



**national association
to advance
fat acceptance**

NAAFA Newsletter

Official Publication of
the National
Association to
Advance Fat
Acceptance
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NAAFA 2012 Convention/Summit Special



If you've been hoping to attend both the 2012 NAAFA Convention and the HAES™ Summit, but haven't made the decision yet, have we got a deal for you! From June 20 through July 4, we are offering the Convention/Summit Combo Special for only \$350.00. This represents a \$65.00 savings! Don't miss this opportunity to save and experience the best size acceptance event of the

year.

NAAFA workshops will include updates on political, employment, and grassroots activism; movement, dance, and water aerobics classes; self-defense, blogging, and even fat sex. The HAES Summit keynote speaker is Dr. Deb Burgard, a pioneer in the Health At Every Size® community.

Join us for these incredible events August 2nd-6th, 2012 at the San Francisco Airport Westin in Millbrae, CA. Register at

Wotasik and DePatie Rule!

[June Video of the Month](#)

NAAFA-LA Chapter members Julianne Wotasik and Jeanette DePatie (The Fat Chick Works Out) recently rocked fat acceptance on Fox 11 Los Angeles, letting people know that every body is a good body, and health and exercise are good for everyone. Jeanette has put both clips on her blog, which we've linked below. Big thanks to Julianne and Jeanette, and thanks to Fox LA for showing our side of the story without interruption from opposing views.

<http://fatchicksings.com/2012/05/24/julianne-wotasik-the-fat-chick-and-naafa-on-the-news>

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<http://www.gifttool.com/registrar/ShowEventDetails?ID=1558&EID=11224>

Book your room today and take advantage of our \$89 per night room rate at <https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1112156171&key=A819C>

Make plans now to join us for the 2012 NAAFA Convention and HAES™ Summit and become part of the solution!

NAAFA Issues Guidelines for Fitness Professionals

NAAFA supports the philosophy that physical activity benefits all body sizes and can be delivered and enjoyed free of size bias and judgment. To that end, NAAFA has partnered with veteran fitness expert Cinder Ernst to create guidelines for fitness professionals who serve (or want to serve) fat clients using a weight-neutral and body-positive approach.

"It is our goal to assist fitness professionals to think beyond the traditional dogma of exercising to reach a number on a scale. Instead, focus more on a health-centered approach to the overall well-being of their fat clients," states Lisa Tealer, NAAFA's Director of Programs, who is also a former aerobics instructor and health club owner.

The guidelines challenge the fitness professional to learn more about size discrimination and its effect on the health of fat people, and to consider the overall benefits of movement. They include tips on exercise modifications, use of language, and equipment. They also list additional resources, including journal articles, books, and websites. The guidelines are available for free at: http://issuu.com/naafa/docs/naafa_guidelinesfitness_combined_2012_v09_screen?mode=window&viewMode=singlePage

These new guidelines are part of a series of informational brochures that NAAFA has developed in partnership with leading experts. You'll find links to our Guidelines for Therapists, Health Care Providers, and Travel Tips on our website at www.naafa.org

Celebration Break!



by Cinder Ernst

Hello, Everyone! This month we are supposed to cover how to do pelvic tilts: standing and sitting. Instead, what we need to do is celebrate the NAAFA Guidelines for Fitness Professionals.

(If you can't wait another minute to learn a standing or sitting pelvic tilt you can go to my blog

<http://cindersays.com/2012/03/28/up-down-all-around-abs>)

Taking the time to celebrate is good for us all. Too often we just go on to the next task and don't acknowledge our accomplishments. As I coach, I encourage my clients to slow down and appreciate what went into the realization of a goal. That's what I am doing right now, for myself and your NAAFA leadership team.

The idea for these guidelines came from the NAAFA Board of Directors. It was a great idea! Plus lots of work went into the layout, proofing and editing, too. They

asked me to help with the content of the new guidelines brochure. At first, I didn't think I could meet the timeframe they had in mind, but I decided to go for it. What I didn't expect was how much I enjoyed the writing. In the process I discovered how passionate I am about making a difference amongst my fitness colleagues. I also realized just how knowledgeable I am. The importance of acknowledging this is that we all put aside our doubts and worries and went for it; all of us keeping in mind how these guidelines might contribute to the mission of NAAFA and the good of everyone. This finished product is the sweet proof of our contributions.

When you accomplish something you are proud of, take a moment, remember all that went into it and give yourself a YAY!

[Editor's note: Cinder will participate on panels and conduct workshops and demonstrations at the NAAFA Convention and Summit in August. Register now and come check her out!]

What NAAFA Means to Me

by Mimi

I was watching an episode of Phil Donahue back in 1989 about men who love fat women. Picture my surprise when I saw Bill Fabrey (founder of NAAFA), his wife Nancy Summer, Conrad Blickenstorfer, and his wife Ruby! This show surprised me. Why, you ask? These people seemed happy!

Up until that moment, my life as a fat person was not a happy one at all and I felt so alone. At the end of the show they flashed some info about NAAFA, known at that time as the National Association to Aid Fat Americans. I felt compelled to write to see what it was all about.

As I sat and waited for the info I kept thinking that this group has to be a ruse; just a scheme to shame me into losing weight and tell me what a loser I was. Then I received the information on Sigs (Special Interest Groups) and what NAAFA was all about. WOW, I was impressed and had finally found a place where I belonged.

I immediately joined a community where I literally fit in. One of my first contacts was with Mary Jane Grace-Brown and her husband Jim Brown. At that time Mary Jane was an active Board Member serving as the secretary. As I was considered a supersized gal, I was very interested in the Supersized Sig. Mary Jane was the head of that Sig. From the first letter that I received I felt an instant friendship waiting to happen.

We exchanged a few letters and she mentioned the Holiday Happening at the LaGuardia Marriott. Hmmm, I can meet people just like me; meet men who prefer women like me and potential new friends. I arrived at the Marriott all alone, scared and ashamed. OMG! My life literally changed: I found ME, I found my beauty, I found my inner strength, and I found my SELF WORTH. What a feeling!

I was able to start a chapter called the "Pocono Plumpkins" and we had about 32 members. We had meetings every month, and they turned into socials and gab sessions. The gab sessions were awesome, as people shared what they were going through and suggested different ideas about how to handle situations in the future. NAAFA not only helped me, but gave me a voice to help others. All of a sudden people were realizing their own self worth. Unless you see and experience these changes, you have no idea how wonderful you feel inside. I made friends for life.

Why did I share the all of this? I would love to help people in Daytona Beach, FL realize their own worth and see what true happiness is. I know I can't have enough friends. I'd like nothing more than to open my home for new gab sessions and socials. Gradually I would like to host dances, serve my community by educating those who don't understand the value of fat folks, help to support other fat folk and reach the ultimate goal of NAAFA; helping to teach people that Equality Comes in All Sizes.

I know that I cannot do this alone and am looking for people in my area who would like to assist me in starting a chapter. If anyone is interested in being part of NAAFA-Daytona Beach please email me at mimio@cfl.rr.com . I am looking forward to hearing from you.

A Legacy Gift to NAAFA

by Lisa Tealer, NAAFA Board of Directors Member

Stuart Roy Paddock was a NAAFA member from 1971 until his death in January of 2010. However, his legacy lives beyond his passing. NAAFA was the beneficiary of Stuart's estate, receiving a donation of over \$10,000. Upon receiving this news, the NAAFA board sent a letter to the Paddock-Robinson family acknowledging Stuart's generous gift. We ensured his family that NAAFA would honor his wishes

to continue its mission of education, support and advocacy. We are humbled by Stuart's faith in NAAFA as a civil rights organization. To learn more about Stuart's life, visit <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2010/03/10/MNPADDOCKS18.DTL#ixzz1wuDOjHwA>

As you develop your estate plan, please remember NAAFA as Stuart did, so that your legacy can live on by assisting NAAFA in building a world where Equality At Every Size does exist.

Book Review: *Big Big Love (Revised)*



*Book by Hanne Blank
Reviewed by Bill Weitze*

Sex! Now that I've got your attention, take a look at this update of the classic book *Big Big Love* by Hanne Blank. It's billed as "a sex and relationships guide" for fat people and those who love them. Sex is definitely a big part of what sells this book, but in actual fact there's only one chapter on sex. Most of the book is about self acceptance, relationships, fat fashion, fat advocacy, and so on.

That actually makes a lot of sense. We in NAAFA enjoy the benefits of a culture that we have worked to create that revels in the beauty of our fat (and non-fat) selves, and in the wonder of body diversity in general. Although

we are making some inroads, it's a fact that most fat folks not only have not joined NAAFA, they haven't heard of us. So it's important to get the general readership up to speed about the things in which the fat acceptance community believes. After all, how can you get it on if you're not feeling sexy, and how can you feel sexy if you don't feel good about yourself? In getting her readers ready to enjoy themselves, Hanne Blank is getting the word out about size acceptance, and we love that!

Not just educational, *Big Big Love* is fun and a pleasure to read. The book takes the reader, who is not assumed to know anything about fat positivity, on a journey, beginning with debunking some myths in the introduction, and moving on to self care, a who's who of fat folks and their admirers, relationships, health, and finally sex (plus a nice resource guide at the end). The sex is handled tastefully, with a few helpful illustrations. She even handles the more fringy aspects of fat sex with an evenhandedness and sensitivity that is rare and welcome.

If you're a long-time NAAFAn, I don't have to tell you that you'll love this book. But it's much more important that those who don't know about NAAFA, or fat pride, or the fat-o-sphere, or any of that, pick up this book and get a taste of our culture. If you have friends that have been resistant to your fat positivity (and aren't afraid of some frank talk about sex), give them this book. *Big Big Love* just might open their eyes and expand their minds.

Awkward Medical Questions

by Phyllis Warr

We all have them. Those health-related questions that we are a little embarrassed to ask our doctors about. Those questions that we fear we are the only people in the world who have them. Those are the questions that I am looking for. The ones you would like to ask Dr. Oz, but can't get to his television program to do so. At this year's convention we are having a health workshop where people will share information, ideas and, most importantly, uncomfortable questions that are health related.

To prepare for that workshop, please send your questions to me at PWarr1995@aol.com; I will research the answers to those questions and try to have answers for the workshop. If you have great solutions to certain problems that fat people are prone to have, I would like those, too, so send them along as well.

An Anthropologist's Understanding of Human Difference



by Yoko Ikari, University of Tokyo Ph.D candidate

I came to California from Japan in 2006 to begin my graduate fieldwork in cultural anthropology. My research theme was, broadly, the social construction of "obesity problems." I was a visiting scholar at the University of California, San Francisco, and began looking for my "field site" as any aspiring anthropologist does when they go to study another culture. My advisor at UCSF introduced me to some public health institutions. As I began my research I had an awkward feeling that I, myself, was taking part in the construction of the "problem" that I meant to study. In the summer of 2008, I got up the courage to attend my first NAAFA conference. It was both shocking and eye-opening. It was my good fortune to meet Marilyn Wann, who has become a friend and invaluable mentor. I returned to Japan in 2010 to write up the results of my research. In Japan, which has a much different context regarding body size, I found myself struggling to present my experiences. I struggled with how to represent difference.

Anthropology is based on the premise that there are differences between the "self" and "others." This has been the case since the discipline began in the context of colonialism in the 19th century. According to the "Declaration on Anthropology and Human Rights" of American Anthropology Association (AAA), "As a professional organization of anthropologists, the AAA has long been, and should continue to be, concerned whenever human difference is made the basis for a denial of basic human rights, where 'human' is understood in its full range of cultural, social, linguistic, psychological, and biological senses." However, fat has rarely been investigated as a subject. Why? I suppose because fat has not been recognized as a relevant form of human difference in our existing frames.

The fat acceptance movement emerged around the same time as other social movements such as civil rights, feminism and gay rights. These movements have become widely recognized and have, to different degrees, achieved some of their aims. However, if I understand correctly, although the fat acceptance movement has made strides, it still remains relatively unknown. To speak without fear of being mistaken, the identity politics behind most social movements have worked by highlighting one specific category (such as women, blacks, or gays), which is set in binary opposition to an "other" (men, whites or straights). By doing so, one is able to clearly express the differences in social status in terms of an opposing figure. However, it also meant that other kinds of differences were ignored, and by

doing so may dilute or weaken this binary opposition. As such, one may understand why fat was not included as a mainstream feminist issue.

The process of differentiation generates boundaries between us/them and inside/outside, producing power relations in between and inside the categories. The boundary can be race, gender, sexuality, class, or nationality. Once you grasp a difference, it tends to be fixed in a binary opposition. However, bodies are diverse. We cannot erase physical differences and reduce our diversity to fat and thin as a fixed dichotomy because each body already has multiple differences. Fat is a new category of difference that arises from cracks between categories such as woman, man, black, lesbian or gay.

The anthropologist Claude Levi-Strauss raised an alert in his book *The View from Afar* that communication needs differences to take place, but "perfect communication" leads to homogenization and spells doom for our creativity. While this is a cautionary statement regarding globalization and its effect on cultural diversity, I take from his statement a message: communication that allows multiple forms of difference to be expressed will open space for dynamic creativity to flourish. For me, NAAFA's goal of diversity and inclusion contains a similar message. Accepting our differences and continuing to communicate in a manner that recognizes them is what, I believe, will allow us to develop.

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LGBT Pride Month

by Julianne Wotasik

June is LGBT Pride Month (Lesbian, Gay, Bisexual and Transgender). June 28 marks the 43rd anniversary of the Stonewall Riots, considered by many to be the beginning of the Gay Rights Movement. I stand in gratitude and honor of the LGBT activists that came before me. In the last 43 years so much progress has been made for the Queer community. I am deeply grateful for activists like Harvey Milk, Ruth Simpson, Audre Lorde, and the many activists whose names we do not know. These people stood up and fought so that people like me could be treated equally in our society. Their efforts and sacrifices have borne much fruit. Just one month ago, the President of the United States publicly declared his support of Marriage Equality. I wish Harvey Milk, a politician and gay activist, was here to see that momentous occasion.

As I sat down to write this article, I was inspired by a blog by Ragen Chastain in which she commented on the amazing strides that the Queer community has made in the last four decades. She suggests that perhaps we in the size acceptance community can take encouragement from the LGBT Rights Movement. (I highly recommend that you read the blog in full here:

<http://danceswithfat.wordpress.com/2012/05/25/can-we-really-change-things>)

I often ask myself why the Fat Rights/Size Acceptance Movement is not larger/stronger/louder. One of the most poignant answers to this question came to me also from Ragen, who once said to me, "It is hard to have a civil rights movement with a group of people who aren't convinced that they deserve civil rights."

As a queer person, I remember when my thinking shifted from believing the messages my culture had given me about my sexuality ("Something is wrong with me. Being gay is wrong. This is MY fault.") to embracing the belief that being queer was something I could be proud of and celebrate. The shift in my thinking as a fat person was similar. I went from believing the messages my culture had given me about my body ("Something is wrong with me. Being fat is wrong. This is MY fault.") to embracing the belief that being fat was something I could be proud of and celebrate. I no longer saw myself or my queerness/fatness as the problem, but instead saw stigmatization of queer/fat people as the problem. Until these shifts in thinking, I don't think I could have stood up as an activist. It is difficult to call for equal treatment loudly and proudly when you feel that something is wrong with YOU.

The people involved in the Stonewall Riots decided that enough was enough. They believed that the treatment they were receiving was WRONG. They didn't think they deserved being jailed, beaten, intimidated, or publicly ridiculed. They stood up and fought back. There is still a long way to go, but thanks to these brave people, the Gay Rights Movement has made great progress.

Perhaps this month we can come to believe, as fat people, that we deserve civil rights. Perhaps June can be a time when we deepen our respect for our bodies and seek to increase our celebration of body diversity. Perhaps we can educate and empower ourselves. If you want some encouragement or some suggestions for reading material on these matters, please don't hesitate to contact me or reach out to someone else in the fat rights movement.

I am inspired by Congressman John Lewis, who said, "My position is very, very simple. That I fought too long and too hard against discrimination based on race and color, not to stand up and fight against discrimination based on sexual orientation. If you're going to provide civil rights and equality for everybody, you cannot draw a line, you cannot build a wall. We must respect the dignity and the worth of every human being whether they are gay or straight." I would encourage us all to take these words to heart. Let's stand as Fat Activists who will fight discrimination wherever it rears its ugly head. Discrimination, whether based on race, sexual orientation or body size, is WRONG. Every human being, regardless of race, sexual orientation or body size, deserves equality and respect.

Your Body Raks: Belly Dance, Body Justice and Joy



Etang Inyang and Tammy Johnson of Oakland's acclaimed belly dance duo *Raks Africa* have launched *Your Body Raks*, a movement and wellness business that celebrates bodies of every size. *Your Body Raks* integrates belly dance with writing, mindfulness activities, and art-making. *Your Body Raks* provides women and girls with the tools needed to fully embrace their bodies and resist negative messages about themselves, while having lots of fun learning the art of belly dance. The values of belly dance, body justice and joy are the essential components of the *Your Body Raks* experience.

Your Body Raks was inspired by the success and the expanding demands of the *Girls Raks Bellydance and Body Image Program*. The repeated refrain of "I need this" from the mothers of the participants and other women compelled Etang and Tammy to take their work to the next level. The women reminded them that we never totally shed the body shaming experienced in our youth, and continue to suffer from as a result of being immersed in a culture that tells us that we are not good enough. *Your Body Raks* was created to provide a self-defining space for women and girls that is all about body liberation.

Big-bellied black women who love every inch of their bodies, Tammy and Etang believe in dance at every size. *Your Body Raks* is inclusive, serving women of all shapes and sizes. Reinforcing the idea that belly dance is a dance for everybody and every b-o-d-y, their performances flaunt their rejection of stereotypes about the dance and who has access to it.

Monday classes are held at the Jeffrey Bihl Studio in North Oakland at 6 PM and Wednesday classes are at 6:45 PM at the Oakland Asian Cultural Center in downtown Oakland. More details about classes and other services can be found at www.yourbodyraks.com and at their Facebook page.

NAAFA is proud to be a sponsor of the 2012 Hotter than July event, a benefit to support the Girls Raks Belly Dance and Body Image Program. This event will be held on Saturday, July 28th at 1:00PM at the La Pena Cultural Center Theater, 3105 Shattuck Avenue in Berkeley, California. To learn more about this event visit <http://yourbodyraks.com/girls-raks/hotter-than-july>

Raks Africa will perform and conduct a workshop at the NAAFA Convention in August. Register now to join them at our exciting event!

Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafa.org>]

September 2, 2011: Researchers look at the concept of obesity causing a drop in life expectancy in the U.S. and found a substantial decline in the association between obesity and overall mortality. In other words, there are old fat people and there will likely be more of them in the future.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1728-4457.2011.00429.x/abstract>

April 24, 2012: A study (presented at the Experimental Biology meeting and not yet published) finds that first graders are less likely to want to play with fat children than their thinner counterparts. Rebecca Puhl (Director of Research at the Rudd Center) commented that the study not only shows that discrimination starts early but that the consequences of being the target of that discrimination are also starting early.

<http://lifestyle.kstc45.com/Global/story.asp?S=17683087>

May 2012: Lisa Gable, President of Healthy Weight Commitment Foundation appears on Lifetime TV's *The Balancing Act*. Partnering with Girl Scouts of America, the Foundation has produced booklets on healthy eating and exercising; however, the goal is "solving" obesity through the over-simplified concept of calories in/calories out.

<http://www.healthyweightcommit.org/media/videos>

<http://www.youtube.com/watch?v=KyXd-oZ8s0>

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

May 11, 2012: Lynn McAfee is interviewed as part of an in-depth article on why fat stigma and discrimination is so prevalent in the US, and how this hinders the war on obesity. The article's focus on weight instead of health is a perfect demonstration of the problem.

<http://www.reuters.com/article/2012/05/11/us-obesity-stigma-idUSBRE84A0PA20120511>

May 11, 2012: On June 27, the FDA will decide whether to approve Lorcaserin, a new anti-obesity drug, for use in the United States. The drug has caused breast tumors in rats but this side effect has not shown up in human trials. Half of the trial participants lost 5% of their body weight, but once the drug is stopped the weight came back.

<http://www.redorbit.com/news/health/1112533703/new-anti-obesity-drug-approved-by-expert-panel>

May 12, 2012: Blogger Coffey discusses Alice Randall's article (the May 5 item in last month's NAAFA Newsletter) calling for black women to make a goal of weight loss. As Coffey points out it is time for people to stop discussing weight and start discussing health for all black people.

<http://www.rippdemup.com/2012/05/nytimes-writer-says-black-women-want-to-be-fat>

May 14, 2012: Marilyn Wann looks at HBO's *Weight of the Nation* on its premiere date, providing lots of information on how we got here, plus links to the voices of reason that are trying to combat this latest blast of fat fear mongering. In *The Huffington Post*, Dr. Linda Bacon discusses her fears of how the show will result in more fat stigma and discrimination, and do nothing to make anyone healthier.

http://blogs.sfweekly.com/exhibitionist/2012/05/weight_of_the_nation_fat_shaming.php

http://www.huffingtonpost.com/linda-bacon-phd-ma-ma/weight-of-the-nation_b_1516251.html

May 14, 2012: *The New York Times* interviews Dr. Carson C. Chow, the mathematician and physicist who helped develop an improved formula for predicting weight loss by dieting that better accounts for changes in metabolism due to dieting (see February 21 item in the March NAAFA Newsletter). Since Dr. Chow believes that "all diets work" and that the cause of obesity is the availability of too much inexpensive food, it seems he should do a little more learning about the subject.

<http://www.nytimes.com/2012/05/15/science/a-mathematical-challenge-to-obesity.html>

May 15, 2012: Dr. Lily O'Hara discusses several studies on environmental circumstances that may (or may not) contribute to weight gain. Understanding that correlation does not equal causation, Dr. O'Hara offers these studies to show that being fat is a lot more complex than simply eating too much and exercising too little.

<http://healthateverysizeblog.org/2012/05/15/the-haes-files-uncommon-knowledge-about-changes-in-body-weight-part-2>

May 18, 2012: *Berkeley Daily Planet* columnist Helen Rippier Wheeler turns to Renaissance writer John Dryden and her own experiences to show that how well one ages while fat is affected by societal circumstance. While her words have an anti-fat slant, she does mention NAAFA in a positive light.

<http://www.berkeleydailyplanet.com/issue/2012-05-18/article/39735?headline=SENIOR-POWER-resolved-to-grow-fat--By-Helen-Rippier-Wheeler>

May 22, 2012: Between 1997 and 2006, death from cardiovascular disease and stroke among people with diabetes fell by 40% and deaths from all-causes dropped 23% for diabetics according to a new study, even though diabetics are still getting fatter on average.

<http://www.reuters.com/article/2012/05/22/us-usa-health-diabetes-idUSBRE84L19320120522>
<http://care.diabetesjournals.org/content/35/6/1252>

May 23, 2012: Professionals are urged to read a petition to the American Psychological Association concerning the Association's proposed development of Clinical Treatment Guidelines for Obesity. If you agree that the proposed Guidelines may contribute to the structural and institutional discrimination and stigmatization of people of higher weights please sign and circulate the petition.

<http://www.change.org/petitions/american-psychological-association-open-letter-of-concern-panel-on-obesity>

May 23, 2012: *Jezebel* covers the use of copyrighted material from the Adipositivity website by Comedy Central's *Tosh.O* website to help spread bigotry and fat-phobia. The picture was removed after the photo's owner contacted Comedy Central's legal department.

<http://jezebel.com/5912704/noted-dick-tosh0-uses-stolen-fat+positive-photo-to-make-fun-of-fat-people>

May 24, 2012: People who are metabolically healthy (defined as having normal levels of markers like blood pressure, blood sugar, HDL, or "good" cholesterol, and C-reactive protein) are not at risk for heart disease whether or not they are fat, according to a new study out of the U.K.

<http://www.reuters.com/article/2012/05/24/us-obesity-heartrisk-idUSBRE84NOVU20120524>
<http://jcem.endojournals.org/content/early/2012/04/16/jc.2011-3475.abstract>

May 24, 2012: In an interview, Beth Ditto discusses her desire to start new plus-size clothing lines, her life as a fat celebrity, and some of the people who she looks up to in the size acceptance community and elsewhere.

<http://www.vulture.com/2012/05/beth-ditto-has-beef-with-karl-lagerfeld.html>

May 25, 2012: Airbus is offering two 20-inch seats on either side of the single aisle in their A320 airbus instead of three 18-inch seats on either side. The company says that airlines can increase profits by charging more for the wider seats.

<http://www.rappler.com/business/5920-airbus-eyes-fatter-profits-from-seats-for-obese>

May 29, 2012: According to a new study, removing blood from a patient may improve blood pressure, lower cholesterol, and drop blood glucose in obese patients with metabolic syndrome. The researchers believe that this is due to a reduction of the body's iron stores that accompanies the blood loss.

<http://www.dailyrx.com/news-article/blood-removal-may-lower-cardiovascular-risk-19294.html>
<http://www.biomedcentral.com/1741-7015/10/54/abstract>

May 29, 2012: Another study looking at fat prejudice finds that there is a residual stigma against people who previously were fat, even when they have lost weight. The study also found that when participants were told that weight loss is easily possible, negative attitudes towards fat people increased.

<http://medicalxpress.com/news/2012-05-female-fat-prejudice-persists-weight.html>
<http://www.nature.com/oby/journal/vaop/ncurrent/full/oby201255a.html>

May 29, 2012: Jeanette DePatie and Julianne Wotasik appear on *Dr. Drew*, taking caller questions and facing off against Meme Roth. Jeanette and Julianne perform

with grace under fire as they face a host who has issues with fat people, as well as the famously fat-phobic Roth. The transcript from the show is also linked below.

<http://www.hlnet.com/video/2012/05/29/it-ok-be-fat-0>

<http://fatchicksings.com/2012/05/30/what-we-said-before-meme-came-on>

<http://transcripts.cnn.com/TRANSCRIPTS/1205/29/ddhln.01.html>

May 30, 2012: A report by a committee of the UK Parliament, along with the YMCA, says diets do not work, and in fact, contribute to eating disorders including binge eating. The report recommends a review of the efficacy and safety of dieting in comparison to weight-neutral programs such as HAES™.

http://www.huffingtonpost.co.uk/sue-thomason/post_3394_b_1556126.html

http://issuu.com/bodyimage/docs/reflections_on_body_image

June 2, 2012: An opinion piece questions whether a low salt diet is necessary or even beneficial. Most low-salt proponents ignore research that suggests that salt is not as harmful as once believed and that too little salt may be harmful. Without reaching a final conclusion, the author suggests that science should be about ascertaining all the facts, not just the ones that support your belief or "common knowledge". We agree.

<http://www.nytimes.com/2012/06/03/opinion/sunday/we-only-think-we-know-the-truth-about-salt.html>

June 3, 2012: A video of a fat woman working out and telling the world how she eats healthy, works out and is still fat, and that is fine because health is what is important. Sadly and predictably, many of the comments are full of fat phobia and disinterest in facts.

<http://www.youtube.com/watch?v=1AHQSeBxbSU>

June 4, 2012: While more children may be fat, a new study shows that the increase in size has not led to a proportionate increase in hypertension among children. The researchers recommend further study to learn the reason for this so that the risk of hypertension can be lowered in others.

<http://www.medpagetoday.com/Cardiology/Hypertension/33031>

<http://pediatrics.aappublications.org/content/early/2012/05/29/peds.2011-3302.abstract>

June 5, 2012: A study concludes that black teenage girls engaging in high levels of physical activity are as likely to become obese as those peers that do not exercise as much, while white teenage girls who exercise are less likely to become obese. This is being touted as bad news for black girls. The real bad news is that weight loss was considered the only "benefit" of exercise and that nobody looked at the overall health benefits.

<http://www.latimes.com/news/science/la-sci-exercise-obesity-link-20120605,0,763544.story>

<http://archpedi.jamanetwork.com/article.aspx?articleid=1171936>

June 5, 2012: Children and teens who are exposed, for even a short time, to severe under nutrition or famine, are at a greater risk of developing type 2 diabetes according to a new study. Since the body does not understand the difference between famine and dieting, this might be one more reason to avoid dieting, particularly for young people.

<http://www.doctorslounge.com/index.php/news/pb/29584>

<http://diabetes.diabetesjournals.org/content/early/2012/05/24/db11-1559.short>

June 12, 2012: Gerald Rubin, PhD offers a website for poor people to make the most of their food dollars by buying cheap calorie-dense food. Dr. Rubin believes that the myth of the obesity epidemic has been used to propagate the idea that calorie-dense foods are somehow bad, causing increase in food insecurity among the poor.

<http://www.recessionfoodguide.com>

<http://www.no-obesity-epidemic.org>

June 12, 2012: Amy Herskowitz tells about using Marilyn Wann's Yay!Scale™ to celebrate International No Diet Day at the office, the different reactions she got from her coworkers, and how they learned that they are more than their a number on a scale.

<http://healthateverysizeblog.org/2012/06/12/the-haes-files-using-the-yay-scale-at-work-a-social-experiment-in-changing-attitudes>

June 13, 2012: Pattie Thomas, PhD suggests that the American Psychological Association include fat people (especially researchers, activists, artists and cultural creatives) in the process of creating psychological guidelines related to fatness. Otherwise, Dr. Thomas believes, the APA risks repeating the same mistakes made in the past treatment of sexual orientation.

<http://www.psychologytoday.com/blog/i-take-space/201206/dear-apa-fat-is-not-symptom-or-disease>

June 14, 2012: An inquest on the death of a 64-year old woman who had undergone weight loss surgery (WLS) in the UK determined that she had suffocated because of food lodged in her esophagus, a known complication of this elective surgery.

<http://abcnews.go.com/Health/Wellness/uk-woman-chokes-death-weight-loss-surgery/story?id=16566239>

June 15, 2012: A blogger looks at the National Weight Control Registry, whose members are often touted as proof that people can lose weight and keep it off, and why the NWCR and its members are not what most people think.

<http://neverdietagainuk.blogspot.co.uk/2012/06/national-weight-control-registry-gold.html>

June 15, 2012: Jeanette DePatie is interviewed on *Improve Every Year* on WomensRadio, getting a chance to explain why fitness is good for everyone and getting movement in your life is a benefit to everyone no matter what their size.

<http://www.womensradio.com/2012/06/exercise-is-for-everyone>

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