



**national association
to advance
fat acceptance**

NAAFA Newsletter

In This Issue

[NAAFA's Goin' to Vegas!](#)

[Call for Presentations: NAAFA 2013 Annual Convention & Expo](#)

[Stop the "Fat Letters" in Massachusetts](#)

[Fat and Sexy: Five Things about Sex You Always Wanted to Know but Were Afraid to Ask*](#)

[Wish I Had Said That!](#)

[Going Down Stairs Part 3](#)

[Media and Research Roundup](#)

NAAFA's Goin' to Vegas!



NAAFA, the civil rights organization working for Equality at Every Size, is excited to announce that it's goin' to Vegas, Baby! NAAFA's 2013 Annual Convention and Expo will be held on July 25-29, 2013 at the Westin Hotel, Casino & Spa, located at 160 East Flamingo Rd. Las Vegas, NV 89109.

In keeping with this year's theme of **Promoting Equality: All Sizes Welcome!** NAAFA's convention workshop tracks are:

- Diversity, Size Acceptance and Corporate Culture
- Bullying in the Classroom and Beyond
- Accessibility: Tools for Everyday Living
- Being Healthy at Any Size

Promoting Equality: All Sizes Welcome! is the preeminent event for size diversity advocates from across North America, including Canada and worldwide. This year's event promises to provide informational and educational opportunities of the highest quality." stated Brandon Macsata, NAAFA's Convention Committee Chair and Advisory Board Member.

NAAFA has negotiated a terrific rate with this Westin resort property just a block and a half off the Strip in Las Vegas on Flamingo Road. Our group rate is only \$89.00 per night with **NO resort fee** and **FREE internet connection**. There are lots of options available at this Westin, like a casino on the ground level and a restaurant open 24/7.

"Many people say that the experiences they have had at previous conventions were life-changing for them," says NAAFA spokesperson Peggy Howell. "How will this year's convention change you?"

**National Association
to Advance Fat
Acceptance**
March 2013

To This Day

[March Video of the Month](#)

Shane Koyczan shares from his heart and personal experience. You don't want to miss this video.

<http://youtube.com/watch?v=sa1iS1MqUy4>

Quick Links

[NAAFA Home](#)
[NAAFA Facebook - Cause](#)
[NAAFA SF Bay Facebook](#)
[NAAFA-Capital Facebook](#)
[NEW: NAAFA-Orange County Facebook](#)
[NAAFA MySpace](#)

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health, and are used with permission.

[Join Our Mailing List!](#)

NAAFA invites people of all sizes who support Equality at Every Size to come together for a week of learning, laughing, sharing, networking, community building, swimming, dancing and fun! Visit <http://www.naafa.org> to learn more about the NAAFA 2013 Annual Convention and Expo. Convention registration and hotel accommodations can be completed from the website.

UPDATE: The convention schedule is now up here:
<http://www.naafaonline.com/convention2013/schedule>

Call for Presentations: NAAFA 2013 Annual Convention & Expo

NAAFA has issued a Call for Presentations (CFP) for its upcoming 2013 Annual Convention and Expo, being held on July 25-29, 2013 in Las Vegas. In keeping with this year's theme of "Promoting Equality: All Sizes Welcome!" the convention workshop tracks are:

- Diversity, Size Acceptance and Corporate Culture
- Bullying in the Classroom and Beyond
- Accessibility: Tools for Everyday Living
- Being Healthy at Any Size

"We look for contributors who are willing to share their expertise without expectation of payment in the spirit of networking, a purpose for which the NAAFA was founded," said Brandon M. Macsata, NAAFA's Convention Committee Chair and Advisory Board Member. "We believe that the size and decision-making authority of our audience provides an outstanding opportunity for speakers to increase their visibility and establish valuable contacts with a targeted audience."

NAAFA strives to offer a balanced program by selecting proposals that best fit within the framework of the convention. The programs selected will be based upon two primary criteria: a best practice, and a compelling or innovative focus or approach. Alternative views and counterpoint issues are welcomed particularly when lessons learned from first-hand experience are offered as models/examples.

Proposals are due to the Convention Committee no later than April 3, 2013. To learn more about the NAAFA 2013 Annual Convention and Expo, or to download the CFP, please visit <http://www.naafa.org>.

Stop the "Fat Letters" in Massachusetts



[Editor's Note: The following press release was issued on March 2, 2013. Additionally, NAAFA mailed personally addressed letters to Governor Deval Patrick; Interim Public Health Commissioner, Lauren Smith, MD, MPH; State Representative Jim Lyons, Jr.; State Senator Kathleen O'Connor Ives; State Senator John Keenan; State Representative Jeffrey Sanchez; and U.S. Senator Elizabeth Warren. All NAAFA

members residing in MA were also contacted and encouraged to support H.2024 by contacting the people listed below in our press release. It's not too late for your voice to be heard!]

Foster City, CA - NAAFA supports the passing of Massachusetts House Bill H.2024, legislation to prohibit the Department of Public Health from collecting data on students relative to height, weight, and body mass indexes.

In 2009, the Massachusetts Department of Public Health adopted a "BMI initiative" requiring public schools to calculate the BMI of children and teens of certain ages and to send the results to the children's parents along with advice for parents on how to deal with the child's weight issues.

H.2024 seeks to amend Section 1, Chapter 71 of the General Laws by inserting the following language: "(h): No language in this section shall authorize the Department of Public Health to collect data on height, weight, or calculate a student's Body Mass Index."

Children whose parents were told they were overweight were no more likely to have lost weight than children whose parents were not notified according to the

School-Based Body Mass Index Screening and Parent Notification study. The findings were based on data from nearly 7 million children.

The focus on overweight and obesity has led to increases in body dissatisfaction in children as young as six years of age. Lower body satisfaction does not serve as a motivator for engaging in healthy weight management behaviors, but rather predicts the use of behaviors that may place adolescents at risk for weight gain and poorer overall health according to the study, Does body satisfaction matter?

CALL TO ACTION:

NAAFA encourages its members and all concerned residents of Massachusetts to write to or call Governor Deval Patrick as well as committee heads, State Senator John Keenan and State Representative Jeffrey Sanchez, and the Department of Public Health in support of the passing of H.2024. Letters and phone calls of support should be directed to:

Governor Deval Patrick
Massachusetts State House
Room 280
Boston, MA 02133
617-725-4005

Lauren Smith, MD, MPH
Interim Commissioner
Massachusetts Department of Public Health
250 Washington Street
Boston, MA 02108
617-624-6000

State Senator John Keenan
Senate Committee on Public Health Chair
Massachusetts State House
Room 504
Boston, MA 02133
617-722-1494

State Representative Jeffrey Sanchez
House Committee on Public Health Chair
Massachusetts State House
Room 130
Boston, MA 02133
617-722-2130

Fat and Sexy: Five Things about Sex You Always Wanted to Know but Were Afraid to Ask*



In January, NAAFA had a successful launch of its first teleseminar with fitness expert and NAAFA newsletter columnist Cinder Ernst. The next teleseminar will feature another expert and past NAAFA workshop presenter: **Virgie Tovar**, MA. Virgie is a sexologist, fat activist and writer. NAAFA believes that people of all sizes have the right to a fulfilling and healthy sex life. You've probably noticed that we live in a sex-negative culture that teaches us shame about our sexuality and our bodies. If you're having a difficult time feeling sexy you are SO not alone! Join an open and revealing teleseminar:

Fat and Sexy: Five Things about Sex You Always Wanted to Know but Were Afraid to Ask*

Date: Saturday, April 20, 2013
Time: 4:00pm PST/7:00pm EST

In this not-to-be-missed exclusive teleseminar, Virgie Tovar, editor of *Hot & Heavy: Fierce Fat Girls on Life, Love and Fashion* (Seal Press, 2012), will spill some of her yummiest sex secrets. "Fat & Sexy" will cover requisite topics from vibrators to vulvas (and penises too!) with a focus on body positivity and fat embodiment.

Come with questions, leave with answers (and maybe even some orgasms!) You won't want to miss the homework!

To register, click on: <http://tinyurl.com/cjuf9ms>

*Please note: Due to the mature nature of the subject matter, this teleseminar may not be suitable for all individuals and is not advised for individuals under the age of 18. Signing up for this teleseminar indicates that you are at least 18 years of age.

Wish I Had Said That!



by Peggy Howell

I hope you agree that this column has been interesting and has helped prepare us to stand up for ourselves in the face of cutting remarks from family members, co-workers, even strangers on the street. We have a couple more suggestions to address before we conclude this exercise. I appreciate all the feedback and suggestions. If you have something for which you'd like suggested responses, send those questions or comments to pr@naafa.org for inclusion in a future newsletter.

Last month's comment: You're costing me more money for . . . (medical insurance, healthcare, transportation, equipment, workplace accommodations, etc.)

Your Suggested Responses:

A - I understand that you have read misinformation from the media; however, I don't feel the need to justify my existence.

A - Cost estimates have been based on erroneous assumptions and are backed by research paid for by the diet industry.

A - As an American, I am afforded every right given a citizen. You are obviously utilizing the right to freedom of speech and I am invoking my right to politely disagree and ignore you.

A - Making assumptions based solely on a person's body size is body profiling and is discrimination.

A - I've worked here two years and have never had a sick day. I KNOW you can't say the same!

A - I take no prescription medications, bet YOU can't say the same!

A - I give blood and save lives. If you weigh less than 115 lbs., you're not even allowed to give blood. You can't do anything for me.

A - If I keel over dead tomorrow, I've still outlived you (for the senior citizens!).

Comment of the Month: You have such a pretty face, if only you'd lose weight, you'd be . . . (perfect, beautiful, a knock-out, etc.)!

Example Responses:

A - I am perfect as I am right now!

A - I am pretty. You, however, are showing a great deal of ugliness right now.

A - "Pretty is as pretty does" my Mama always used to say.

Is this exercise helping you add to your list of responses? Several people have remarked that they appreciate it since they never seem to know what to say when someone makes a rude, inappropriate comment out of the blue.

Send your suggested questions/comments and responses to Peggy Howell at pr@naafa.org

Going Down Stairs Part 3



by Cinder Ernst

Wow, Las Vegas for the convention this year! I hope I will see you there. There probably won't be many stairs but it will be good to have stronger legs to enjoy more fun! I've never been to Las Vegas; I can't wait to experience it. Let's get our bodies ready together!

Today we're going to review the Miracle Knee Exercise so you can add it to your weight shifting/heel tapping practice. You can review weight shifting here:

<http://tinyurl.com/cwxnqtd>

As you shift your weight to one leg, you squeeze that buttock and you can also do a Miracle Knee on that leg. We call it the Miracle Knee Exercise because if you do it, your knee just might get better . . . it's like a miracle! (Check out a brief video illustrating this

exercise at <http://tinyurl.com/cfjynfz>)

Miracle Knee review: Try this right now in your chair. Sit up tall and straight in your chair. Straighten your right leg, heel on the floor, toes up. Now straighten that leg hard, pressing the back of your knee toward the floor. You should notice that the front of the thigh muscle (quad) tenses or bunches up as you do this. If you gently lay your hand on the front of the thigh you will feel the muscle move. The quad is an important muscle in knee support. By doing this small squeeze you give your knee some big support.

Next, try adding it in to your weight shifting exercise.

If you'd like more support for doing these healthy knee exercises I have an online training program starting March 19th at a great sale price. Email me coach@cinderernst.com for more information or with any questions. You know I am always glad to get your feedback and your questions!

Media and Research Roundup

by Bill and Terri Weitze

[There's more news at <http://naafa.org>]

February 19, 2013: An unanticipated consequence of "healthy weight" and "healthy eating" programs being instituted in some schools as part of the "war on childhood obesity" can be eating disorders, according to a small study out of Canada.

<http://www.tandfonline.com/doi/abs/10.1080/10640266.2013.761082>

February 20, 2013: A recent study finds that over a 6-year period, WLS (weight loss surgery) leads to higher healthcare costs than those incurred by a fat person who does not have WLS.

<http://www.medpagetoday.com/Surgery/GeneralSurgery/37459>
<http://archsurg.jamanetwork.com/article.aspx?articleid=1653574>

February 20, 2013: After reading Abigail Saguy's *Washington Post* article, Physician Bob Doherty explores patient / doctor interaction with a decidedly HAES flavor, urging doctor's to stop scolding their patients and rather work with patients to help them be as healthy as they can, and care for sick patients whether or not the patient's action or inaction contributed to the illness.

<http://www.kevinmd.com/blog/2013/02/stop-blaming-patients-stay-healthy.html>

February 20, 2013: Being bullied and bullying have long term negative psychiatric effects with the worst outcomes in people who both bullied and were bullied. "Bullying is not just a harmless rite of passage or an inevitable part of growing

up," the researchers write. "These problems are associated with great emotional and financial costs to society."

<http://www.medpagetoday.com/Psychiatry/AnxietyStress/37467>
<http://archpsyc.jamanetwork.com/article.aspx?articleid=1654916>

February 20, 2013: Harvard School of Public Health's Department of Nutrition put together a panel to refute the recent CDC study showing that overweight (and some obese) people have the lowest rate of mortality, charging that the study was flawed. They object to the inclusion of smokers, the sick, and the elderly, claiming that such people might have started out fat, then become thin, then died. Leaving aside the fact that the paper specifically addresses this possibility (2nd link), if being fat is so unhealthy there should have been plenty of dead fatties to compensate. The Harvard group also objects to the exclusion of some studies, but this was such an enormous metastudy that leaving out a few papers can hardly have caused the claimed skew. Notably, this group went after the CDC before in 2005, when the estimate of death-by-fat per year in the US was reduced from 400,000 to 25,814 per year, with many of the same arguments (3rd link).

<http://www.hsph.harvard.edu/nutritionsource/does-being-overweight-really-reduce-mortality>
<http://jama.jamanetwork.com/article.aspx?articleid=1555137>
<http://www.consumerfreedom.com/2005/06/172-obesity-and-mortality-harvards-straw-man>

February 20, 2013: Morgan Downey, editor of the *Downey Obesity Report*, explains to NPR how many employer wellness programs circumvent the Affordable Care Act by penalizing fat employees, forcing them to pay a higher portion of their healthcare insurance premium.

<http://www.npr.org/2013/02/20/172470371/being-obese-can-weigh-on-employees-insurance>

February 22, 2013: The US Department of Health and Human Services provides an informative article on the protections offered by the Affordable Care Act. Important reading for everyone here - know your rights!

<http://www.hhs.gov/news/press/2013pres/02/20130222a.html>

February 24, 2013: Weight loss scammer Sensa has once again run afoul of the law. After settling a class action lawsuit for over \$9 million, the company has now settled with district attorney's offices in several California counties for almost \$1 million, plus \$800,000 in civil punishments for customer protection law execution, and \$105,000 in payments to be made to their California customers. Lying is not only wrong, it can be very expensive.

<http://www.advertisementjournal.com/2012/11/sensa-settles-false-ad-suit>

February 25, 2013: Skip through the first half of this *New York Times* book review, which discusses a book about botox, and you'll find a great review of Abigail Saguy's book *What's Wrong with Fat*, taking time to discuss the many effects of fat prejudice on life and society.

<http://www.nytimes.com/2013/02/26/health/gauging-faces-and-bodies-in-the-botox-age.html>

February 25, 2013: Who says diets don't work (besides us)? Turns out the Mediterranean Diet is beneficial in reducing strokes, heart attacks and death by heart disease, whether or not you lose weight. Participants followed the "diet" but with no calorie restriction.

<http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html>
<http://www.nejm.org/doi/full/10.1056/nejmoa1200303>

February 27, 2013: Fat-shaming is wrong, and xoJane associate editor Lesley Kinzel not only explains why but explains how, whether subtle or obvious, well-intentioned or not, all fat shaming is painful and harmful.

<http://everydayfeminism.com/2013/02/whats-wrong-with-fat-shaming>

March 15, 2013: The Wall Street Journal Law Blog reports on NAAFA's call to action above, urging Massachusetts lawmakers to pass the new legislation stopping the "fat letters". (Subscription is required to read the full article.)

<http://blogs.wsj.com/law/2013/03/15/advocates-urge-state-to-stop-tracking-fat-students>