



**national association
to advance
fat acceptance**

NAAFA Newsletter

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NAAFA Responds to Recommendation from U.S. Preventive Services Task Force

NAAFA, a civil rights organization working for Equality at Every Size, agrees that eating a well-balanced healthy diet and adding enjoyable movement to one's life is good for all bodies, regardless of the size or weight of said body. We do, however, have a concern that the recommendation, "Behavioral Counseling to Promote a Healthy Diet and Physical Activity for Cardiovascular Disease (CVD) Prevention in Adults with Known Risk Factors", made by the U.S. Preventive Services Task Force (USPSTF), focuses only on people of higher body weight with a particular focus on weight loss.

Promoting healthful eating is great, but these recommendations are not directed at everyone. Instead, they are directed at people who are "obese", perpetuating the stereotyping and stigmatization of people with larger bodies. Multiple studies indicate that an individual can improve her/his health and increase her/his longevity without losing weight.

NAAFA is concerned that:

- The USPSTF's recommendation is for intensive counseling on diet despite the fact that dieting for the purpose of weight loss fails in the long term.
- Yo-yo dieting (weight loss and regain) is detrimental to long term health and the immune function.
- There is little evidence that dieting results in significant health improvements, regardless of weight change.
- Diet failure is frequently blamed on the patient and can lead to discrimination.

NAAFA is concerned that the USPSTF recommends that primary care clinicians refer their obese patients for "intensive counseling on diet and physical activity". Our major concern is that diets fail with dieters regaining all their weight, sometimes plus more (yo-yo dieting), within three to five years:

<http://www.ncbi.nlm.nih.gov/sites/entrez/1580453>

As many as 40% of American women and 24% of American men are trying to lose weight at any given time; many have tried a variety of methods, such as diets,

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June 2014

Confessions of a Bully

[June Video of the Month](#)

This month's inspiring selection is a very touching video that shows the kind of change that can be made in the lives of children. END BULLYING NOW!

<https://shine.yahoo.com/parenting/-confessions-of-a-bully---how-one-7-year-old-boy-is-trying-to-end-bullying-165608273.html>

Quick Links

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[End Bullying Now](#)

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exercise, behavior modification, and drugs. In controlled settings, participants who remain in weight loss programs usually lose approximately 10% of their weight. However, one third to two thirds of the weight is regained within one year, and almost all is regained within five years. Survey data also confirm that many Americans who are not overweight, particularly young women, are trying to lose weight, which may have adverse physical and psychological consequences:
<http://www.ncbi.nlm.nih.gov/sites/entrez/1580453>

Yo-yo dieting is more detrimental to your long term health than maintaining a higher weight and may have a negative effect on immune function:
<http://www.fhcrc.org/about/ne/news/2004/06/01/yoyodieting.html>

In Medicare's search for effective obesity treatments, their studies show that one third to two thirds of dieters regain more weight than they lost on their diets, and these studies likely underestimate the extent to which dieting is counterproductive because of several methodological problems, all of which bias the studies toward showing successful weight loss maintenance. In addition, the studies do not provide consistent evidence that dieting results in significant health improvements, regardless of weight change. In sum, there is little support for the notion that diets lead to lasting weight loss or health benefits:
http://mann.bol.ucla.edu/files/Diets_don't_work.pdf

NAAFA is also concerned about the blame that will be placed on the patient because of the failure of the diet. Although weight bias may originate in the belief that overweight individuals have weak character and could lose weight if they simply tried, the results of the 2009 study, Weight Prejudice and Medical Policy, indicate that weight bias goes beyond such stigmatization to clear dislike and negativity toward the overweight, leading to support for discrimination:
<http://onlinelibrary.wiley.com/doi/10.1111/j.1530-2415.2009.01175.x/abstract>

The National Institutes of Health reported in 2013 that negative weight stereotypes were present among some professionals treating eating disorders. Although 88% of professionals felt confident and 84% felt prepared to provide treatment to obese patients, 56% had observed other professionals in their field making negative comments about obese patients, 42% believed that practitioners who treat eating disorders often have negative stereotypes about obese patients, 35% indicated that practitioners feel uncomfortable caring for obese patients, and 29% reported that their colleagues have negative attitudes toward obese patients:
<http://www.ncbi.nlm.nih.gov/pubmed/24038385>

NAAFA supports and recommends Healthy at Every Size (HAES), a lifestyle that supports people in adopting healthy habits for the sake of health and well-being, not weight control. HAES proposes that health is a result of behaviors that are independent of body weight and submits that societal obsession with thinness does not allow for diversity in body shapes and sizes:
<http://www.naafaonline.com/dev2/education/haes.html>

These principles are aligned with our mission of protecting the rights of and improving the quality of life for fat people. 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.

To learn more about Health At Every Size as a way to promote healthful behaviors, you may refer to a number of resources on the web, or specifically to the book, *Health At Every Size, The Surprising Truth About Your Weight*, by Linda Bacon, PhD [<http://www.lindabacon.org/haesbook>]; and a very informative video, *Health At Every Size and Mindful Eating at Any Age*, by Michelle Newman Morris, PhD, RD [<http://tinyurl.com/cfpu9lv>].

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]

Maintaining or improving fitness is associated with a lower risk of all-cause and CVD mortality in men. Preventing age-associated fitness loss is important for

longevity regardless of BMI change:

<http://circ.ahajournals.org/content/124/23/2483.abstract>

NAAFA has created tools, brochures, and toolkits, which we make available to view and/or copy on our website at www.naafa.org. We have a brochure specific to physicians who treat fat patients at: <http://tinyurl.com/7gbev6>

NAAFA appreciates the willingness of the USPSTF to listen to the concerns of the public and are happy to offer our assistance in referring experts who may be of service to you in finding health-based alternatives.

Sincerely, NAAFA Board of Directors

End Bullying Now Campaign Running Strong in the OC



by Donna Frey

Chapter members and volunteers have been very busy coordinating fun and exciting anti-bullying programs for kids in Orange County this spring. Through the efforts of the chapter officers and volunteers from other organizations, we have managed to engage hundreds of students in the campaign to End Bullying Now (EBN).

On Thursday, May 22nd, the OC Chapter collaborated with the Anaheim YMCA, the Magnolia School District, Savanna Achieves Program, and the Orange County BLUES professional soccer team to host the End Bullying Now All-Star Soccer Game. Two students from 13 schools were selected to play in the game side by side with 11 OC BLUES players. The Orange team was coached by Andrew Hoxie from New York and the Blue team was coached by Stephan Okai from Ghana. Over 250 students were bused from their schools to Salk Elementary School to watch this exciting event. The purpose of the event was to teach students the importance of fair play and encouragement toward one another rather than bullying the opposing team. All students and soccer players took the EBN pledge and prizes were given out throughout the event. The half time program was dedicated to discussing the pledge and what it means. Overall, the event was a huge success!



On Friday, May 30th, the OC Chapter held an evening End Bullying Now Rally at Maxwell Elementary School. 110 students and 36 adult volunteers came together for this exciting and special event. We also had a surprise visit from the Power Rangers! Students spent the evening playing games, eating, dancing, face painting, and coloring End Bullying Now posters. Each student and volunteer received an EBN t-shirt and backpack. The event was so successful that parents asked us if we could organize a rally, not just for students, but for the entire family!

NAAFA-CC Continues to Spread the Word



The Clark County Chapter of NAAFA continues to raise awareness of our END BULLYING NOW (EBN) Campaign by attending two more Safe Summer Nights community events in the Las Vegas Valley. The second of five Safe Summer Nights events was held on May 23, 2014, at JT McWilliams Elementary School. The third event was held Friday, May 30, 2014, at Booker Elementary School.

The Safe Summer Nights events are very positive events and offer great opportunities to our community. Along with free face painting, music, balloons, and free hot dogs, parents and kids were offered dental and vision exams as well as information about other services available to families who need them.

END BULLYING NOW has been very well received at every event. These informational events have helped to raise awareness of NAAFA's campaign and afforded our chapter some very exciting future opportunities to make presentations

to parents, the staff of another non-profit and, even, at a school assembly this fall. At these two events, 78 kids and 51 adults signed EBN pledge cards promising to help end bullying.

Our next event will be June 25, 2014 from 5:30 - 7:30pm at Stupak Community Center, 251 W. Boston Ave., Las Vegas, NV 89102. If you are in Clark County, please come by and support your team. Join us in working to END BULLYING NOW!

Celebrating LGBT Pride Month



by Phyllis Warr

Whether we are gay or straight, everyone is welcome to celebrate LGBT Pride Month. It is an annual celebration commemorating those who participated in the Stonewall Riots, in New York City in June of 1969. President Bill Clinton was the first President to declare June Pride Month in 2000. During the month of June, many cities and towns coordinate huge pride parades; the largest being held in San Francisco, Chicago and New York.

While times and opinions have changed through the years, there is still a need to bring the struggles of gay, lesbian, bi-sexual and transgender people to the attention of everyone. Unfortunately, many people are still unwilling to recognize, embrace and accept people who are different from themselves. While there have been great strides made in the area of civil rights, there are still several groups who continue to experience discrimination. Fat folks know this well.

In movies and television programs, we have more openly gay characters that are not caricatures, but are shown as folks wanting what every human being wants, love and respect being at the top of the list. While I have not seen the program, I do know that a transgendered person is a main character in the Netflix program, *Orange Is the New Black*. Actress Laverne Cox is in her second season portraying a transgendered woman in a women's prison, and was honored with a recent cover of *Time* magazine. Cox is the first transgendered person to be on a major mainstream magazine cover. The cover story was about the plight of transgendered people, how it has changed through the years and the community's hopes for future improvement. This cover article is a major step toward acceptance in the larger society.

The biggest step forward in many states in the US and other countries is that same sex marriage is now legal. This has been a long time coming, and many people have worked extremely hard to demonstrate that same sex marriage will not destroy families. There is nothing to support this bias. Many same sex couples who have been together for several years have been able to marry and greatly enrich their relationships with the ceremony and the "piece of paper", which comes with marriage. This can only be a good thing.

As we work for the civil rights of people of size, we should work to make sure all people are treated fairly in our society. While one group is excluded or treated unfairly today, another group can be excluded tomorrow. In 2011, President Obama "call[ed] upon all Americans to observe this month by fighting prejudice and discrimination in their own lives and everywhere it exists." Whether you are gay, straight or a gay ally, Happy LGBT Pride Month!

Small Steps for Sweet Reasons

by Cinder Ernst

The way to get stronger is to exercise. The best way to be successful is to just take a small step. If you'd like to be consistent, then add a sweet reason to that small step. For instance, we know our dogs need exercise and we love them, so we get up and take them for walks. Loving and caring for your dog is a compelling reason to get out the door.

When you find a compelling reason to take action, you can be successful with ease and grace. I call this a Sweet Reason (Good reasons like various health



improvements are good, but they are not enough or everyone would be as fit as they want to be).

One of my clients wants to have enough strength and stamina to be able to create a beautiful space in her new home where she can have a romantic lunch with her wife. Can you see all the sweet reasons in that desire?

Many people want to be able to engage with their grandchildren more actively or enjoy their next vacation fully. What is it for you? Look for your sweet reason in these questions: Who do you love? Who loves you? What is important or meaningful to you?

If you'd like a way to get stronger by walking more, follow these guidelines:

Get Your Walk On

1) **Get centered in your heart.**

Bring to mind someone or something

that you love or care deeply about; your sweet reason will be close by.

2) **Start where you're at.** What is a comfortable walking distance for you right now? 10 steps, 1/4 block, 1/2 mile . . . what is your starting point? Answer these questions without drama, it's easier that way.

3) **Begin** with your comfortable walking distance and do that for a time.

4) **Increase in SMALL, EASY** increments. If walking 10 steps is comfortable, increase your distance by adding five steps at a time. If 1/4 block is comfortable, add 1/8 block. You get the idea. Go slow, be gentle. I have a client who walks around her car one time before getting in it and she's getting stronger and stronger.

If you have questions or need help with something let me know

coach@cinderernst.com

Love,
Cinder

Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and

<http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

February 14, 2014: Carole Alison Chrvala, PhD finds that weight loss surgery may or may not "cure" Type 2 diabetes, depending on the length of time since diagnosis, treatment with insulin, body mass index (BMI), and waist circumference. <http://www.medpagetoday.com/resource-center/advances-in-diabetes/gastric-bypass/a/44303>

May 17, 2014: The American Association of Clinical Endocrinologists (AACE) and the American College of Endocrinology (ACE) propose a more "medically meaningful diagnosis of obesity" and focus on the health rather than the weight of the patient. Unfortunately, (a) it's still a size-based diagnosis, and (b) every proposed treatment includes caloric restrictions.

<http://www.medscape.com/viewarticle/825322>

<https://www.aace.com/files/2014-advanced-framework-for-a-new-diagnosis-of-obesity-as-a-chronic-disease.pdf>

May 18, 2014: Consumers International and the World Obesity Federation want governments to start regulating food the same way as tobacco, including (for example) extra taxes and warnings on "bad" foods. Dr. Ian Campbell, founder of

the UK's National Obesity Forum, comments, "One significant difference between tobacco regulation and food regulation is that we need food to survive; we don't need tobacco."

<http://www.bbc.com/news/health-27446958>

May 18, 2014: A New York Times article proposes that being fat makes you fatter; that calories are "locked away" in fat tissue instead of circulating in the bloodstream, the body needs an increase of calories, we end up feeling hungrier, and end up getting fatter. Several letters to the editor point out some fallacies in the article (second link).

<http://www.nytimes.com/2014/05/18/opinion/sunday/always-hungry-heres-why.html>

<http://www.nytimes.com/2014/05/22/opinion/the-science-behind-overeating.html>

May 27, 2014: Tennis player Taylor Townsend's journey to body acceptance shows how even high performing athletes are sometimes judged on how their body looks and not on what they achieve.

<http://www.nytimes.com/2014/05/28/sports/tennis/questioned-about-body-taylor-townsend-rises-and-inspires.html>

May 30, 2014: The Academy for Eating Disorders issues a statement opposing BMI "report cards" used by the New York Department of Education, as they are not effective and can lead to eating disorders and weight bias. The AED urges health promotion without a narrow focus on body weight and BMI.

<http://www.aedweb.org/web/index.php/education/education-publications/press-releases>

June 2, 2014: Swimsuitsforall.com wants women of all sizes to feel comfortable and sexy on the beach. They have created a digital calendar with women of diverse sizes in poses from the Sports Illustrated swimsuit issue. Also, you can check out the video feature featuring the models and calendar creators.

<http://www.swimsuitsforall.com//Sexy-At-Every-Curve>

June 2, 2014: A study in The Lancet finds that nearly 30 percent of the world's population is overweight or obese, and that no country has reduced its obesity rate in the last 33 years. The study also shows that, while there are some patterns, obesity is not evenly distributed by region, ethnic group or national income levels.

<http://www.nytimes.com/2014/06/03/health/no-nation-has-lowered-obesity-rate-in-33-years.html>

<http://www.healthdata.org/research-article/global-regional-and-national-prevalence-overweight-and-obesity-children-and-adults>

June 3, 2014: Samantha Peterson is a fat poet to be reckoned with and enjoyed. Her words move her audience and she delivers an important message that her fat body is a good body.

http://www.huffingtonpost.com/2014/06/03/samantha-peterson-slam-poetry_n_5438474.html

June 4, 2014: An article on exercise and weight loss discusses how exercising for the fun of it is more effective than exercising just to lose weight. As the comment by Dr. Deah Schwartz points out, if the goal is weight loss the person is less likely to continue when the weight loss stops, but if the goal is enjoyment the person is more likely to continue and reap the health benefits of exercise with or without weight loss.

<http://well.blogs.nytimes.com/2014/06/04/losing-weight-may-require-some-serious-fun/?comments#permid=11948446>

June 4, 2014: A recent study finds that long term significant weight loss is not possible for most people. "No kidding," respond fat people around the world.

<http://www.cbc.ca/news/health/obesity-research-confirms-long-term-weight-loss-almost-impossible-1.2663585>

http://mann.bol.ucla.edu/files/Diets_don%27t_work.pdf

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>