



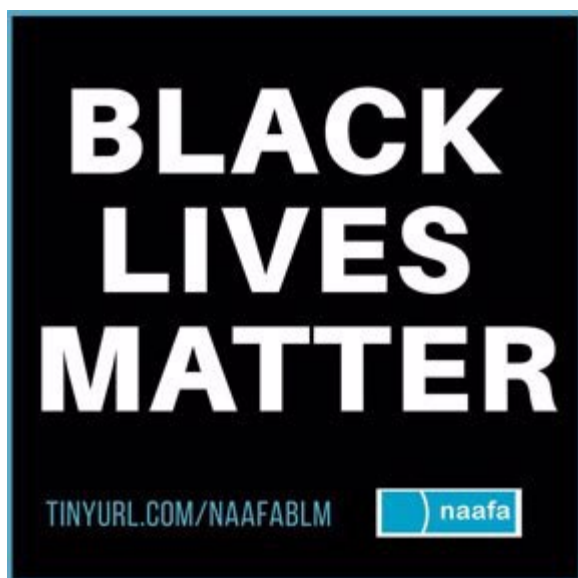
**national association
to advance
fat acceptance**

June 2020 NAAFA Newsletter

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**End Racism Now!
Black Lives Matter**



The National Association to Advance Fat Acceptance

Video of the Month



Systemic Racism Explained

This animated short is a very clear explanation of how we got to where we are today in America. The time for change is now!

tinyurl.com/ycpgsx69

Quick Links

[NAAFA.org](#)

Facebook

[Main](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

[End Bullying Now](#)

[Twitter](#)

(NAAFA) calls upon the people of our nation to end the systemic racism plaguing America that is behind the murder of so many Black lives. We ask that you stand with us against the violence and injustice perpetrated in the murder of George Floyd and many other Black people.

NAAFA supports actions aimed at ending racism, injustice and violence against our Black brothers, sisters and siblings in fat community and beyond. This violence against the people of our nation MUST end.

Please visit <https://tinyurl.com/naafablml> to read NAAFA's complete Stand Against Racism statement. We invite you to join us in being the change this nation needs.

[Instagram](#)

[YouTube](#)

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Join Our
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Upcoming NAAFA Webinars



**NAAFA 2020
WEBINAR SERIES**

We're hard at work planning a great summer of engaging NAAFA webinars. The following are confirmed, and more are in the works! Visit <https://www.naafaonline.com/dev2> or check our Facebook events for details and additions. Can't make it during the scheduled times? Check out the recordings on our YouTube channel www.youtube.com/naafa_videos

Fat and Queer Intersections: A Dialogue
featuring Andy Duran, Yarrow Halpern, and Trevor Kezon
Thursday, June 18 at 5pm PDT, 6pm MDT, 7pm CDT, 8pm EDT

Nalgona Positivity Pride - Dismantling Colonialism in Body Love
featuring Gloria Lucas
Monday, June 29 at 5pm PDT, 6pm MDT, 7pm CDT, 8pm EDT

How Weight Stigma Benefits Social Policy Makers
featuring Nancy Ellis Ordway
Saturday, July 18 time to be determined

Black Member Check-in

by Tigress Osborn

As the U.S. and other countries



around the world continue to protest the violence enacted on Black Americans by US law enforcement, I am highly aware of the impact on Black people. Personally, it has ranged from

exciting to disheartening to exhausting to invigorating to see friends, acquaintances, colleagues, business leaders, and others talking about issues I've been trying to get them to talk about for years. This has been just as true within fat community--the homebase of most of my activism for years--as it has been in the greater society.

I invite Black members of NAAFA to join me in a Black affinity dialogue to discuss how we can support each other and how fat community can better support us. If you are a Black member of NAAFA who would be interested in participating in such a dialogue, please complete [the short form at this link](#) to share your contact info with me. I will create a Black affinity email group, which will be used to schedule a time that works for as many people as possible. Past NAAFA members are welcome as well, so please share the link. This session is for Black participants only. <https://forms.gle/RsZ4EYnrpifZoWZs9>

We Have a Winner!



Due to the COVID-19 pandemic, the Fat Studies New Zealand Conference 2020 will be held online, which will give more people an opportunity to learn about fat studies and fat activism! Scholars and activists from eight countries are on the speakers' list. Organizer Cat Pausé offered NAAFA one free registration as a

supporter of the conference to be given away in a drawing as announced in last month's newsletter. We are happy to announce Stefanie Snider is the winner of that drawing!

The conference begins June 18, 2020, so you still have plenty of time to register! Speakers scheduled for this conference can be found at: <http://fsnz.org/speakers.html>
Register for the entire conference for only \$50 NZD (\$29.92 USD) at: <http://fsnz.org/registration.html>

We Need You

by Peggy Howell

I discovered size acceptance and NAAFA the year of the 25th anniversary of the organization. Although I attended the anniversary convention, it was another



five or so years before I got serious about fat community.

When I was invited to join the NAAFA Board of Directors (BOD) I had four to five years of experience attending NAAFA conventions and BBW Bashes as a vendor for chunkEbusiness. I had never attended a radical fat activist event--no march, no sit in, no flash mob. I had no special education to prepare me for serving on a Board.

What I did bring to the table was my passion for justice, and experience in advertising and promotions. I had a skill set that would assist in the promotion of the organization. The rest I have learned "on the job".

Serving on the NAAFA BOD has brought so many incredible opportunities my way. I got to speak at the National Press Club in Washington, DC. I've appeared on *Anderson Cooper 360*, Nat Geo's *Taboo*, a double episode of *Dr. Phil* and numerous national and local TV and radio news shows.

If you have a passion for justice, a desire to see change and a willingness to help NAAFA move forward, please join us.

We are welcoming application submission for additional NAAFA Board of Directors members now through June 30, 2020. Please consider volunteering for the organization in a leadership capacity, or suggest someone that you believe could help keep the organization moving forward. Information about the position is posted on the NAAFA website (<https://www.naafaonline.com/dev2/about/Board.html>) and the application is available at <https://tinyurl.com/NAAFABoardApp>

Fat Community Project Fund: Grant Applications Soon

**FAT COMMUNITY PROJECT FUND
GRANT APPLICATION**

Creating Connection. Expanding Empowerment. Increasing Intersectional Activism.



We are currently finalizing the application process for our new fund to provide mini-grants for the projects benefiting the fat community. Grants will be provided for Arts and Entertainment, Community Education and Training, Individual Education and Training, Networking and Socializing, and Solidarity with Other Anti-Oppression Causes. Applications will be available beginning July 1, 2020.

NAAFA Chronicles 53

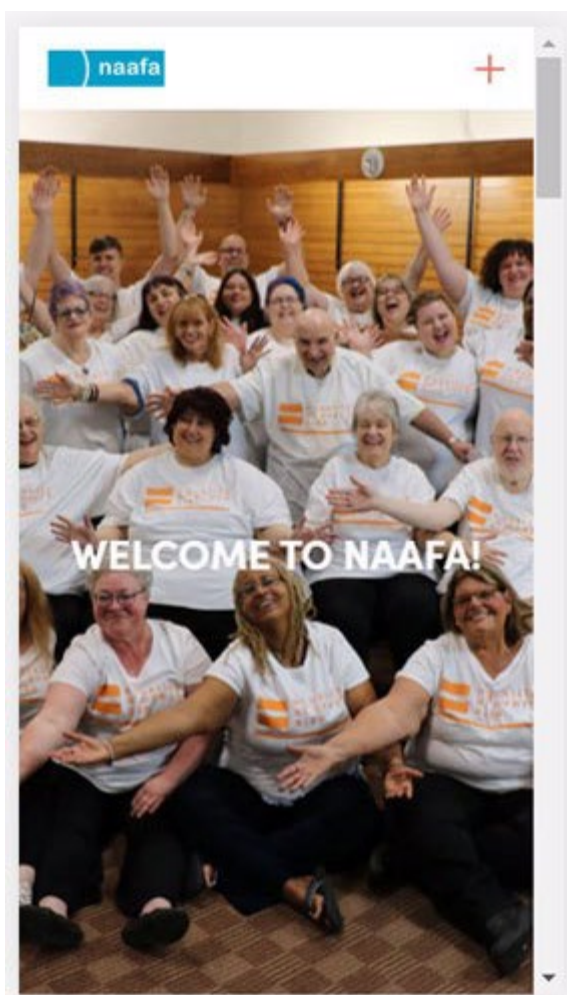
This month's delve into history is NAAFA's 53rd newsletter, January - February 1983.

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan-Feb_1983.pdf

For more, click or tap the "Chronicles" tab in the newsletter section of the NAAFA website. January - February 1983.

Coming Soon: The NEW naafa.org

by Darliene Howell



NAAFA's website is undergoing a change to make it more accessible for phones and tablets...the NEW naafa.org! We are updating the design and look, and the new site will be launched very soon, so keep your eyes open for more information.

While we are transitioning to the new website, naafa.org may not be available but you can still access the old site by going to <https://www.naafaonline.com/dev2/> We will issue a press release and post on social media when the new website is launched.

The new website is the result of a Future of NAAFA Committee project. I would like to thank the Board of Directors and the Committee for their help in modernizing the public face of NAAFA. I would also like to send special thanks to Trevor Kezon for the inspiration for the project, and Amanda Cooper, Lindley Ashline and Jessica Richman for their assistance in the content and functionality of the new site.

Media and Research Roundup

by Bill and Terri Weitze

October 16, 2019: Yoni Freedhoff discusses weight cutoffs for elective surgeries, and whether they should exist. While part of the issue may be fatphobia, Freedhoff also points out

the purely economic reasons for weight cutoffs.

<https://www.medscape.com/viewarticle/919792>

February 21, 2020: Fatness is independently associated with pulmonary hypertension (PH) according to this study. However, "obese" patients have a 23% lower hazard of mortality with PH, and those with precapillary PH had the greatest effect.

<https://doi.org/10.1161/JAHA.119.014195>

April 1, 2020: Among men with metastatic castration-resistant prostate cancer, obese men were found to have a greater overall and cancer-specific survival than others. Similarly, a 2018 study (second link) found that obese men with prostate cancer had the best survival rates after radical prostatectomy.

<https://www.auajournals.org/doi/10.1097/JU.0000000000000859.05>

<https://doi.org/10.1007/s00345-018-2240-8>

April 21, 2020: A study comparing Asians and Caucasians with upper urinary tract cancer finds that overweight and obese Asians had improved outcomes. The outcomes for Caucasian patients were not significantly different based on body mass index (BMI).

<https://doi.org/10.1007/s00345-020-03204-0>

April 28, 2020: An article in the Lancet on critically ill adults with COVID-19 in New York finds that "severe obesity" was not an independent risk factor for mortality, recommending further study of the association of BMI with susceptibility to or severity of COVID-19.

[https://doi.org/10.1016/S0140-6736\(20\)31189-2](https://doi.org/10.1016/S0140-6736(20)31189-2)

April 29, 2020: Two articles discuss how fatphobia is a danger to fat patients during the current pandemic, in spite of the fact that fat people have better outcomes with Acute Respiratory Distress Syndrome (ARDS), one of the serious complications of COVID-19. The European fat community has started a petition to prevent medical discrimination (third link).

<https://www.health.com/condition/infectious-diseases/coronavirus/obesity-covid-19>

<https://konfront.dk/will-fatphobia-cause-eugenics>

<https://we4fatrights.eu/en>

May 25, 2020: Sabrina Strings, writing in *The New York Times*, explains why black people are disproportionately affected by the COVID-19 pandemic, which has been blamed on factors such as weight and irresponsible behavior.

<https://www.nytimes.com/2020/05/25/opinion/coronavirus-race-obesity.html>

May 26, 2020: A two-year study shows that a comprehensive workplace wellness program had no significant effects on measured physical health outcomes, even though more employees reported having a primary care physician and "improved" health beliefs. The second link is an invited commentary on the effectiveness of employer wellness programs. To read the full article you must have a subscription or pay a fee.

<https://doi.org/10.1001/jamainternmed.2020.1321>

<https://doi.org/10.1001/jamainternmed.2020.1402>

June 2020: *Mechanic Shop Femme* want you to check out some non-binary Instagrammers who also happen to be fat.

<https://mechanicshopfemme.com/nonbinaryvoices>

June 4, 2020: Sabrina Strings and Lindo Bacon discuss how racist ideas about the bodies of black women have led to black women having to deal with fatphobia, racism, and sexism, which can lead to negative health impacts that are often assumed to be due to weight.

<https://www.scientificamerican.com/article/the-racist-roots-of-fighting-obesity>

June 10, 2020: Lizzo is not here for your nonsense.

<https://www.youtube.com/watch?v=MIP93fbstv8>

<https://www.independent.co.uk/life-style/lizzo-body-shaming-workout-exercise-video-tiktoka9558306.html>

June 12, 2020: We don't usually think about male plus-size models, so *VolUp2* introduces us to eight such men working today to bring fashion and style to the fat world.

<https://www.volup2.com/articles-and-blog/2020/6/2/ko6xjanyndhlla7efl8el1c0st5qhm>

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

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