



July 2021 NAAFA Newsletter

**Longtime Member of NAAFA
Advisory Board, Dr. Paul
Ernsberger Dies at 65**
by Bill Fabrey

In This Issue

1. [Dr. Paul Ernsberger](#)
2. [July Anti-Racism Resources](#)
3. [#oldfatty Project Still Going Strong](#)
4. [NAAFA Chronicles](#)
5. [Media and Research Roundup](#)
6. [Video of the Month](#)

Video of the Month

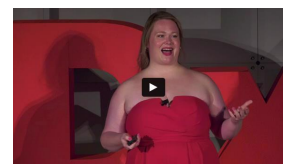


Throughout his career at Case Western Reserve University, Professor Paul Ernsberger helped science better understand the relationships between body weight, blood pressure, and blood glucose.

Medical educator and research scientist Paul Ernsberger died on May 4, 2021 in Cleveland, Ohio, at the age of 65. Ernsberger was highly regarded in his field, with 438 publications to his credit that have been cited by other scientists 10,989 times.

Ernsberger was especially held in high esteem by advocates dedicated to advancing body acceptance at any size. He researched and wrote about the health risks of yo-yo dieting, rapid weight loss followed by a fast regain, also known as weight cycling. He was a keynote speaker or workshop presenter at many conferences held by ASDAH (Association for Size Diversity and Health) and also a number of NAAFA conventions over the years, beginning in the 1980s.

His most recent NAAFA workshop presentation was at the 50th Anniversary Convention in Las Vegas in 2019. He supported the HAES principles, and would calmly engage anyone in a rebuttal who took the opposite position.



Hollywood's Fatphobia Problem

Actress Jen Ponton shares in this TEDx Talk from her own experiences and from her studies of discrimination against people in fat bodies. She shares facts that are very familiar to many of us and ends on a hopeful note. Like NAAFA, she believes representation matters!

<https://youtube.com/watch?v=MIO3MjwFc5w>

Quick Links

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

[Facebook](#)
[Main](#)
[Members Community](#)
[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and

Born in Yonkers, New York, Ernsberger became fascinated with chemistry at a young age when his father, a Presbyterian minister, and his mother, a teacher, gave him a chemistry set for his birthday. After high school, he completed studies at Macalester College in 1978 with a B.S. in Physiological Psychology and then attended Northwestern University in Chicago for his graduate work. In 1984 he earned his PhD in Pharmacology from the Feinberg School of Medicine.

Health, and are used with permission.

Join Our
Mailing
List

After earning his PhD, he served as an assistant professor for 5 years at Weill Cornell Medical College in New York, NY, where he conducted research on the central control of the circulatory system. It was during these years that Ernsberger discovered a neurotransmitter in the brain that affects weight control and one's metabolic "set point."

In 1989 Ernsberger joined the faculty at Case Western Reserve University, where he worked for 32 years. At the time of his death, he was an Associate Professor at the medical school and the director of the Laboratory of Metabolic Pharmacology.

"After 40 years of bench research on fundamental questions of basic science, I am transitioning into human subject research," Ernsberger wrote shortly before his death. "My recent human-centered approach represents an extension of my prior bench research . . . into the biological consequences of large and rapid loss and regain of body weight . . ."

In addition to his love of science and medical research, Paul enjoyed singing bass parts in choirs. He also played the string bass for a variety of bands, and enjoyed singing in the choir of the Unitarian Universalist Church of Cleveland.

Paul is survived by his son, Tim Ernsberger; his partner, Cathy Willeman Niswonger; his sister and his brother.

"He was loved by so many people," said his partner,

Cathy. "We shared a love for a man who has made it his life's work to help those who were totally misunderstood and not given the dignity and respect they deserve simply because of their 'packaging'. He loved and served them through his tireless research. I will miss his kind eyes, witty jokes, infectious laugh, and deep bass voice."

NAAFA's founder, Bill Fabrey, said "I have known Paul since he was in graduate school, long ago. He added so much to NAAFA's mission in his advisory capacity, and with his warmth and humor as well. Losing Paul is a blow to the size acceptance movement, but we are grateful for the years that he gave us."

July Anti-Racism Resources *compiled by Darliene Howell*

Historical Perspectives of Racism

[Watch a Never-Before-Aired James Baldwin Interview From 1979](#)

Buried by ABC at the time, the segment reveals a unique glimpse into Baldwin's private life--as well as his resounding criticism about white fragility, as blisteringly relevant today as it was in 1979.

[The Asian American wealth gap, explained in a comic](#)

The largest wealth gap in the country comes down to the history of Asian migration.

Allyship

[Black and Brown People Have Been Protesting for Centuries. It's White People Who Are Responsible for What Happens Next](#)

Understanding how White Supremacy is still part of the lives of white allies, and that institutional change starts with personal change.

Podcast

[The Racial Reckoning That Wasn't](#)

In the wake of several high-profile police killings last summer, support for Black Lives Matter skyrocketed among white Americans. Two researchers explain why last year's so-called racial reckoning was always shakier than it looked.

LGBTQIA+ People of Color

[Leveling Difference: The Antiracist Struggle for LGBTQ+ Justice](#)

Ibram X. Kendi interviews Don Lemon, host of Don Lemon Tonight on CNN and discusses his experience as a Black gay man, the racism and homophobia he's faced, witnessed and battled against. He and Dr. Kendi discuss how the antiracist struggle includes the struggle against homophobia, transphobia, and all forms of bigotry targeting members of the LGBTQ+ community.

#oldfatty Project Still Going Strong

by Peggy Howell



Some of you may remember that two years ago on June 30th I launched my #oldfatty Project, to show "the establishment" that having a fat body is not a death sentence. The gigantic multi-trillion dollar diet/healthcare machine would have you believe that having "extra" fat on your body is a death sentence when, in fact, it is weight cycling (dieting then regaining) that shortens your life. Many doctors tell fat clients that they will be dead before they are 30 or 50 or whatever. I'm here proving them wrong. I'm happy to report that I just turned

74, have been fat all my life, and am still kicking.

For this project I had to create accounts on social media. I had a Facebook account but not Instagram or Twitter. With the handle @fatacceptancewarrior on Instagram, I began to post pictures of myself doing ordinary things, along with my thoughts (whether or not they are words of wisdom, well, I guess that's for you to say). There are pictures of me working out, dining out with friends, getting a pedicure and a haircut, even modeling in a fashion show. There are also pictures of me using a rollator and using the electric cart at Trader Joes; all to show that there is no shame in using assistive devices that are available to us. Just because we're fat doesn't mean they are not for us to

use. Sometimes my photos were just silly and fun.

Despite my slowdown due to the pandemic, I've made 218 posts and I have more than 1150 followers. Some people have told me that they are inspired by my posts. I've received comments like: "I love your posts"; "Thank you for your example"; "Thank you so much! We NEED images of fat people working out! It is normal! Duh!"; "I was 75 in July and still fat! Using a scooter is something I still feel shy about, but trying to get over that. Arthritis and superstores don't mix!" No, they don't!

Let me encourage you to stay as active as is safe during this heatwave and continuing pandemic. Continue to do things that bring you pleasure and enjoy your life. The world needs to know that we are here and as we emerge from our isolation during this pandemic, we must be accommodated. Join me if you'd like to by posting pictures of yourself on social media using the #oldfatty. Let's show the world that there are lots of us still alive and well. Whatever you do and wherever you go, be safe. Get vaccinated and wear your mask. We can do this!!

NAAFA Chronicles 65

Our monthly Chronicles series continues with NAAFA's 66th newsletter, [February 1986](#).

For more, check out the "Chronicles" page of NAAFA's website, <https://naafa.org/chronicles>

Media and Research Roundup

by Bill and Terri Weitze

May 26, 2021: This *New York Times* opinion video explains that pandemic weight gain may be a natural response to changes in lifestyle and that we shouldn't buy into the panic the diet industry is trying to stir up because weight is not a reliable indicator of health.

<https://www.nytimes.com/2021/05/26/opinion/dieting-covid-weight-gain.html>

June 1, 2021: True Heart Hospice reminds people that size does not indicate the health condition of older people and that fat bodies should be accommodated by healthcare facilities.

<https://www.statesman.com/story/sponsor-story/true-heart-hospice/2021/06/01/how-can-they-malnourished-fatphobia-end-life-care-real/7466047002>

June 8, 2021: Tennis pro Taylor Townsend shares her story of being a fat black girl (and woman) in the world of tennis, and the lessons she has learned along the way.

<https://www.theplayertribune.com/posts/taylor-townsend-tennis>

June 9, 2021: Katherine Flegal revisits the attacks on her 2005 study on the association between death and weight, when the objective data from the Flegal report were questioned, implying that Flegal had an agenda other than the accurate representation of data.

<https://doi.org/10.1016/j.pcad.2021.06.009>

June 10, 2021: A study claims that people who are metabolically healthy with obesity (MHO) are not healthy as they are at a higher risk of certain medical conditions. They claim the term MHO should be avoided as it is misleading, even though MHO only refers to one kind of health.

<https://doi.org/10.1007/s00125-021-05484-6>

June 14, 2021: *Ebony* profiles seven fat black women who are influencers and bloggers fighting fatphobia.

<https://www.ebony.com/life/these-7-black-influencers-and-bloggers-are-challenging-fatphobia>

June 16, 2021: Researchers find that fat ("obese") hospitalized patients are at no greater risk for ventilator-associated pneumonia than lower weight patients; and deaths over 90 days were significantly less for the obese patients.

<https://www.medpagetoday.com/pulmonology/pneumonia/93141>
<https://doi.org/10.1016/j.chest.2021.01.081>

June 17, 2021: Weight loss surgery (WLS) has severe side effects and should not be offered to teens, whose bodies and brains are still developing. This article presents a glowing view of WLS, but don't believe it.

<https://www.npr.org/sections/health-shots/2021/06/17/1002602277/bariatric-surgery-works-but-isnt-offered-to-most-teens-who-have-severe-obesity>

June 21, 2021: Mariana den Hollander has a message for WLS (weight loss surgery) survivors concerning the mental side effects of WLS.

<https://www.instagram.com/tv/CQYVyzqjX-z>

June 24, 2021: Dr. Robert Rosencrans discusses how healthcare education and research are rife with fatphobia and how he would like to change the discourse on fat and diseases associated with fatness to reflect the same reasoning shown in other diseases.

<https://www.asbmb.org/asbmb-today/opinions/062421/putting-body-weight-in-context>

June 27, 2021: Fat people don't always avoid seeing the doctor, sometimes they are barred from access to healthcare because of their size and the lack of suitable equipment, leaving patients with fewer and fewer options.

<https://www.nbcnews.com/health/health-news/ongoing-nightmare-obese->

[people-face-major-obstacles-when-seeking-medical-n1272019](#)

June 29, 2021: Denounced by nutrition and eating disorder experts, a dental device that locks patients' jaws 2 millimeters from shut is proposed for weight loss. After two weeks, seven women wearing the device had lost about 14 pounds each, but weight gain was occurring by two weeks after the end of the trial.

<https://www.yahoo.com/lifestyle/experts-call-weight-loss-device-004651178.html>

July 1, 2021: Pinterest is banning all weight loss ads. Pinterest developed its new weight neutral policy with the support of the National Eating Disorders Association.

<https://www.engadget.com/pinterest-weight-loss-ad-ban-130049016.html>

July 5, 2021: Inspired by an episode of Aidy Bryant's TV show *Shrill*, Fat Babes Club of Columbus formed and hosts pool parties, roller skating meet ups, yoga, and other activities for its members, providing a safe place for fat bodies to meet and socialize.

<https://www.dispatch.com/story/news/local/2021/06/30/fat-babes-club-columbus-pool-parties-yoga-classes/7719369002>

July 6, 2021: *Etimes* gives six ways that a parent can help teach their children to love and respect their bodies at any size.

<https://timesofindia.indiatimes.com/life-style/parenting/toddler-year-and-beyond/how-to-inculcate-body-positivity-in-your-kid/photostory/84173847.cms>

July 7, 2021: Based on the available data, all COVID-19 vaccines authorized in the U.S. are found to be as effective for people with obesity as for others.

<https://www.medpagetoday.com/infectiousdisease/covid19vaccine/93463>
<https://doi.org/10.1002/oby.23251>

July 12, 2021: Marilyn Wann and Peggy Howell provide information on how employers can include size as part of its employee diversity training and accommodations.

<https://www.fastcompany.com/90474839/5-ways-your-workplace-isnt-accommodating-to-fat-people>

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: <https://naafa.org>.

Comments: pr@naafa.org

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

