



**national association
to advance
fat acceptance**

NAAFA Newsletter

June 2016

In This Issue

[NAAFA Joins NBC's Education Nation Twitter Chat](#)

[Fat Studies: Identity, Agency, Embodiment](#)

[NAAFA Chronicles](#)

[Book Review: The Round World, Life at the Intersection of Love, Sex, and Fat](#)

[Pride!](#)

[Media and Research Roundup](#)

NAAFA Joins NBC's Education Nation Twitter Chat



by Tigress Osborn

On May 17, NAAFA participated in our first ever Twitter chat. Before I give you an overview of the chat, here's a bit of Twitter intro for those readers who've never used it.

Twitter was created in 2006, and with over half a billion registered users, you no doubt know of it even if you've never used it yourself. This free application can be used on the computer or smart phone. Users (identified by @ followed by their user name) can post thoughts in a "tweet" of up to 140 characters. If the user's account is private, only people they've approved can see their posts. If their account is public, anyone logged into Twitter can see what they have to say by looking at the account page, but only those who follow the account will see the user's posts in their newsfeed. People who like what you post can share it with their friends (retweeting), tweet something back to you, or indicate their support by clicking the love button (a heart icon under your post). Posts on a particular topic or theme can be tied together with a hashtag (#) so that users can see collections of posts on the same subject.

Fattitude

[June Video of the Month](#)

This month's video is a trailer for the movie *Fattitude*, coming Fall 2016. *Fattitude* is a documentary created by Lindsey Averill and Viri Leiberman that exposes how popular culture fosters fat prejudice; the movie then offers an alternate way of thinking.

According to their website, "The goal of the #fattituderevolution is to change the way people think about fatness and to foster a world where all bodies are treated with respect. Period."

<https://youtube.com/watch?v=4Javgb-dG5E>

You can find more information about *Fattitude* at www.fattitudethemovie.com or their Facebook page at <https://facebook.com/fattitudethemovie/timeline>

Quick Links

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NAAFA's account (@NAAFA_Official) is public, and 844 (and counting) follow us on Twitter. Education Nation (@educationnation) is a subsidiary of NBC, and their Twitter account has about 197,000 followers. Their Parent Toolkit program hosts a monthly Twitter chat. The topic for May was Positive Body Image for Kids. Two experts, pediatrician Dr. Natasha Burget, MD (@DoctorNatasha) and author Dr. Robin Silverman (@DrRobyn) were the main tweeters, responding to prearranged questions from the Toolkit Team. NAAFA and representatives from other body positive organizations (Adios Barbie, National Eating Disorders Association, and more) were invited to chime in.

Association for Size Diversity and Health, and are used with permission.

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In a Twitter chat, users from anywhere in the world can "live tweet" with each other, posting new messages at a coordinated time and responding to each other immediately. Hundreds of tweets flew on the subject of body positivity during the hour-long discussion. The general consensus was that we need to start very young with modeling body positive language and behavior. Many think body image is a topic for teens, but it's shocking how young children are when they begin to report that they feel ugly or that their bodies are not good enough. Both experts and many of the contributing tweeters emphasized self-awareness about negative body talk in front of children, role modeling acceptance of body diversity, focusing kids on what their bodies can do instead of what their bodies look like, and being aware that it's not just girls who are told that their bodies are not good enough. The bottom line seemed to be that we need to actively engage young people in body positivity rather than passively waiting until they exhibit challenges around their own body image.

The tweet from NAAFA that made the biggest impact on other users was this one: "If the only visuals kids see of fat bodies are jokes or warnings, how will they know people of all sizes can be healthy/happy?" This was retweeted by several other users, including Dr. Robin. To read the full chat, simply log into twitter and search "#ToolkitTalk". For more information on other Toolkit Talks, visit www.parenttoolkit.com

Below are my picks for the Top Ten tweets of the chat. Remember, tweets cannot be more than 140 characters (including the hashtag), so chatters have to keep it short and sweet.

1. @DrRobyn We MUST refrain from picking ourselves apart like we're describing fried chicken- breasts, legs, thighs. See selves completely.
2. @kindacoolmom Also measures of BMI in school is detrimental. It should NEVER be done at school!
3. @AdiosBarbie Often kids pick up negative self-talk from their parents, so try to model body acceptance and appreciation, not criticism.
4. @DrRobyn Dressing room dilemmas: Teach your kid that it's not her body that's wrong, it's the garment that's not right for her body
5. @ViktoriaSchultz Just how some girls feel too skinny and others too big, boys have the same issues, all should be addressed accordingly
6. @Proud2BmeUS Praise your kids' bodies for all they can DO, not what they look like.
7. @NEDAstaff Reinforce the fact that there is no "right" way to have a body & teach them how body shapes are manipulated in media
8. @meredithhusar Teaching media literacy is vital; children need to know media is manipulated. We must empower them with a critical lens
9. @DoctorNatasha Children as early as pre-K may make negative comments about their bodies. Speak positive body words early
10. @DrRobyn A young girl once told me; "I feel like the smaller I am, the more people notice me." We aren't worth more when we weigh less!

Fat Studies: Identity, Agency, Embodiment

by *Darliene Howell*

NAAFA is proud to support the 2016 Fat Studies Conference being held June 29 and 30, 2016 at Massey University in Palmerston North, New Zealand!

"Fat Studies is a post-disciplinary field that confronts and critiques cultural constraints against notions of "fatness" and "the fat body"; explores fat bodies as they live in, are shaped by, and remake the world; and theorises how society conceptualises and pathologises fat bodies."

There will be 18 speakers from around the world, with two great keynote speakers: Katie LeBesco and Substantia Jones. If you're unable to travel to New Zealand to attend, you can register as an online participant, livestream the entire two days of presentations, and get on-demand access to the recordings for a year.



For more information, visit their Facebook page at

<https://www.facebook.com/events/1498765583760158>

NAAFA Chronicles

by Peggy Howell

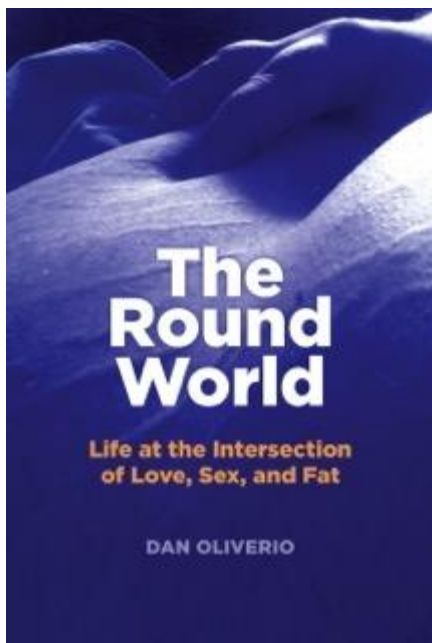
This is our fourth NAAFA Chronicles report, a listing of historic newsletters that chronicle the history of not only NAAFA, but also the size acceptance movement since NAAFA founders started the movement.

Each month we scan and feature an historic NAAFA newsletter for your reading pleasure. The newsletters are added to a "Chronicles" file in the newsletter section of the NAAFA website. I hope you enjoy this opportunity to learn what those who have gone before us have done and the progress we have made.

This was NAAFA's fourth newsletter, a February 1971 issue:

http://www.naafoonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/February_1971_Newsletter.pdf

Book Review: *The Round World, Life at the Intersection of Love, Sex, and Fat*



Book by Dan Oliverio

Review by Darlene Howell

The Round World is an artfully and expertly written book that delves into the minds of those that find fat attractive, desirable and SEXY. Author Dan Oliverio leads you through a journey of discovery; discovery of your feelings and beliefs about Fat and fat people. He lets you look at and recognize your biases and prejudices, and understand the desires and passions that you may feel for a partner with a fat body.

Many of Dan's observations are through his personal experience as an openly gay male "Chaser" who admires and desires fat men. He also works from his experience of conducting workshops and talking with men, women, and transgendered men and women (whether gay, lesbian, straight, bi- or trans- sexual) about being fat and having someone

desire you and/or being the one that desires a fat partner. One major point is true throughout the book: no matter our sexual identity, we face the same issues and often play similar roles in a relationship when one partner is fat and the other is the Chaser/Admirer.

Open yourself to finding what *The Round World* can teach you.

The Round World is set to be published June 30, 2016 but will soon be available for presale order through Amazon (using AmazonSmile can also benefit NAAFA by choosing us as your designated charity!).

Pride!

by Cinder Ernst



Here in San Francisco, it's Gay Pride time. I write a fitness column for the SF Bay Times, which is our LGBTQ newspaper. I've been thinking about pride as it relates to my style of fitness.

One of the principles I teach to help folks be successful with starting exercise is how important it is to appreciate every accomplishment, no matter how small. It occurs to me that pride can come from that appreciation. You might say that pride is a puffier version of appreciation. ☐

We all know that most things, including exercise or activism, begin with an idea and then one step at a time becomes reality. This is where the appreciation comes in. Take a small step and then appreciate yourself for doing so. I have a system for this sweet, getting started

process called "AAA", which stands for Alignment-Action-Appreciation.

Alignment comes from having an empowering mindset in place before you begin, then you take your next small step, **Action**. Finally, **Appreciate** yourself for having done that small step. Relax and repeat, lol.

Let's try it together right now...are you willing?

Alignment - bring to mind something that makes you feel happy (a pet, a person, a food, etc)
 Action - squeeze your butt ☐
 Appreciation - appreciate yourself for that small action
 Relax and repeat! Have fun with this ☐

Here's to standing strong and moving forward!

Love,
 Cinder

PS if you'd like a little more info on that butt squeeze check this out:

<https://www.youtube.com/watch?v=DDQBv-rYhL8>

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 2, 2016: Catherine Bouris urges feminists to add fat-calling and other forms of street harassment to the discussion which is currently centered on the cat-calling experienced by those who society considers stereotypically feminine and attractive.

<http://www.dailylife.com.au/news-and-views/dl-opinion/we-need-to-talk-about-fatcalling--not-just-catcalling-20160201-gmj3xx.html>

May 8, 2016: Lindy West talks about her life starting as a baby with an "off-the-charts" large head, growing up as a fat child, and finding herself as a fat

adult, as she promotes her book *Shrill*.

<http://www.theguardian.com/lifeandstyle/2016/may/08/perfect-body-lie-believed-long-time-let-shrink-my-life-lindy-west>

May 11, 2016: According to some experts, the UK National Health System should fast track patients for bariatric surgery. Bariatric surgeries in the UK have fallen by 31% between 2011 and 2015.

http://www.eurekalert.org/pub_releases/2016-05/b-nnt051116.php
<http://www.bmj.com/content/353/bmj.i1472.extract?sid=9f5deac5-052d-4a06-b0b3-4423baa8ff9d>

May 16, 2016: Deborah Savage suffered for years with a common condition that doctors ignored, possibly because she was fat. PCOS (polycystic ovarian syndrome) is a disorder that, among other things, causes weight gain, but Savage's doctors preferred to disbelieve that she was following a diet and exercising rather than look for the underlying cause of her continual weight gain.

https://www.washingtonpost.com/national/health-science/for-half-her-life-doctors-told-her-to-lose-weight-but-something-else-was-going-on/2016/05/16/f8afdec2-f8da-11e5-8b23-538270a1ca31_story.html

May 17, 2016: Researchers conclude that defining good health is more complicated than just a few numbers. Creating a list of 54 key health questions, they find two categories for robust health for older adults, "robust obese" and "one minor condition" (average weight people with one minor health condition).

<https://psmag.com/good-health-is-more-complicated-than-your-weight-and-blood-pressure-9c06c586874d>
<http://www.pnas.org/content/early/2016/05/10/1514968113>

May 18, 2016: The Succulent Six, a fabulous group of fat women from Toronto, did a photo shoot to celebrate International No Diet Day and create a visual message on fat acceptance and fighting food shaming.

<http://www.bustle.com/articles/160487-this-fat-positive-group-is-fighting-food-shaming-in-the-most-awesome-ways-photos>

May 19, 2016: A study of patients with colorectal cancer (the second leading cause of cancer death in the US) finds that overweight patients were 55% less likely to die from their cancer than average weight patients.

<https://www.sciencedaily.com/releases/2016/05/160519120719.htm>
<http://oncology.jamanetwork.com/article.aspx?articleid=2522369>

May 19, 2016: BuzzFeed asks members why they stopped dieting, and here are some of the answers.

<https://www.buzzfeed.com/sallytamarkin/why-people-stopped-dieting>

May 20, 2016: Some viewers of UK TV show *This Morning* complain that the show is promoting obesity after an interview with Tess Holliday. (Tess was actually promoting body positivity, which we support.)

<http://www.express.co.uk/showbiz/tv-radio/672277/This-Morning-blasted-plus-sized-model-obesity-Tess-Holliday-Ruth-Langford-Eamonn-Holmes>

May 21, 2016: Instead of dealing with the bullies, a school is banning certain clothing because fat girls are more likely to be bullied when wearing tight clothes.

<http://www.sheknows.com/parenting/articles/1122103/school-ban-skinny-pants>

May 23, 2016: Facebook apologizes for banning an advertisement by Cherchez la Femme featuring a photo of Tess Holliday in a bikini because it depicts "body parts in an undesirable manner".

<https://www.theguardian.com/technology/2016/may/23/facebook-bans-photo-plus-sized-model-tess-holliday-ad-guidelines>

May 23, 2016: Scientists, doctors, and professors criticize a (non-peer reviewed) report by the National Obesity Forum that claims that adding more fat to one's diet could cut obesity and type 2 diabetes (1st link). Dr. Charlotte Cooper celebrates this in-fighting between two UK anti-fat non-governmental organizations (NGO), pointing out that neither NGO includes actual fat people.

<http://www.bbc.com/news/health-36345768>
<http://obesitytimebomb.blogspot.co.uk/2016/06/watching-anti-obesity-ngo-crash-and-burn.html>

May 23, 2016: More survivors from *The Biggest Loser* talk about what was going on behind the scenes and the long term damage to their lives (1st link)

in the wake of research pointing out the show's ineffectiveness. Meanwhile, skeptic Rebecca Watson misses the point (2nd link), stating that the research claimed that significant weight loss is impossible, rather than very rare. She also claims the study involves too small of a group, ignoring that this study only adds to previous research on long term weight loss.

http://www.nzherald.co.nz/entertainment/news/article.cfm?c_id=1501119&objectid=11643393

<https://www.youtube.com/watch?v=i6v0FGscZ-8>

May 25, 2016: A recent study finds that fat flyers are bothered more by the stigma they suffer when flying than by actual discomfort of small seats and seatbelts.

<https://www.sciencedaily.com/releases/2016/05/160525140715.htm>

<http://jtr.sagepub.com/content/early/2016/04/27/0047287516643416.abstract>

May 25, 2016: Based on self-reported data, a new report by the CDC estimates that 30.4% of the population (20 and over) are classified as obese, up slightly from 2014 (29.9%).

<http://www.dailymail.co.uk/news/article-3609879/Americans-never-fat-Obesity-levels-climb-citizens-clinically-overweight.html>

<http://www.cdc.gov/nchs/nhis/releases/released201605.htm#6>

May 29, 2016: Writing for *The Irish Times*, Muiris Houston calls into question the wisdom of using BMI as a measure of health, since the overweight classification is associated with a lower mortality rate than any other classification.

<http://www.irishtimes.com/life-and-style/health-family/the-muddy-waters-of-body-mass-index-bmi-1.2660175>

May 31, 2016: Why is plus-size fashion availability still so limited? Lara Ewen explains and offers some recommendations to designers, retailers and manufacturers to take advantage of this mostly untapped market.

<http://www.retaildive.com/news/why-plus-size-fashion-is-still-struggling-with-image-problems/419460>

June 2016: The Berkeley Public Library presents Fat Positive Summer Festival, a series of events starting June 22 featuring lecturer and fat activist Virgie Tovar, as well as a group of short films and readings.

<https://www.berkeleypubliclibrary.org/fat-positive-summer-festival>

June 3, 2016: Doctors' bias towards fat people can be deadly (see also May 16 entry). When a doctor blames all health issues on excess weight, real health problems go untreated and fat patients wait for treatment until small problems become serious health issues.

<https://www.statnews.com/2016/06/03/weight-obese-doctors-patients>

June 5, 2016: Curvy Girl Lingerie owner Chrystal believes women of all sizes have the right to feel sexy and have hot sex, and we agree!

https://www.youtube.com/watch?v=WJCTUOFi_p8

June 7, 2016: The latest US health examination data show an upswing in obesity rates, particularly for women. An accompanying editorial published in JAMA blames the food and restaurant industry and recommends prevention, despite the failure of most interventions used to date.

<http://www.cnn.com/2016/06/07/health/obesity-trends-women-men-teens/index.html>

<http://jama.jamanetwork.com/article.aspx?articleid=2526613>

<http://jama.jamanetwork.com/article.aspx?articleid=2526639>

June 7, 2016: Lina Cohen lets the readers of *Teen Vogue* know what it is like going to the doctor's office when you are fat teen. She advocates finding doctors who respect you and treat you with dignity and preferably are onboard with HAES principles.

<http://www.teenvogue.com/story/fat-shaming-doctors>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, 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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