



**national association
to advance
fat acceptance**

NAAFA Newsletter

**National Association to Advance
Fat Acceptance**
June 2013

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Weight Based Wellness Programs Don't Work!

In early May of this year, the Equal Employment Opportunity Commission (EEOC) invited members of the public to submit written comments on any issues or matters discussed at their hearing on Wellness Programs. "Employers may want to take this opportunity to tell the EEOC why they believe these programs are important to the efficient operation of their businesses," advised an alert by law firm Jackson Lewis LLP.

Through efforts initiated by NAAFA member Darliene Howell, NAAFA members, as well as other organizations and members of our community, rose to the occasion and submitted written comments regarding the lack of effectiveness of wellness programs that focus on weight loss as a measure of success. You may read the final document submitted by the community wide efforts at: <http://tinyurl.com/nyn4xkp> The NAAFA board of Directors sent the following letter to the EEOC:

To: Commissionmeetingcomments@eeoc.gov.
From: NAAFA

Sirs:

Thank you for the opportunity to comment on the meeting of May 8, 2013 - *Wellness Programs Under Federal Equal Employment Opportunity Laws*.

NAAFA, a civil rights organization working for equality at every size, objects to some of the wellness programs currently being instituted by employers. Our objection is not with employers offering wellness programs; it is with those whose wellness programs include punitive measures or differential rewards based on health status factors, including a person's cholesterol, blood pressure, weight or body mass index. Body size or weight is not a proxy for health or wellness. These programs are discriminatory practices.

Because weight loss efforts (from dietary restriction [Tomiya, et al, 2010] [Mann, et al, 2007] [McTiernan, et al, 2004] to surgical intervention [Shankar, et al, 2010] [Himpens, et al, 2011] [Derogar, et al, 2013]) carry significant health risks and may be complicated by medication [Fernstrom, 1995] or other conditions, the decision to attempt weight loss is a private one that should only be made in consultation with one's personal physician. Wellness programs should never require the use of BMI or other measures of weight as a required metric for that reason; to the extent that a measurement of weight is used, alternate measures that are independent of weight must also be used to avoid disproportionately discriminating against fat people with disabilities by what will be a de facto requirement that they disclose personal and confidential medical information or, alternatively, attempt medical interventions that are dangerous for them compared to their thin counterparts.

A 2002 study, Evaluating a 'non-diet' wellness intervention for improvement of metabolic fitness, psychological well-being and eating and activity behaviors, whose objective was "to evaluate the effects of a 'health-centered' non-diet wellness program, and to compare this program to a traditional 'weight loss-centered' diet program;" concluded:

"Over a 1 y[ear] period, a diet approach results in weight loss for those who complete the intervention, while a non-diet approach does not. **However, a non-diet approach can produce similar improvements in metabolic fitness, psychology and eating behavior, while at the same time effectively minimizing the attrition common in diet programs.**" [Emphasis added]

Studies indicate that dieting results in one third to two thirds of dieters regaining more weight than they lost on their diets (aka yoyo dieting) [Mann, 2007 and Pietilainen, 2012]; yoyo dieting has a negative effect on the immune function [Hutchison, 2004].

The 2013 study, Wellness Incentives In The Workplace: Cost Savings Through Cost Shifting To Unhealthy Workers [Horwitz, et al, 2013], states "Recognizing the risk that unhealthy employees might be punished rather than helped by such programs, the [Affordable Care] act also forbids health-based discrimination." Additionally, it finds: "Although there may be other valid reasons, beyond lowering costs, to institute workplace wellness programs, **we found little evidence that such programs can easily save costs through health improvement without being discriminatory.** Our evidence suggests that savings to employers may come from cost shifting, with the most vulnerable employees--those from lower socioeconomic strata with the most health risks--probably bearing greater costs that in effect subsidize their healthier colleagues." [Emphasis added]

It Gets Fatter!

[June Video of the Month](#)

Fat people are as diverse as . . . well, people. And fat acceptance means acceptance for everyone. From the It Gets Fatter "about us" page, "We want to create a space to talk about how important . . . fat positivity can be in this horribly, offensively fatphobic world. And since people of color are socialized in entirely different ways from white folks when it comes to our bodies and the ways we relate to them, we think it's high time we had a space to really talk about what that looks like."

<http://vimeo.com/48403123>

Quick Links

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For supersize individuals at the highest end of the weight spectrum who are disabled by their weight, protections under the ADA are now clear via both court decisions and EEOC guidance. To avoid blatant discrimination, all Wellness Programs must have a mechanism to accommodate such individuals so that they have the same ability to earn discounts and avoid penalties as their thin peers. A Wellness Program that allows (or requires) a person to walk a daily mile to earn a bonus (or avoid a penalty) would clearly violate the rights of a person with a disability who could not walk, and this remains true even if the disabled individual might be able to walk in the future if they engage in Herculean efforts. So, too, the requirement that a supersize person who is disabled by their weight achieve a "normal"/target BMI to earn a bonus (or avoid a penalty) would violate his/her rights, even if he/she might be able to do so via Herculean efforts.

NAAFA supports the evidence-based principles of Health At Every Size (HAES). These principles are aligned with our mission. Instead of focusing on weight as a measurement of health, the HAES approach removes weight from the equation and replaces it with a focus on overall well-being, which includes the full range of body shapes and sizes. For information on HAES principles, go to <http://www.naafaonline.com/dev2/education/haes.html>

As representatives of one of the major stakeholders involved, NAAFA members and the NAAFA Board of Directors support a thorough examination of the rules guiding employer wellness programs to ensure that they are not promoting discriminatory hiring and employment practices.

We appreciate the willingness of the EEOC to listen to the concerns of the public, and NAAFA is offering its assistance in referring experts who may be of service to you in finding health-based alternative wellness programs.

Sincerely,
The NAAFA Board of Directors

NAAFA Announces Keynote Speakers



NAAFA, the civil rights organization working for Equality at Every Size, announces **two** fantastic keynote speakers at its upcoming 2013 Annual Convention & Expo, being held on July 25-29, 2013 at the Westin Hotel, Casino & Spa, 160 East Flamingo Road, Las Vegas, NV 89109.

Bruce Sturgell, Founder & CEO of Chubstr Media, will be speaking on "The Journey to Find my Own Style." Chubstr.com helps fat men find, create, and share their style with the world by offering articles, resources, and reader photo submissions. Sturgell has been featured in the New York Times, New York Magazine, The L.A. Times, MSN.com, and MOO.com for the unique and interesting content he's created through Chubstr.

"We're thrilled that someone of Bruce's caliber and expertise has agreed to join NAAFA in Las Vegas to share his vision," said Jason Docherty, NAAFA Board Chair. "He has positioned Chubstr as a leading voice in the plus size fashion world, especially for big men. He has demonstrated that with the right brand and marketing messaging, it is indeed possible for people of size to be reflected in positive images in today's

media."



In addition, **Lynne Hurdle-Price**, CEO of Nomada What Productions and Hurdle-Price Professionals, will give a keynote speech on "Weighting on Us: Supporting Our Children in a Fat Shaming Society." At an early age, Lynne Hurdle-Price, a native Bronxite, discovered a love for dancing, singing, acting and writing. As an educational consultant for Hurdle-Price Professionals she incorporates the performing arts into her work as a trainer, facilitator and speaker. She also formed Nomada What Productions Inc., providing entertainment that teaches that we all have a purpose and inspires us to find it and live it "Nomada What". As a woman whose life has been affected by society's obsession with weight, she delivered her first TEDxWomen talk titled *The Weight of Hate* in 2012.

"What an amazing coup for NAAFA to have Lynne Hurdle-Price participating at our annual convention this year," said Jason Docherty, NAAFA Board Chair. "Her message is one that resonates beyond the size community and into the daily conversations of a diverse subset of our society. She takes to task the fact that size discrimination is the last culturally accepted form of discrimination, and her message is one that

will be welcomed at our convention."

"Promoting Equality: All Sizes Welcome!" is the preeminent event for size diversity advocates from the United States, Canada and worldwide. NAAFA has a tradition of using educational convention sessions as a platform for innovation in the areas of diversity, size acceptance activism and nondiscrimination practices and policies.

Visit NAAFA's website today at <http://www.naafaonline.com/convention2013> to learn more about the NAAFA 2013 Annual Convention & Expo. Convention registration and hotel accommodations can be completed right from the website.

NAAFA's Got Talent!

NAAFA members are a talented bunch and it's been a year since we showcased some of that singing, dancing, poetry reading, storytelling and comedic talent!

Come join us on Sunday, July 28, 2013 at 6 PM at the 2013 NAAFA convention for a riotously good time! For this talent show to be a success, we need YOU to step up and show us your talent. Whatever your talent, please contact Peggy Howell at pr@naafa.org and tell us what you'll be sharing with us this year. If your talent involves music, you can bring your own CD or Peggy will make sure that DJ Satisfaction has the music you need for your song, dance, recitation or magic act; whatever it is that you will be performing for our adoring audience!

Did I mention that there will be prizes awarded for the top three talented performers? You can't win if you don't perform, so start practicing!

Pride, Prejudice and Perseverance

by *Brandon Macsata*

"No one can make you feel inferior without your consent." -- Eleanor Roosevelt

As American society increasingly finds itself accepting the LGBT community and LGBT equality, it stands to reason that the month of June, with all its "Gay Pride" (here after referred to as "Pride") events and fanfare, should gain even more significance, right? Not necessarily so, at least not for this one openly gay opinionated advocate. I've never been someone who puts much stock into the



Pride events, because I'm a proud gay man seven days a week, 52 weeks a year. I don't need a parade, poster or party to provide comfort in my sexuality. I have my family, faith and friends to help me with that . . . including my fat friends at NAAFA.

For me personally, Pride has lost so much of the meaning and relevance in today's society. I find it ironic that a community that has endured so much bigotry, discrimination, hatred, and prejudice can also find it acceptable to support those very same things against people of size (regardless of sexuality). It is not a secret that so many gay men are obsessed with outward appearance, body size (waists 30 and under on men who should be 32-34, for example), and societal status. Is that a strong indictment of my fellow gay men? You bet it is. And I'm just getting started.

It amazes me how many of my friends and colleagues, who are openly gay like me, will question my logic for supporting NAAFA and its mission of size equality, as well as my commitment to ending the mischaracterization of fat people as being "self-destructive, disgusting, disgraceful or shameful" (yes, studies have shown that these are some of the most common words associated with fat people in American culture today). There is a huge disconnect when one marginalized population further marginalizes another marginalized

population. That creates a lot of margins, wouldn't you agree? For me, margins are barriers and frankly we need fewer of them. It is ironic considering that many in the extreme right wing Evangelical Christian community have used those very same words to characterize who . . . you guessed it, gay men.

As a physically fit, athletic "gay gym rat" I'm proud to support my brothers and sisters who are fat. In fact, I love them. I value them collectively for the content of their character, and not their weight. Likewise, I ask people to value me for my actions, and not my sexuality. If I were going to create a Twitter hash-tag for this principle, it would be #consistency.

But I'll take my soap box even one step further. I'm an openly proud gay man who is also living with HIV-infection. Nothing like adding an entirely new level of stigma to a guy!

Let me ask you this question; do any of these statements sound familiar to you?

"Those people have brought that condition upon themselves, and they have no one to blame but themselves," or "They are a burden on our health care delivery system," or "Why should society, or government take care of people who obviously cannot take care of themselves," or "Their risky behavior isn't something that we should condone."

I bet they do, right? Well, each one of these statements is one that has been said, and continues to be said, about people like me because of my HIV status. How does that make me any different than you, even though I'm not a person of size? I've argued with many gay men, even some who are also HIV-positive like me, who use these EXACT same statements when talking about people and their weight. So, during Pride let's all leave our prejudice at the door and join together to persevere and bring an end to bullying, hatred and stigma.

Curvy Yoga



by Anna Guest-Jelley

Have you ever considered yoga but weren't sure if it would work for your fat body? Or been to a yoga class only to find not another fat person for miles?

Me, too.

And that's why, after years of practicing yoga and always being the biggest person in the room -- by far -- I started *Curvy Yoga*.

Curvy Yoga is body positive yoga that is created with the needs of fat bodies in the foreground. In a *Curvy Yoga* class, you will hear instructions on how to move your belly to

be more comfortable in a forward bend. You'll also get ideas on what alignment actually works for fat bodies, in a way that is both safe and feels good. The goal of each class is to allow each student to practice in a way that works for her/his body, with whatever needs it has today.

We fit the practice to the person, not the other way around. No pretzel body required.

Yoga can be a wonderful and joyful form of movement for fat folks when it takes our needs into consideration. It connects us with our bodies, gives us some headspace in which to chill, and allows us to both stretch and build strength in safe ways.

To learn more about *Curvy Yoga*, please visit <http://www.curvyoga.com/quick-start-guide> There you will find my top tips on getting started with yoga right away. While you're on the site, check out our Classes page to see if we have a class near you. New teachers are popping up all over the place!

Anna Guest-Jelley is the founder of Curvy Yoga, a training and inspiration portal for fat yogis and their teachers. As a writer, teacher and lifelong champion for empowerment and body acceptance, Anna encourages people of every size, age and ability to grab life by the curves. And never let go.

Comfort and Beauty

by Cinder Ernst

Lisa Tealer and I did the first 2013 NAAFA Teleseminar called **The Top 3 Tips to Get Stronger and be Fit to Fight Fat Discrimination**. We had a great time teaching and the participants loved it.

I often hear from readers with foot pain who would like to wear comfortable yet stylish shoes. I always refer those questions to Lisa. If you want to look beautiful and cool, Lisa is your woman. She's going to tell you what works for her feet and her life.

"I have flat feet and developed Plantar Fasciitis. I worked with my podiatrist and Cinder to determine exercises and the types of shoes I should wear. I need arch support and a bit of lift in the heel. Lately, I have worn Earthies, Merrells and Nike's lines of structured tennis shoes (to boogie in Cinder's Class). Nordstrom has a brand with built in arch support and wide widths in several styles called Munro. I recommend, when you can, buy quality. Your feet are not only an extension of you and your style, but they are critical to your overall health. As for exercises, doing heel lifts, foot stretches and extensions helps keep my plantar in check. I also stopped walking bare foot at home. Now I wear slippers and flip flops with arch support. Regular pedicures help to keep my feet happy, healthy and cute too!" says Lisa.



"I found as I age that I need to wear a shoe with a 1 1/2" to 2" heel or wedge. This shifts my weight slightly forward and takes the strain off the arch. SAS makes some of the most comfortable shoes and sandals I have found. The sandals feel like walking on a cloud. They are not cheap but are American made to last a long time!" states Peggy Howell. <http://sasshoes.com>

Foot pain really gets in the way of life, so if you have a shoe that works, write to coach@cinderernst.com and tell us about it. We'll compile a list so everyone can benefit.

Thanks and love,
Cinder, Lisa and Peggy

Media and Research Roundup

by Bill and Terri Weitze

[There's more news at <http://naafa.org>]

February 2013: Researchers wishing to measure fat bias among medical students have created a new tool called the NEW (Nutrition, Exercise and Weight Management) Attitudes Scale. They hope to use this scale to identify fat bias and provide training to help alleviate this barrier to patient-physician rapport.

http://journals.lww.com/academicmedicine/Abstract/2013/02000/Measuring_Medical_Student_Attitudes_and_Beliefs.36.aspx

February 28, 2013: Weight loss industry lobbyist Morgan Downey compiles a list of 82 putative causes for obesity, correctly pointing out that, if there are that many supposed causes, how can we say what the cause is? While we salute him for the list, it appears there is at least one entry missing from the list: Dieting and other forms of weight loss attempts.

<http://www.downeyobesityreport.com/2013/02/the-putative-82-causes-of-obesity>

May 7, 2013: In a brave and moving post, Tiffany (of More Cabaret, a Los Angeles troupe of fat performers) tells of how a life spent pursuing a thin body can lead to more than just disappointment and frustration. (Her father appears to have been the subject of a "therapeutic starvation" study; see second link, p. 105.)

<http://morecabaret.com/2013/05/07/why-i-dont-diet-an-ode-to-my-father>

<http://books.google.com/books?id=WFIEAAAAMBAJ&pg=PA106&ots=igD1d9ViJJ>

May 10, 2013: In the face of rising legal challenges to wellness programs, employers are turning to the EEOC (Equal Employment Opportunity Commission) to provide guidelines and clarification for the legal implementation of those programs. The EEOC's request for public comment ended on May 23.

<http://www.shrm.org/hrdisciplines/benefits/Articles/Pages/Wellness-EEOC.aspx>

May 14, 2013: Joanna B, a student at California State University Chico, posts a video that explores the HAES concepts, how they work, and why they are important to her.

<http://www.youtube.com/watch?v=S1p2W8TRVl0>

May 15, 2013: Mark Kern, Ph.D reviews Robert H. Lustig, M.D.'s book *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease*, challenging many statements made in the book on a scientific basis. Dr. Kern believes that books such as Dr. Lustig's that demonize particular foods are regressive and serve to confuse rather than educate the consumer about nutrition.

<http://admin.sweetenerstudies.com/sites/default/files/resources/files/Scientific-Review-of-Lustigs-Fat-Chance.pdf>

May 15, 2013: More studies are being done to track the microbial environment inside human beings. Some scientists believe that a healthy and diversified microbial community may be more important for good health than previously thought, leading some to propose that it could be a contributor to metabolic syndrome. Given that the gut is home for these beneficial microbes, why would anyone partially amputate a healthy gut as with weight loss surgery?

<http://www.nytimes.com/2013/05/19/magazine/say-hello-to-the-100-trillion-bacteria-that-make-up-your-microbiome.html>

May 16, 2013: In sharing stories of size discrimination and size acceptance, *The Huffington Post* shows that all sorts of people are the victims of fat prejudice and asks readers to share their own stories.

http://www.huffingtonpost.com/2013/05/16/fat-prejudice-exists-take_n_3287852.html

May 17, 2013: Actor Jim O'Heir (Jerry from *Parks and Recreation*) demonstrates how fat people can wear Abercrombie & Fitch clothing (should they ever want to) by making his own fashion statement with A&F shirts.

<http://jezebel.com/how-to-wear-a-f-while-fat-as-demonstrated-by-jerry-fro-508204412>

May 19, 2013: Life coach Golda Poretsky talks about her life as a fat person and how Health at Every Size and loving her body just as it is has improved her life and the lives of her clients. And if you like it, fight the haters by giving it a thumbs up!

<http://youtu.be/73SXX0w4eY8>

May 21, 2013: Jon Robison, PhD, MS, gives a brief overview of some of the facts behind employer "wellness programs" and explains that the claims behind the plans are not supported by science.

<http://healthateverysizeblog.org/2013/05/21/the-haes-files-wellness-at-the-workplace-the-safeway-debacle>

May 22, 2013: In the wake of the latest study headed by Katherine Flegal (reporting that "overweight" people were 6% less likely to die than "normal" weight over the same time period), Virginia Hughes questions why some researchers seem to be unwilling to even entertain the concept that fat does not necessarily mean unhealthy.

<http://www.forbes.com/sites/trevorbutterworth/2013/05/27/top-science-journal-rebukes-harvards-top-nutritionist>

<http://www.nature.com/news/the-big-fat-truth-1.13039>
<http://phenomena.nationalgeographic.com/2013/05/22/the-obesity-apologists>

May 22, 2013: An article questioning whether a yoga studio for fat people would be worthwhile in the Washington DC area seems to miss the point. It is not merely about people feeling "uncomfortable" in a new place. It is about providing fat people, who live in a fat phobic society, with a safe environment and instructors who have knowledge and experience in dealing with fat bodies.
<http://www.washingtonian.com/blogs/wellbeing/fitness/does-dc-need-fat-yoga.php>

May 22, 2013: As the fallout from the 2006 interview of Abercrombie & Fitch's CEO, Mike Jeffries, continues, *USA Today.com* shares some videos of how people are answering Mr. Jeffries and letting the rest of the world know that, while his comments were not questioned in 2006, they are no longer acceptable.
<http://www.usatoday.com/media/cinematic/video/2351727/attractive-fat-campaign-challenges-company-usa-now-video>
<http://www.themilitantbaker.com/2013/05/to-mike-jeffries-co-abc-bercrombie-fitch.html>

May 22, 2013: Another news story coming out of a study that looks at physicians' rapport with fat patients (see NAAFA Roundup April 29, 2013, third link below) claims that a side effect of the lack of rapport is that fat patients tend to change doctors more often, leading to a lack of continuity in their care and more trips to the emergency room. Lead study author, Kimberly A. Gudzone, says: "We need to strive to create a safe, judgment-free environment where all patients can receive satisfying medical care."
<http://www.newsmxhealth.com/Health-Wire/obese-doctor-shopping-care/2013/05/22/id/505916>
<http://onlinelibrary.wiley.com/doi/10.1002/oby.20384/abstract>
http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/May%202013%20NAAFA%20Newsletter.html#LETTER_BLOCK23

May 24, 2013: A US-government ordered report on employer wellness programs shows that these programs most often do nothing to lower blood pressure, cholesterol or blood sugar, and any weight loss is seldom long lasting. Reuters reports on the poor results of these types of programs and why they do not work as claimed.
<http://www.reuters.com/article/2013/05/24/us-wellness-idUSBRE94N0XX20130524>

May 28, 2013: A two-piece swimsuit nicknamed the fatkini is a big hit with consumers. The suits, inspired by blogger Gabi Gregg and sold by swimsuitsforall.com, sold out in a matter of days. Hopefully, other retailers will notice that fat women want to have choices for colorful, fun and sexy swimwear.
<http://abcnews.go.com/GMA/video/size-piece-fatkini-flies-off-store-shelves-19270364>

May 31, 2013: Pattie Thomas, Ph.D. pens a response to a January 2013 blog post in *National Review Online*, covered here in February (second link). The *National Review* post purports to be about fat politics but is mainly a thinly disguised exercise in fat bashing. In her response Dr. Thomas explains how both sides of the political aisle miss the mark on fat rights.
<http://www.psychologytoday.com/blog/i-take-space/201305/fat-is-libertarian-issue>
http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/February%202013%20NAAFA%20Newsletter.html#LETTER_BLOCK22

May 31, 2013: Dr. Christian Roberts presents his studies (as yet unpublished) examining the benefits of lifestyle modification absent weight loss at the American College of Sports Medicine's 60th annual meeting. Dr. Roberts believes that a focus on lifestyle, rather than weight, is more helpful in preventing chronic disease.
<http://www.healthcanal.com/metabolic-problems/39294-obesity-beautiful-hypotheses-upteasant-facts.html>

June 3, 2013: Yet another article look at the propensity of fat people to "doctor shop" as if it is some big mystery. The article gives some helpful hints to doctors, like talking to the patient respectfully. Just the idea that you have to remind anyone (much less a doctor) to talk respectfully to a human being should explain why fat people have so much trouble finding an acceptable primary care physician.
<http://www.amednews.com/article/20130603/health/130609980/6>

June 4, 2013: A study out of Stanford University shows that trying to make fat children lose weight does little to improve adult health. Children who are fat may grow up to be not-fat adults, and not-fat children may become fat adults. The researchers recommend either holding off intervention or use universal strategies where all children are taught about healthy lifestyle choices.
www.marketwatch.com/story/treatment-of-childhood-obesity-will-do-little-to-improve-adult-health-outcomes-predicts-stanford-study-2013-06-04
<http://mdm.sagepub.com/content/33/2/163.short>

June 6, 2013: Thanks to Marilyn Wann, California's First 5 is caught joining other anti-childhood obesity groups that use photoshopping. In the current ad campaign, fat children are created from stock photos of not-fat children. Even though studies show that this type of body shaming is ineffective, First 5 stands by the ad. We've linked to a few examples of the fairly large social and mass media attention Marilyn's sleuthing garnered.
http://www.huffingtonpost.com/2013/06/06/first-5-childhood-obesity-ad_n_3397245.html
<http://www.businessinsider.com/first-5-photoshops-kids-to-look-obese-2013-6>
<http://fatchicksings.com/2013/06/05/california-gov-health-organization-photoshops-kids-picture-to-fight-childhood-obesity>
<http://news.msn.com/pop-culture/anti-obesity-campaign-photoshops-kids-to-make-them-look-fat>

June 6, 2013: Gender studies sociologist Abigail Saguy is interviewed by WICN, an NPR station in Portland, MA, about her new book, *What's Wrong with Fat?*
<http://www.wicn.org/podcasts/audio/abigail-saguy-whats-wrong-fat>

June 8, 2013: Writer Alisa Fleck looks at the problem with employer wellness programs, especially when they are used to punish employees rather than encourage good health. The problem is exacerbated because the plans tend to confound being fat with being unhealthy.
<http://truth-out.org/news/item/16782-are-company-health-care-incentive-programs-dangerously-overstepping-their-bounds>

June 11, 2013: An article provides additional insights into the thinking behind the name change that is being considered by NAAFA. As stated in the previous issue, let your voice be heard by e-mailing pr@naafa.org
<http://associationsnow.com/2013/06/whats-in-an-association-name-change>

June 13, 2013: *USA Today* and market research company NPD Group are both reporting that over the last 15 years there has been a steady decline of sugar consumption by both adults and children in the US. And yet, fat people still exist, proving that fatness does not have a single cause.
<http://conscienhealth.org/2013/06/sugar-obesity-villain-or-has-been>

June 13, 2013: Independent film *All of Me: A Story of Love, Loss and Last Resorts* premieres at the Los Angeles Film Festival. Focusing on the lives and friendships of a group of supersized women in Texas, the movie hopes to debunk fat stereotypes and show the struggle to maintain dignity and friendships in a world that devalues and humiliates fat people.
<http://abcnews.go.com/Health/obese-women-struggle-lose-weight-find-dignity/story?id=19395288>

June 14, 2013: Studies on WLS (weight loss surgery) for the "mildly obese" (BMI less than 35) in *Surgery for Obesity and Related Diseases* show some benefit, but the researchers caution that there is little long term data on WLS for people in this weight range.
<http://www.medpagetoday.com/Endocrinology/Obesity/39672>

<http://www.soard.org/article/S1550-7289%2813%2900170-6/abstract>
<http://www.soard.org/article/S1550-7289%2813%2900180-9/abstract>
<http://www.soard.org/article/S1550-7289%2813%2900179-2/abstract>

Founded in 1969, NAAFA 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>

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