated with a significantly decreased risk of aortic atherosclerosis. The researchers suggest a number of avenues for further study but at this time have no real explanation beyond the “obesity paradox”.

<https://www.ncbi.nlm.nih.gov/pubmed/28593612>

July 1, 2017: A new paper concludes that weight loss cannot be achieved simply with calorie restriction as the body actively attempts to maintain existing body weight in a complex and multifaceted system.

<http://journals.sagepub.com/doi/pdf/10.1177/1745691617690878>

July 2, 2017: Plus size model Natalie Hage describes how she was body shamed on a flight and how she decided to deal with it.

<http://www.allure.com/story/plus-size-model-body-shamed-flight>

July 2, 2017: Curvy Girl provides some tips for reducing stress for flying while fat. Despite a bad reputation, Southwest Airlines now provides the best policy for its fat passengers.

<http://curvygirlinc.com/tips-for-flying-while-fat>

July 7, 2017: Thursday nights, Bevin Branlandingham throws the Fat Kid Dance Party at a gym in Los Angeles. Everyone is welcome and encouraged to participate at whatever level they can. You get a cheer from the group if you admit to feeling awkward, and taking care of yourself by taking a break will get a self-care cheer!

<https://www.facebook.com/PopSugar/videos/10155862999209367>

July 7, 2017: Two recent studies show that negative weight bias exists in school children at approximately the same rate as racial bias, and that fat children are often the targets of bullying. Results that I am sure will not surprise anyone who has ever been a fat child.

<http://www.cnn.com/2017/07/07/health/frenemies-bullying-obesity-study/index.html>

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0178130>

<http://pediatrics.aappublications.org/content/140/1/e20163936>

July 7, 2017: A fat woman at a UK mall strips down, puts on a blond wig, and stands between

two very thin mannequins in a store window to protest fat shaming.

<http://www.ravishly.com/fat-woman-naked-in-mall>

July 10, 2017: Professor Traci Mann explains that there is no obesity crisis and that obesity does not necessarily mean a shorter lifespan.

<http://www.bbc.com/news/av/magazine-40505399/think-again-there-is-no-obesity-crisis>

July 13, 2017: The "Your Fat Friend" blog discusses fat jokes about celebrities and what telling those jokes shows other people about your own priorities and values.

<https://medium.com/@thefatshadow/what-your-chris-christie-fat-jokes-teach-fat-people-a-letter-from-your-fat-friend-a4a324ada7fe>

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*Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, 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>

Comments: [pr@naafa.org](mailto:pr@naafa.org)

