



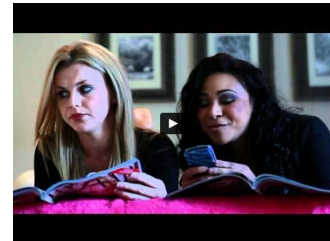
March 2017 NAAFA Newsletter

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Fatshion as Action - Having Fun with Clothes While Changing the World!

Video of the Month



Cyberbullying

The focus this month has been on the importance of words and how they can damage or uplift. Cyberbullying is a prime example of how damaging words can be. Check with the young people in your life. Make sure they are not being bullied or bullying others in person or on social media.

Quick Links

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The second in our series of webinars is "Fatshion as Action - Having Fun With Clothes While Changing the World!" and is on Saturday, March 25, 2017 at 10:00 AM PDT (11:00 AM Central and 1:00 PM EDT). This webinar will be presented by NAAFA Board Member Tigress Osborn.

Tigress is a size celebration activist, model and performer who has produced fashion and nightlife events for fat community since 2008. She will be joined in conversation by acclaimed fashion designer Bertha Pearl of Size Queen Clothing, and supersize model Saucye West, founder of #FatAndFree.

Webinar objectives:

- Participants will examine marketing and fashion jargon as it relates to fat and plus size bodies, including critical discussion of the distinction between plus size fashion and fat positive fashion.
- Participants will learn how fashion works as activism by increasing fat visibility in mainstream media, and will discuss how this helps or hinders fat freedom.

- Participants will gain behind-the-scenes insights into the world of fatshion from two prominent and well-respected fat positive fashion stars.
- Participants will be given resources for finding, affording and creating fat positive looks for people of all genders and sizes.

This webinar is FREE, but you do need to register at <http://www.naafaonline.com/dev2/community/events.html>

Easy Fitness Is Here!

by Cinder Ernst



My book is out!!! It's called *Easy Fitness for the Reluctant Exerciser* by Cinder Ernst. I wrote it with you in mind.

The book is filled with sweet and easy ways to get a little stronger and move around with a bit more ease. All the exercises are done in a chair; these are exercises that have the power to make daily activities and outings easier and more fun. You'll also learn how to do the exercises consistently and without struggle. It's nothing like traditional fitness . . . it's Easy Fitness!

You can find *Easy Fitness* on Amazon in Kindle or paperback (I like the hard copy). Here's a link:

https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=cinder+ernst+&rh=i%3Aaps%2Ck%3Acinder+ernst

If you decide to buy the book I'm offering a free "on the phone"

book study for my NAAFA friends. Send me an email coach@cinderernst.com and let me know you bought the book then I'll send you the book study details. I promise we'll have some FUN!

Here's to standing strong, moving forward and being easy!

Love,
Cinder

PS: The first and my favorite exercise in the book is a Tush Tilt, you can get started right now, no purchase necessary
<https://www.youtube.com/watch?v=DDQBv-rYhL8>



MEGAVote: a Tool for You

Do you feel like things are happening so quickly in our country that you can't keep up? Are there things you'd like to speak to your representatives about before they become law or before laws have been abolished? Sign up today for MEGAVote: How Congress is voting.

Track your Senators' and Representative's votes by e-mail.

Each week that Congress is in session, you will receive:

- Key votes by your two Senators and U.S. Representative.
- Links to send e-mail to your members of Congress using preaddressed forms.
- Upcoming votes for your review and a chance to offer e-mail input before they vote.

Use this weekly vote monitor to track the decisions made by your elected officials on key issues.

Sign up today at <http://www.congress.org/congressorg/megavote>

NAAFA Chronicles #13

Here's the latest in our monthly NAAFA Chronicles feature, NAAFA's 13th newsletter; the January 1974 issue:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/January_1974.pdf

Find more archived newsletters on the "Chronicles" tab in the newsletter section of the NAAFA website.

Media and Research Roundup

by Bill and Terri Weitze

August 2016: A study finds that weight discrimination doubles allostatic load (a measure of poor regulation of body systems that predicts morbidity and mortality), suggesting that eliminating weight stigma may improve health.

https://www.researchgate.net/publication/306416392_Perceived_Weight_Discrimination_and_10-Year_Risk_of_Allostatic_Load_Among_US_Adults

December 16, 2016: Following Roux en Y Gastric Bypass surgery (RYGB), patients were three times as likely to require hospitalizations as the general population, compared with twice as likely before surgery, according to a recent study.

<http://www.medscape.com/viewarticle/874060>

<http://journals.lww.com/annalsforsurgery/pages/articleviewer.aspx?year=9000&issue=00000&article=96294&type=abstract>

February 9, 2017: There is an established association between weight stigma and disordered eating. This new study shows that fear of fat is one of the ways that stigma leads to changes in eating behavior.

<http://psycnet.apa.org/psycinfo/2017-06110-001>

February 9, 2017: A letter from the US Food and Drug Administration (FDA) warns healthcare providers of adverse events following use of fluid-filled intragastric balloons as a weight loss treatment. One problem is related to over inflation and the other is acute pancreatitis.

<http://www.raps.org/Regulatory-Focus/News/2017/02/09/26804/FDA-Warns-of-Risks-From-Stomach-Balloons-to-Treat-Obesity>

February 10, 2017: Once again, a fat woman goes to the doctor and instead of diagnosing the medical problem, the woman is told to lose weight. Evette Dionne goes on to talk about the problem of fat shaming by healthcare professionals.

<http://www.revelist.com/real-talk/fat-shaming-doctor-visit/6545>

February 13, 2017: A study of school age Latino children finds an association between exposure to ambient air pollution and both fatness and development of type 2 diabetes.

<http://www.medscape.com/viewarticle/875693>

<http://diabetes.diabetesjournals.org/content/early/2017/01/27/db16-1416>

February 14, 2017: Kudos to Health News Review for its review of a New York Times article on weight loss surgery, finding that the glowing story doesn't cover the significant risks of this surgery.

<http://www.healthnewsreview.org/review/the-most-effective-intervention-we-have-ny-times-glosses-over-risks-of-bariatric-surgery>

February 15, 2017: Greg Staffa suffered chronic muscle strain after years working as a baggage handler; but instead of getting a less strenuous job, he found himself out of work and denied workers compensation because the company's doctor blamed his injury on being fat. According to Staffa's attorney, this is becoming more and more commonplace.

<http://www.citypages.com/news/too-fat-for-workers-comp-greg-staffas-sad-but-all-too-common-story/413751033>

February 15, 2017: Plus-sized model Hunter McGrady "looks huge" in her Sports Illustrated Swimsuit issue photos says Amanda Richards, and that is a wonderful thing. Wearing only body paint, McGrady is the largest swimsuit model yet to be featured in the famous annual swimsuit issue.

<https://www.bustle.com/p/hunter-mcgrady-looks-huge-in-her-sports-illustrated-swimsuit-issue-photos-38331>

February 16, 2017: According to a review of scientific data and studies, while exercise can be worth doing for its many positive effects, it does not lead to weight loss because of the body's ability to adjust for expenditure of energy.

http://www.csicop.org/specialarticles/show/why_physical_activity_does_little_to_control_weight

February 22, 2017: Something for all patients (not just fat ones) to consider: your doctor's recommendations may be based on outdated science.

<https://www.propublica.org/article/when-evidence-says-no-but-doctors-say-yes>

February 23, 2017: TV personality Whitney Way Thore exposes the fat shaming letter she received from a doctor in Los Angeles, who has never even met Thore, much less examined her.

<http://www.cosmopolitan.com/health-fitness/a8970518/whitney-way-thore-doctor-clap-back>

February 27, 2017: A study of patients with non-alcoholic steatohepatitis (a form of non-alcoholic fatty liver disease) finds that the anti-diabetic drug pioglitazone hydrochloride improves liver fibrosis, even in patients without diabetes.

<http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2605526>

March 2, 2017: A Dutch study finds that physical activity could reduce the risk of cardiovascular disease, canceling out the increased risk seen in the overall population.

<http://www.dailymail.co.uk/health/article-4273438/You-fat-healthy.html>

<http://journals.sagepub.com/doi/abs/10.1177/2047487317693952>

March 6, 2017: Nike receives backlash (not from us) after introducing a line of plus size workout clothing because, apparently, fat people should go to the gym, but giving them gym clothes that fit is promoting obesity. Huh?

<http://www.refinery29.com/2017/03/143927/nike-plus-size-workout-clothing-concern-trolls>

March 7, 2017: A research letter in the Journal of the American Medical Association (JAMA) finds that fewer Americans are trying to lose weight. The study did not include why or why not people were no longer trying to lose weight. Maybe the word that diets don't work is finally out?

<http://time.com/4692274/americans-lose-weight-obesity>

<http://jamanetwork.com/journals/jama/article-abstract/2608211>

March 8, 2017: Actress Gabourey Sidibe speaks out on her weight loss surgery (which took place in May 2016) in her memoir This is Just My Face: Try Not to Stare. Sadly, she says that she spent years hating her fat body, and only now loves it.

<http://www.cnn.com/2017/03/08/entertainment/gabourey-sidibe-weight-loss>

March 8, 2017: Health at Every Size (HAES) proponent Linda Bacon, PhD launches her Body Manifesto video series, now available on Dr. Bacon's website.

<https://lindabacon.org/videos>

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

