



July 2020 NAAFA Newsletter

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Video of the Month



NAAFA Fat Community Project Grants

FAT COMMUNITY PROJECT FUND GRANT APPLICATION

Creating Connection. Expanding Empowerment. Increasing Intersectional Activism.



The mission of the National Association to Advance Fat Acceptance (NAAFA) is to change perceptions of fat and end size discrimination through advocacy, education, and support. The current state of our world requires that we get even more creative than ever to accomplish these goals.

With these thoughts in mind, the NAAFA Board of Directors has created a special grant fund. The goal of the Fat Community Project Fund grant program is to provide seed money to NAAFA members and other members of fat community who wish to deepen their commitment to advocacy and support for fat people. This could include creating projects that further educate fat people or the general public about fat rights.

How Can We Win?

Author Kimberly Jones addresses the oppression of black people in America today. Powerful! (Contains some adult language.)

youtube.com/watch?v=sb9_qGOa9Go

Quick Links

[NAAFA.org](https://naafa.org)

Facebook

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[Capital \(DC\)](#)
[Clark County, NV](#)
[SF Bay, CA](#)
[Los Angeles, CA](#)
[Orange County, CA](#)
[End Bullying Now](#)

[Twitter](#)

Grant amounts ranging from \$50 - \$500 per project will be issued on a quarterly basis. Only one grant per project will be given, and grants are limited to projects within the U.S. More information--including requirements, timeline and the on-line application--is available on NAAFA's new website at: <https://www.naafa.org/comm-inv-grants>

The NAAFA Board of Directors gives credit to our friends and colleagues at NOLOSE for inspiring this idea with their community grant program. To learn more about NOLOSE, visit their website at <https://www.nolose.org>

[Instagram](#)

[YouTube](#)

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New NAAFA Website

CHECK OUT THE NEW & IMPROVED
NAAFA.ORG

#EqualityAtEverySize #WeComeInAllSizes

Now mobile friendly!

naafa

The Board of Directors of the National Association to Advance Fat Acceptance (NAAFA), the world's oldest fat rights organization, is excited to introduce our new website at <https://www.naafa.org> . The new website has an updated look, easier navigation and better access from mobile devices.

NAAFA is in its 51st year as a grassroots non-profit organization working to end discrimination against fat people and realize Equality at Every Size. The new website format allows NAAFA to center the current issues that are impacting not just the fat community but also those communities with which our civil rights work intersect. It's now much easier to find NAAFA's current projects.

By simply scrolling down, you can see upcoming events at a glance. Drop down menus across the top of the website direct visitors to information about our organization, our Boards, current Programs, Webinars, Brochures, how to Join Us and more.

NAAFA's Board of Directors would like to thank the members of The Future of NAAFA Committee for their labor in bringing this project to fruition. Special thanks to Trevor Kezon for the inspiration for the project, and Amanda Cooper, Lindley Ashline and Jessica Richman for their assistance in the content and functionality of the new site.

How Weight Stigma Benefits Social Policy Makers

NAAFA WEBINAR SERIES 2020

HOW WEIGHT STIGMA BENEFITS SOCIAL POLICY MAKERS

PRESENTED BY
DR. NANCY ELLIS-ORDWAY

SATURDAY, JULY 18
2E/1C/12M/11P

HOSTED BY **TIGRESS OSBORN**

NAAFA.ORG FOR DETAILS
AND REGISTRATION INFO




NAAFA Webinar Series 2020 continues with Dr. Nancy Ellis-Ordway, a practicing psychotherapist who unravels how social policy makers benefit from perpetuating weight stigma, leading to further discrimination against people of large body size. "How Weight Stigma Benefits Social Policy Makers" will be presented by Nancy Ellis-Ordway, LCSW, PhD, on Saturday, 7/18/2020 at 11am PDT/ 12pm MDT/ 1pm CDT/ 2pm EDT.

Dr. Ellis-Ordway is a psychotherapist with more than thirty years' experience, specializing in treating eating disorders, body image issues, stress, anxiety, depression and relationship issues. She has a private practice in Jefferson City, MO and is the author of *Thrive at Any Weight: Eating to Nourish Body, Soul, and Self-Esteem* (2019).

Weight stigma reduces quality of life for all people, but it also influences social policy. Social determinants have a stronger influence on public and personal health than behavior does, but interventions continue to focus on changing individual body size. This focus distracts from the need to target social disparities such as poverty, pollution, racism and oppression, which are much messier, more expensive and complicated to fix. How do we change the conversation with policy makers?

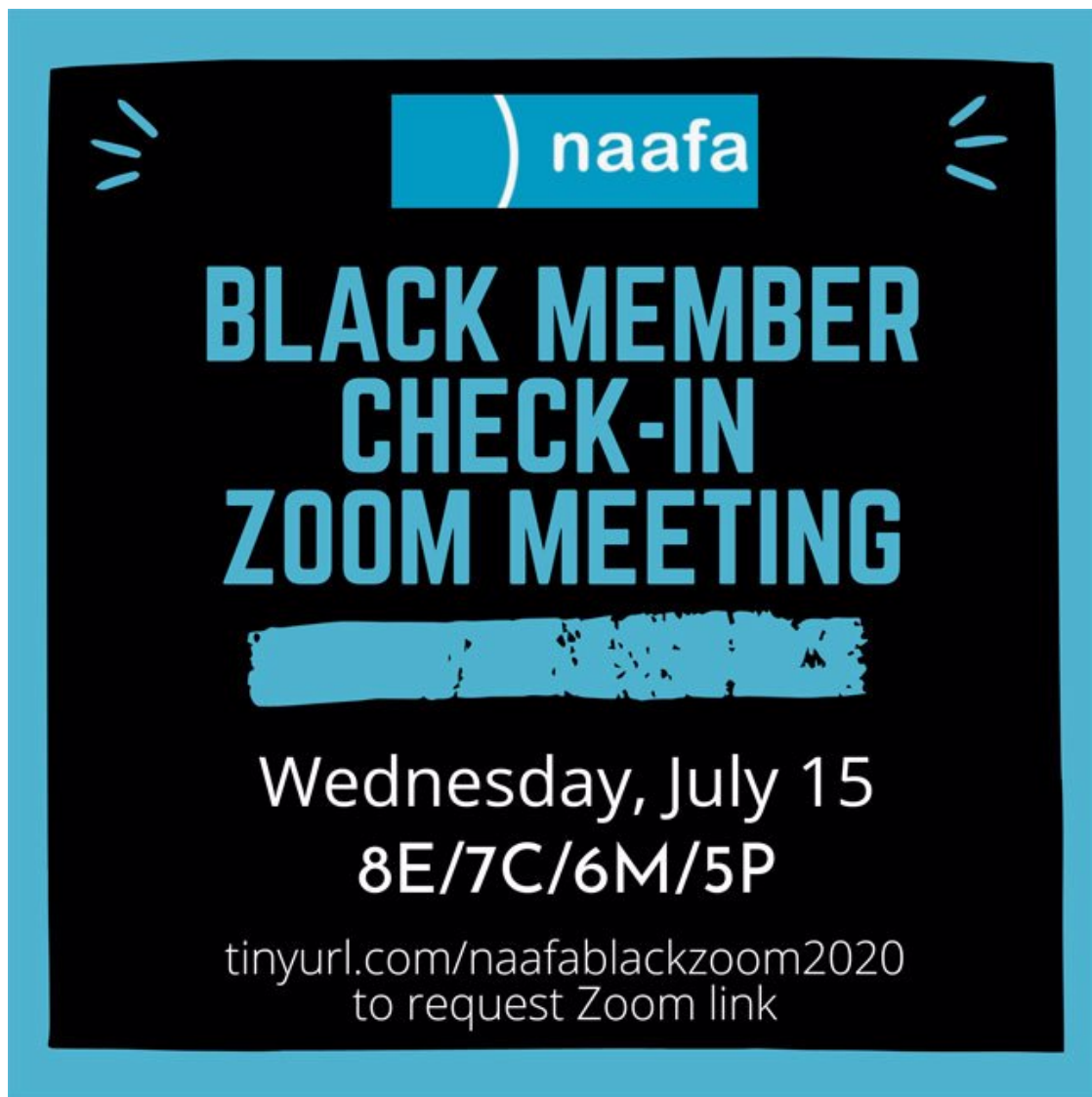
Join us as Dr. Ellis-Ordway examines how weight stigma provides a distraction for policy makers who want to avoid the more complicated and nuanced discussions about who is responsible for the health of the larger community and all of its residents, and how that responsibility should be met. Register at <https://tinyurl.com/y7bmyh7v>

NAAFA Chronicles 54

For this month's entry in our continuing Chronicles feature, enjoy NAAFA's 54th newsletter, [March - April 1983](#).

For more, click or tap the "Chronicles" tab in the newsletter section of the *new* NAAFA website, <https://naafa.org/chronicles>

Meeting Reminder



Media and Research Roundup

by Bill and Terri Weitze

May 21, 2020: Instagram, like other social media companies, take down images of fat bodies that do not violate its policies possibly because of bias built into their AI systems and societal bias of its human reviewers.

<https://www.buzzfeednews.com/article/laurenstrapagiel/influencers-say-instagram-is-more-likely-to-remove-photos>

June 2020: History professor Ken Mondschein discusses the medieval society's view of fat bodies; while claiming to disapprove of fat shaming, Mr. Mondschein shows his own bias

about fat in this article.

<https://www.medievalists.net/2020/06/fatness-thinness-middle-ages>

June 28, 2020: Lizzo is interviewed, discussing her life, successes, and trials.

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

July 2020: An article in Scientific American looks at a health clinic that gives patients weight-neutral treatment and why the clinic's doctor decided that such treatment is most beneficial to her patients. (2nd link is the companion article we included last month.)

<https://www.scientificamerican.com/article/what-if-doctors-stopped-prescribing-weight-loss>

<https://www.scientificamerican.com/article/the-racist-roots-of-fighting-obesity2>

July 8, 2020: Emily McCombs discusses how those, including Drew Barrymore, who equate body size with moral values can be seen as victims of diet culture.

https://www.huffpost.com/entry/drew-barrymore-instyle-size-of-a-bus-fat_n_5f05fe39c5b67a80bc01ca00

July 10, 2020: Ms Magazine discusses why comfort eating may be a good (and natural) reaction when it comes to dealing with the pandemic and civil unrest.

<https://msmagazine.com/2020/07/10/what-to-do-about-weight-gain-during-the-pandemic>

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

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