



## March 2019 NAAFA Newsletter

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### Video of the Month



In case you missed Samantha Bee's segment on fat bias in healthcare in last month's Roundup, here's another look at this well produced piece that features the two fat women who cowrote it.

You also don't want to miss Erin Harrop's workshop "Experiences of Weight Stigma in Medical Care for Higher Weight Women" at our 50th anniversary conference in June!

[https://youtube.com/watch?v=aD9x7\\_aFsN0](https://youtube.com/watch?v=aD9x7_aFsN0)

### Quick Links

[NAAFA.org](https://naafa.org)

**Facebook**

[Main](#)

[Toronto, ON, Canada](#)  
[Capital \(DC\)](#)

## What's a NAAFA Conference Without Fashion?



One of the highlights of every NAAFA conference is the fabulous vendor fashion show featuring designer created plus size fashion and this conference is no exception. The NAAFA Board of Directors is excited to announce that NYC based Fashion Blogger and Writer Marcy Cruz will be the Celebrity Emcee for the fashion show at the 2019 NAAFA 50th Anniversary Conference. If you haven't already made plans to do so, join us June 14-16, 2019 at Sam's Town Hotel & Gambling Hall in Las Vegas, NV as we honor our past and create our future.

An 18-year veteran within the plus size fashion industry, Marcy Cruz is on a mission to empower everyone to love the skin they're in. Whether she's sharing her message that fashion is a form of self-care via her blog [Fearlessly Just Me](#) or assisting

brands in achieving the right fit as an extended sizes fit model signed to State Management, Marcy uses her platform to promote body positivity and equality through her own experiences.

Cruz is one of the co-founders of the [Latina Curve Collective](#), an organization that celebrates fellow curvy Latinas doing amazing things in their everyday lives as well as bringing more awareness to the worldwide Latina community and spreading the message of empowerment and positivity.

NAAFA Community Outreach Director and resident Fatshionista, Tigress Osborn, will be coordinating our Saturday evening Fashion Show featuring our conference vendors' fashions! NAAFA has always asked conference attendees to volunteer as models in our fashion show. If you are registered and interested in modeling in the show, make sure to come to the model meeting breakout on Friday.

Joining our incredible line-up of workshop presenters is Plus Size Fashion Model and Influencer Saucye West. In her workshop titled **Living #fatandfree**, Saucye's goal is for people to see all the amazing things about themselves. She wants people to know the beauty in freedom and to shed some of the layers that society has placed on us to weigh us down and make us feel like we are not enough. Join Saucye to see what fat freedom is and that it is obtainable. Plan to also experience Saucye's fabulousness during Saturday night's fashion show. Don't miss it!

Our EARLY BIRD SPECIAL price starts as low as \$229.00 and is available through April 1, 2019. Visit [www.naafa.org](http://www.naafa.org) today to learn more about NAAFA's 50th Anniversary Conference. Conference and hotel registration may be completed right through the NAAFA website.

## NAAFA Takes On Instagram

*by Tigress Osborne*



Anniversary as an organization, we are constantly thinking about how we can showcase our history and reach the people who will be our future. One way we are doing that is by relaunching our official NAAFA Instagram account.

[Clark County, NV](#)  
[SF Bay, CA](#)  
[Los Angeles, CA](#)  
[Orange County, CA](#)  
[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

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Instagram has an estimated one billion active users, and 500 million of those are said to check their Instagram accounts daily. Instagram is more visual and less wordy than Facebook or even Twitter as it is a photo-based platform. Some users include long captions with their photos, and others post lengthy comments on provocative posts, but there is more focus on images and memes. As with other sites, users can use hashtags to find posts by other Instagrammers on topics of shared interest. Fat positive hashtags can help users find other fat people posting about everything from #healthateverysize to #fatfashion to #fatliberation.

We are just putting our toe in the water, and so far we are mostly posting about our upcoming conference in Vegas. However, as we expand our following and showcase some of our conference speakers (many of whom have huge Instagram followings of their own), we look forward to seeing how NAAFA can use Instagram as a tool for furthering our reach and for supporting current and prospective members.

If you're already on Instagram (or IG or Insta or the 'Gram or whatever the kids are calling it these days), please follow us @naafaofficial. we're also using two main hashtags-- #naafa50 for conference and #equalityateverysize for all posts. We are getting input from our most social media savvy members and partners, and we'd love to hear from you about what you'd like to see more of.

If you are not already on Instagram, I highly encourage you to give it a try. Accounts are free. NAAFA's account is public, so you can always see what we are posting by going to [instagram.com/naafaofficial](https://www.instagram.com/naafaofficial). But to interact with us and discover some of the other amazingly #fatpositive #radicalfatties who are using Instagram to further #sizeacceptance and #fatvisability, you will need an account of your own.

We look forward to another cyberspace connection with you!

## Meme of the Month



## Why I Won't be Pursuing Weight Loss as a Solution to my Chronic Pain



*This article is reprinted with permission from Redefining Wellness Blog with Naomi Finkelstein, Weight Neutral Wellness Coach.*

There is a very loud message that comes from doctors and society at large: *If you're in a large body and you have pain, it's your fault, and everything would be better if you weren't fat.* I'm gonna be honest with you: personally, I do believe that it could be true for me. I think that if I weighed less, I'd probably be in less pain. There, I said it.

But you know what else I believe? I believe that there is no sustainable way to lose weight for the vast majority of people, and certainly not for me. I have tried, many times.

I believe that dieting doesn't work, and neither does any other plan that involves food restriction or rigid, punishing exercise. There is research that supports this.

I also believe that I would be in less pain if I hadn't grown up in diet culture, and if I had never

been told that there was something wrong with my body, never tried to lose weight. The yo-yo dieting I've done throughout my life has made its mark on me. My body has suffered a great deal because of the fatphobic society we live in.

And despite my beliefs, I also know that I could be wrong. There's a good chance that I'd have the same pain even if I weighed less. After all, I experienced it for the first time after a particularly intense step aerobics class at the age of 17. I was fit, active, and doing things "right". Even if I were to starve myself thin now, the damage caused by a decade and a half of pushing-through-the-pain workouts and a nervous system tortured by the stress of weight cycling has been done.

So I've made a promise to myself - I will never try to manipulate the size of my body again.

And so here I am. I'm in a large body and I have chronic pain in my legs. I fight the shame that bubbles up when I imagine what people may be thinking about me when I walk slowly, or take the elevator, or need to sit down ("It's because she's fat"). I speak my mind with those who think they know better because they're thinner and have less pain. As if, if only I could follow their lifestyle and advice, I'd have their body, their health. As if my body was my fault, and all I need is the intelligence, dedication, and will power that they have. Then I'd be free from my self-imposed trap. AS IF.

It is, of course, bullshit. So what to do instead? Do I just resign myself to a life of suffering?

Hell no! There are so many things we can explore to manage pain that don't involve weight loss. (Hint: they're the same things that thin people try when they have pain. Go figure.) I've tried acupuncture, osteopathy, orthotics, massage therapy, more acupuncture, herbs, psychotherapy, homeopathic remedies, physical therapy, and working with a personal trainer.

The most useful? Orthotics, acupuncture (the second guy I tried), herbs, psychotherapy, and physical therapy. But psychotherapy is really the unsung hero of it all. It's where I process everything, receive support (get yourself a weight-neutral, HAES-informed therapist), and it's where I grieve. Grieving is so needed. I grieve the life I imagine I'd be living if I weren't in pain. I grieve the life I had when I wasn't in pain. I grieve the future I may never have without the shadow of pain hovering above it all. I grieve the time I spent blaming myself when I was actually a victim.

You might be thinking that it sounds expensive, and it is, although many of the treatments are covered by insurance.

But what about the cost of being invested in diet culture? There's the financial cost of the books, an obscene amount of clothes spanning many sizes to fit me at all my many stages, "health" foods and protein powders that were never enough and often led to binges, and punishing workout classes. And there's the emotional cost and pain of never believing I was good enough, thinking there was something wrong with me, putting my life on hold, believing that my body was the most important thing about me, and constantly comparing myself to others. I never complained about *those* costs. I barely even noticed them. And when I did, I understood that it was my duty to pay them.

So I understand now that breaking away from all of that, and spending what I can on making my body feel as good as it can, is so worth the investment. It's an investment in my physical health *and* my emotional health. It's a priceless investment in establishing and supporting my sense of self-worth. It's an investment in my future.

Check out Naomi's blog at [www.naomifinkelstein.com](http://www.naomifinkelstein.com)!

## NAAFA Chronicles #38

In our continuing NAAFA Chronicles feature, this month's entry is NAAFA's 38th newsletter, September-October 1979, for your enjoyment:

[https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Sept-Oct\\_1979.pdf](https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Sept-Oct_1979.pdf)

For more, click the "Chronicles" tab in the newsletter section of the NAAFA website.

## Early Bird Pricing Ends Soon!

# EARLY BIRD CONFERENCE REGISTRATION

**SPECIAL  
PRICING  
ENDS  
4/1**

June 14 -16 in Las Vegas  
\$229 for members  
\$259 for non-members  
register at [naafa.org](http://naafa.org)



## Media and Research Roundup

by *Bill and Terri Weitze*

January 24, 2019: Research shows that healthy thin people are most likely that way because of their genes not their will power or personal discipline.

<https://www.independent.co.uk/life-style/health-and-families/slim-people-genes-dna-weight-obesity-health-study-cambridge-university-a8744886.html>

<https://doi.org/10.1371/journal.pgen.1007603>

February 2019: A mother talks about her wonderful confident athletic daughter, the damage caused by their family doctor's reliance on BMI (body mass index), and the anti-bullying campaign they created from the experience.

<https://www.lovewhatmatters.com/we-need-to-talk-about-her-weight-the-doctor-then-looks-at-her-and-says-i-think-you-are-old-enough-to-start-using-exercise-equipment-too-are-you-kidding-m>

February 10, 2019: There is big money to be made in the "obesity epidemic" by investing in those companies that market weight loss treatments.

<https://www.thestreet.com/markets/how-to-fatten-up-your-portfolio-by-investing-in-the-obesity-epidemic-14860203>

February 20, 2019: A study finds that adolescents who undergo any type of bariatric surgery experience an average 25% reduction in resting energy expenditure, creating a predisposition for post-surgery weight regain.

<https://www.healio.com/endocrinology/obesity/news/in-the-journals/%7B0b9824d8-9e5a-402c-ba01-8bd7329feb0c%7D/metabolic-adaptation-influences-weight-regain-after-bariatric-surgery-in-teenagers>  
<https://doi.org/10.1210/jc.2018-02244>

February 25, 2019: Carrie Ann Lucas, a disability rights attorney, died after her health insurance denied coverage for a specific medication because of the cost, requiring her to use a less effective medication and leading to a downward spiral in her health.

<https://rewire.news/article/2019/02/25/carrie-ann-lucas-disability-rights-activist-and-attorney-dies-following-denial-from-insurance-company>

February 25, 2019: This woman is making history as the first black female captain of a cruise ship. She tells her story in *Forbes*.

<https://www.forbes.com/sites/laurabegleybloom/2019/02/25/meet-the-worlds-first-black-woman-cruise-ship-captain>

March 2019: The seventh annual Weight Stigma Conference, June 27 and 28 in London, Ontario Canada, is an inter-disciplinary event to consider research, policy, rhetoric and practice on the issue of weight stigma. They are accepting abstracts for oral presentations through March 29.

<https://stigmaconference.com/2019/02/10/wsc-2019-abstract-submission-open>

March 2019: An article in *Today's Dietitian* looks at the scope of weight bias in dietetics education and why it is incompatible with the Academy of Nutrition and Dietetics' code of ethics.

<https://www.todaysdietitian.com/newarchives/0319p36.shtml>

March 1, 2019: The Academy for Eating Disorders issues a statement against Australia's Fast Track to Health program that will include fasting by adolescents who are above a certain BMI, including why the program is in contravention of the Declaration of Helsinki regarding human research participants.

<https://myemail.constantcontact.com/Research-Risk-Benefit-Ethics-Position-Statement.html?soid=1123686970262&aid=45o578KqOfE>

March 4, 2019: A study (not peer reviewed), to be presented to the American Academy of Neurology Meeting this coming May, finds that the fatter you are, the more likely you are to survive a stroke.

<https://www.healio.com/family-medicine/neurology/news/online/%7B8bbae463-2a8f-4886-8c48-226152cf0e35%7D/bmi-affects-survival-after-stroke>

<https://www.nbcnews.com/health-news/stroke-recovery-obesity-may-improve-odds-survival-study-finds-n979121>

<http://indexsmart.mirasmart.com/AAN2019/SearchResults.php?>

[Topic=&Session\\_Name=&Author=Liu%2C+Zuolu%3Csup%3E1%3C%2Fsup%3E&Title=](http://indexsmart.mirasmart.com/AAN2019/SearchResults.php?Topic=&Session_Name=&Author=Liu%2C+Zuolu%3Csup%3E1%3C%2Fsup%3E&Title=)

March 12, 2019: Kim Severson does a great job discussing the problems fat people face finding a restaurant where that has appropriate seating options.

<https://www.nytimes.com/2019/03/12/dining/larger-customers-restaurants.html>

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*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](mailto:pr@naafa.org)

***Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.***

