



**national association
to advance
fat acceptance**

NAAFA Newsletter

**Official Publication of
the National
Association to
Advance Fat
Acceptance**
March 2012

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Hi Ho! Hi Ho! A-Stigmatizing Fat Kids We Go!



In late February, NAAFA was appalled to learn that Disney, a traditional hallmark of childhood happiness and joy, had fallen under the shadow of negativity and discrimination, with their new exhibit *Habit Heroes* at Epcot Center. After pressure from NAAFA, physicians, and other groups, Disney closed the attraction and its website indefinitely for retooling and maintenance. Since Disney still plans to reopen their project, we encourage you to let them know your opinion if you haven't done so already. Media articles are pointing to NAAFA as the responsible

Shift the Focus

March Video of the Month

Julie Rochefort writes, "I did this talk back in November at the annual TEDx* conference in Toronto, ON Canada. I am honoured to be part of a community that supports health rather than discrimination. Enjoy the video."

<http://youtube.com/watch?v=V9aQUWeu7ag>

*TED (Technology, Entertainment and Design) is a global set of conferences owned by the private non-profit Sapling Foundation, formed to disseminate "ideas worth spreading".

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party for the closings, but we need to make sure they "hear" us about what changes need to be made.

Disney, in partnering with Blue Cross/Blue Shield to create *Habit Heroes*, took the side of the bullies. Although their website is closed for maintenance (<http://www.habitheroes.com>) you can see a few of the characters on this blog <http://tinyurl.com/7s53loa>, and a video tour of the exhibit here: <http://www.youtube.com/watch?v=SoM38R9xfMs>

The attraction and online game featured negative stereotypical characters such as "The Glutton, Overeating and eating too fast"; "Snacker, Too much fatty, processed food"; "Lead Bottom, Not enough exercise"; "Stinkbomb, Bad hygiene"; "The Fungus, Eating rotten or expired food"; "Stress Case, Stressing Out"; "The Prescripitor, Ignoring doctor's advice" and "Cereal Killer, No time for breakfast". These stereotypes, typically used to torment overweight kids, could reinforce and strengthen a cycle of bullying, depression, disease, eating disorders and even suicidal thoughts.

NAAFA encourages everyone to call and write Disney to express your opinion.

Call Disney Corporate Headquarters: 407-354-2754
Write Disney Corporate Headquarters:
Attention: Kristin Nolt Wingard
Senior VP of Public Affair
1375 Buena Vista Drive
Lake Buena Vista, Florida 32830

Email Disney's Communications Dept: TWDC.Corp.Communications@disney.com

Sign the petition NAAFA has created at:

<http://www.thepetitionsite.com/1/stop-Disneys-war-on-fat-kids>

NAAFA recommends that Disney and their partners, Anthem Blue Cross/Blue Shield and Wellpoint, review NAAFA's Child Advocacy Toolkit, http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed, which focuses on a health-centered approach to improve the health of our children without doing harm.

Help us bring permanent change to these new Disney projects. All children, regardless of body size, should be free to enjoy the "happiest place on Earth"!

Fat Women Rule! Or at Least This One Did



by *Lesleigh Owen*

She was fierce, respected, and revered. She stood short and very fat. She is widely pictured in men's clothing. Furthermore, she ruled. Literally! For over two decades.

Ancient Egypt boasted only a handful of female pharaohs, and most of them ruled briefly or during declining dynasties. During Egypt's golden eighteenth dynasty, however, a female pharaoh distinguished herself as a fierce warrior, a benevolent ruler, an inspired patron of vast architectural feats, and a deliciously fat woman. Her name was Hatshepsut, and she ruled Egypt for twenty-two years around 1500 BC.

Women very rarely became pharaohs in ancient Egypt. However, once her husband and co-ruler died, Hatshepsut donned the masculine pharaoh clothing (whether in reality or just in pictures no one knows for certain), including the traditional pharaoh beard, and guided Egypt into a new era of culture and prosperity. During her lengthy reign, Hatshepsut extended trade networks, ruled over a peaceful and prosperous kingdom, and became one of the most prolific builders in the country's lengthy history.

Fifteen years into her reign, while Hatshepsut was in her forties, she physically ran the traditional pharaoh's pyramid circuit to demonstrate her fitness as king. Skilled politician, warrior fierce enough to earn her an association with the lion goddess, Sekhmet, commissioner of grand buildings and art pieces, the voluptuous Hatshepsut died at the age of fifty.

Thirty-five hundred years later, we pay homage to Hatshepsut, a woman, who, like so many of our own members, lived life fiercely, fitly, fashionably, and fatly.

Women's History Month



by Peggy Howell

March is Women's History Month in the US, highlighting the contributions of women to events in history and contemporary society. Despite the phenomenal accomplishments of women, we are still undervalued by some who believe we either aren't bright enough or shouldn't have the right to make decisions about our own bodies and lives.

As women, we MUST exercise our right/duty to vote, particularly during this election year, if we are to preserve the rights that have been fought for and earned, in some cases with their lives, by our foremothers. Do you realize women in the US have had the right to vote for less than 100 years?

Instead of focusing on the economy, which most voters describe as their top concern, energy is being wasted on issues of reproductive rights by right winged politicians.

Consider these recent events:

- Female Democratic lawmakers stormed out of a congressional hearing to protest an all-male panel reviewing religious liberty and the current administration's mandate that employers provide birth control coverage.
- Women on the left successfully altered consideration of a proposed Virginia law mandating a pre-abortion sonogram, in part by equating vaginal probes to rape (because it was "forced" penetration).
- A right wing candidate was criticized for a stale joke by one of his funders about how women used to avoid pregnancy by putting aspirin tablets between their knees.

All this was preceded by a news media firestorm over the Susan G. Komen Foundation's decision to stop funding Planned Parenthood, which was later reversed.

Do not allow the rights of women to be eroded. Make your voice heard. Make your vote count. Put a stop to this slippery slope. Do not allow this country to be rolled back 100 years.

I Just Want to Celebrate



by Cinder Ernst

Hello NAAFA Friends! I am so enjoying writing for you each month. I got an email from one of you saying how the Miracle Knee exercise made a huge difference in practically no time at all. YAY! That's why we call it the Miracle Knee exercise! Did you try it? How about right now? *Sit up tall and straight on the edge of your chair. Straighten both legs out in front of you (or try one at a time), keeping your heels on the floor throughout the exercise. Squeeze your quadriceps muscles (quads) and then hold the squeezes for 2 or 3 seconds. (Your quads are the muscles in the front of your thighs that contract as you straighten your leg. You kind of go from frown to straighter to get the squeeze.) Breathe throughout the exercise. Good now relax. You've just done the Miracle Knee Exercise. Now we celebrate...YAY!*

Last month I told you I would talk about celebrating. There are three tools that you can use to make hard things easier. The three tools are:

1. Take a small step
2. Get support
3. Celebrate every accomplishment no matter how small

For example, let's say you have knee pain. Here's how it works. Take a small step (1.) Try the Miracle Knee exercise. Get support (2.) This article is all you need to give it a try. So you try it. That's a YAY! (3.) You might enlist the support of a celebration buddy (combining steps 2 and 3). For example this buddy would agree that when you text or email that you have just done 3 Miracle Knees, she/he responds with a YAY!

These three tools, used together, make doing hard things easier. I spoke at a diabetic support group recently on exercising. I always give these tools. Someone came up to me after and told me a story about being on top of a ski slope that was way too hard for her. She kept looking at the bottom and thinking "I'm never gonna be able to get down there." So her buddy (support) said just do the next turn, look across to where you are going next and just do that. And so she got down the hill, one turn at a time. Now that she knows this system, next time she will give herself a YAY at each turn.

Not only do these three tools make hard things doable, but with the celebration in there, it makes the doing sweeter. Using these three tools together, you will not only be accomplishing things that you want to accomplish, but you will experience some ease and maybe even joy as you do it. This is a tool, you must practice using it, and eventually it becomes a habit.

So practice celebrating every accomplishment no matter how small. Teach your friends and family to do this for themselves, each other and you. A moment of celebration can go a long way. I just finished another article . . . YAY!

Check out what's new at www.cinderernst.com (as I write this my site has been under construction for a month; I hope it's up when this goes to print). If you are

in the SF Bay Area save this date: April 15, 1-3 PM, free workshop: First Steps with Cinder. Send me an email to save your spot and get more info: coach@cinderernst.com If you are not local we do a free phone workshop so send me an email and I'll hook you up. YAY! For all of us!

Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafa.org>]

October 14, 2011: A health education video by Texas Health Presbyterian Hospital on the subject of eating disorders is not only moving and beautiful but focuses on self-acceptance.

<http://www.youtube.com/watch?v=ob7puaEM4P8>

February 8, 2012: A British appeals court has ruled that airline passengers cannot sue for "hurt feelings" due to embarrassment from treatment by the airline's crew, after two fat disabled men sued Thomas Cook and British Airways. This decision could be the first step toward airlines implementing a fat tax.

<http://www.dailymail.co.uk/news/article-2097843/Fat-tax-airline-passengers-follow-travel-giants-legal-victory-disabled-fliers-claims-leading-barrister.html>

February 12, 2012: Congratulations to big and beautiful singer Adele, who not only won six Grammy awards, but wowed the crowd at the awards show with her triumphant return to the stage!

<http://www.youtube.com/watch?v=0ckIulg1DfQ>

February 15, 2012: Warning: Look at this clip only if you want to see extreme (and extremely unfounded) demonization of food. The diet book that this person is plugging is actually called *Bread Is the Devil*. This is what fat hatred has brought us to.

http://www.cbs.com/shows/the_talk/video/2191515225/the-talk-redo-u-nutrition-heather-bauer

February 16, 2012: An article out of Australia addresses why society deems it okay to laugh at fat people. The article talks about stigma based on myths about fat people, and how the inability to laugh at other (protected) groups could be causing people to use fat jokes as a way to vent their biases.

<http://theconversation.edu.au/big-belly-laughs-why-is-it-okay-to-laugh-at-fat-people-5329>

February 16, 2012: *20/20 New Zealand's* coverage of fat activism features Cat Pausé, host of the *Friends of Marilyn* radio broadcast and blog, and Janeen Nowicki, clothing designer and exercise coach. Dr. Pausé is undoubtedly fat accepting, Ms. Nowicki, even though admittedly fat and fit, is less accepting, designing clothes to make you look thinner and exercising to keep from being fatter. (The second link below is a radio interview with Dr. Pausé on fat acceptance.)

<http://www.youtube.com/watch?v=0utFiO9IHqg>

<http://www.radiolive.co.nz/Fat-researcher-claims-obesity-focus-needs-to-shift-away-from-fat-people-a/tabid/506/articleID/26243/Default.aspx>

February 16, 2012: *Glamour* asks if a person can be fat and healthy and gives answers by Dr. David Katz who says "no", Dr. Linda Bacon who provides the Health at Every Size® (HAES™) outlook, and Anansa Sims, a plus-size model who says at size 12 to 14 she is much healthier than when she was much thinner.

<http://www.glamour.com/health-fitness/2012/02/health-controversy-can-you-be-fat-and-healthy>

February 18, 2012: Studies claim that exposure to endocrine disrupter chemicals may be linked to the increase in fatness. One of the most common such chemicals, BPA (bisphenol A), a common ingredient in plastics and food can lining, triggers the release of almost double the insulin needed to break down food, which can lead to insulin resistance and weight gain for some.

http://www.huffingtonpost.com/2012/02/14/bpa-chemical-hormone-obesity-diabetes_n_1276996.html

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0031109>

<http://www.sciencedirect.com/science/article/pii/S0303720712000056>

February 20, 2012: Fox TV in Atlanta talks about both the fat shaming Strong4Life billboards and Ragen Chastain's StandforAllChildren campaign to fund billboards in response. Dr. Stephanie Walsh, speaking for the Strong4Life campaign, doesn't

seem to understand that all children (not just fat ones) benefit from good food and exercise.

<http://www.myfoxtatlanta.com/dpp/health/FOX-MEDICAL-TEAM-Weight-Wars-20120220-pm-pk>

February 21, 2012: A revised formula for predicting weight loss by dieting accounts for changes in metabolism due to dieting, that is, the tendency for weight loss to "plateau" during a diet, which is unaccounted for by simple "calories in = calories out" formulas.

<http://jezebel.com/5886932/scientists-unveil-incredibly-complicated-new-weight-loss-formula>

<http://www.livescience.com/18564-weight-loss-equation-key-calorie-cutoff.html>

<http://aaas.confex.com/aaas/2012/webprogram/Paper6157.html>

February 22, 2012: Jenny Jameson's article for *The Guardian* discusses why a HAES™ approach is more beneficial than merely focusing on weight loss. Jameson points out that health should be the issue, not weight; and that a weight-based approach often leads to unhealthy behavior.

<http://www.guardian.co.uk/commentisfree/2012/feb/22/fear-obesity-epidemic-health>

February 22, 2012: In the first of three articles on the three risks (financial, military and social) that form the basis of the moral panic targeting fat people, Dr. Pattie Thomas addresses the health cost burden attributed to fat people by outlining problems with the much-quoted Finkelstein study ("Annual Medical Spending Attributable to Obesity", *Health Affairs*, October 2009).

<http://www.psychologytoday.com/blog/i-take-space/201202/risks-obesity-financial-costbenefit-analysis>

February 22, 2012: To the surprise of many, Qnexa, despite having side effects including increased heart rate and risk of birth defects, has been recommended by a US federal advisory panel, with possible FDA approval set for April. Qnexa's developer has agreed to do a post-approval study on the risk of heart attacks and to recommend that higher doses of the drugs be restricted and monitored.

<http://www.nytimes.com/2012/02/23/business/fda-advisory-panel-backs-diet-drug.html>

February 28, 2012: Marilyn Wann in a diet column? No, you're not seeing things. Marilyn speaks out on *Dietsinreview.com* against the fat-shaming billboards of Strong4Life, and encourages people to stop dieting and focus on health instead of weight!

http://www.dietsinreview.com/diet_column/02/i-stand-campaign-takes-creative-aim-at-georgias-anti-obesity-ads

February 29, 2012: Writing for *Good Vibrations Magazine*, Virgie Tovar (MA in Human Sexuality) looks at how society denies fat girls their girliness, reviewing how her own experiences as a fat girl affected her gender identification then and now.

<http://magazine.goodvibes.com/2012/02/29/on-fat-femmehood-gender-pink-shoes>

February 29, 2012: A study finds that when normally active people reduce their activity, their blood sugar levels spike after meals; but once activity resumes the spikes go away. Co-author Dr. J.P. Thyfault recommends that we keep moving, even in small doses. "You don't have to run marathons, but the evidence is clear that you do need to move."

<http://www.ncbi.nlm.nih.gov/pubmed/21716152>

<http://well.blogs.nytimes.com/2012/02/29/why-its-so-important-to-keep-moving>

February 29, 2012: NAAFA's protest of Disney's *Habit Heroes* (see related article above) gains big media attention; some examples are included below. The *Orlando Sentinel* story alone (first link) is picked up by several papers nationwide. An informal *MSNBC* poll (second link) finds a majority are actually OK with the exhibit, sadly. On the plus side, Marilyn Wann gives her take on fat villains here and elsewhere (third link), saying "If I weren't a disciplined, veggie-eating exercise lover, I'd make a great Disney villain."

http://www.orlandosentinel.com/the-daily-disney/os-disney-habit-heroes-closes-20120229_0_4687677.story

<http://todaytravel.today.msnbc.msn.com/news/2012/03/01/10550307-do-you-think-disneys-obesity-exhibit-was-insensitive>

http://blogs.sfweekly.com/exhibitionist/2012/03/disney_fat_hating.php

<http://www.guardian.co.uk/travel/2012/mar/01/disney-bags-fitness-theme-park>

<http://www.dailymail.co.uk/news/article-2108811/Disneys-tool-shame-Florida-resorts-Habit-Heroes-attraction-closed-accused-stigmatizing-fat-kids.html>

<http://www.businessinsider.com/disney-world-closes-obesity-exhibit-because-its-hurtful-to-fat-kids-2012-3>
<http://www.huliq.com/10061/disney-worlds-habit-heroes-caves-anti-obesity-critics>
<http://jezebel.com/5889696/disney-prematurely-indefinitely-delays-controversial-fat-shameland>
<http://www.attractionsmanagement.com/detail1.cfm?pagetype=detail&subject=news&codeID=300085>
http://www.cbsnews.com/8301-504763_162-57388650-10391704/disney-shuts-down-retools-obesity-exhibit-after-critics-complain
<http://www.theglobeandmail.com/life/the-hot-button/disney-closes-exhibit-over-criticism-for-stigmatizing-overweight-kids/article2356800>
<http://news.nationalpost.com/2012/03/02/disney-shuts-down-anti-obesity-exhibit-after-critics-decry-it-for-being-insensitive-to-overweight-people>
<http://www.latimes.com/news/nation/nationnow/la-na-nn-disney-obesity-exhibit-20120302,0,4947393.story>
<http://frenchtribune.com/teneur/129752-disney-rebuilding-their-exhibit>

March 1, 2012: Robert Gibbs, a 600-700 pound 23-year-old, posts a video asking for help. He fears not being able to see his niece and nephew grow up and have a family of his own. Hopefully he will get the help he needs with a focus on his well-being and not just weight.

<http://www.youtube.com/watch?v=QhpgVpu-uYw>

March 4, 2012: Deb Lemire's Queen Bee Productions creates a visual response to the Strong4Life campaign and the damage from media and societal images that we see every day. (Some images may be triggering for those with eating disorders.)

<http://www.youtube.com/watch?v=t-Wj7KncUq0>

March 5, 2012: Love Every Body Week begins at California State University, Chico. The campus celebrates with an expo, films, and lectures, including two presentations by Marilyn Wann.

<http://www.csuchico.edu/news/current-news/2-17-12-love-every-body-week-promotes-positive-body-images-and-eating-disorders-awareness.shtml>

March 5, 2012: The latest diet fad in the UK involves being fed by a nasal drip. Worse yet, a National Health physician is promoting it. A patient says, "Not eating for ten days gives you a break from thinking about food." We think a 10-day fast would make most people think ONLY of food.

<http://www.dailymail.co.uk/femail/article-2110165/Ketogenic-Enteral-Nutrition-diet-NHS-specialist-recommends-fed-drip-lose-weight.html>

March 6, 2012: Linda Bacon, PhD, tackles the current wave of fear mongering among the anti-fat crowd in a *Huffington Post* blog entry that serves as a good introduction to Health at Every Size®.

http://www.huffingtonpost.com/linda-bacon-phd-ma-ma/health-at-every-size_b_1314339.html

March 7, 2012: DC-area NAAFA Board of Directors member Tony Harrell is interviewed in *Gadling* (a *Huffington Post* blog) about his travel agency, Abundant Travel, and the special needs of fat people who travel.

<http://www.gadling.com/2012/03/07/a-travel-agent-who-helps-people-of-size-see-the-world>

March 8, 2012: Fatness in older people in the US and UK has no significant effect on their happiness according to a study led by Warwick Medical School. Authors hypothesize that older people are better than their younger counterparts at dealing with the negativity that comes with being fat in our society.

<http://medicalxpress.com/news/2012-03-aging-overweight-people-happy.html>
<http://www.springerlink.com/content/y5264k1x41411211>

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