



June 2018 NAAFA Newsletter

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Video of the Month



Travel Tips for Travelers of Size by Donna Bryant



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Plan and Prep

Traveling this summer? Regardless of where you are going or how you will get there, prepare a plan. Do your research, make lists, call your transportation carrier and ask for their policies regarding "passengers of size" and "disabled passengers", and finally,

Lipedema and Lymphedema Awareness

Sarah is such a brave activist to appear on The Drs Show to raise awareness of these diseases. Courage like hers helps people understand that some diseases go undiagnosed and cause people to suffer unnecessarily for years.

<https://youtube.com/watch?v=mFQ7zqn6j18>

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1. If booking travel on a cruise ship, ask for a newer ship, which will often have the most ADA (Americans with Disabilities Act) compliant accommodations.
 - a. Ask the reservationist for a handicapped accessible room.
 - b. Ask for pictures, measurements, and other detailed information in advance.
2. Contact your cruise, airline, train or bus line directly as soon you have firm travel dates.
 - a. Ask the reservationist for detailed information regarding seat height, depth, and width
 - b. Ask which accommodations are made for assistive devices like wheelchairs, scooters, rollators, walkers, or even portable oxygen concentrators (POC).
 - i. Consider renting a scooter in your destination city. Many rental companies will bring them to the airport, hotel or theme park you are visiting.
 - ii. If you bring your personal scooter, make a copy of instructions on how to assemble and disassemble it.
 1. Laminate the instructions and attach to your device before stowing.
 2. Consider your assistive device when planning ground transportation options.
 - iii. If you use a POC, bring an extra set of fully charged batteries.
 - c. The FAA doesn't allow battery-operated scooters in the cabin.
 - i. Advise reservationist of your scooter.
 - ii. By law, carriers cannot charge you a checked bag fee for checking your scooter or any assistive device that cannot be folded up and stowed in the cabin.
 - d. Buy a second seat and try to choose a seat with the most leg room.
 - i. Some airlines and trains will refund the cost of the second seat if the plane or train is not full.
 - ii. Even if they don't, it's worth the peace of mind knowing you will have a little extra room.
 - e. Arrive as early as possible and always take advantage of pre-boarding.

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- f. Use the restroom before getting on the plane, train or bus. Mobile bathrooms are generally way too small for people of size.
 - g. Plan your ground transportation.
 - i. When renting a vehicle, inquire if you will need seat belt extenders.
 - ii. If using a hotel shuttle, rideshare or cab, ask about accessibility and accommodations.
3. When driving, plan your route carefully.
- a. Plan stops for bathroom, food, rest and lodging if needed.
 - b. Google Maps offers multiple route suggestions, points of interest along the route and other helpful information.
4. Be thorough when planning; make a master list of research along with a list of items to pack. It's a hassle if you're not normally a planner, but it will save headaches during the trip.
- a. Use Google Street View to look at the city, the places you plan to visit, and even your hotel/motel.
 - b. When booking the hotel/motel, ask about access and request an ADA compliant room.
 - i. Compliance standards vary, so don't be afraid to ask questions
 - ii. Always assume the rooms may not be as accessible as your own home and pack accordingly
 - c. Make your reservations directly with the hotel/motel.
 - i. Travel websites don't guarantee handicap friendly accommodations.
 - ii. If you ask, they may honor online travel-site pricing.

What to Pack

I recommend making room for a few extra comfort items if space permits. I've found that the following are very helpful.

1. Carry prescription medications in the original pharmacy containers and always pack them in your carry-on or purse. It's nearly impossible to obtain an emergency supply of meds if your luggage is lost/stolen.
2. Compression garments will help avoid blood clots and unnecessary swelling from sitting too long.

3. An inexpensive non-skid shower mat.
4. Baby wipes or Ample Sponges.
5. A leg lifting aid for getting in and out of the car or bed.
6. A grabber-tool is extremely helpful for dressing.
7. Anti-chafing cream or powder. More walking = more chafing. I use "The Everything Powder" from Ulta and Monistat's Anti-Chafing Gel.
 - a. Fun fact, the anti-chafing gel does double duty as a foundation primer.

The following are more practical to include when traveling by car:

1. Bring your own towel(s). No one wants to dry off with a towel the size of a washcloth.
2. An inexpensive shower sprayer tool that doesn't require tools to install/uninstall.
3. A portable chair or shower chair/bench. In my experience, armed seating is the norm and it is difficult to find chairs without arms.
 - a. A shower chair/bench will double as seating if you throw a dry towel or blanket over it.
 - b. A metal folding chair will double as a shower chair in a pinch.
4. Portable suction cup style grab-bars in case the hotel room's bath/shower is ill-equipped. Keep in mind, though, they're more for balancing than weight bearing.
5. A portable step-stool if you are short. I use an aerobics stepper, about four inches high. It travels well and gives me that extra little bit of height needed to get in and out of higher hotel beds.

Happy Travels

No matter how you choose to get you there, or even the destination itself, be safe and enjoy the ride. As the poet T.S. Eliot once wrote, "The journey not the arrival matters." Bon voyage!

EDITORS NOTE: NAAFA's travel tips for people of size brochure includes helpful information for navigating the airport and includes links to the major airlines and other helpful websites:

https://www.naafaonline.com/dev2/about/Brochures/NAAFA_Travel_tips_for_people_of_size_v3-15.pdf

Monthly Meme: Lipedema Awareness



Lipedema is a disorder that causes a disproportionate amount of fat to build up in the lower and upper extremities and can be very painful. For more information on lipedema, go to <http://lipedema-simplified.org>



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What Are Your Questions?

by *Cinder Ernst*



Dear NAAFA Newsletter Readers!

I love writing to offer useful and easy to follow tips to build strength and flexibility. I believe strength is the key to having adequate mobility, less pain and more fun!

But . . .

I wonder what you might need in the area of fitness and pain management.

I would like to open this column to answering YOUR questions. Please email me directly at coach@cinderernst.com and let me know what questions or concerns you have. Your question might help someone else too!

Thanks,
 Cinder

NAAFA Chronicles #29

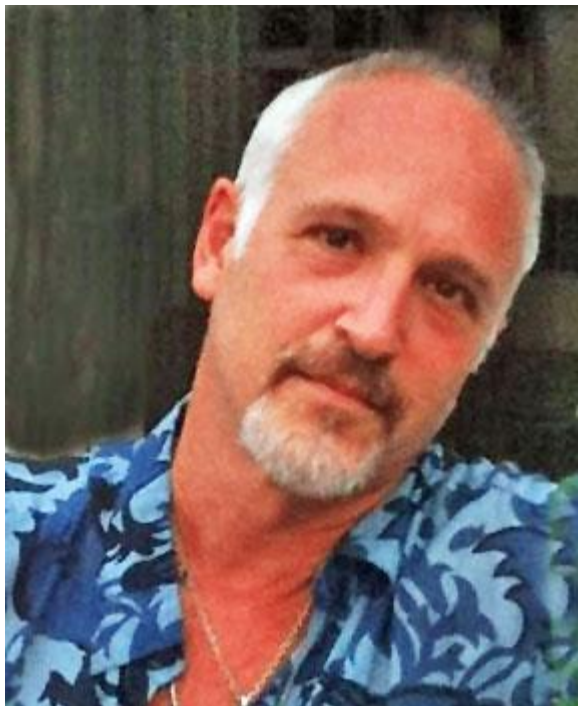
For this month's NAAFA Chronicles, enjoy our 29th newsletter, May 1977:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/May_1977.pdf

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

Why Is This Still a Debate?

by Stephen Hadley



I was recently reading one of the [NAAFA newsletters from the archive](#). Way back in 1976, NAAFA was already "dedicated to the proposition that fat can be beautiful."

How is it that we're still debating this topic today? Now, over 40 years later, there are too many people who continue to judge, degrade, and disrespect the beauty of fat people. The worst is when it comes from within your own inner circle, especially from your own family.

I've been [designing clothing](#) for fat women since the 1990s. It's been such a learning experience - meeting fat women who couldn't find anything that fit them or made them feel beautiful. Those women told me everything about fit, color, and the ugly clothes they saw at nearly every store. They pushed me to create beautiful fabrics with flattering styles that worked for their real bodies.

Some of my closest personal and business mentors over the years have been fat women. They've encouraged me to go forward with my dreams and goals even when the challenges seemed overwhelming. Without their help, I wouldn't still be designing plus size clothing today.

The problem is that so many fat women don't have support in their lives. I often receive notes from customers and am honored - but also shocked - to discover how much my clothing designs mean to them. What should be just an article of clothing is much more than that. It becomes a message of fat acceptance; celebration of beauty in all shapes and sizes. All because society in general refuses to respect and accept the beauty all around us.

Fat discrimination can come from so many places. I often notice it in the way businesses market their products and services. It's as if they've totally forgotten (or really are actively ignoring) the fat community. This is illogical on so many levels. Fat people are a considerable part of any business's demographic. But beyond that, it's downright wrong.

If you own a small business or work with the public, are you fat friendly? What more could you be doing to be supportive, welcoming, and friendly to this often disrespected community? What changes can you make to show your clients of all sizes that you appreciate their individual beauty?

We all appreciate being respected and treated with decency - whether it's from our family

members, society in general, or the businesses we choose to give our patronage. When we're cared for and respected, we notice. Sadly, that care and respect is such a rare thing for fat men and women - even in our modern society that is supposedly so accepting.

If it weren't for big, beautiful women, my business would have sunk a long time ago. I owe my success entirely to this community and am endlessly grateful. It's my hope that we won't have to wait another 40 years to end the debate on fat beauty and simply focus on showing love and respect to everyone.

Stephen Hadley has been exclusively creating plus size clothing for women (up to 2x to 4x depending on the item) since 2002. He designs fabric and garments for generousfashions.com and his [Etsy shop](#), which offers NAAFA readers a 10% discount. Sign up for the Generous Fashions newsletter for new arrivals and member discounts.

Media and Research Roundup

by Bill and Terri Weitze

March 7, 2018: A study finds weight loss surgery survivors have an increased risk of new-onset inflammatory bowel disease.

<https://doi.org/10.1111/apt.14569>

May 3, 2018: Fat hiker Jenny Bruso talks about being a fat hiker and offers recommendations to average sized people when they interact with fat hikers.

<https://www.outsideonline.com/2301336/i-hike-because-i-love-it-not-lose-weight>

May 8, 2018: Researchers find that teenage girls who are labelled as "too fat", especially by family members, are at greater risk of developing an eating disorder.

<https://www.reuters.com/article/us-health-teens-eating-disorders/being-called-fat-in-early-teens-tied-to-later-eating-disorders-for-girls-idUSKBN1I91TC>

<https://doi.org/10.1016/j.jadohealth.2017.12.016>

May 9, 2018: The media is reporting that a study concludes that a low carb diet cures diabetes; however, the "study" is based on an online survey and thus only reflects the opinions and anecdotal responses of survey participants.

<https://medium.com/@gidmk/diabetes-cant-be-cured-with-low-carb-diets-8b645c935373>

<http://pediatrics.aappublications.org/content/early/2018/05/03/peds.2017-3349>

May 15, 2018: A woman shares her experience as a fat woman sexually harassed and assaulted, and how society's view of fat bodies as undesirable makes it even more difficult to come forward and be believed.

<https://theestablishment.co/why-dont-we-hear-fat-women-s-metoo-stories-2e28f799b507>

May 16, 2018: A review, analysis and critique of the weight-centered health paradigm versus health at every size concludes that the HAES approach results in better health and well-being for all.

<https://doi.org/10.1177/2158244018772888>

May 16, 2018: A study finds a relationship between increased BMI (body mass index) and being a smoker; and a relationship between size and intensity of smoking.

<https://doi.org/10.1136/bmj.k1767>

May 24, 2018: The 2018 European Congress on Obesity will include presentation of studies where being fat has protective health properties, providing yet more examples of what is often called the "obesity paradox".

<https://www.usnews.com/news/health-care-news/articles/2018-05-24/the-obesity-paradox->

[when-obese-patients-fare-better-than-healthy-ones](#)

<https://eco2018.easo.org/programme>

<http://tonykirby.com/obesity2018/AbstractO6.6paradoxDenmark.pdf>

<http://tonykirby.com/obesity2018/PosterT4P124paradoxpneumonia.pdf>

<http://tonykirby.com/obesity2018/AbstractT4P16paradoxsepsis.pdf>

<http://tonykirby.com/obesity2018/AbstractT1P116musclequality.pdf>

May 25, 2018: Researchers find that food insecurity is associated with a significantly increased risk of developing type 2 diabetes, even after adjustment for a broad set of confounding variables.

<https://www.reuters.com/article/us-health-diabetes-food-insecurity/food-insecurity-linked-to-type-2-diabetes-risk-idUSKCN1IQ2KC>

<https://doi.org/10.1371/journal.pone.0195962>

June 5, 2018: Jessica Lindsay, a white woman with a size 12 body, explains that she no longer uses "body positive" since the term has been co-opted for commercial reasons; she intends, from her place of privilege, to push for fat acceptance and the end of fat discrimination instead.

<https://metro.co.uk/2018/06/05/im-no-longer-using-term-body-positive-7593771>

June 11, 2018: At the first annual conference of the American Society for Nutrition, two studies are presented, one showing a lower fasting glucose correlated with daily egg consumption, and the other showing better insulin levels and beta cell function correlated with eating pecans.

<https://www.healio.com/family-medicine/nutrition-and-fitness/news/online/%7B2c16dba8-74aa-4fa5-8d0b-b5e6ef8a714c%7D/eggs-nuts-coffee-dairy-veggies-positively-impact-health>

<https://www.eventscribe.com/2018/Nutrition2018/agenda.asp?pf=FullSchedule>

<https://doi.org/10.3390/nu10030339>

June 12, 2018: Researchers find that fat adolescents are twice as likely to engage in disordered eating behavior (DEB) (bingeing and purging), while diagnosis of DEB is twice as high for average to underweight teens.

<https://consumer.healthday.com/vitamins-and-nutrition-information-27/eating-and-appetite-disorder-news-223/obese-young-adults-prone-to-binging-purging-734797.html>

<https://doi.org/10.1016/j.jadohealth.2017.11.036>

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>

Comments: pr@naafa.org

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

