



**national association
to advance
fat acceptance**

NAAFA Newsletter

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Advance Fat
Acceptance**
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In This Issue

[NAAFA Introduces Child Advocacy Toolkit](#)

[19th International No Diet Day](#)

[INDD Activism - LA Style!](#)

[Substantia and Goliath](#)

[Death by Discrimination: Two Teenage Girls Take Own Lives](#)

[Accessible Travel Solutions Webinar](#)

[Media and Research Roundup](#)

NAAFA Introduces Child Advocacy Toolkit



NAAFA is excited and proud to introduce a new resource to fill a void and change how we think about the health of our nation's children. The NAAFA Child Advocacy ToolkitSM shifts the focus from the war on childhood obesity to a health-centered focus embracing children of all sizes. Even more importantly, it demonstrates how to design programs and approaches that will improve the total health of all children.

"This kit is an exciting new venture for NAAFA. It will help anyone and everyone understand how to improve the health of children without doing harm," states Joanne Ikeda, Nutritionist Emeritus, former Co-Director of the Center for Weight and Health, University of California Berkeley.

This free downloadable resource includes:

- The value of size diversity in children
- Why advocacy is important
- Stories of weight prejudice and size discrimination against children and children at risk scenarios
- Facts about the bullying of children
- Promoting body satisfaction in children
- Testimonials from young people

INDD

[May Video of the Month](#)

International No Diet Day (May 6) is a day to tell the world we're not going to punish ourselves with dieting anymore. It's always great to see the media take notice and report on INDD, its significance, and what we can do as an alternative to dieting. Hope you enjoy this brief interview with NAAFA member Kelly Bliss. What kind of celebration will you have next INDD?
<http://youtube.com/watch?v=mkr1IBkIJQ0>

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Mailing Address Reminder

NAAFA's mailing address is now P.O. Box 4662, Foster City, CA 94404-0662. Please make sure your records are up to date.

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- HAES (Health At Every Size) principles
- Ways to become a HAES advocate, parent or caregiver
- How to implement projects that promote HAES

NAAFA's Child Advocacy ToolkitSM contains references and resources to help parents, educators and caregivers become advocates. Individuals can access this toolkit at:

http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed

19th International No Diet Day



Greetings to all of you celebrating this auspicious day.

How far have we come since 1992? Well, in some respects a long, long way. More health professionals support a 'Health At Every Size' approach. There are fat study groups in colleges as younger people are challenging the status quo. And people in the public eye are speaking out about their experiences. Plus there are a few more clothes to choose from.

But, the pressure is still on us all to be other than we are . . . whether child or geriatric.

There's far too many people ever ready with their knives, and quacks peddling magic drugs and potions. Fat remains an easy and socially acceptable target and a useful vehicle for others to project their self-hate.

It is not unusual for oppressed people to understand their oppressors more than they understand themselves. So, no surprise if people scratch their heads in puzzlement as we say, in our various ways, "get off our backs" - when 'they only have our best interests at heart'. But today (May 6, 2011) is a day of pride and to use our precious creative and fighting energy to challenge institutional sizeism and the nasty trinity: diet, media and fashion who exploit us all for their own ends.

As a British politician famously said, "Don't let the bastards get you down". INDD is an opportunity to change the rules: encourage self-acceptance and respect for all. And use your love and friendship to have a great day . . . in the way it suits you. Go well.

In solidarity, Mary Evans Young
Founder of INDD
Oxfordshire, England

INDD Activism - LA Style!



by Lesleigh Owen

Santa Monica's Third Street Promenade is a famous, pedestrian-friendly shopping destination for trendy Angelenos and eager tourists alike. For three hours on Saturday, May 8, it was also the site of NAAFA-LA's informational table and (belated) International No-Diet Day (INDD) celebration.

Near the corner of Third Street and Wilshire in Santa Monica, CA, six grinning Los Angeles chapter members presided at a table laden with information on NAAFA, HAES, and body positivity.

Just before the table, a fuzzy, bright-pink YAY Scale - a former weighing device redesigned by Marilyn Wann so that, when stepped on, it flashes compliments rather than numbers - lured folks in. Once they approached, friendly faces greeted them and discussed May 6's INDD and other aspects of HAES and body love.

At the end of the three-hour stint, the chapter had garnered a few names and email addresses. More than that, we established a fat and happy presence smack dab in the middle of one of Southern California's busiest shopping districts.

Substantia and Goliath



by *Substantia Jones*

Earlier this year, the New York City Department of Health and Mental Hygiene (the fine folks who brought you the "eat less" signs and the "obesity causes type 2 diabetes, heart disease, and some cancers" TV ad) assembled a focus group of about a dozen "community leaders," each asked to give their thoughts on

assorted topics under the umbrella of "obesity as a health problem." The panel included people involved in public health and the medical community, as well as a handful of leaders of anti-obesity groups, healthy living initiatives, and organizations with names like "Let's Move!" And. Substantia Jones of The Adipositivity Project.

No shit.

There were three people from the health department, making the queries, taking notes, and recording the discussion. Each panelist came prepared with well-rehearsed propaganda (me included), but when forced to go off-script, they seemed to soften a little, and kind of understand what I was advocating. Here's how the discussion was launched.

Moderator: "What's the biggest obesity-related problem in your community?"

Answers from the panelists (paraphrased):

- "Type 2 diabetes."
- "The fact that schools no longer have gym class."
- "Poor nutrition."
- "Not enough funding for our anti-obesity programs."
- "Sedentary lifestyles."
- "Lack of health and nutrition education."
- "Too few public parks and playgrounds."
- "Heart disease."
- "The financial burden obesity puts on taxpayers."
- "Fast food."

Then me: "**Discrimination and misinformation.**"

Naturally, I was asked to explain. And I WERKED.

I think I managed to get in most of the tenets of HAES 101. I don't know that I truly convinced anyone, but I at least presented an argument they'd not heard, and I got some polite head nods. I made my points about making the objective health rather than weight loss, understanding that size is not an accurate indication of one's health, being mindful of the role of pleasure in eating, taking care not to single out fat kids who're already at risk for bullying, and avoiding the passing-on of misinformation fueled by the \$58 billion diet industry. The attendees, even some of the die-hards, did seem to understand, and some made an effort to amend their answers to make the goal health rather than weight loss. One even followed my lead in calling us fat, not obese. But then the next pre-written question would be read, and it would be all the-sky-is-falling-because-of-obeesesity. So I felt like I had to begin my campaign anew with each question.

I imagine it got a bit tiresome for the others that I'd begin each of my answers with "Well, if you replace the word 'obesity' with 'ill health'...", and "If you

change the 'weight loss' to 'health and well-being'...." But I thought the repetition was necessary. And I made certain to get in my complaint about the city making me locate each of their "eat less" signs in order to have them taken down, and my concerns about the shaky science in their current anti-obesity TV campaign. I know I was being heard by the city reps, 'cause they'd single me out with additional questions. And some of the other panelists who'd given this 300 lb woman the stink eye in the beginning, approached me with niceties after the meeting broke up. So I don't believe I came across as shrill. Hope not, anyway.

I knew it would be me against a roomful, and likely a struggle from beginning to end to keep their talking points from going unchallenged. But I also knew I had to give it a go. I'm very pleased with the result. Many thanks to Tracy van Cort of the Fat Studies list-serve for the heads-up. I'd urge anyone who feels strongly about this (or anything) to get involved in this way. Seek out opportunities and then make your own. If I can do it, anyone can. Believe me.

After the meeting, the health department rep who'd put the group together expressed an interest in learning more about The Adipositivity Project (<http://adipositivity.phototage.com>), and asked for my card. On the back I wrote "Google Health at Every Size." Fantasy scenario: They write and ask me to bring all my fatty activist pals in for the first annual City Size-Acceptance Summit. Catered by a good sushi place.

Death by Discrimination: Two Teenage Girls Take Own Lives



Just last month two 14-year-old girls committed suicide, one as a result of being bullied about her size

(<http://tinyurl.com/3p8utte>). Discrimination based on body size has to stop! The bullying of fat children and resources to stop the bullying is one topic covered in the NAAFA Child Advocacy ToolkitSM.

We have just made available the NAAFA Child Advocacy ToolkitSM (CATK) to inform all segments of society about the effects of weight discrimination on children, from negative body image and body dissatisfaction to bullying. The CATK provides references and tools to combat these effects using a Healthy At Every Size (HAES) approach. A link to an electronic version of this premier toolkit is available on the front page of the NAAFA website at www.naafa.org.

Joanne Ikeda, MA, RD, a contributing author and NAAFA Advisory Board member, has been invited to be a panelist at the 2011 6th Biennial Childhood Obesity Conference. This is the nation's largest and most influential meeting of professionals who work in the area of pediatric obesity. Joanne will present sections of the toolkit to attendees, and NAAFA plans to provide printed copies.

That's where you come in. NAAFA is an all-volunteer, grassroots organization, and we look to our members and supporters to help us spread the word of size diversity and inclusion. We ask that you help us achieve this goal, by contributing toward the printing and shipping of the NAAFA Child Advocacy ToolkitSM.

To donate online, simply go to <https://www.gifttool.com/donations/Donate?ID=1558>, complete the form and indicate "Donation to CATK Project" in the Additional Information box.

Or, you can send a check or money order, payable to NAAFA with a note that it is a donation to the CATK Project, to NAAFA, Inc., P.O. Box 4662, Foster City, CA 94404-0662.

Accessible Travel Solutions Webinar

by Brandon Macsata

The Association for Airline Passenger Rights (AAPR) is hosting its latest webinar, **Accessible Travel Solutions: Flyers with Assistive Devices**, on **Thursday, May 19, 2011 from 2 to 3:30 PM Eastern**. Here are a few reasons why you should attend our educational webinar.

Did you know?

- The U.S. Department of Transportation is actively enforcing the Air Carrier Access Act
- Among U.S. carriers, complaints are rising
- The total number of disability complaints received by U.S. carriers in 2009 was 15,496
- One-half of complaints are wheelchair related

This webinar will offer information and resources designed to meet the needs of the traveler who flies with assistive devices (wheelchairs, power chairs, scooters, and other disability aids), and those with specialized medical needs (oxygen).

In addition, it will also provide information about accessible transportation services. With air travel becoming more and more of a hassle, these solutions - and others - are available to make flying for travelers with disabilities a little bit easier.

Speakers include:

- **Cheryl Campbell**, Senior Manager, Airline Services, Scootaround
- **Skip Scribner**, President, Advanced Aeromedical
- **Gabriel Castano**, Marketing Direct, Sunset Mobility (invited)
- **Brandon M. Macsata**, Executive Director, Association for Airline Passenger Rights (moderator)

AAPR members can participate for only \$10.00 and registration for non-members is only \$35.00 (*although non-members can join AAPR for only \$10 and thereby participate for \$20.00*).

CLICK HERE (<https://www.123signup.com/event?id=vpdgn>) to register for the webinar today!

CLICK HERE (http://www.flyfriendlyskies.com/pdf-docs/2011_AAPR_Webinar_Assistive-Devices_05-19-11.pdf) to download our flyer.

All registered participants will receive a 20% off discount sitewide on Travelpro and Atlantic luggage, valid May 19, 2011 to June 3, 2011.

Safe travels!

Brandon Macsata is the Executive Director of AAPR, an organization with which NAAFA has formed a strategic alliance. Brandon is a managing partner of the Macsata-Kornegay Group located in Washington, D.C. and a member of NAAFA's Advisory Board.

Media and Research Roundup

by Bill and Terri Weitze

[Editor's Note: Find the latest news at <http://naafa.org>]

January 20, 2011: Michigan State University researchers find that usage of video games, the internet, or cell phones do not predict a child's weight. They find race, age and socioeconomic status are the strongest predictors.

<http://www.newscientist.com/article/mg20927955.100-video-games-may-not-boost-teenage-obesity-after-all.html>

<http://news.msu.edu/media/documents/2011/01/59d3a640-0591-4b0f-9a81-cb26c67066f5.pdf>

April 2011: *PsychCentral* provides a list of "10 Ways to Address Body Image in Teen Daughters". After reading the list, it seems we can all benefit from using the list to improve our body image and to help others do the same.

<http://blogs.psychcentral.com/weightless/2011/03/mom-do-i-look-fat-10-ways-to-address-body-image-in-teen-daughters>

April 11, 2011: Several public interest law firms in Arizona are planning to take the State to court because of a planned cut to enrollment eligibility for Medicaid which may be a violation of the Arizona's Constitution protecting voter-approved laws. This becomes a fat issue when you realize that a large percentage of people living at or below the poverty level are fat.

<http://www.businessweek.com/ap/financialnews/D9MHH7700.htm>

April 11, 2011: Students at a Chicago public school are no longer allowed to bring their lunch from home. So far this is the only instance of home-packed lunches being banned, but in Tucson, there is a school that allows children to bring their lunch only if it contains nothing with white flour, refined sugar, or other processed foods. And you thought the food police only existed in fiction!

http://news.yahoo.com/s/yblog_thelookout/20110411/us_yblog_thelookout/chicago-school-bans-homemade-lunches-the-latest-in-national-food-fight

April 12, 2011: *ABC News* looks at the journey of a once-fat registered dietitian and the abuse he received from the medical community. The article addresses fat as a civil rights issue, the last bastion of acceptable prejudice that is alive and well in the medical community. Since the dietitian has lost weight, though, it is implied that long term weight loss is attainable.

<http://abcnews.go.com/Health/Diet/fat-weight-loss-experts-respect/story?id=13348969>

April 15, 2011: An excellent article on the *care2* website looks at "fat bashing as science", pointing out people come in all sizes, and that everyone (thin and fat) can benefit from making healthy choices in their life, especially children.

<http://www.care2.com/causes/health-policy/blog/behind-the-anti-obesity-veil-fat-bashing-as-science>

April 15, 2011: For the second time, consumer advocate group Public Citizen has asked the FDA to withdraw approval of Xenical and Alli. Both drugs are considered minimally effective and have been linked with liver toxicity, acute pancreatitis, kidney stones.

<http://www.webmd.com/news/20110415/group-calls-on-fda-to-pull-alli-xenical>

April 19, 2011: Very fat teenagers are not any more depressed than other teens according to a new study. The conclusion of this study contradicts prior studies that obtained subjects from obesity treatment clinics, thereby preselecting subjects with self-esteem issues. (A correlation between fatness and depressive symptoms was seen only in white participants and only at the three-year assessment, not at baseline or at two years.)

<http://www.massgeneral.org/about/pressrelease.aspx?id=1356>

<http://dx.doi.org/10.1016/j.jadohealth.2010.10.015>

April 25, 2011: EnteroMedics expects to start selling its implantable anti-obesity device by the end of the year. The device, which may be thought of as an implantable cattle prod, sends electrical impulses to regulate nerves that control appetite and digestion. Last year, the device was approved for a second trial after its first trial yielded mixed results.

<http://www.bizjournals.com/twincities/news/2011/04/25/enteromedics-first-implant-end-2011.html#ixzz1KZK1ox3G>

April 25, 2011: A new study indicates very fat teens engage in risky behavior (such as smoking and sex) at about the same rates as other teens. What is interesting is how two different publications reported on this study: WebMD focuses on the areas where the fatter teens are found to be less cautious, while DoctorsLounge gives the result without much anti-fat bias.

<http://teens.webmd.com/news/20110425/extreme-obesity-linked-to-dangerous-behaviors-in-teens>

<http://www.doctorslounge.com/index.php/news/pb/19596>

<http://pediatrics.aappublications.org/cgi/content/abstract/peds.2010-2742v1>

April 28, 2011: A small study of fat people visiting clinics run by nurse practitioners finds that fat people exercise more than expected and that most who are not exercising intend to become more active. The article, unfortunately, uses the discredited claim that being fat leads to the premature death of 300,000 per year.

<http://www.newswise.com/articles/making-the-move-to-exercise-for-overweight-and-obese-people>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1745-7599.2010.00582.x/full>

April 28, 2011: Researchers in the UK claim that bribing fat people to lose weight works. Participants lost an average of 8.8 pounds over a year and were paid on average \$34.00 per pound lost. With no follow-up beyond the first year,

it seems likely people could get paid for losing the same 10 pounds year after year. Nice work if you can get it.

<http://www.telegraph.co.uk/health/healthnews/8481051/Bribing-obese-to-lose-weight-does-work-say-academics.html>

http://www.weighttwins.co.uk/docs/Uploaded/JPH_Pounds_for_Pounds_Study.pdf

April 29, 2011: An article salutes Weight Watchers for making men their new target. Claiming that it is unfair that fat men are not subject to as much discrimination as fat women, this article claims the solution is to get men to join the "diet club" that so many women have joined. We think the solution is ending fat discrimination for everyone, as does Dr. Deah Schwartz in her response to the article.

http://www.salon.com/news/media_criticism/index.html?story=/news/2011/04/29/fat_guy_privileges

http://letters.salon.com/news/2011/04/29/fat_guy_privileges/permalink/397fddde9469c4ee074884062e1e8c0c.html

April 30, 2011: New study. Liposuction. Guess what? Even if you have fat literally sucked out of your body, it comes back, just to a different part of your body.

<http://www.nytimes.com/2011/05/01/weekinreview/01kolata.html>

<http://www.nature.com/oby/journal/vaop/ncurrent/abs/oby201164a.html>

May 1, 2011: David Crary, writing for the Associated Press, gives voice to a veritable who's who in the size acceptance community in an excellent article addressing the stigma created by anti-obesity campaigns such as the First Lady's Let's Move program.

<http://abcnews.go.com/US/wireStory?id=13502691>

May 2, 2011: After noticing how much of her time is spent in negative "body talk", Mina Samuels explores the harm women do to themselves and each other; and invites us to feel better by joining her in at least attempting to stop the talk that perpetuates body dissatisfaction and insecurity.

http://articles.cnn.com/2011-05-02/living/body.talk.lets.stop_1_body-image-vicious-cycle-mirror

May 3, 2011: Based on a survey of 91 fat men and 134 fat women, it is reported that fat people have a lower quality of sexual life than others. The problem is that all of these people were signing up for a weight loss study, and are therefore unlikely to be happy with their bodies.

<http://health.msn.com/healthy-living/obese-people-have-less-satisfying-sex-lives-study>

<http://www.informaworld.com/smpp/content~db=all~content=a936626931>

May 4, 2011: For a real-world example of the sex life of fat people, talk to Dan Weiss, a self-proclaimed "guy who likes fat chicks". Or talk to some of the other fat admirers (FAs) profiled in this *Village Voice* article. The article by Camille Doderer discusses some of the problems FAs face, dispels some myths, and includes input from a fat woman on her experience in the dating world.

<http://www.villagevoice.com/2011-05-04/news/guys-who-like-fat-chicks>

May 4, 2011: Four years ago, doctors told 16-year old Malissa Jones that unless she lost 20 stone (280 pounds) she would die within months. Malissa had WLS and now complains of pain and physical difficulty in eating. Doctors are telling her she may die within months if she doesn't up her caloric intake.

<http://www.dailymail.co.uk/femail/article-1383049/Malissa-Jones-Britains-fattest-teenager-battling-anorexia.html>

May 5, 2011: With the help of a US government grant, Boston researchers launch www.BodiMojo.com, a social media website aimed at helping teens improve both their health and their body image. Although there's no explicit HAES content yet, they seem to be on the right track (see second link for a good example).

<http://bodimojo.com>

<http://www.bodimojo.com/health-topics/body-beautiful.htm>

May 6, 2011: Happy International No Diet Day! Here's some more INDD goodness.

Medical sociologist Pattie Thomas tells her story of why she quit dieting: <http://www.psychologytoday.com/blog/i-take-space/201105/international-no-diet-day-may-6-2011>

Fat rights revolutionary Deb Lemire tells how she started the Queen Bee Productions theatre group, and discusses HAES, ASDAH (she is its current president), and size rights:

<http://persephonemagazine.com/2011/05/persephone-pioneers-deb-lemire>

This year, world-renowned fat activist Marilyn Wann organized a "flesh mob" to disrupt Xavier Pi-Sunyer's closing keynote at an "obesity" conference in San Francisco with music, dancing, singing, handouts, and irreverence:

<http://awellroundedventure.com/2011/05/08/international-no-diet-day-2011>

May 8, 2011: In 2003 then-Arkansas Gov. Mike Huckabee, who himself had lost a bunch of weight, launched a weight loss initiative in the state. Eight years later, guess what? Diets don't work. Not for him, and not for the schoolchildren who have to live under the state's misguided regulations.

<http://articles.latimes.com/2011/may/08/health/la-he-arkansas-weight-20110508>

May 9, 2011: A few years ago, in a classic case of correlation/ causation confusion, researchers posited that perhaps fatness spreads like a disease. Even people outside the size acceptance community rejected that. The researchers are trying again, but this time they find that the correlation is weak, and in the conclusions they even advocate focusing on behaviors rather than stigmatization. It's a start.

<http://www.newswise.com/articles/study-gives-clues-to-how-obesity-spreads-socially>

<http://ajph.aphapublications.org/cgi/content/abstract/AJPH.2010.300053v1>

NAAFA, Inc. | P.O. Box 4662 | Foster City | CA | 94404-0662