



**national association
to advance
fat acceptance**

NAAFA Newsletter

In This Issue

[Fat Shaming Is Not a Motivator!](#)

[Action: Comment on Proposed EEOC Wellness Program Rule Changes](#)

[In Memory of Judy Bagshaw](#)

[From the Chair](#)

[Book Review: Body of Truth](#)

[Do you need knee surgery?](#)

[Media and Research Roundup](#)

Fat Shaming Is Not a Motivator!

NAAFA strongly objects to a series of stigmatizing and fat-shaming ads created by the League Against Obesity-Guatemala. The ads feature fat men in attire specific to particular occupations, such as astronaut, firefighter and pilot, with the caption "NO KID DREAMS OF BECOMING AN OVERWEIGHT ADULT". Studies have shown that shaming and stigmatizing fat people will do nothing to positively affect the health of the populace and in fact serves to increase negative attitudes toward fat people.

"Social science research shows that stigma leads to a higher risk of self-harm, poorer health, and social isolation for people with or threatened with the stigmatized characteristic," states Deb Burgard, PhD., Clinical Psychologist, Eating Disorders Specialist and NAAFA Advisory Board Member. "Fat or thin, we all pay dearly for a culture that stigmatizes the diversity of human bodies. Surely the ethical path is to liberate us all from this burden, not to intensify it."

The study [Weight Stigma: Health Implications](#) concludes that weight stigma:

- Compromises psychological well-being
- Is NOT an effective motivator for lifestyle changes
- Affects healthcare

More positive media portrayals of fat people may help reduce weight stigma and its associated negative health outcomes according to a [2012 study](#).

NAAFA, a civil rights organization working for Equality at Every Size, wants the League Against Obesity-Guatemala to know that fat shaming and public embarrassment do not achieve positive results. They are tools of the dark ages.

"NAAFA urges people to understand and embrace size diversity. We come in all sizes. You cannot determine a person's health, ability to do a good job or talent based on their body size." stated Peggy Howell, NAAFA's Vice Chairman & Public Relations Director.

Action: Comment on Proposed EEOC Wellness

**National Association
to Advance Fat
Acceptance**
June 2015

Plus-Size Swimwear Lookbook

Lookbooks are fun, but this is more. In the voiceover, model Loey Lane talks about the rudeness she faces as a fat woman and how she came to self acceptance. Also? Swimwear!

http://youtube.com/watch?v=d_kcIUVPsDw

Quick Links

[NAAFA.org](#)
[NAAFA-CC.org](#)

Facebook

[Main](#)
[Cause](#)
[SF Bay](#)
[Capital](#)
[Orange County](#)
[Los Angeles](#)
[Clark County](#)
[End Bullying Now](#)

Twitter

[MySpace](#)

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health, and are used with permission.

[Join Our Mailing List!](#)

Program Rule Changes



The United States Equal Employment Opportunity Commission (EEOC) has drafted rule changes to "the regulations and interpretive guidance implementing Title I of the Americans with Disabilities Act (ADA) as they relate

to employer wellness programs . . . to provide guidance on the extent to which employers may use incentives to encourage employees to participate in wellness programs that include disability-related inquiries and/or medical examinations." The proposed rule changes are open for public comment through June 19, 2015, and can be found at <https://www.federalregister.gov/articles/2015/04/20/2015-08827/amendments-to-regulations-under-the-americans-with-disabilities-act>

The Commission invites written comments from members of the public on any issues related to this proposed rule, including general comments about wellness programs or about particular practices that might violate the ADA or other laws enforced by the EEOC.

NAAFA and the Association for Size Diversity and Health (ASDAH) are working together on a comment for submission. However, if you are interested in submitting a personal comment, submit your comment online by clicking the "SUBMIT A FORMAL COMMENT" link in the green box near the top of the page link listed above and referencing "Comment to the Equal Employment Opportunity Commission (EEOC) RIN number 3046-AB01".

In Memory of Judy Bagshaw



We are very sorry to report that author Judy Bagshaw passed away the evening of May 24, 2015. Judy was a retired elementary schoolteacher and author from southern Ontario, Canada. She was a self-described "woman with a mission and a unique vision". Her romantic stories show plus size women living rich, involved lives. Her mission to write grew out of her own personal struggles living in a world in which fat is reviled.

Judy will be remembered for her short story collection *At Long Last, Love* (Pearlsong Press, April 2007) and the novel *Kiss Me, Nate!* (Pearlsong Press, April 2013), as well as other works.

Our deepest sympathies go to her loved ones who have been left behind.

From the Chair



by Phyllis Warr

Greetings NAAFAnS! We finally have some summer-like weather, at least in the Chicago area. While it is not officially summertime, the fun of no school for students and teachers has started for many. I hope everyone gets to take advantage of the better weather to get out and enjoy life more.

Although we will not be gathering for a NAAFA conference this summer, I hope that you will contact your NAAFA friends and renew those friendships on your own. I find it easy to contact people through Facebook. I send messages and read their pages to see what fun things they are doing. It isn't as much fun as actually seeing my friends and spending time with them but it is contact. I speak with a few NAAFA friends by phone. All of this helps maintain the connection and commitment to our NAAFA community. Keep in mind that there will be a conference next year (2016), so make sure you start saving for that now.



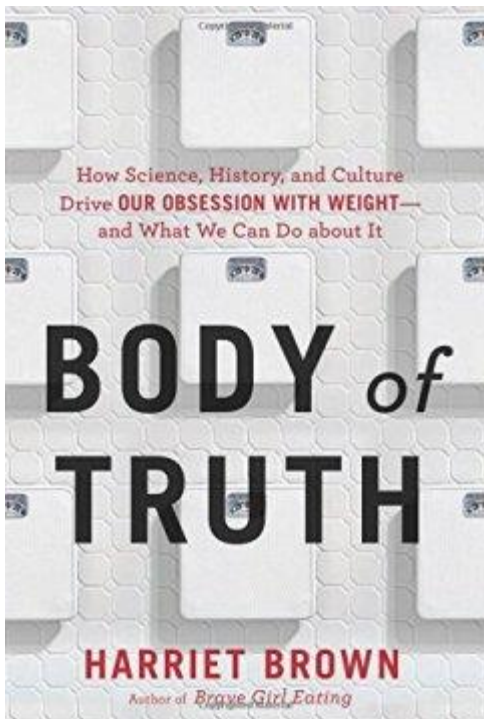
On another important topic, I must inform you that I have resigned from the Board of Directors (BOD), effective June 30, 2015. I have been on the BOD for a very long time and during that period things in my life have changed. Although I am retired, I have some family and personal things that I must focus on and can no longer give NAAFA the attention it deserves and needs. I have volunteered to assist the BOD on short term projects so, you see, I am not leaving the fight for equal rights for fat folk.

I tendered my resignation at the April BOD retreat. After some discussion, we elected a new Chair of the Board. Effective July 1, 2015, Darliene Howell will be the new Chair of the BOD. For many years, Darliene has worked behind the scenes with/for the BOD. Her work

has been invaluable. She has done a great deal of research, assisted with writing policy and tool kits, and has served as the recording secretary for the BOD. She is an amazing organizer and fact checker. She is quite passionate about NAAFA's work and dedicated to the organization. She was instrumental in beginning the Clark County Chapter of NAAFA of which she is President. As a member of NAAFA-CC, Darliene has been a vital part of working with local schools on the End Bullying Now project. She implemented NAAFA-CC's Size Savvy Project. I have no doubt that Darliene will do a wonderful job leading NAAFA. I hope that you will all welcome her into her new position and continue to support the Board.

Please remember that an organization is only as strong as its membership. You are vital to the continuation of NAAFA's work to insure that all people are treated fairly and equally. Without the support of the membership, NAAFA will not succeed.

Book Review: *Body of Truth*



Book by Harriet Brown
Review by Darliene Howell

Harriet Brown's book *Body of Truth* takes the reader along for a ride in a personal and investigative tour of society's obsession with weight and its correlation to what they would term health. Harriet (and I feel free to call her by her first name because she is so open) begins with sharing an experience she had in a therapy session, moves through her coming to understanding her own views of weight, and then investigates the history, scientific research, and culture of weight.

Harriet is able to interpret the research and explain it to the reader in easily understood terms. She delves into the history and relates it to today's beliefs and the formation of our weight obsessed culture. She shares stories from her own life and those from the lives and in the words of others, and leads us to a crossroads where she asks us to think critically, make up

our own minds about what is the truth, and make conscious choices about our personal truth around weight and health.

Do you need knee surgery?



by Cinder Ernst

Hello NAAFA friends,

This month I am writing at the behest of a fellow NAAFA member who just had a successful knee replacement surgery. You may know Carole Cullum and she wanted me to tell her story.

Carole has been avoiding this knee replacement for 10 years by doing strengthening exercises consistently. As a matter of fact, a few months ago she realized that she hadn't used her scooter in about two years! She chalked that up to her regular strengthening exercises. She and her honey have also been walking a mile or so each day . . . with a walker, but walking nevertheless.

After her surgery last week she went to a rehab facility where her team has been surprised and pleased with how strong her leg muscles are. That strength is

helping her to get back on her feet as soon as possible. We all know that it's harder physically to be in a big body, but do you know just how much some simple strengthening can help? Lots!

Strengthening your leg muscles helps your knees. It helps you get ready for surgery, avoid surgery, and recover from surgery. Strengthening your leg muscles makes a huge difference in life! You know I'm always giving you small step strengthening exercises. I hope this encourages you to do them.

This month I'm teaching a free tele-class during which I'll go over some fun and useful ways for you to get stronger. It's called *3 Sweet and Simple Steps to Heal Your Knee Pain* (no weight loss required). You can register here: <http://myaccount.maestroconference.com/conference/register/KYMJ43M8WBSV7PCN>

Here's to standing strong and moving forward!

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.]

March 26, 2015: A jury awards \$28 million to Anna Rahm who, requesting an MRI to diagnose her intense back pain, was instead told to lose weight (Anna Rahm is 5' 4" and weighed 125 pounds) by her HMO, Kaiser Permanente. When the woman finally got an MRI, a cancerous tumor in her pelvis was found that required amputation of her right leg, part of her pelvis, and spine. <http://www.latimes.com/business/la-fi-jury-awards-kaiser-cancer-patient-20150326-story.html>

April 2015: When it comes to using public funds to treat diseases that are considered lifestyle related, a study in Denmark finds that people are more willing to support the treatment of smoking-related pulmonary diseases (COPD and lung cancer) than the treatment of obesity, possibly because fat people are viewed as responsible for their own individual failure. <http://www.ncbi.nlm.nih.gov/pubmed/25248357>

May 2015: Jesse Arenstein talks about taking part in this year's Lustworthy campaign by fat activist Jes Baker, which takes unconventional body pairings for fake ads. Arenstein, who is a fan of women in all races, sizes and cultural persuasions, faces the question "can fat guys be sexy?" The answer, of course, is yes.

<http://3storymagazine.com/can-fat-guys-be-sexy>

May 13, 2015: Jon Robison explains how data is manipulated in weight-loss programs in order to claim the program is a "success."

<http://salveopartners.com/weight-loss-success-shapeup-versus-the-national-institutes-of-health>

May 18, 2015: Melissa A. Fabello, whose passion is eating disorder recovery, does a great job of explaining why the obesity epidemic was created and why it is so difficult to get unbiased, scientific information when it comes to debunking it.

<http://everydayfeminism.com/2015/05/gtfo-with-obesity-epidemic>

May 19, 2015: Serbia's Bojana Stamenov sings in the semifinals of the Eurovision Song Contest. Beautiful fat Bojana rocks the song "Beauty Never Lies", letting everyone know that it's okay to be different.

<http://www.youtube.com/watch?v=c40kVKIoPvE>

May 21, 2015: Two years out from gastric bypass surgery, survivors tended to have improved diabetes control but were more likely to suffer from important adverse events such as infections, fractures, and nutritional deficiencies (despite use of supplement protocol). Coauthor Dr. Charles Billington says, "Gastric bypass now appears to have less strong positives and more worrisome negatives than previously thought."

<http://www.reuters.com/article/2015/05/21/us-gastric-bypass-fractures-diabetes-idUSKBN00620720150521>

<http://www.sciencedirect.com/science/article/pii/S2213858715000893>

May 25, 2015: Sean O'Brien, aka The Dancing Man, is treated to an epic dance party in Los Angeles after photos of him dancing in London were posted with body shaming comments. The \$70,000 raised by the dance will be given to organizations that support anti-bullying and positive body image.

http://www.huffingtonpost.com/2015/05/26/dancing-man-got-his-dance-party_n_7442118.html

<http://bodyimage.waywire.com/video/The-Dancing-Man-Gets-Star-Treat>

May 27, 2015: John Bohannon, in conjunction with a documentary about junk-science in the diet industry, conducts what he calls a typical diet research study. Bohannon explains why the science is terrible and the results meaningless, and yet the media blasts the world with unfounded health claims based on the study.

<http://io9.com/i-fooled-millions-into-thinking-chocolate-helps-weight-1707251800>

May 29, 2015: Jessamyn Stanley began posting photos of herself doing difficult Bikram yoga poses to get feedback on her alignment and progress. As a fat woman, her posts are getting a lot of attention, which Jessamyn hopes she can use to let people know that yoga is for everyone.

<https://gma.yahoo.com/fat-femme-yogi-instagram-mission-yoga-everyone-165525912--abc-news-topstories.html>

May 29, 2015: Some parents and students find a letter sent out by a high school on dress code offensive as it uses language that is body shaming and sexist.

<http://bodyimage.waywire.com/video/High-School-s-Graduation-Dress>

June 1, 2015: Allison McCarthy explains why telling a fat person you are proud of them for exercising can not only be unwelcome but can trigger body image issues. The Body Is Not an Apology CEO suggests comments be focused on experience rather than on body or motivation.

<http://www.thespec.com/living-story/5654646-plus-size-woman-hates-hearing-i-m-proud-of-you-for-exercising>

June 1, 2015: A recent study finds that fat-bigotry and bullying may cause fat children to score lower than thinner children on standardized tests in England even though there was no decline in the students' IQ. Studies in the United States do not show a decline in standardized test scores, but do find that fat children tend to receive lower grades in class, possibly due to these same causes.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4189379>

<http://theconversation.com/why-do-heavier-children-do-worse-at-school-its-not-their-fault-42458>

June 2, 2105: Researchers posit that type 2 diabetes in fat people may be the result of exposure to the superantigens of certain bacteria colonies. Fat people

often have *Staphylococcus aureus* colonies on their skins. In this study, rabbits were chronically exposed to the bacteria's superantigen and experienced many of the same symptoms associated with type 2 diabetes.

<http://mbio.asm.org/content/6/2/e02554-14.short>

<http://www.iflscience.com/health-and-medicine/type-2-diabetes-might-be-caused-your-bacteria>

June 3, 2015: Comedian Amy Schumer, accepting the Trailblazer award at the 2015 Glamour UK Women of the Year ceremony, not only tells the audience her weight but lets them know she has no problem finding companionship. Schumer also says she won't apologize for who she is, and will not try to be some other version of herself. Rock on Amy.

<http://www.usmagazine.com/celebrity-body/news/amy-schumer-proudly-reveals-her-weight-says-she-can-still-pull-guys-201536>

June 5, 2015: Fat activist Marilyn Wann initiates a Round Up page on her Fat!So? website. Welcome to the world of roundups, Marilyn, and long may yours last! (For those interested, this roundup began in the Spring 2006 issue, and we've been going continuously ever since; see second link.)

<http://www.fatso.com/round-up>

<http://www.naafaonline.com/dev2/about/NEWSLETTERS.html>

June 6, 2015: Despite doomsday predictions of skyrocketing obesity rates that have failed to materialize, the UK's National Health System (NHS) continues to scapegoat fat people for increasing medical costs. Christopher Snowden suggests that perhaps the real issue is longevity. Does that mean we have to start age-shaming?

<http://www.spectator.co.uk/features/9548142/the-big-fat-myths-of-our-obesity-epidemic>

July 2015: A study shows that people with excess body weight have a significantly lower risk for death from injuries, as opposed to natural causes, and the more excess weight the lower the risk.

<http://www.sciencedirect.com/science/article/pii/S0001457515001578>

May 26 to June 11, 2015: While celebrating fat model Tess Holliday's historic appearance on the cover of People magazine, Lisa Respers points out that missing from the plus-size modeling revolution are women of color (1st link). In addition, Tess upset some people with racial comments made during a photo shoot, and Jezebel.com provides the context and the comments made, as well as Holliday's explanation and apology (2nd link). Finally, in this fun video (3rd link), Tess shows how to have a bikini body (spoiler alert: have a body and put a bikini on it).

<http://www.cnn.com/2015/05/26/opinions/tess-holiday-people-plus-size-model>

<http://jezebel.com/plus-size-supermodel-tess-holliday-sorry-for-saying-bla-1710590249>

http://www.youtube.com/watch?v=Kc_amKp7VUA

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>

NAAFA, Inc. | P.O. Box 4662 | Foster City | CA | 94404-0662