



**national association
to advance
fat acceptance**

NAAFA Newsletter

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Advance Fat
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Honoring a Hero



by Lisa Tealer, NAAFA Board of Directors Member

May is such a wonderful time of the year. We celebrate the freedom of Mexico. We honor our Mothers, Grandmothers, Aunts, Godmothers, or a special woman that helped shape our lives. We acknowledge our fallen Veterans on Memorial Day, who gave their lives for freedom and human dignity.

It is also Asian American and Pacific Islander Heritage Month, and this month, NAAFA wishes to honor Filipino American Candace Custodio-Tan, aka Kuttin Kandi, Pioneer Hip Hop artist and Fat Activist. She is currently fighting heart disease. We wish her a speedy recovery and wish to thank her for all that she has done to fight fat phobia. Our hope is that she is strong enough to join us at our National Convention this summer in Millbrae, California. To read more about her courageous efforts and to make contributions to her medical care, go to this link:
http://colorlines.com/archives/2012/04/hiphop_activist_and_dj_fights_her_fiercest_battle_heart_disease_and_fatphobia.html

To learn more about the contributions of a diverse group of individuals that make up the Asian and Pacific Islanders communities, read President Obama's

Intuitive Eating Series

[May Video of the Month](#)

Health at Every Size® supporters recommend intuitive eating. But just what does that mean? Lara Berman, founder of the Los Angeles based Intuitive Eating Peer Group hosts this important CU@USC episode (in three parts) that teaches about this anti-diet approach.

<http://youtube.com/watch?v=Dk34A5j1tps>
<http://youtube.com/watch?v=sz1r3kL8bTk>
<http://youtube.com/watch?v=lzKXawgIidg>

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Proclamation that May is Asian American and Pacific Islander Heritage Month:
<http://www.whitehouse.gov/the-press-office/2012/05/01/presidential-proclamation-asian-american-and-pacific-islander-heritage-m>

Diversity and inclusion are core values for NAAFA and we are committed to ensuring that the many voices that make up our community are heard. If you have an idea or want to share your perspective on how we can diversify the movement, please send an email to: ltealer@naafaonline.com

Fundraising and Donations

by Julianne Wotasik

It's an undeniable fact: financial times are difficult right now. Given this truth, NAAFA-LA (the Los Angeles Chapter of NAAFA) decided as a group to raise funds for all those financially-challenged chapter members who wanted to revel in the glory of the NAAFA Convention in August.

Four flea markets and several online auctions later, we managed to raise \$2100 for our members, only \$300 shy of our financial goal. Imagine our delight when NAAFA National donated the final bit. We are thrilled and honored that twenty-two NAAFA-LA members will be attending Convention in the San Francisco Bay Area!

If anyone reading this wants to attend the Convention but can't due to financial concerns, please feel free to contact me (julianne1030@ymail.com), and we can discuss various fundraising techniques and strategies. After all, NAAFA-LA wants to meet every single one of you!

Report from the Stop the Pain Teen Summit



by Tracy Locker

The 405 freeway traffic was light that Saturday morning as NAAFA-LA chapter members approached the giant West Hall of the Los Angeles Convention Center on our way to the Teen Summit. We carpooled and our fearless driver Julianne made her very own path through the massive parking structure.

Kandee Lewis, the dynamic woman behind The Positive Results Corporation (www.prc123.org), organized the 2nd Annual Stop the Pain Teen Summit on Dating Violence and Bully Prevention. PRC was started in 1992 by an LAPD officer, Tony Newsom, who developed mentoring, literacy, dating violence, and abuse programs for youth.

The Teen Summit was to evoke an anti-bullying agenda and did so in a proactive and supportive manner. We met hundreds of teens from various group homes and faith-oriented support groups. There were speakers and local representatives who motivated, inspired, and offered their personal service to these warm, well-mannered and very-bright kids from primarily economically depressed areas in and around Los Angeles.

We were able to distribute NAAFA's Fact Sheet on Bullying (which includes a link to a free online copy of NAAFA's Child Advocacy Toolkit) to the teachers, parents, and other adults who attended. At our exhibit table, NAAFA-LA gave away wristbands

inscribed with "Love Your Body" and provided a Yay! Scale for everybody to step on that displayed only positive body-related feedback.

NAAFA-LA's Jeanette DePatie (www.thefatchick.com) led the kids in an art project where they drew pictures representing their positive and negative inner voices to raise their awareness of the power of self-talk. She also led the youth in a body-celebrating dance party.

Among others, some of the workshop presenters were: 100 Young Black Men of Los Angeles, who ran a workshop on staying in school, Captain Brent Burton of the Los Angeles County Fire Department, who spoke on "What It Means to be a Man." There were workshops for young ladies on self-esteem and self-defense and workshops for all the youth to protect them regarding texting issues and social media. Also present were the folks from "SIERF," or the Sensory Integration Education Research Foundation (www.sierf.org), who provided literature on sensory processing disorders affecting many of today's youth.

NAAFA-LA had a strong presence: While Jeanette led workshops, Anita Garcia, Julianne Wotasik, Terry Higginbotham, and I spent most of the event interacting with kids, parents, school administrators, and teachers, introducing them to NAAFA and the fight against size discrimination. NAAFA's "End Bullying Now!" Campaign T-Shirts were generously provided by BIG DOGS Sportswear (www.BIGDOGS.com) for the day's event.

As a result of NAAFA-LA's active role, we formed relationships with teachers and school faculty, who requested our help for classroom lectures and activities within L.A. County in the near future! NAAFA provided resources for the youth and touched many young lives that day. So in addition to working to end bullying, this awesome event was about acceptance, education, communities working with youth, and most importantly, personal acceptance and empowerment.

Renew or Begin Your NAAFA Membership

by Julianne Wotasik

"Each one of us can make a difference. Together we make change." - Barbara Mikulski

It will cost you, on average, about four cents a day. It will take about 5 minutes of your time. It will connect you with a community of people who are determined to stand up and, together, make change. It might just be the best \$15 you spend this year! You can renew or begin your membership with NAAFA by clicking [here](#).

Memberships with NAAFA run on an annual cycle from August to August. If you attend the 2012 Convention (and we do hope to see you there!), your NAAFA membership is renewed automatically! Consider that a special \$15 discount on your Convention package! (You can register for the Convention [here](#).)

We each have our individual journey to travel. We have our individual challenges, opportunities, spheres of influence, and lives to live. If you choose to live as a proud fat person or fat ally, you will impact those with whom you come in contact. It is an act of revolution to simply be fat-positive in our fat-hating, diet-centric culture. In addition, you can choose to come together with others who stand for Equality at Every Size® (HAES™). You can choose to be a supporting member of the oldest civil rights organization working to end size discrimination - and in so doing, you can strengthen our voice and impact!

Start by [becoming a member](#). Then, we encourage you to get connected! [Contact the board of directors](#) anytime with questions, comments, and suggestions. Connect with our online community via Facebook and our website: www.naafa.org

NAAFA needs you! A wise woman once said, "I am just one color in the rainbow of body diversity." Please bring the unique hue of color that only you have and blend it with the beautiful rainbow of diversity we are working to create within NAAFA. Together we will make change!

AAPR Free Webinar

Flying made easier for travelers using wheelchairs

Accessible Air Travel: What travelers with disabilities should know to make flying easier

Thursday, May 31, 2012 | 2:00 pm - 3:30 pm (EDT)

Flying isn't easy anymore, especially for travelers with disabilities using wheelchairs. Learn how to make flying a little less complicated with a step-by-step tutorial on what travelers using wheelchairs should know to make flying easier.

Registration is free at: <http://www.flyfriendlyskies.com/events.html>

What About Extreme Obesity?



by Deb Burgard

Q: When somebody is extremely obese, to the extent that they can't even get out of bed or leave their house, shouldn't they be advised to lose weight?

When someone is immobilized by their weight, of course it has a huge impact on their life. Lynn McAfee is famous for saying, "Just because there is a greater need for weight loss doesn't make it possible."

The issue is; what are the odds that pursuing weight loss will make this person weigh less? (tiny.) Weigh more? (likely.) Feel like a failure? (likely.)

HAES is not against weight loss, but it is against the pursuit of weight loss. This doesn't mean people might not have legitimate wishes for losing weight; their lives would be easier or freer from stigma or mobility issues. Behaviors that resulted in weight loss for one person will probably work differently for someone else, and may not even be possible.

I don't think there is any data on HAES™ in the context of the very heaviest people. But I also don't think there is data on sustained weight loss through dieting for that group of people either.

So what would we offer someone who is similarly mobility-challenged for non-weight-related reasons? We'd offer social support, maybe movement opportunities in water, some connection to other mobility-challenged folks who are engaged with life, adaptations, hope, and opportunities to use what they have, for better strength and flexibility.

Remember that the strongest people, such as in power lifting, are able to lift (not just move) 600-1000 pounds (270-450kg). It will be undeniably harder to build up the strength to move a heavier body than a thinner one. However, it is also true that when you don't move, you can become bed-ridden even at a very low weight. So again, it may be that we just lack the vision of very heavy people being able to move, and fail to see immobilization at higher weights as the same process as at lower weights of becoming less active, losing strength, and so on (though, of course, the curve is steeper because it takes more work to move).

It might take a long time but I would guess most people could turn that around with careful, steady, encouraging, and even pleasurable workouts. Imagine if you loved your body, even your very heavy body, and it wasn't about hating it into being smaller. It might feel like a whole different process.

Questions like, "What about people at X weight? Surely you aren't saying THEY can be healthy?" are all about maintaining that little pocket of the traditional thinking,

continuing to have a group to stigmatize, continuing to be able to say that weight is the problem. I just don't think that is real life. In real life, there is no problem that people of higher weights have that people of lower weights do not, as far as I can see, except in the way other people see them.

More Ab Strengthening



by Cinder Ernst

Hello Everyone! This month we continue our abdominal strengthening information. Last month we learned how to talk about abdominal muscles. Here's a quick review: the stomach is an organ that digests food, abdominal muscles (abs) are the front of your spine, and the fat on top I call the belly.

The #1 best ab exercise is the pelvic tilt, because it's very low risk and full of benefits. I'm going to explain how to do this lying down today, but you can also do it standing or sitting. Imagine your ab muscles go from the bottom of your rib cage to the top of your hip bones. This is not exact anatomy but will help illustrate the motion. The muscle striations go vertically (again not exact but useful for now). Imagine these muscles are the front of your spine and think of the arch in your back and how those muscles would be long over the curve of your lower back. Keep that picture in your mind as you proceed to lie down on your bed or the floor.

If you can't try it right now, get a picture of it in your mind as you read. But be sure to try it later; just bring these instructions with you.

Lie on your back, arms at your sides, knees bent, feet on the floor. In a relaxed or neutral position, most people will have a space between the floor and their low backs (the above mentioned arch).

Pelvic tilt: push your back flat onto the surface you are lying on. If you are on a bed then the surface will move as you push. If you are on the floor, a bench or a table, you will have a clear sensation of pushing your back into the surface. Your ab muscles shorten or contract when you do this. Sometimes it helps to squeeze your butt when you push your back down. Ta Da! You have just done the #1 best ab exercise, the pelvic tilt! If it feels ok, you can do 10 of them right now. Breathe steadily. What do you notice about this exercise?

Next month I will explain how to do this exercise sitting and standing so you can have the benefits of the pelvic tilt anywhere. It's best to learn it lying down so remember to try this next time you get prone. If you think you might forget about it, write yourself a note or tie a string on your finger or for you younger folks . . . make a widget.

In June I will be teaching a free teleclass called "The Quickstart Guide to Healthier Knees". You can sign up here: <http://cinderernst.com> I hope to meet lots of you in person at the conference in August.

Here's to your best health today, Cinder

Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafa.org>]

February 27, 2012: Plus-size fitness instructor Michelle Gibson is the focus of an article discussing how a recent survey by *The Washington Post* and the Kaiser Family Foundation shows black women find healthy lifestyle and physical activity more important in their lives than appearance.

http://www.washingtonpost.com/lifestyle/style/black-women-heavier-and-happier-with-their-bodies-than-white-women-poll-finds/2012/02/22/gIQApmcHeR_story.html

March 28, 2012: *Stylelist.com* blogger Anya Strzemien says she is allergic to hearing women put themselves down. Anyone making negative body statements at her desk is fined a dollar. She is sending the money to Girls Inc., an organization that encourages self-esteem for girls. She also invites readers to post positive comments and *Huffington Post* has agreed to pay \$1 to Girls Inc. for each comment. (Editor's note: that offer expired April 17.)

http://www.stylelist.com/anya-strzemien/self-esteem-stylelist-tip-jar_b_1386305.html

March 29, 2012: *MSNBC.com* reports on NAAFA's new brochure "Travel Tips for People of Size," letting people know about this useful tool for the fat traveler.

<http://travelkit.msnbc.msn.com/news/2012/03/29/10922098-flying-new-brochure-offers-travel-tips-for-passengers-of-size>

April 2012: Watch the trailer for the documentary *Strong* featuring Olympic weightlifter Cheryl Haworth. As a large strong woman, Cheryl admits that it is difficult to find a place of acceptance in our society. Even so, she is an inspiration.

<http://www.youtube.com/watch?v=GnIP7-m63A>

April 2012: A doctor in Louisiana is now offering a weight loss surgery to women who have as little as 25 pounds to lose. The devices used in the surgery are cleared for use by the FDA, but neither the safety nor long term efficacy of the procedure itself has been independently studied.

<http://www.glamour.com/health-fitness/2012/04/weight-loss-would-you-have-shocking-new-surgery-to-lose-just-25-pounds>

April 2, 2012: Many doctors treating fat patients with cancer are not comfortable using size-appropriate dosing for fat patients. It is estimated that 6,000 deaths per year could be eliminated by proper dosing of fat patients with breast cancer. In a related study published in December 2011, it was found that emergency doctors tend to underdose fat patients with antibiotics, risking treatment failure and promotion of antimicrobial resistance.

<http://vitals.msnbc.msn.com/news/2012/04/02/10984142-size-matters-for-obese-cancer-patients-drug-dose-doctors-say>
<http://jco.ascopubs.org/content/30/13/1553.abstract>
<http://www.ajemjournal.com/article/S0735-6757%2811%2900244-0/abstract>

April 16, 2012: *The New York Times* looks at a multi-platform (book plus four-part documentary) project, *Weight of the Nation*. The message of the project is that people are fat because humans naturally eat too much when we can. And the answer is that we need to stop "picking on" fatties and "help" them instead because being fat, after all, must be unhealthy. Thanks for the sympathy, but we're not the problem; society's attitude is.

<http://www.nytimes.com/2012/04/17/opinion/bruni-and-love-handles-for-all.html>

April 17, 2012: Scott Q. Marcus, writing for *The Redwood Times*, agrees with NAAFA that it is wrong to discriminate against fat prospective employees simply because of their appearance. However, he has no problem stating in his article that, "a severely obese person might also be very unhealthy." Possibly, but to assume that a fat person is unhealthy is also biased.

http://www.redwoodtimes.com/health/ci_20416629/fat-people-need-not-apply

April 17, 2012: The *Vancouver Sun* posts an e-chat between long time NAAFA member Kathy Barron and Dr. Mary Forhan, an occupational therapist in Canada, on the subject of obesity and discrimination. Kathy supplies many good links and Dr. Forhan acknowledges that, based on the posts by people tuning into the chat, that size discrimination is alive and well.

<http://www.vancouversun.com/health/Live+chat+Obesity+discrimination/6455316/story.html>

April 17, 2012: Two recent studies call into question the assumption that people living in inner city neighborhoods do not have access to "healthy" food such as fresh produce. Both studies, however, focused on California neighborhoods where fresh produce is probably more accessible year 'round than in other areas.

<http://www.nytimes.com/2012/04/18/health/research/pairing-of-food-deserts-and-obesity-challenged-in-studies.html>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3298889>

<http://www.ncbi.nlm.nih.gov/pubmed/22381683>

April 18, 2012: *BigFatBlog.com* looks at the feeding tube diet, noting that while much of the media coverage is negative, there is a lot of it even though there is only one doctor in the United States who does the procedure.

<http://www.bigfatblog.com/feeding-tubes-really>

April 19, 2012: Fearing that some children may end up ingesting excess calories and getting fat, New York City has delayed expanding a program of providing children with breakfast in the classroom, even though it has proved successful in many large cities.

<http://www.nytimes.com/2012/04/20/nyregion/with-classroom-breakfasts-some-children-may-eat-twice.html>

April 19, 2012: For a good time, watch this video clip from Ben Aaron of LXTV NBC as he discovers and becomes an advocate for a new form of exercise: dance walking. He gets people of all sizes and ages to participate in joyful movement of their bodies.

<https://www.facebook.com/photo.php?v=10150732909504865>

April 20, 2012: Peggy Howell, speaking out against fat discrimination and for healthy choices, provides the voice of sanity at the end of an article where healthcare professionals, dieters, and fat-o-phobes tell you the "secret" of long term weight loss and how fatness equals poor health.

<http://www.somdnews.com/article/20120420/NEWS/704209723/1075/living-large-in-southern-maryland>

April 24, 2012: An as-yet unpublished study finds that soy protein may reduce fat accumulation and triglycerides in the liver, compared with milk protein. However, before you rush out to buy soy products, note that other research finds soy protein to cause weight gain and inflammation compared with milk protein. Also, read the article from *The National Alliance for Health* discussing some of the problems associated with eating soy products.

<http://www.aces.uiuc.edu/news/stories/news6236.html>

<http://www.nutritionandmetabolism.com/content/9/1/3>

<http://www.anh-usa.org/should-anyone-be-force-fed-soy>

April 25, 2012: A pediatric surgeon says that, because of childhood obesity, more children are needing to have their gallbladder removed. While this may or may not be the result of diet, what the surgeon does not grasp is that, while a healthy diet may help with gallbladder disease, it may not always lead to weight loss, which is clearly what he thinks these children should do.

<http://parenting.blogs.nytimes.com/2012/04/25/childhood-obesity-leads-to-unnecessary-surgeries>

April 26, 2012: A UK blogger discusses the battle of adopting a HAES™ lifestyle when "everybody knows fat is unhealthy", and how that attitude affects even the conclusions of scientific studies.

<http://neverdietagainuk.blogspot.co.uk/2012/04/they-said-galileo-was-wrong-too.html>

April 26, 2012: [See related story above.] After an irregular heart rhythm landed hip-hop DJ Kuttin Kandi in the ICU for two days and required a pacemaker implant, she began a series of facebook posts, "Notes of a Revolutionary Patient", where she discusses the bias she faces from the healthcare industry as a fat woman of color. The second link points to reader comments as well as a response by Kandi herself.

http://colorlines.com/archives/2012/04/hiphop_activist_and_dj_fights_her_fiercest_battle_heart_disease_and_fatphobia.html

http://colorlines.com/archives/2012/04/kuttin_kandi_reader_forum.html

April 28, 2012: A *New York Times* article looks at various studies that show sitting continuously for long periods can damage your health even with regular exercise regimens. One recent study concludes that getting up and moving for a couple of minutes every 20 minutes may improve glucose metabolism.

<http://www.nytimes.com/2012/04/29/sunday-review/stand-up-for-fitness.html>
<http://www.ncbi.nlm.nih.gov/pubmed/20798274>
<http://www.ncbi.nlm.nih.gov/pubmed/22218159>
<http://bjsm.bmj.com/content/early/2011/08/01/bjism.2011.085662.short>
<http://www.ncbi.nlm.nih.gov/pubmed/22374636>

April 29, 2012: Dr. Rick Kausman provides his slide show of ifnotdieting® empowerment cards. By themselves, the cards are great. However, Dr. Kausman's website seems to show that, while his approach is similar to the HAES™ approach, his program's goal appears to be weight loss.

<http://www.youtube.com/watch?v=1Imm4vCYxkg>

April 30, 2012: A study from the *Journal of Health Economics* that claims that healthcare costs for fat people have been underestimated because, while "overweight" people do not incur greatly increased medical costs, the "obese" incur more; and despite predictions to the contrary, the obese are not dying young, and so are going on to incur the high medical costs of the elderly (no matter what size). So fat people are living longer, and that's bad news?

http://www.huffingtonpost.com/2012/04/30/obesity-costs_n_1463764.html
<http://www.sciencedirect.com/science/article/pii/S0167629611001366>

May 2012: A survey by *Glamour* magazine shows that women of all sizes tend to judge other women based on body size, with negative stereotypes being applied to fat women as well as thin.

<http://www.glamour.com/health-fitness/2012/05/weight-stereotyping-the-secret-way-people-are-judging-you-based-on-your-body-glamour-june-2012>

May 2, 2012: A new study shows that 90 days to 2 years after CABG (coronary artery bypass graft) surgery, fat patients have roughly a 30% reduction in all-cause mortality over patients who are not fat.

<http://www.internalmedicine.com/single-view/obesity-paradox-also-applies-to-cabg-patients/3f84cc9ce5823610263bdcba2647d071.html>
http://content.onlinejacc.org/cgi/content/full/59/13_Suppl_S/E1787

May 3, 2012: *Vogue* announces that it will no longer use models who are under the age of 16 or who appear to have an eating disorder. In addition *Vogue* says it will help "structure mentoring programs" for younger models and raise awareness of the problem of model health.

http://www.kolotv.com/entertainment/headlines/Vogue_Bans_Too-Skinny_Models_From_its_Pages_150092395.html

May 5, 2012: Alice Randall's opinion piece in *The New York Times* tells us how body image affected her growing up. As a black woman, Ms. Randall felt she was too thin. Now Ms. Randall seems to be using that self-hatred as a rallying cry for all black women to hate their bodies and join her in a battle against weight.

<http://www.nytimes.com/2012/05/06/opinion/sunday/why-black-women-are-fat.html>

May 6, 2012: The Honey Beez are a plus-sized dance group who perform at halftime during Alabama State University football games. They've been doing outreach at Alabama high schools talking about self-esteem and performing their athletic dance moves, showing that fat people can be healthy.

<http://www.montgomeryadvertiser.com/article/20120506/LIFESTYLE/305060007/Confidence-much-more-than-buzzword-Honey-Beez>

May 6, 2012: *The Los Angeles Times* takes a look at the founders of the 1-800-GET-THIN lap band surgery empire. Since the FDA has warned some of the clinics about their ad campaign's lack of adequate warnings and lap band manufacturer Allergan announced it would no longer sell its device to the clinics, business has fallen off drastically. Can we hope this will be the end of 1-800-GET-THIN?

<http://www.latimes.com/business/la-fi-omidi-brothers-20120506,0,5461344.story>

May 7, 2012: Lap band device manufacturer Allergan is subpoenaed by the United States Department of Health following a study that found almost half of patients with a gastric band either had no weight loss or needed the device removed after 6 years, and more than 40% had long term complications.

<http://www.bloomberg.com/news/2012-05-07/allergan-receives-u-s-subpoena-over-weight-loss-device.html>
<http://archsurg.ama-assn.org/cgi/content/abstract/146/7/802>

May 7, 2012: Lisa Tealer and Marilyn Wann are among the debaters in *The New York Times'* op-ed on whether it is more important to have a positive body image or a fit physique that puts you at a lower risk for diabetes and other ailments. Considering how the question is assuming that thinner equals healthier, it is clear how *The Times* feels about the issue.

<http://www.nytimes.com/roomfordebate/2012/05/07/women-weight-and-wellness>

May 8, 2012: A study from Boston Children's hospital finds that reduced body satisfaction seems to lead to disordered eating and weight gain. Our conclusion? Shaming people to lose weight will not work.

<http://www.stoneheartnewsletters.com/improving-body-satisfaction-can-help-prevent-eating-disorders-and-obesity>

<http://www.nature.com/ijo/journal/vaop/ncurrent/full/ijo201268a.html>

May 8, 2012: Some health hazards of fatness are due to an inadequately built structure. Cases in point are the seats and seat belts of airplanes, which may not adequately protect the larger body in a crash scenario. Scientists and engineers interviewed suggest that larger and heavier crash test dummies be used to gather data.

<http://www.nytimes.com/2012/05/08/business/scientists-ask-are-airplanes-safe-for-overweight-passengers.html>

May 8, 2012: *Policymic.com* explains why the recent headlines about fat Americans costing \$550 billion by 2030 do not tell the full story, mostly because interventions to reduce weight don't generally work. As Cameron English points out, "body weight isn't all that matters when it comes to health, and it shouldn't be our primary focus when it comes to managing growing health care costs."

<http://www.policymic.com/articles/8022/study-obesity-could-cost-americans-550-billion-by-2030-but-that-s-not-the-full-story>

http://www.ajpmonline.org/webfiles/images/journals/amepre/AMEPRE_33853-stamped2.pdf

May 8, 2012: The United States' Institute of Medicine calls for an end to blaming fat people for their fatness, while at the same time fueling the "obesity epidemic" hysteria, recommending several measures (some of which could benefit all citizens whether fat or thin, like more sidewalks and bike trails) to combat "obesity". We think that physical activity and healthy eating are great in their own right, and don't need to be justified by demonizing fatness.

<http://www.reuters.com/article/2012/05/08/us-usa-health-obesity-idUSBRE8470LC20120508>

May 9, 2012: This Reuters article's first sentence says it all: "An intensive obesity-prevention program for Australian girls didn't lead to any improvements in their diet, physical activity or body weight a year later, according to a new report." As with other similar programs, some health indicators improved, but since the focus was on weight the program is considered a failure.

<http://www.reuters.com/article/2012/05/09/us-obesity-teen-girls-idUSBRE8481EB20120509>

<http://archpedi.jamanetwork.com/article.aspx?doi=10.1001/archpediatrics.2012.41>

May 10, 2012: NAAFA Public Relations Director Peggy Howell responds to a golf columnist's nasty comments about a fat fan at the Players Championship, calling the comments "immature" and noting that following a golfer during a tournament takes a decent amount of fitness.

<http://watchingthewatchers.org/read/3679>

May 14, 2012: The documentary series *The Weight of the Nation* premieres on HBO, and the outlook as of press time (days before the premiere) is not fat-friendly. A PBS interview with the producer centers on anti-fat anecdotes, with no evidence to back up the idea that fat equals unhealthy, and no recognition that there is no reliable way to achieve significant long-term weight loss (first link). Michelle Simon, author of *Appetite for Profit*, gives some good reasons for not watching the series, although she still seems to think that being fat is something that can and should be fixed (second link). Finally, the Association for Size Diversity and Health (ASDAH) responds with their "Debate the Weight" website, featuring viewer's guides and responses to the material issued so far (third link). Two related ASDAH blog posts are also linked below (fourth and fifth links).

<http://www.pbs.org/newshour/rundown/2012/05/conversation-filmmakers-zoom-in-on-the-weight-of-the-nation.html>

<http://www.appetiteforprofit.com/2012/05/08/why-i-am-not-attending-or-watching-weight-of-the-nation>

<http://www.debatetheweight.com>

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