



**national association
to advance
fat acceptance**

NAAFA Newsletter

**Official Publication of
the National
Association to
Advance Fat
Acceptance**
June 2011

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Action Needed: You Can Help Stop the Bullying



Who: We need YOU to contact Members of Congress TODAY

What: The Safe Schools Improvement Act of 2010 (S.3739)

Why: The legislation does NOT include weight and height as part of its anti-bullying protections

How: Read on!

BACKGROUND

The Safe Schools Improvement Act of 2010 (S.3739) is a bipartisan bill introduced in the Senate by Senators Bob Casey and Mark Kirk to help prevent bullying in schools. The Safe Schools Improvement Act would require schools and districts receiving designated federal funds to adopt codes of conduct specifically prohibiting bullying and harassment, including conduct based on a student's actual or perceived race, color, national origin, sex, disability, sexual orientation, gender identity or religion. It was introduced to the Senate on August 3, 2010 and referred to the Senate Committee on Health, Education, Labor and Pensions (HELP Committee).

The Fat Body (In)visible

[June Video of the Month](#)

This 24-minute film, directed by UCSD PhD student Margitte Kristjansson with production and editing assistance by student colleagues Hannah Dick and Ivana Guarrasi, profiles fat bloggers and activists Keena and Jessica as they discuss fashion and their visibility (and invisibility) as fat women. Both Keena and Jessica relate stories of their struggles and triumphs of being fat in public.

www.fatbodyinvisible.com

vimeo.com/17785299

Quick Links

[NAAFA Home](#)
[NAAFA Facebook - Cause](#)
[NAAFA SF Bay Facebook](#)
[NAAFA MySpace](#)

Mailing Address Reminder

NAAFA's mailing address is now P.O. Box 4662, Foster City, CA 94404-0662. Please make sure your records are up to date.

[Join Our Mailing List!](#)

There has not been a hearing on the bill to date, so now is the time to contact these Senators and ask them to amend the legislation to include weight and height to the list of protected classes prior to the bill's approval.

You can send an email to any or all of the Senate Committee members below.

CONGRESSIONAL TARGETS:

The members of the U.S. Senate Committee on Health, Education, Labor and Pensions include:

Democrats by Rank:

Tom Harkin (IA) harkin.senate.gov/contact.cfm
 Barbara A. Mikulski (MD) mikulski.senate.gov/contact
 Jeff Bingaman (NM) bingaman.senate.gov/contact
 Patty Murray (WA) murray.senate.gov/email/index.cfm
 Bernard Sanders (I) (VT) sanders.senate.gov/contact
 Robert P. Casey, Jr. (PA) casey.senate.gov/contact
 Kay R. Hagan (NC) hagan.senate.gov/?p=contact
 Jeff Merkley (OR) merkley.senate.gov/contact
 Al Franken (MN) franken.senate.gov/?p=contact
 Michael F. Bennet (CO) bennet.senate.gov/contact
 Sheldon Whitehouse (RI) whitehouse.senate.gov/contact
 Richard Blumenthal (CT) blumenthal.senate.gov/contact

Republicans by Rank:

Michael B. Enzi (WY) enzi.senate.gov/public/index.cfm/contact
 Lamar Alexander (TN) alexander.senate.gov/public/index.cfm?p=Email
 Richard Burr (NC) burr.senate.gov/contact
 Johnny Isakson (GA) isakson.senate.gov/contact.cfm
 Rand Paul (KY) paul.senate.gov/?p=contact
 Orrin G. Hatch (UT) hatch.senate.gov/public/index.cfm/contact
 John McCain (AZ) mccain.senate.gov/public/index.cfm?FuseAction=Contact.ContactForm
 Pat Roberts (KS) roberts.senate.gov/public/index.cfm?p=EmailPat
 Lisa Murkowski (AK) murkowski.senate.gov/public/index.cfm?p=Contact
 Mark Kirk (IL) kirk.senate.gov/?p=contact

Even if you are not a constituent of the members listed, it is important that they hear your voice. Also, if you have specific stories about how bullying has affected your child or a child you know, that has a huge impact.

Here is an example to help in composing your letter to the Committee members:

Dear Senator _____:

Because you are a member of the Senate Committee on Health, Education, Labor and Pensions, I want to bring to your attention the need to amend the Safe Schools Improvement Act of 2010 (S.3739) prohibiting bullying and harassment, including conduct based on a student's actual or perceived race, color, national origin, sex, disability, sexual orientation, gender identity or religion.

While I support the intent of this legislation, there is an entire segment of children that would not be covered in this legislation as currently written: fat children. As we have seen in recent events, fat children are at risk. One such event occurred when a teen girl from Minnesota committed suicide partly because of being teased and bullied about her weight.

There are numerous studies that outline the effects of bullying on children because of their size and/or body image. Along with fat children, short children are victims of incessant bullying on a daily basis.

While we believe that the intent of this legislation to ensure a safe environment for all children within public schools, we ask that the Bill not exclude and further stigmatize the largest group of children that is facing bullying on a daily basis.

We ask that the Committee request to amend the Safe Schools Improvement Act of 2010 to include weight and height to the list of protected classes. Thank you!

Signature
 City, State

Email Address

Or you can write to the Committee at:

Committee on Health, Education, Labor and Pensions
428 Senate Dirksen Office Building
Washington, DC 20510

Thank you for helping to make positive changes in the lives of children.

My Senior Project: What I Learned



by Irene Rojas

Hello, my name is Irene Rojas. I am a senior at Luther Burbank High School in Sacramento, California. Currently, I am focusing my senior project on eating disorders.

I've always thought an eating disorder was about someone who was very skinny. But it turns out there are different types of eating disorders. The three most common eating disorders are anorexia nervosa, binge eating disorder, and bulimia.

Something that I learned that was most interesting was the pica eating disorder. It was named after the pica pica bird. The bird will eat almost anything. It stabs its beak into something and eats it up. Well, in this eating disorder, humans do the same. They will eat non-foods such as chalk, clay,

cigarette buds, ashes, gel, etc. Some people think that if they eat non-foods they won't gain weight because it's not food.

For my senior project, I was also required to complete fifteen community service hours. Besides writing this article, I'm going to Harkness Elementary, also located in Sacramento, to teach students about eating disorders. I feel everyone needs to be aware of this problem, and be educated about this issue in our community. There are eight million people who are affected by these disorders.

In addition, to the research and fifteen community hours, the most difficult thing I've had to do for this project was speak in public. I am very shy and get very nervous when I have to speak in front of a lot of people. I literally started crying the first time I practiced my public speaking in front of my class.

Anyone can encourage their friends and family without judgment to incorporate healthy life styles behaviors (nutritious food, fun exercise, and plenty of sleep).

Finally, it is important to your health and to the health of others to reach out and volunteer in your community.

Irene Rojas took the initiative to contact NAAFA and write about her school project on eating disorders. We salute her project, and for challenging herself to overcome her fears and venture into public speaking. NAAFA wishes her the best as she continues her education after high school to become a perfusionist (a highly trained healthcare professional that operates the heart-lung machine during cardiac surgery). If you're a young person interested in sharing your story contact us at [Share Your Story](#).

Call for Volunteers

The call is out for conventioners to step up and help! We need volunteers to help with the running of the convention: ticket takers, wrist band checkers, auction assistants, decorators, raffle prize runners. Many jobs will require only a short time to complete; others may take a little longer, but no task will make you miss out on the fun and excitement of the various events or the workshops. In fact, your help will aid everyone, yourself included, to enjoy the events all the more.

We will need your help beginning Thursday, August 4 through Monday, August 8. Give a little time and have a great impact on the "NAAFA Experience" for yourself and everyone else. Donate a little time or a little more time. We appreciate any help you are willing to give.

Contact Phyllis Warr, NAAFA Board Member & Volunteer Coordinator, at PWarr1995@aol.com to volunteer your help and make this a superior event!

Book Reviews

***Bride of the Living Dead*, by Lynne Murray**

reviewed by Peggy Howell

Author Lynne Murray is no stranger to the size acceptance community and has brought us the award-winning Josephine Fuller, sleuth of size, mystery novels and the Ingrid Hunter novels. Lynne brings us yet another big, beautiful heroine to love and, if you've ever planned or participated in a wedding, with whom to relate and sympathize.

Imagine being an independent, somewhat rebellious indie film critic and one day finding the perfect man for you who falls in love with you and asks you to marry him. Now throw in stalkers, both his and hers, professional ups and downs and a perfectionist, anorexic sister who desperately needs to be your wedding planner and you have yourself a winner! *Bride of the Living Dead* has wit, humor, romance, true love and mystery; the whole package.

***Ghost in the Polka Dot Bikini*, by Sue Ann Jaffarian**

reviewed by Phyllis Warr

If you love a good humorous whodunit with lots of twists and turns, Sue Ann Jaffarian's new book *Ghost in the Polka Dot Bikini* is for you! Jaffarian continues the adventures of Emma Whitecastle and Granny Apples, her crotchety, but wise maternal great-great-great-grandmother's ghost. When Emma and her boyfriend visit beautiful Catalina Island for a weekend of romance, she encounters the ghost of a 60s starlet who was killed on the island.

Emma enlists the aid of Granny Apples and several others living and dead to solve a murder mystery and help the starlet "cross over". Unlike Jaffarian's other serial heroine, Odelia Grey, Emma Whitecastle is not a fat woman. More emphasis is placed on their abilities and deeds than on their looks. There are no disparaging remarks or rude comments about character's weight in the book. The common stereo types that one often finds in novels when it comes to size or race are not present in this truly fun read.

ASDAH Educational Conference 2011



No BODY Left Behind--The HAES Model:
Ensuring an Inclusive Approach to Health & Wellness

Wellness

Conference Dates: Friday August 12 - Sunday August 14, 2011

Conference Location: Sofitel San Francisco Bay
223 Twin Dolphin Drive, Redwood City CA
(www.sofitel.com)

Hotel: ASDAH has negotiated an excellent room rate of \$99 (USD) per night, single or double, in this luxury hotel, with complimentary wired and wireless Internet access included. There is a free shuttle available from 6am to 11pm to and from the SFO airport, as well as free on-site parking and an option for valet parking at \$12/night.

EARLY BIRD Registration (\$275 ASDAH members/\$295 non-members) through June 15th!

Conference Presentation Topics:

- "Weight Science: Evaluating the Evidence for a Paradigm Shift"
- Weight Bias and Discrimination: What's the Right Prescription?

- First Do No Harm - Health At Every SizeSM - A Harm Reduction Approach
- Who gets to be Healthy? Supporting Wellness NOT 'Healthism'
- Film Premiere - 'America the Beautiful: Health For Sale'
- Meeting the Challenges of the Health At Every SizeSM Model

Find more information and registration at: <http://sizediversityandhealth.org>

Find Your Voice



How to Challenge Resistance and Talk Persuasively About Size Acceptance

A participatory workshop by celebrated HAES author & researcher Dr. Linda Bacon

Monday, August 15th, 2011 from 9:00 am to 4:30 pm in Redwood City, CA (near San Francisco Airport)

If you've ever tried to talk about size acceptance and met resistance, wanted to challenge body-bashing, fat-phobic or just plain ignorant comments on weight, but struggled getting your message across, wished you could project confidence and authority as an advocate for size acceptance, this workshop is for YOU!

In this full-day, participatory workshop with leading Health at Every Size scientist and spokesperson Linda Bacon, you will master techniques for reaching diverse audiences with the message of size acceptance. An accomplished speaker, author and advocate for size acceptance, Linda will help you:

- Speak with both authority and compassion as you make the case for a peaceful end to the Body Wars.
- Evaluate your audience and tailor persuasive messages that respond to their motivations and vulnerabilities.
- Confidently challenge deeply-held (and culturally reinforced) assumptions in non-threatening ways.
- Discern when to appeal emotionally, when to use intellectual arguments and how to effectively do both.

Whether at a dinner table or in a TV interview, picture yourself speaking calmly, confidently and persuasively when fat-bashing or dieting talk ensues. No matter your experience, you will leave this empowering, one-of-a-kind event with enhanced reasoning and response skills valuable in any forum.

This unique workshop will include demonstrations, original conference materials and small-group exercises to support your learning. Groups will be tailored to your needs and interests based on a pre-workshop placement survey. Whether you're already an experienced leader in the size acceptance movement, someone looking to change the direction of water cooler conversations or somewhere in between, you'll get the tools, support and inspiration to take your message further.

Early Registration through June 24th: \$99

Register by July 22nd: \$109;

Register by Aug 11th: \$119;

On-site registration \$129

Register now. Limited spaces available.

All profits will support size acceptance advocacy. In addition, 5% of your registration fee will be donated to the size acceptance organization of your choice. The following organizations are currently accepting donations: Association for Size Diversity and Health, Beyond Hunger, Boulder Youth Body Alliance, National Association to Advance Fat Acceptance, The Body Positive,

About-Face, and Andrea's Voice. If you would like to see an organization added to this list, please have them contact us.

<http://www.lindabacon.org/FindYourVoice.html>

Accessible Travel Solutions: Passengers of All Sizes



The [Association for Airline Passenger Rights \(AAPR\)](#) - in collaboration with the [ADA National Network](#), [DBTAC Great Lakes ADA Center](#), and [NAAFA](#) - will host an educational webinar on Accessible Travel Solutions: Passengers of All Sizes. The webinar will be held on **Tuesday, June 28th at 2:00pm Eastern** (1:00pm-2:30pm Central, 12:00pm-1:30pm Mountain, 11:00am-12:30pm Pacific, 10:00am-11:30am Alaska and 8:00am-9:30am Hawaii).

This webinar offers travel information and tips for passengers who fall outside of the "average" height and weight standards. While size is not protected by the Air Carrier Access Act (ACAA), per se, certain protected disabilities are associated with weight. In fact, Canada has taken steps to protect fat passengers under its disability protections. Since AAPR is working to improve air travel for passengers of ALL sizes, regardless of height or weight, it will lend practical advice on some dos and don'ts for passengers of size, as well as what is and what isn't covered under the ACAA law.

Presenters will include **Brandon Macsata**, AAPR's Executive Director, who will discuss the ACAA law; **Tony Harrell**, travel consultant & owner of Abundant Travel, who will review some common challenges facing passengers of size traveling by air, and will offer some practical solutions on finding comfortable itineraries at the best value; and **Bill Fabrey**, NAAFA founder and proprietor of Amplestuff, who will lend his personal experiences and lessons learned, as well as those from Amplestuff customers through the years.

Registration is only \$10 for AAPR members and \$35 for non-members (however, non-members can join for only \$10 and receive the discounted registration price of \$10, too - thus saving \$15). Additionally, all registered participants will receive a 20% off coupon from TravelPro to use at www.travelproluggageoutlet.com

To learn more, or register today, please visit <http://www.flyfriendlyskies.com/events.html>

Raffle for Another Fabulous Week in Hawaii



Only \$25 buys you a chance to win a week in a luxury condo at The Point at Poipu resort on the Garden Island of Kauai in Hawaii

(<http://www.diamondresorts.com/The-Point-at-Poipu>). Buying tickets raises much needed funds for the work NAAFA is doing to end discrimination against people of size.

Long time NAAFA members Carole Cullum and Kathy Brehm have once again generously donated a one week stay in their Hawaiian timeshare. Located on the sunny side of Kauai, overlooking the secluded and polished sands of Shipwreck Beach, The Point at Poipu features exceptional snorkeling and scuba diving. The unit is a two-bedroom, fully equipped accommodation with a fully equipped kitchen, luxury master bath and midweek housekeeping.

The vacation package for this raffle is scheduled for **November 25 - December 2, 2011**, with check in at 4 PM, November 25, 2010 and check out at 10 AM, December 2, 2010. Any request for change in date or location would be subject to charges by the resort of approximately \$200. **This vacation raffle does not include airfare.**

Tickets may be purchased through the NAAFA website (www.naafa.org) and will also be available for sale at the 2011 convention. Each chance to win this one-week island getaway valued at over \$3,500 will cost you only \$25, or five chances for \$100. Best of all, **you need not be present to win!** These are much better odds than any lottery and for a much better cause! Buy your tickets today!

Media and Research Roundup

by Bill and Terri Weitze

[Editor's Note: Find the latest news at <http://naafa.org>]

April 4, 2011: A new study appears to show that the concept of food "addiction" is proven by brain chemical similarities to substance addiction. However, a follow-up by Dr. Angelo Del Parigi's letter discusses problems with the conclusions, pointing out that the data do not show a connection between the hypothesized food addiction and fatness.

<http://archpsyc.ama-assn.org/cgi/content/short/archgenpsychiatry.2011.32>
<http://archpsyc.ama-assn.org/cgi/eletters/archgenpsychiatry.2011.32v1>

April 20, 2011: Lynn Grefe, president and CEO of the National Eating Disorders Association, thinks you should tell your fat friends to drop a few, and it's totally OK because it's for their health. Ignoring the protective and health-neutral aspects of fat, she says "If you think their health is at risk, it's not a judgment, it's a concern." Actually, it's rude and unnecessary.

http://articles.chicagotribune.com/2011-04-20/health/sc-health-0420-talking-about-obesity-20110420_1_weight-worries-weighty-subject-weight-loss

May 10, 2011: There is no longer an excuse for the media to use photos of headless fatties. Yale University's Rudd Center now has a gallery of photos of fat people for use by anyone (who agrees to their posted terms and conditions), free of charge.

http://yaleruddcenter.org/press/image_gallery.aspx

May 10, 2011: Sadly, plus-sized model and actress Mia Amber Davis dies at age 36 due to a blood clot following routine knee surgery to treat an old college basketball injury.

<http://www.usmagazine.com/celebritynews/news/road-trips-mia-amber-davis-dies-at-36-2011115>

May 10, 2011: A study by The Rudd Center indicates that negative images of fat people often used by the media not only causes fat-hatred and stigma, but the stress from the stigma may lead to unhealthful behavior by fat people.

http://articles.courant.com/2011-05-10/health/hc-weir-yale-obese-images-0511-20110510_1_obese-people-rebecca-puhl-photos
<http://www.informaworld.com/smpp/content~db=all~content=a931417878>

May 11, 2011: Once again being fat is shown to extend the life of patients with a serious condition. This time, a study shows that patients suffering from ALS (amyotrophic lateral sclerosis or Lou Gehrig's disease) have a lower risk of dying over a year or two. Dr. Anne-Marie Willis next plans to study possible benefits of being fat for Parkinson's disease patients.

http://www.boston.com/lifestyle/health/blog/dailydose/2011/05/can_obesity_pro.html
<http://onlinelibrary.wiley.com/doi/10.1002/mus.22114/abstract>

May 11, 2011: Non-diabetic fat pregnant women in Coventry (UK) are being given metformin as part of a study to see if the diabetes drug will prevent babies from being too big at birth by limiting the food supply to the fetus. Because drugging pregnant women has worked so well in the past . . .

<http://www.coventrytelegraph.net/news/coventrytimes/2011/05/11/overweight-pregnant-women-given-pill-to-stop-babies-being-born-obese-92746-28676251>

May 12, 2011: An article by Shelley Bridgeman in *The New Zealand Herald* provides readers with an introduction to size rights activism, showing how NAAFA and other groups are battling fat bias and fat-phobic behavior.

http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=10724866

May 12, 2011: In an open letter to Glenn Beck following his anti-fat tirade about her PSA warning of the dangers of skin cancer, Meghan McCain thanks Glenn for the free publicity and suggests that, since he has 2 teenage daughters, perhaps he would be well advised to drop the anti-women, negative body image rants. (Note that her issue is with harmful fat jokes, not with being called fat.)

<http://www.thedailybeast.com/blogs-and-stories/2011-05-12/meghan-mccain-to-glenn-beck-dont-call-me-fat>

May 13, 2011: Enjoy some great photos, along with accompanying quotes by NAAFA member Jeanette DePatie (author of *The Fat Chick Works Out*) at cbsnews.com's article "12 Fitness Tips for Fat Folks".

http://www.cbsnews.com/2300-204_162-10007692.html

May 13, 2011: Despite the snarky hosts of *The Morning Show* on Australian TV, the wonderful Lydia Jade Turner does a great job trying to educate people on HAES and that fitness matters a lot more than fatness.

<http://au.tv.yahoo.com/the-morning-show/video/-/watch/25213643/hold-on-to-ya>

May 15, 2011: Scientists have identified a part of the human genome linked to the genetics of diabetes, high density lipoprotein (HDL) cholesterol, and associated with metabolic traits. (A link to a typically-inaccurate report is provided.) The finding supports the idea that fatness does not cause diabetes or high cholesterol, but that some other cause (in this case, genetics) causes all of the above.

http://www.upi.com/Health_News/2011/05/16/Consortium-discovers-obesity-gene/UPI-77391305574675

<http://www.nature.com/ng/journal/v43/n6/full/ng.833.html>

May 17, 2011: Fifteen of the 105 ob-gyn practices surveyed in southern Florida admitted to refusing to treat patients who weighed more than a certain amount (some as low as 200 pounds). These offices claim they do not have the equipment to deal with fat patients and/or believe fat people are more prone to complications or to need specialist care.

<http://www.sun-sentinel.com/health/fl-hk-no-obesity-doc-20110516,0,333407.story>

May 18, 2011: Chain restaurants are acting to head off local governments from banning promotions tied to children's meals by joining forces with state and federal lawmakers. The restaurants feel parents should be making choices for their children not local government.

<http://www.latimes.com/business/la-fi-happy-meal-backlash-20110518,0,7236630.story>

May 19, 2011: Israel is proposing a bill that would ban very thin models from appearing in advertisements, hoping to end the anorectic beauty image as an ideal. Also, under the bill, if images are altered to make the model appear slimmer this must be disclosed. While very thin people do naturally exist and should not be shunned, the ban highlights the widespread problem of anorexia nervosa within (and caused by) the modeling industry.

<http://www.ynetnews.com/articles/0,7340,L-4069986,00.html>

May 20, 2011: In a letter to the editor, a high school student in Carroll, Iowa talks about how the Healthy Kids Act is not working and suggests that government funds might be better spent elsewhere.

<http://www.carrollspaper.com/main.asp?SectionID=4&SubSectionID=4&ArticleID=12139>

May 21, 2011: An interesting video blog by Rabbi Yaakov Salomon discusses the issue of fat people flying. Rabbi Salomon does not offer any answers but he gives a balanced discussion of the issues and urges people to think about whether this is discrimination. Surprisingly, the blog comments are overwhelmingly size positive.

http://www.aish.com/ci/ss/Too_Fat_to_Fly.html

May 22, 2011: Doctors in the UK will now be paid extra for simply telling their patients they should lose weight and keeping a list of their fat patients. The

National Health System is also paying for membership to groups such as Weight Watchers in the mistaken belief that such dieting groups work.

<http://www.telegraph.co.uk/health/8527835/GPs-will-be-paid-extra-to-tell-patients-they-are-fat.html>

May 23, 2011: There is a boom in joint replacement surgery for patients under 60 years of age, and for once the blame is not placed on fat people. (Even so, the Huffington Post article includes a "PS we hate you" about fatness.) Baby boomers, pursuing eternal youth through exercise, are wearing out their joints and are not willing to use canes or put up with stiffness or pain like their grandparents did.

http://www.huffingtonpost.com/2011/05/23/joint-replacement-knee-hip-surgery-baby-boomers_n_865368.html

<http://www.aaos.org/education/anmeet/programs/programs.asp> (download proceedings book from this page; abstract is on p. 531; paper number is 286)

May 24, 2011: After winning approval to lower the weight requirements for lap band surgery, Allergan is now asking the US FDA to approve the surgery for teens. You can contact the people at the FDA responsible for medical devices at dsmica@fda.hhs.gov and let them know how you feel about this (the second link gives phone numbers and mailing address).

<http://www.chicagotribune.com/health/la-fi-lap-band-teens-20110524,0,7642312.story>

<http://www.fda.gov/MedicalDevices/ResourcesforYou/Consumers>

May 24, 2011: The Dr. Oz show airs an episode called "Is it child abuse to have a fat child?" Translation: the stigma of being fat is now spreading to the parents of fat kids. On the bright side, Catherine Schuler of the International Size Acceptance Association spoke out against taking fat children into custody. NAAFA member Barbara Altman Bruno suggests that people contact the show to suggest that they do an episode on HAES (link provided below).

<http://www.doctoroz.com/plugger?tid=4880>

May 25, 2011: Plus-size actor Kirstie Alley defies the odds by becoming the runner-up in this season's Dancing with the Stars. After being the subject of fat jokes, Kirstie shows that big and beautiful can also be fit and graceful.

<http://www.examiner.com/tv-in-boston/kirstie-alley-loses-dwts-to-hines-ward-kirstie-was-better-than-expected-right>

May 25, 2011: An ad campaign in Colorado claims to be about destigmatizing weight but the true aim is the exact opposite, as its message is clearly fat equals unhealthy. (Categories shown are "healthy", "overweight", and "obese", even though people in the "overweight" category have been found to live the longest; see third link.) The ad uses fairly size-positive imagery of average people and points out that it's not always possible to tell what size category someone is in just by looking. Also not possible? Determining someone's health by their size.

<http://business-video.tmcnet.com/news/2011/05/25/5534502.htm>

<http://youtube.com/watch?v=pNnPE2nheZ8>

<http://jama.ama-assn.org/content/293/15/1861.short>

May 26, 2011: In an interview, Monica Coury, spokeswoman for Arizona's Medicaid program, tries to rationalize why it is appropriate to charge an additional \$50 a year to fat people and smokers who are on Medicaid, because she believes both represent lifestyle choices that drive up healthcare costs.

<http://www.nytimes.com/2011/05/27/us/27questions.html>

May 30, 2011: This amusing and insightful blog post discusses why Po, the fat panda in *Kung Fu Panda* and its current sequel, is a fat hero and size activist.

<http://danceswithfat.wordpress.com/2011/05/30/im-the-big-fat-panda>

May 31, 2011: New York City residents and companies are urged to participate in a program to get healthy and win cash prizes - for (did you guess) most weight loss. Yes, weight loss will be the only criterion for winning the prizes, once again promulgating the myth that significant weight loss will always result in improved health.

<http://www.marketwire.com/press-release/new-yorkers-unite-city-wide-wellness-initiative-lose-weight-gain-money-reduce-citys-1520769.htm>

June 3, 2011: Oxrelix Therapeutics is withdrawing its diet drug Contrave from the FDA approval process. The company plans to market the drug outside of the US where they hope that concerns over the drug's effect on the heart and very low efficacy won't be so closely questioned.

http://www.nytimes.com/2011/06/04/business/04bizbriefs-DRUGMAKERWIT_BRF.html

June 3, 2011: The British Psychological Society publishes an 84 page paper, *Obesity in the UK: A Psychological Perspective*. Taking a look at the offensive picture they used for the cover gives you an idea of the tone of the paper, which follows the standard fat equals unhealthy ideology. On the plus side, there is at least recognition that fatness is a complex issue.

http://www.bps.org.uk/sites/default/files/images/pat_rep95_obesity_web.pdf

June 6, 2011: According to a new study, since average caloric intake has not increased over the past 50 years, our increasing fatness must be because our jobs are more sedentary; the authors conclude that the focus for reducing obesity should be on exercise. This is a step in the right direction, although the authors don't seem to have considered dieting as a cause of long-term weight gain, to which many NAAFA members can attest.

<http://www.heraldonline.com/2011/06/06/3123356/changing-war-on-obesity.html>

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0019657>

June 6, 2011: Researchers fed three groups of 10 mice either high fat, low fat, or an alternating high/low fat diet. The low-fat-only group lived the longest, the alternating group was a close second, and the high-fat-only group lived the shortest. The researchers, presenting the as-yet unpublished study at the Endo 2011 conference, conclude that yoyo dieting is therefore totally OK, even though none of the mice were dieting (there was no restriction on food intake). The study actually seems to show that eating fatty foods is OK as long as you also eat other types of foods.

<http://www.ohio.edu/research/communications/yoyodiet.cfm>

<http://www.endo-society.org/endo2011>

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