



**national association
to advance
fat acceptance**

NAAFA Newsletter

March
2016

Greetings!

How are we doing? Please let us know at pr@naafa.org

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Looking for Our Future Leaders

The NAAFA Board of Directors announces the creation of the Associate Board of NAAFA.

What is the Associate Board of NAAFA?

The Associate Board of NAAFA is a board of dynamic young professionals who share a commitment to changing society and advocating for size diversity in civil rights. Associate Board members are responsible to the NAAFA Board of Directors for decision-making and direction. Associate Board members do not have voting privileges on the NAAFA Board of Directors. However, the Associate Board of NAAFA is a training ground for future leadership of the organization. We are looking for diverse members that are representative of different areas of the community with diverse points of view.

The Associate Board's Mission

The Associate Board of NAAFA strives to advance the mission of the organization by increasing its visibility throughout the community and creating a point of entry for young professionals to establish a life-long relationship with NAAFA.

Who are Associate Board members?

Associate Board members are a diverse group of individuals who share a desire to develop and test their leadership and networking skills for personal and charitable advancement.

For more information go to [http://www.naafaonline.com/dev2/about/Policies/NAAFA_Associate_Board_Description_\[2016\].pdf](http://www.naafaonline.com/dev2/about/Policies/NAAFA_Associate_Board_Description_[2016].pdf)

If you or someone you know are interested in being a part of the future leadership of NAAFA and promoting Equality At Every Size, please contact the

Celebrate All Women!

March Video of the Month

In honor of International Women's Day, which was March 8, 2016, we invite you to enjoy the following inspirational video:
<https://youtube.com/watch?v=F5Y369r72y4>

Quick Links

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[**Join Our Mailing List!**](#)

Board of Directors at secretary@naafa.org

Nancy Summer July 31, 1948 - March 4, 2016



by Bill Fabrey

Bill Fabrey founded NAAFA in 1969 and was married to Nancy Summer from 1981 through 2004. They remained very good friends thereafter.

Long-time NAAFA member and activist Nancy Summer passed away on March 4, 2016. She was a ground-breaking editor of the NAAFA newsletter from 1981 through 1992 and served as its president for a couple of years. With her friend, the late Roberta (Bunny) Peckham, Nancy helped organize nearly all of the annual conventions of that period, and is also remembered

for presenting "Holiday Happenings" in New York in December of several years. TV host Regis Philbin looked at one of her newsletters on the air, and proclaimed that "It's pretty good!" in the enthusiastic way for which he is known.

In 1985 Nancy started the mail-order company Amplestuff with her husband at the time, Bill Fabrey (the name Amplestuff was her brainchild); in 1991 she was one of eight co-founders of the CSWD (Council on Size & Weight Discrimination); and has many other credits to her name. She is survived by her wife, Miriam Berg, and her sister and brother-in-law, Ellen and Steve Gillard, along with three nephews and their wives and children.

When the news of her death was posted on Facebook, more than 100 comments were received; typical comments were the following:

"I'm so sorry to hear this and sad for all of us to have lost another pioneer." "It was a joy to be in her presence." "The agility of her mind and the intensity of her commitment will always be present." "There are people in this life [like Nancy] whose light one cannot imagine being extinguished." "She was such dynamic, powerful woman." "Nancy was an inspiration." "A true trailblazer . . ." "She was a smart and wickedly funny woman with a great passion for her friends and fighting for what's right in the world."

"I remember the first time I met her, I flew out for a LI dance. She welcomed me with such open arms. Then there were all the Holiday Happenings and the conventions . . ." "Nancy and I didn't always see eye to eye, but I always greatly respected her keen intelligence, her sense of humor, her great personality, her grand ideas and inspirations, her friendship, and the many good times and adventures." "I'll miss Nancy, I'm better for having known her."

And, also, "I admired Nancy so much. We would have such fun at gatherings and she even let me ride her scooter once. She was a special, unique and inspired person." Finally, this comment from a long-time member: "I will always be grateful to the people in the early days of the fat acceptance/pride/body positive movement. They saved me from 30 years of body hatred." Nancy was an important name on that list of people.

Nancy worked on many tough projects while on the Board of Directors; one was the creation and distribution of a more frequent and higher-quality printed newsletter; another was to increase awareness of members with special needs, including limited mobility, who wanted to attend NAAFA events; another noteworthy project had to do with improving the body image of schoolchildren, especially girls. Information about these efforts was published in the NAAFA newsletter and in Radiance magazine. She appeared on a number of TV talk shows promoting the cause, including Phil Donahue, Sally Jessy Raphael, and Joan Rivers, to name a few.

Nancy retired from NAAFA leadership in 1991, but kept her NAAFA membership, and attended several national conventions after that time, most recently in 2009. She will be missed.

NAAFA Chronicles

by Peggy Howell

Last summer, NAAFA Board Chair Darliene Howell and I traveled to northern California and visited the NAAFA storage units in San Francisco and Sacramento. Since NAAFA has become a virtual organization, these units have not been visited in some time. It was our intention to determine what needed to be kept and what could be disposed of in an effort to reduce costs and make our organization even more efficient and cost effective.

An important issue for us was preserving some of the historical documents that chronicle the history of NAAFA and the size acceptance movement as a whole. We found beautiful, well preserved copies of NAAFA newsletters starting with the very first one in 1970.

Each month we will scan and feature an historic NAAFA newsletter for your reading pleasure. The newsletters will be added to a "Chronicles" file in the newsletter section of the NAAFA website. I hope you enjoy this opportunity to learn what those who have gone before us have done and the progress we have made.

This was NAAFA's very first newsletter:

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/October%201970%20Newsletter.pdf>

Out of the Mouths of Babes



I was talking to Sophie (five years of age) about her day and a particular classmate.

Sophie: He picks on me every day and every week.

Me: Well baby, what do you do when he picks on you?

Sophie: I try to walk away.

Me: Well that's good.

Sophie: Today I played with him.

Me: If he picks on you, why would you want to play with him?

Sophie: Well I just want to love on him.

Me: But you just said he isn't nice to you.

Sophie: But maybe if I love on him he'll learn to be nice.

Contradictory Energy Pulls You Apart

by Cinder Ernst

Do you know how it feels when you are swirling around in uncertainty? Stuck, frustrated, doubtful and worried . . .

Uncertainty is contradictory energy, unable to decide, and it sucks. What if you knew that making a choice would help relieve the pressure? And then what if it were easy to proceed after the choice because all you had to do was bring your thoughts into alignment with the choice?

I'm a fitness coach so in my business there are two choices: to exercise or not exercise. Pick one. I think most folks drive themselves crazy because they are not exercising but they think they should.

If you are not exercising, try choosing that and making it okay. Line up your thoughts with your choice by saying things like: *I'm just going to relax about all this. I can make another choice any time I want to. Right now this is my choice. I'm curious what it would feel like to just be okay with not exercising. It's my body and I know what's best and right now not exercising is best.*



If you choose to exercise, then line up with that and **then** do it. Line up with your choice by saying things like: *I love how my breath feels moving in and out. I like that I can do just a little bit and really feel good. I love the feeling of my blood pumping. Isn't my body amazing! Look at all the things it does.*

Keep in mind that the fitness information out there is mostly unhelpful and often wrong. I suggest you follow my advice and just do a little at a time. Try the small step below and voila! You're exercising!

Small step

The video below has 4 exercises: You can get started exercising with this. Go easy, one exercise at a time. Stop if anything hurts. Email me if you have questions. Have some fun!

<https://www.youtube.com/watch?v=A2Z8IXo8W0o>

Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and

<http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

January 2016: The Academy of Nutrition and Dietetics outlines its recommendations for the successful treatment of fat adults. While recognizing the bias that fat people face, the focus is still on weight loss rather than coping with or countering the bias.

[http://www.andjrnl.org/article/S2212-2672\(15\)01636-6/fulltext](http://www.andjrnl.org/article/S2212-2672(15)01636-6/fulltext)

February 2016: Two articles feature Dr. Linda Bacon as she discusses her own journey to body acceptance, and how HAES (Health At Every Size) principles can help repair one's body image and relationship with food. Note: although the second article uses the ambiguous term "healthy weight", it still advocates a HAES approach.

<http://www.ravishly.com/people-we-love/linda-bacon-leader-health-every-size-movement>

<http://nedic.ca/blog/trust-your-body-forget-about-dieting>

February 2016: Researchers discuss three studies regarding beliefs and weight stigma, finding that negative evaluations of fat people depend upon the perceived amount of effort they've put into losing weight.

https://www.researchgate.net/publication/294258634_Prejudice_Toward_Individuals_With_Obesity_Evidence_for_a_Pro-Effort_Bias

February 11, 2016: This article explains the recent study (reported in last month's Roundup) showing that weight loss does not prevent heart disease or prolong life in patients with type 2 diabetes, making some health researchers urge a rethinking of treatment guidelines.

<http://sciencenordic.com/weight-loss-does-not-prolong-lives-diabetes-patients>

February 12, 2016: Why rely on data from the CDC (see November 2015 Roundup and second link below) that show that obesity rates in the United States leveling off when you can use self-reported data from a Gallup poll and non-science based statements to promote fat myths and phobia? The Gallup report concludes by pushing weight loss interventions, even though most of these have been shown to be ineffective.

<http://www.businessinsider.com/americas-obesity-rate-surges-to-new-high-2016-2>

<http://www.cdc.gov/nchs/data/databriefs/db219.htm>

February 14, 2016: Dr. Linda Bacon's letter to the New York Times editor praises Sarai Walker's essay "Yes, I'm Fat. It's O.K. I Said It" (linked in last month's Roundup), and explains why it is important to remove the "fat is bad"

filter when looking at data as well and treat all people, regardless of weight, with dignity and respect. Dr. Bacon and Melissa A. Fabello, M.Ed. expand on this in their blog post regarding the fat hate Ms. Walker faced on the release of her book Dietland.

<http://www.nytimes.com/2016/02/14/opinion/how-we-view-obesity.html>

<http://healthateverysizeblog.org/2016/02/25/the-haes-files-this-is-for-the-fat-ambassadors-their-allies-and-a-call-out-to-their-detractors-well-intentioned-and-not>

February 17, 2016: UCLA assistant professor A. Janet Tomiyama is featured as the Scientist of the Week by Laboratory Equipment and interviewed about her recent study (see last month's Roundup) on the inaccuracy of using body mass index (BMI) to measure health.

<http://www.laboratoryequipment.com/news/2016/02/q-janet-tomiyama-and-faulty-bmi-system>

February 17, 2016: A 2014 article in Cancer Causes & Control, suggesting that there is no benefit to cancer survivors in being fat, is being retracted as large portions of its text were plagiarized from another paper by different authors.

<http://retractionwatch.com/2016/02/17/paper-on-alleged-and-paradoxical-health-benefits-of-obesity-pulled-for-plagiarism>

February 18, 2016: A recent study concludes that weight stigma is significantly associated with all measures of disordered eating, weight bias internalization and psychological distress.

<http://www.ncbi.nlm.nih.gov/pubmed/26898319>

https://www.researchgate.net/publication/295242620_The_relationship_between_weight_stigma_and_eating_behavior_is_explained_by_weight_bias_internalization_and_psychological_distress

February 19, 2016: Enjoy some of Substantia Jones' latest beautiful photos for the Adipositivity Project depicting couples of varying races, sizes, and genders spending intimate time together in varying stages of undress. (Some bits are blurred, but these art photos may still not be safe for your work.)

<http://www.dailymail.co.uk/femail/article-3453773/Nude-photos-capture-plus-size-women-men-races-enjoying-intimate-moments-partners-fat-people-worthy-love.html>

February 22, 2016: As more universities add fat studies to their curricula, discussion of body diversity and body politics spreads. As an example of the spread of body-positive culture, Reddit removes a fat hatred site under its new harassment policy.

<http://college.usatoday.com/2016/02/22/fat-studies-embrace-diversity-and-take-on-the-biases-of-being-overweight>

February 22, 2016: As the U.S. Equal Employment Opportunity Commission (EEOC) contemplates allowing weight to determine insurance rates (contrary to the tenets of the Affordable Care Act), David S. Seres gives a practical explanation why such discrimination should not occur.

<http://thehill.com/blogs/pundits-blog/healthcare/270230-an-obesity-penalty-would-be-legalized-discrimination>

February 24, 2016: Based on preliminary data from a survey, the prevalence of obesity has surpassed 30%, even though activity rates have improved.

<http://www.medpagetoday.com/Endocrinology/Obesity/56362>

February 24, 2016: The Association for Size Diversity and Health (ASDAH) offers a free webinar on sharing the HAES message.

<https://www.youtube.com/watch?v=PT2wkoBTnpQ>

February 24, 2016: Travelers concerned about the width of airline seats are the unintended beneficiary of a new regulation, meant to assist parents traveling with an infant's car seat, requiring airlines to post the width of the narrowest and widest seats in each class of service for each make, model and series of planes used in its operations, with the measurement done from inside the arm rest.

<http://www.forbes.com/sites/johngoglia/2016/02/24/new-kid-seat-rule-will-help-plus-sized-passengers>

February 25, 2016: We've long heard that losing 10% of body weight can yield some health improvements. A new study shows that losing even 5% of body weight also achieves many health benefits. So maybe it's the behaviors and not the weight loss . . .

<http://well.blogs.nytimes.com/2016/02/25/big-health-benefits-to-small-weight-loss>
<http://www.sciencedirect.com/science/article/pii/S1550413116300535>

February 25, 2016: Baseball player Pablo Sandoval has been the target of fat-haters, with all the usual myths and stereotypes coming into play. Registered dietitian and credentialed personal trainer Jonah Soolman explains why assuming Sandoval (or any other athlete) should lose weight to improve performance is simply wrong.

<http://www.weei.com/sports/boston/baseball/red-sox/john-tomase/2016/02/25/what-if-pablo-sandoval-isnt-overweight-exactly>

February 25, 2016: Caroline Dooner explains that everybody deserves respect regardless of size or health status. Health is not a moral issue but disrespecting others "because we think they aren't doing life right" is.

<http://www.ravishly.com/2016/02/25/fat-haters-health-not-moral-issue>

February 26, 2016: Melanie Sheppard shares her experience seeing Dawn French (once again fat) on stage radiating confidence as she discussed her body, relating French's attitude to her own journey to loving and accepting her own body.

http://www.huffingtonpost.com.au/melanie-sheppard/what-dawn-french-can-teach-us-about-body-image_b_9303644.html

February 26, 2016: Everyday Health talks about four classes of medication where weight can be a factor for determining effective dosage due to how the medications are processed and concentrated in the body.

<http://www.everydayhealth.com/obesity/treatment/medications-dont-work-youre-overweight-obese>

March 2016: Ragen Chastain supplies and explains her 11 reasons to focus on health not weight, while acknowledging that your health is nobody else's business unless you ask for input.

<http://en.paperblog.com/11-reasons-why-i-focus-on-health-and-not-weight-1426822>

March 1, 2016: Sandra Aamont, PhD gave a TED talk that went viral about the risks of dieting, and has now written a book Why Diets Make Us Fat. Aamont wants people to know that healthy is better than thin.

<https://www.yahoo.com/beauty/dramatically-improve-health-1-4-224539079.html>

March 1, 2016: Margot Meanie provides seven tips on how to achieve a body positive home to help you on your journey to body love and acceptance.

<https://www.romper.com/p/7-tips-for-building-a-body-positive-home-6050>

March 1, 2016: Peter Janiszewski, Ph.D. looks at recommendations that fat people lose 5-10% of their body weight in light of a 2010 study showing that intentional weight loss can increase risk of death from all causes.

<http://blogs.plos.org/obesitypanacea/2016/03/01/does-weight-loss-reduce-risk-of-early-mortality>
<http://www.nature.com/ijo/journal/v34/n6/abs/ijo201041a.html>

March 3, 2016: Archeologists believe that the prevalence of figurines such as the Venus of Willendorf shows that fat people existed even during the Paleolithic period when food was scarce and life demanding.

<https://www.washingtonpost.com/news/wonk/wp/2016/03/03/what-these-ancient-statuettes-of-obese-people-say-about-paleo-diets>

March 3, 2016: Dana Schuster discusses how important it is to consider issues of privilege and intersectionality in how HAES and fat activism are applied to an individual.

<http://healthateverysizeblog.org/2016/03/03/the-haes-files-committed-to-a-new-haes-view>

March 4, 2016: See some of the photos from Ebony's March 2016 issue featuring successful (and beautiful) plus-size black women who are featured in an article "The Curvy Confessionals".

<http://www.buzzfeed.com/norawhelan/ebony-magazine-plus-size-cover>
<http://www.ebony.com/style/cover-story-the-curvy-confessionals>

March 5, 2016: A blogger describes in detail what flying-while-fat is like for many fat people, including the emotions and stress the fat traveler goes through even when nothing goes wrong.

<https://medium.com/@thefatshadow/what-it-s-like-to-be-that-fat-person-sitting-next-to-you-on-the-plane-85006e263778>

March 8, 2016: After questionable studies and amid unsupported claims, Orexigen's obesity drug Contrave was approved by the FDA. A former FDA deputy commissioner wants patients being prescribed Contrave to receive materials stating the drug has no benefit for the heart despite Orexigen's claims.

<http://www.forbes.com/sites/matthewherper/2016/03/08/former-fda-official-calls-for-tougher-restrictions-on-obesity-drug-contrive>
<http://jama.jamanetwork.com/article.aspx?articleid=2499275>

March 9, 2016: Researchers looking at weight-loss and the health benefits of adding mindful eating and stress management to a diet-exercise program find long-term improvements in metabolic health even though there was no substantial weight loss benefit.

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21396/full>
<http://onlinelibrary.wiley.com/doi/10.1002/oby.21472/full>

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>