



**national association  
to advance  
fat acceptance**

## March 2020 NAAFA Newsletter

### In This Issue:

1. [NAAFA en Espanol: Introducing NAAFA Materials for Spanish Speakers](#)
2. [Notable Women in NAAFA History](#)
3. [Meme of the Month](#)
4. [NAAFA Webinars](#)
5. [NAAFA Chronicles](#)
6. [Media and Research Roundup](#)
7. [Video of the Month](#)

### Video of the Month



### NAAFA en Espanol: Introducing NAAFA Materials for Spanish Speakers

The NAAFA Board of Directors is excited and proud to announce that five major brochures have been translated into Spanish. NAAFA worked with Mindful Eating Mexico® to translate and edit NAAFA brochures, which will be used as tools to empower people of large body size to fight size discrimination and live their best lives.

"As we are all Mexican, the translation will be styled in Mexican Spanish, which all Spanish speakers (regardless of country of

### Women's History Month - Schoolhouse Rock - We Were Suffering - The 19th Amendment

It has been only 100 years since women won the right to vote on a national level in the United States. Our foremothers marched and worked hard to win this right. It is our duty to exercise this right and make our voices heard in the choices being made about our lives, our bodies and our country! This is a very important election year and your vote is very important. VOTE!

[youtube.com/watch?v=pFOieRHRzh8](https://www.youtube.com/watch?v=pFOieRHRzh8)

### Quick Links



origin) will understand, although some expressions

and style might not be what Spanish speakers from other countries would have chosen," wrote Lilia Graue, Founding Director of Mindful Eating Mexico®. "We have striven to use gender inclusive language, so Spanish speakers will notice the use of an "x" instead of "a", "e" or "o" in several words. While this is not grammatically correct, and inevitably some people are irritated at the use of "incorrect" language forms, we believe it is crucial to find creative ways to make a language that is binary and gendered and that privileges the male (in that all plural words are male) more inclusive."

NAAFA brochures now available in Spanish (see the "En español" tab at

<https://www.naafaonline.com/dev2/about/brochures.html>)

include:

- NAAFA General Brochure - Folleto general de NAAFA
- NAAFA Guidelines for Nutritionists and Dietitians - Guía para Nutriólogxs Y Dietistas
- NAAFA Guidelines for Fitness Professionals - Guía para profesionales de la actividad física que trabajan con clientes gordxs
- NAAFA Guidelines for Healthcare Providers - Guía para profesionales de salud con clientes gordxs
- NAAFA Guidelines for Therapists - Guía para terapeutas que tratan clientes gordxs

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

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Our heartfelt thanks to the entire team responsible for translating and editing at Mindful Eating Mexico®

<https://mindfuleatingmexico.com>

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Special thanks to Editors Marlú Abarca and Miriam Solorio Arias for their services.

## Notable Women in NAAFA History

*by Peggy Howell*



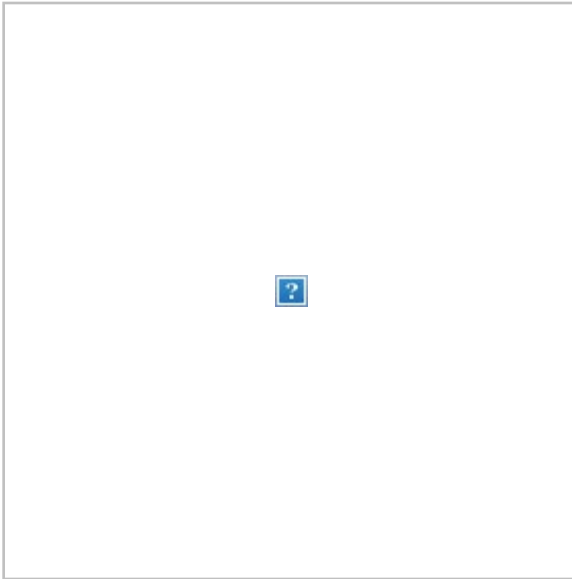
This is Women's History Month and as the oldest fat rights organization with 51 years of history behind us, there have been many notable women responsible for the things we take for granted today in fat community. I don't have time or space for all of them in this article but all the ladies who came before us are definitely deserving of our gratitude.

Joyce Fabrey was the inspiration behind the creation of NAAFA. She worked to build NAAFA along with her husband Bill, Lew and Ann Louderback and Eileen Lefebure. Joyce was elected as NAAFA Treasurer in 1971 and became co-editor of the newsletter that same year. She served as member of the NAAFA Board of Directors in multiple capacities over the years.

Meg Gwynne was the Editor and force behind the very first NAAFA newsletter in 1970.

Although she is fictional, "Hilda" calendars were an early fundraiser for NAAFA beginning in 1971 with a single image calendar page until 1976.

NAAFA Co-Founder and Board Secretary beginning in June 1969, Eileen Lefebure was responsible for creating the very first plus



size fashion show using real fat women as models wearing clothing from Roaman's at the 1974/75 NAAFA convention. This daring show caught the attention of worldwide media because of the plus size models. Soon after some of our members decided to produce clothing lines for women who were unable to buy good quality, beautiful clothing in their size in stores. These lines were made

available at the popular Trunk Sales and some continue to this day.

Longtime leader of NAAFA's Fat Feminist Caucus, Judy "Freespirit" Ackerman helped to found the Fat Underground on the west coast in 1971 and co-authored the Fat Liberation Manifesto, a document that is still in use today. Her work in the early days of fat rights activism laid the foundation for passage of San Francisco's historic height/weight anti-discrimination law.

Lisbeth Fisher Burns served as NAAFA's Executive Secretary for several years starting in 1977.

Nancy Summer served as NAAFA President for a term, as a convention organizer, as well as newsletter editor all in the 1980s.

In the late 1980s Executive Director Sally Smith, who had previous experience with the ACLU, came on board and NAAFA intensified its focus on human rights activism for people of large body size.

NAAFA member Miriam Berg became a co-founder of the Council on Size & Weight Discrimination in 1991 and served as its president until her passing in 2017.

Barbara Altman Bruno has served as one of NAAFA's leaders for several years and is one of the founding members of the Association for Size Diversity and Health helping to pioneer Health at Every Size. Her most recent focus is helping to preserve the history of the size acceptance movement.

Longtime member of NAAFA and the Fat Underground, Lynn McAfee has become an expert on the workings of the pharmaceutical industry, regulatory agencies such as the FDA, FTC, and NIH, and on the issues of medical politics and the weight-loss industry. As the head of the Medical Advocacy Project of the Council on Size & Weight Discrimination, Lynn attends meetings of the FTC and NIH concerning the weight loss industry and national health concerns. She attends and testifies at FDA hearings on new weight-loss prescription drugs. When she talks, people listen.

Activist and longtime NAAFA member, Elizabeth Fisher took on Honda; "I created this website in 1999 because Honda said NO to seat belts for larger passengers. The following site tells the story of my odyssey . . . but more importantly, [www.ifisher.com](http://www.ifisher.com) serves as a library of information for those in need of a longer seatbelt." As if that were not enough, Elizabeth was not afraid to take on the Louisiana State University because they did not have desks that would accommodate her and other students of size.

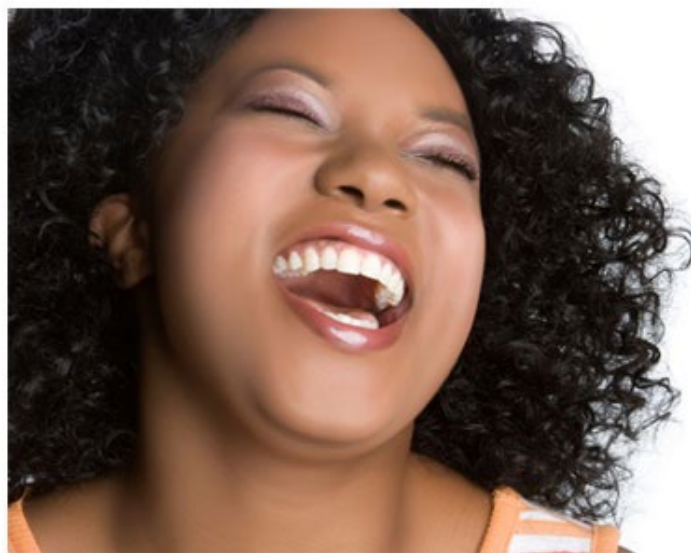
Through great personal sacrifice, Frances White supported and furthered the work of NAAFA for many years, serving on the Board of Directors in just about every capacity over the years, particularly as Co-Chair with Kara Brewer Allen who invited me to join the Board of Directors in 2005.

Lisa Tealer joined the Board of Directors as NAAFA Board Member, HAES Chair in 2006. Lisa worked with NAAFA and ASDAH in coordinating our joint conferences and organized the 2012 NAAFA HAES Summit. As Director of Special Projects, Lisa was instrumental in the development of NAAFA's Size Diversity Toolkit, making the case for size diversity in the workplace.

There are many more brilliant powerful women from our past and our present who are working for Equality at Every Size. We appreciate every one of you. We need every one of you. Let's create history!

## Meme of the Month

*International Day of Happiness*



**Do what makes YOU happy!**



*#LiveLifeToTheFullest*  
*#EnjoyYourLifeNow*

## NAAFA Webinars



**naafa** NAAFA 2020  
WEBINAR SERIES

**Was it ever okay to be fat?**

Saturday, March 21, 2020 at  
10am PST/ 11am MST/ 12pm CST/ 1pm EST

Are fatphobia and thin-privilege a new phenomena? Was fatphobia created specifically for colonialism? During this webinar, Dina Amlund looks at the history of thin-privilege, fatphobia and shapewear through the ages.

Dina Amlund is a cultural historian and fat activist in Denmark.

Register at: <https://tinyurl.com/qra9dtc>

## NAAFA Chronicles No. 50

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 50th newsletter, January - April 1982.

[http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan-Apr\\_1982.pdf](http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan-Apr_1982.pdf)

There's more to enjoy at the "Chronicles" tab in the newsletter section of the NAAFA website.

## Media and Research Roundup

by *Bill and Terri Weitze*

February 7, 2020: Briana Lawrence talks about some of the excuses clothing lines make for not including a greater range of plus sizes.

<https://wearyourvoicemag.com/body-politics/plus-size-exclusion-fashion-excuses>

February 13, 2020: An article in U.S. News talks about why food restriction and belief in food addiction can cause binge eating and unhealthy relationships with food, while on the other hand exposure to all kinds of foods and being emotionally neutral about food can lead to healthier food relationships for both adults and children.

<https://health.usnews.com/wellness/for-parents/articles/your-child-does-not-have-a-sugar-addiction>

February 16, 2020: A dietitian and a cardiologist provide two perspectives on the HAES (Health at Every Size) approach to health for fat patients.

[https://lacrossetribune.com/news/local/gundersen-dietitian-cardiologist-offer-perspectives-on-health-at-every-size/article\\_6a4476cc-7f7d-5696-b48b-a9c08e808db5.html](https://lacrossetribune.com/news/local/gundersen-dietitian-cardiologist-offer-perspectives-on-health-at-every-size/article_6a4476cc-7f7d-5696-b48b-a9c08e808db5.html)

February 24, 2020: With a focus on heart health, this article provides a great list of how to handle all medical encounters if you are fat.

<https://www.bustle.com/p/how-to-talk-to-your-doctor-about-heart-health-without-getting-body-shamed-21807430>

February 24, 2020: Supposedly urging health professionals to use a HAES (Health at Every Size) approach with children and adolescents, the authors present a mixed bag, implying that dieting can be effective and that some teens should get bariatric surgery.

<https://www.inquirer.com/health/expert-opinions/childhood-obesity-overweight-adolescent-eating-disorders-size-acceptance-20200224.html>

February 26, 2020: How would life be if as a teenager you lost weight, became thinner and kept it off? Turns out not so wonderful, according to Sarah Miller writing in The New York Times.

<https://www.nytimes.com/2020/02/26/style/body-positive-movement.html>

February 26, 2020: A recent study finds a link between appearance-based teasing and an increased instance of alcohol and cannabis use in adolescents, with the strongest link shown in overweight girls.

<https://psychcentral.com/news/2020/02/26/weight-based-bullying-linked-to-greater-alcohol-cannabis-use-in-teens/154498.html>

<https://doi.org/10.1037/adb0000563>

February 26, 2020: A list of some of the complaints and lawsuits brought against Phillip C. McGraw PhD (aka Dr. Phil) by guests on his TV show are discussed, including Maryanne Bodolay and Sally Smith's appearance on the show.

<https://www.nickiswift.com/190758/guests-who-claimed-their-lives-were-ruined-after-being-on-dr-phil>

March 2, 2020: Your Fat Friend discusses implicit fat bias and steps you can take to improve how you interact with and support fat people.

<https://medium.com/@thefatshadow/7-ways-to-uproot-your-anti-fat-bias-54f01d76ec3b>

March 2, 2020: Meghan McCain pushes back on the criticism she and other members of The View get on their looks (including McCain's weight). You may not agree with her politics, but when you're right, you're right!

<https://www.yahoo.com/entertainment/meghan-mc-cain-says-shes-sick-of-comments-about-her-weight-men-just-dont-have-that-problem-225735085.html>

March 4, 2020: With about 71% of the United States categorized as "overweight" or above, there is a growing market for accommodation in the workplace for larger bodies; and some businesses are taking the lead on this issue.

<https://www.fastcompany.com/90471571/why-offices-need-to-be-designed-for-larger-bodies>

March 5, 2020: Ragen Chastain writes about Jessica Rihal, a fat yoga instructor who wants to make yoga inclusive and welcoming to all types of bodies.

<https://health.usnews.com/health-news/blogs/eat-run/articles/yoga-for-all-bodies>

March 8, 2020: Massachusetts may become the second state to add height and weight under its anti-discrimination laws, if a proposed bill passes its House and Senate.

<https://www.boston.com/news/local-news/2020/03/08/mass-lawmakers-to-consider-bill-that-would-ban-body-size-discrimination>

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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>

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

