

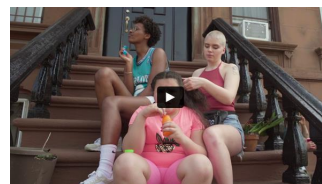


## June 2017 NAAFA Newsletter

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### Video of the Month



## NAAFA's Healthcare Bill of Rights



NAAFA introduces a revised edition of our NAAFA Healthcare Bill of Rights to establish a policy against discriminatory practices based on body weight/size, abilities or health status in the healthcare and health insurance industries. NAAFA believes all people, regardless of body size, deserve to be treated with dignity and respect when visiting a healthcare provider.

The fear of inadequate seating in waiting areas, narrow or unsecured tables in examination rooms, and embarrassing or painful confrontations or exchanges with providers are some of

### Thunder Thighs!

This could be the "feel good" video of the summer. Who needs thigh gap . . . we got thick thighs! "Thick thighs, sundress, I'm looking good" should be your new anthem this summer!

### Quick Links

[NAAFA.org](http://NAAFA.org)  
[NAAFA-CC.org](http://NAAFA-CC.org)

Facebook

[Main](#)

[Cause](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

[End Bullying Now](#)

[Twitter](#)

the reasons fat people do not seek medical care, often until their condition becomes an emergency.

"Nurse practitioners responding to a survey in 2014 indicated a critical attitude when dealing with overweight and obese patients. A U.S. study from 2009 found that the higher a patient's body mass index, or BMI, the lower a physician's respect," stated NAAFA Board Chair Darliene Howell. "Doesn't it seem reasonable that lower respect and a critical attitude for patients with a higher BMI reduces quality of care?"

Becoming familiar with the NAAFA Healthcare Bill of Rights could assist patients of large body size in thinking on their feet when faced with difficult or uncomfortable situations in a patient setting. You can find the NAAFA Healthcare Bill of Rights at:

[https://www.naafaonline.com/dev2/about/Policies/NAAFA\\_Healthcare\\_Bill\\_of\\_Rights\[Final\].pdf](https://www.naafaonline.com/dev2/about/Policies/NAAFA_Healthcare_Bill_of_Rights[Final].pdf)

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## Honoring LGBT Pride Month *by Tigress Osborn*



Here at NAAFA, we have a slogan: "We Come in all Sizes." And while size is our primary focus as an organization, we know that every person in the NAAFA community has many identities that matter in their lives. NAAFA members and supporters come in all genders and sexual orientations, too. June is recognized across the USA as LGBT Pride month. Lesbian, Gay, Bisexual and Transgender Pride celebrations take place in June to commemorate the Stonewall Riots/Rebellion, a violent 1969 conflict between police and LGBT patrons at the Stonewall Inn in New York City. Stonewall is recognized as the catalyst for the LGBT rights movement. June Pride celebrations are often known for their flamboyant parades and enthusiastic partying, but many

festivities also include family-friendly activities, awards and honors for civil rights activists and other community leaders, and opportunities for people of all identities to learn more about the LGBT experiences and history.

Pride celebrations are increasingly popular among heterosexual people, and if you're straight and you choose to participate, I hope you'll give thought to what your participation means. I also hope that you care about LGBT issues once the parties are over. One great way to support Pride all year round is by becoming well-versed in terminology for identifying different genders and sexual orientations. For example, although LBGT is what you are most likely to see in mainstream media, you may also see that expanded as LGBTQQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual). You may also increasingly hear phrases like cisgender, non-binary, or pansexual. To better understand these terms and many others associated with gender and sexuality, I find The Safe Zone's vocabulary list to be a good starting place. You can find it online here: <http://thesafezoneproject.com/wp-content/uploads/2014/09/Vocabulary-Extravaganza-Participant.pdf>

The NAAFA Board is committed to working toward an intersectional vision of fat freedom that includes and supports the work of LGBTQQI individuals and organizations. We acknowledge that a tremendous part of the labor of both early fat liberation struggle and contemporary fat activism have been done by LGBTQQI people, and we thank y'all for your work!

Happy Pride, everyone!



**FATHERS COME IN ALL SHAPES  
AND SIZES!**

***Happy Father's Day!***

## **Great Anti-Inflammatory!**

*by Cinder Ernst*



Hello NAAFA Friends.

I was having a conversation with a client about her knee pain. I'm the knee pain expert for fat folks. I help you reduce pain with easy to do, good-feeling, small-step strengthening exercises designed specifically for someone like you.

This client was doing her short and easy rehab routine and was getting good results, but not all the time. We discovered that watching the news first thing in the morning was increasing her feeling of NOT well-being and increasing her pain. How about that?

While it is a simple concept; don't watch the news because it makes you feel lousy, stressed and/or depressed, it is not always easy to let go of watching or listening. Try delaying your news intake. Give yourself a chance to wake up peacefully. Try a few minutes of a favorite good-feeling song or a short meditation. Couple that with easy to find thoughts of

appreciation such as loving your pillow, your partner or your pet, and get a good-feeling start

to your day. Keep it going as long as you can.

Here's a short chanting song that I find soothing. Give it a try if you're willing.

<https://www.youtube.com/watch?v=jHiD6PaWnus>

Here's to feeling good today!

Love,  
Cinder

## NAAFA Chronicles #16

Here's the sixteenth in our monthly Chronicles feature, the September/October 1974 NAAFA Newsletter: [https://naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Sept-Oct\\_1974.pdf](https://naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Sept-Oct_1974.pdf)

For more archived newsletters, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

## Through the Unblinking Eye

by *Lewis D. Chaney*



Have you ever looked at a photo of yourself and cried?

The tears welled up in Valorie's eyes when the image came on the screen. The more she stared at it, the less her eyes could hold back the tears until they rolled down her high cheek bones. Her voice and her facial expression echoed her words as she said, "I look horrible."

In the photo, she is standing in a cabin with her back against a rock fireplace. A lone shaft of light from a nearby window etches her body. She is staring out towards the window, wearing a look of defeat on her face. It is as if she were wondering how many years it had been since she felt good about her body, her shape, herself. She stands in

profile to the camera, her arms across her breasts.

There was no mistaking she had curves and more weight than she wanted to carry. She was transfixed, gazing deeper into the picture, seeing more than the camera showed. She saw every bump, every line, every scar, and every mark on her. She was seeing every single flaw she had in a way she had never seen, through the unblinking eye of my camera.

This was in stark contrast to how she was in her youth; the athlete who stood up for others when they were picked on for being different. A marriage, child and divorce had left her a single mom. Where had the time gone that had forged her into the 52 year old she is now?

But as hard as she is on herself, she is the opposite with everyone she meets. If she met you, she would say things like "I love your hair," "That is a beautiful dress," "Wow, you look

awesome,” lifting you up and brightening your day. She could see the beauty in everyone but herself. This picture seemed to encapsulate every negative thought she had about herself and every negative thing ever said to her, including those backhanded compliments like “You are awfully pretty . . . for a fat girl.” It was more than just a picture, it was a visual representation of repulsion and self-loathing.

As the photographer, I only saw a beautiful woman.

For thousands of years, the female form has led to some of the greatest works of art, such as the statues of Aphrodite and Venus de Milo and paintings like Goya’s Nude Maja and Diego Velázquez’s The Rokeby Venus. In the past 100 or so years, countless photographers have captured breathtaking and stunning images you can find with the click of a mouse. I wondered if I could parlay my 30 years of shooting video into this particular world of art.

What started as an endeavor to create some artistic black and white pictures, perhaps for a contest or a gallery, quickly became so much more. As the women removed their clothing, they bared more than their bodies; they bared their souls.

A pretty young woman in her late twenties asked me to photograph her. She was a size 6, standing 5’ 5” tall, with long dark hair, and it stunned me that she didn’t like her body. I literally had to take a step back, because I was shocked to hear her describing her perceived flaws. Her hope was that this would help her regain her self-esteem.

Halfway through her session, we were taking a lunch break and I was showing her what we had created so far. She pointed at the computer screen and said “I don’t know WHO that sexy bitch is, but I like her!”

Within a couple of weeks of the shoot she told me “I have seen the true beauty of MY body, the body God has given me. And I know that regardless of what society thinks, I am beautiful, I am sexy, because I am me.”

I am no stranger to this topic. I have been married for 22 years to a plus size woman and been witness to her struggles as her weight went up and down. I have felt her joy and her anguish, and stand on the cusp of understanding, never really being able to because, let’s face it, I am a man.

But I can be the conduit for these stories and this is only two of the many I have photographed. From sizes 6 to 24, all had one thing in common: they disliked their bodies. Some had zero confidence; some had a little; while others had more with their clothing on instead of off. A few were very confident, including one woman who, when I asked her size, told me “Well, I like to say I am too awesome for single digits, but since that won’t fit on a tag, I buy 22s”.

The stories I heard are so powerful, that they can connect to other women. They can help every perfectly imperfect woman re-shape her thinking so she can re-think her shape.

As I consoled my longtime friend Valorie, I explained that every single curve, line, scar and mark were just part of her map. I told her it’s not a road map; it’s a treasure map, because you are at the end of it.

Then I tried something. I handed her a shiny penny and a gemstone. I told her to imagine the penny is every insult, every backhanded compliment, every negative thought she has ever had about herself. What’s all that worth? A penny. Not even the value of someone’s “two cent’s worth”. Now, look at the gemstone in the other hand. No two are alike. Some are short, some round, some jagged, some a solid color, some swirled in color. If I laid out a thousand of them, you would be hard pressed to pick your favorite, because each is uniquely beautiful. I told her that, from now on, when she had something negative come up, squeeze the penny

until your fingers are numb and then, put it away. It deserves no more of your attention. After that, look at the gemstone, and see your beauty. Over time that penny will fade, but the gemstone won't, and every compliment you get is just someone polishing that stone.

Within days of the shoot she wrote me and told me she had found her beautiful again and wasn't letting it go. She said "I LOVE ME, from my natural hair to my mocha chocolate, curvaceous body!" She can now look at the picture and be unfazed. And every time she leaves home, she touches the gemstone on the way out the door.

Valorie no longer lets anyone set her value or her worth. She refuses to let the woman in the mirror degrade her. She says she wasted so many years letting others con her into believing them, letting them con her out of her confidence.

Don't be conned out of your confidence.

## Media and Research Roundup

by *Bill and Terri Weitze*

May 1, 2017: A study out of Johns Hopkins University claims that fat kids are costing the United States big money. The proposed solution is offering kids more physical education classes, recesses, and community sports leagues, things that would be good and fun for more than just fat children.

<https://www.usatoday.com/story/news/nation-now/2017/05/01/exercising-three-times-week-can/307656001>

<http://content.healthaffairs.org/content/36/5/902.short>

May 5, 2017: Repeat after me: Correlation does not equal causation. This was once again shown in research that finds no link between prevalence of obesity in the United States and higher densities of fast food and full service restaurants.

<http://ajcn.nutrition.org/content/early/2017/05/31/ajcn.116.151407.abstract>

May 9, 2017: A study finds no increased risk of dementia or Alzheimer's disease in those with genetic (hence lifelong) low BMI, despite the observational association established by another study of two million people.

<https://academic.oup.com/jcem/article-abstract/3805501/Body-Mass-Index-and-Risk-of-Alzheimer-Disease-a>

May 15, 2017: Researchers find a possible connection between perceiving oneself as fat and future health problems.

<http://journals.sagepub.com/doi/abs/10.1177/0956797617696311>

[http://dspace.stir.ac.uk/bitstream/1893/25326/1/Daly\\_Robinson\\_Sutin\\_PSCI\\_17](http://dspace.stir.ac.uk/bitstream/1893/25326/1/Daly_Robinson_Sutin_PSCI_17)

[Accepted\\_Paper%20%281%29.pdf](#)

May 16, 2017: A study finds that people having Roux-en-Y gastric bypass weight loss surgery have twice the risk of developing alcohol use disorder within five years post-surgery. The researchers urge that this information be incorporated in pre- and post-surgery treatment.

<http://www.upmc.com/media/NewsReleases/2017/Pages/king-aud-long-soard.aspx>

[http://www.soard.org/article/S1550-7289\(17\)30152-1/fulltext](http://www.soard.org/article/S1550-7289(17)30152-1/fulltext)

May 16, 2017: Registered Dietitian Emily Foncesbeck explains why her practice is weight-neutral, and talks about the dangers of focusing on weight rather than well-being.

<http://www.ksl.com/index.php?sid=44271482&nid=968>

May 17, 2017: A non-peer reviewed, unpublished study presented at the European Congress on Obesity claims there's no such thing as "fat but fit" because they find that fat people

without hypertension or diabetes still have a 50% greater risk for heart failure than comparable non-fatties. *Health News Review* explains why studies such as this are confusing and how journalists can help by not adding hyperbole to a complicated issue such as obesity and health.

<https://www.theguardian.com/society/2017/may/17/obesity-health-no-such-thing-as-fat-but-fit-major-study>

<https://www.healthnewsreview.org/2017/05/fat-fit>

May 17, 2017: A study on outcomes of lap band weight loss surgery for Medicare patients finds that about half of the cost is related to secondary surgeries due to complications, bringing in questions of safety and effectiveness of these surgeries.

<https://medicalxpress.com/news/2017-05-gastric-band-surgery-device-related-reoperation.html>

<http://jamanetwork.com/journals/jamasurgery/article-abstract/2622647>

May 18, 2017: A patient with type 1 diabetes received a transplant of insulin producing islet cells into her omentum (the fatty membrane in the belly) and a year later the cells are still working and the patient is off of insulin.

<https://futurism.com/a-patient-with-diabetes-no-longer-needs-insulin-after-receiving-a-bioengineered-pancreas>

May 25, 2017: Marcy and her friend Alysse are living the dream as they go to Los Angeles and wear white in a photo shoot, facing some fears and enjoying the street art in LA.

<http://www.fearlesslyjustme.net/2017/05/california-dreaming-being-fearless-in.html>

May 31, 2017: TV host Steve Miller hates fat people and wants them to be publicly shamed like smokers. Miller is called a "weight loss expert" but in reality his only credentials are in hypnotherapy, and has built his weight loss empire on fatphobia.

<https://www.thesun.co.uk/living/3691670/fat-people-should-be-shamed-like-smokers-with-pictures-of-obese-backsides-on-food-labels-to-deter-people-says-weight-loss-guru>

June 2017: Researchers, studying the effectiveness of an intervention to prevent fatness in primary school children from 32 different schools over a period of 24 months, find that the program had no effect on the BMI or body fat of the children even though the children reported healthier eating habits. Since the study (currently in prepublication) was weight-focused, it is unknown if the children achieved any other health benefits from the program.

<https://ore.exeter.ac.uk/repository/handle/10871/27694>

June 2017: Studying the records of (male) veterans with low back pain, researchers find no correlation between body mass index (BMI) and the severity of the back pain.

[http://www.jmptonline.org/article/S0161-4754\(16\)30195-6/abstract](http://www.jmptonline.org/article/S0161-4754(16)30195-6/abstract)

June 2017: A study of weight stigma, intersectionality, and coping responses across racial groups, finds no difference in weight stigma as a function of race or gender. However, overall women internalized weight bias more. Black men and women reported less weight internalization than white men and women. White and Hispanic women and black men were more likely to cope with disordered eating.

[http://www.ajpmonline.org/article/S0749-3797\(17\)30224-6/fulltext](http://www.ajpmonline.org/article/S0749-3797(17)30224-6/fulltext)

June 2, 2017: The food politics podcast *Bite* interviews authors Lindy West and Samantha Irby on the subject of fat shaming. Both authors are fat and working on their own journey of fat acceptance. An excerpt from one of Irby's essays is funny but shows an unfortunate belief in the effectiveness of dieting.

<http://www.motherjones.com/environment/2017/06/fat-shaming-diets-lindy-west-samantha-irby>

June 5, 2017: Miss Eaves music video “Thunder Thighs” delivers a size acceptance message with a great song and fun video featuring women of different sizes and ages, and is our video of the month!

<https://www.youtube.com/watch?v=fY1o9igy0a0>

June 6, 2017: Dr. Jennifer Gaudiani discusses why she takes a weight neutral approach when treating patients with binge eating disorder (BED), and why she recommends that her fellow practitioners look at HAES (Health at Every Size) for their patients.

<http://theprojectheal.org/binge-eating-disorder-stigma>

June 7, 2017: A study of older Japanese adults finds that risk factors can change from favorable to unfavorable in middle age, with factors such as low blood glucose and low blood pressure becoming indicators of frailty.

<http://www.healio.com/endocrinology/diabetes/news/in-the-journals/%7B93040ca5-3368-40cf-ad33-c756b45d0603%7D/low-hba1c-predicts-frailty-status-in-older-adults-with-type-2-diabetes>

<http://onlinelibrary.wiley.com/doi/10.1111/jdi.12698/full>

June 12, 2017: A study of BMI trends in 195 countries finds that people worldwide are getting fatter and that fatness is associated with higher “disease burden” on the economies of these countries. The proposed solutions are interventions to reduce weight. But as we know, no successful weight loss intervention exists, and there are ways to improve health with or without weight loss.

<http://www.nejm.org/doi/full/10.1056/NEJMoa1614362#t=article>

[http://www.nejm.org/doi/suppl/10.1056/NEJMoa1614362/suppl\\_file/nejmoa1614362\\_appendix.pdf](http://www.nejm.org/doi/suppl/10.1056/NEJMoa1614362/suppl_file/nejmoa1614362_appendix.pdf)

<https://www.nytimes.com/2017/06/12/health/obesity-study-10-percent-globally.html>

June 12, 2017: Researchers find that low weight patients with atrial fibrillation being treated with oral anticoagulants have a higher risk for thromboembolism. The authors suggest more study on dosage of anticoagulants based on the weight of the patient.

<http://www.thecardiologyadvisor.com/metabolic/afib-vte-outcomes-with-direct-oral-anticoagulants/article/667670>

<http://onlinelibrary.wiley.com/doi/10.1111/jth.13701/abstract>

June 14, 2017: Roxane Gay is interviewed about her book *Hunger: A Memoir of (My) Body*, wherein Gay discusses her personal journey that created a fat feminist. While her story may not be in line with current fat politics, it is Gay’s truth as she has experienced it.

<https://newrepublic.com/article/143326/roxane-gay-fought-fat-shaming>

June 14, 2017: Whatever you may think of Donald Trump, the extra pounds he is carrying most likely are an asset, as being overweight later in life has been shown to be protective.

<https://www.statnews.com/2017/06/14/donald-trump-birthday>

June 15, 2017: The American Association of Clinical Endocrinologists (AACE) have a fix for objections to the term “obesity”. They propose that “obesity” be replaced with “adiposity-based chronic disease” (ABCD). But the problem is not with the word; it is with society’s prejudices associated with fat people.

<http://health.usnews.com/wellness/food/articles/2017-06-15/renaming-and-rethinking-obesity>

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*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.*



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