



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**National Association  
to Advance Fat  
Acceptance**  
May 2013

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### NAAFA Announces 2013 NAAFACon Twitter Contest Winner

On April 22nd, NAAFA announced that Rebecca M Trujillo Batty (Twitter handle @RmTbaTTY) won its Twitter Contest. During the contest, Rebecca tweeted 24 times about size equality.

Earlier last month, NAAFA launched a "Twitter Free Registration Giveaway" for our upcoming 2013 Annual Convention & Expo, being held July 25-29, 2013 at the Westin Hotel, Casino & Spa, located at 160 East Flamingo Rd. Las Vegas, NV 89109. The winner receives a complimentary convention registration, valued at \$265.00. The contest ran from Thursday, April 4, 2013 at 8:00 am EDT through Thursday, April 18, 2013 at 4:00 pm EDT. Rebecca won because she tweeted the most about size equality using #EqualityAtEverySize and @NAAFA\_Official over the course of the contest.

Congratulations to @RmTbaTTY and thank you for helping NAAFA raise awareness about Equality At Every Size (#EqualityAtEverySize).

<https://twitter.com/RmTbaTTY>

### Stop the Pain and End Bullying Now!

by Darlene Howell

On Saturday, April 20, 2013, representatives of national NAAFA and the NAAFA-Orange County Chapter were invited by Kande Lewis of the Positive Results Corporation to be involved as exhibitors and presenters at the *STOP THE PAIN Teen Summit on Dating Violence, Sex Trafficking and Bully Prevention*.

Donna Frey and Angelica Negrete were presenters for the *End Bullying Now* workshop where they shared with teens and adults the message of what bullying is and how each of us can work to end it. All participants were invited to sign a pledge card to END BULLYING NOW. Additionally, Angelica presented on an anti-bullying panel.

### Wireless Medicine

[May Video of the Month](#)

We typically feature a video that is specifically relevant to the size acceptance community. This month's video has a much broader audience. It features the changes we can expect to see in medicine, changes that are taking place right now.

<http://www.nbcnews.com/id/21134540/vp/50582822#50582822>

### Quick Links

[NAAFA Home](#)  
[NAAFA Facebook - Cause](#)  
[NAAFA SF Bay Facebook](#)  
[NAAFA-Capital Facebook](#)  
[NEW: NAAFA-Orange County Facebook](#)  
[NAAFA MySpace](#)

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The NAAFA exhibitors table featured information on NAAFA's END BULLYING NOW (EBN) campaign, including pledge cards for people to sign, EBN stickers, bullying fact sheets, a copy of the Child Advocacy Toolkit, general brochures and a YAY! scale. Flower Valadez of the NAAFA-Orange County Chapter, Peggy Howell, and I were available at the table to share information about NAAFA and the work we are doing as a national organization and "on the ground" as part of the END

BULLYING NOW campaign.

We each wore our END BULLYING NOW shirts, and the bright, bold statement drew people to us. Numerous exhibitors invited us to come to their schools or organizations to share the message. Teens and adults came by to sign the pledge cards and take stickers to share with others. We garnered TONS of smiles at the compliments paid to those that stepped on the YAY! scale. A positive impact was made that day.

This was the first Teen Summit that I attended but it certainly will not be the last. Kande Lewis has already talked about NAAFA being involved in every Teen Summit that she organizes and we are delighted to be able to be part of these exciting, life-changing events. You can look forward to hearing more about how NAAFA is reaching out to communities and spreading the word to END BULLYING NOW!

## A NAAFA-OC California Adventure



*by Darliene Howell*

Disneyland, the "happiest place on earth," has been a draw to people of all ages and sizes since its inception. On Sunday, April 21, 2013, Disney's California Adventure also became an activism adventure!

Peggy Howell and I joined members of the NAAFA-Orange County Chapter all decked in our END BULLYING NOW shirts. With a total of 13 people throughout the day, we enjoyed a day of fun and activism as we

toured the theme park. What a fantastic day! Four of us rode scooters (aka Electric Convenience Vehicles and boy were they!) to assist us in making our way around the park. A lot of people asked if they could join our "parade" or the "scooter gang" as we wove our way through the crowds to all the rides and shows that we couldn't wait to see.

Disneyland and California Adventure are very size friendly, accommodating theme parks. Those of us who were on scooters were allowed to drive them right into the theaters and rides to spaces designated just for ECVs. We enjoyed shows and rides with themes from *Aladdin*, *A Bug's Life*, *Little Mermaid*, *Monsters Inc.* and *Cars Land*; ate lunch at Flo's V8 Cafe in *Cars Land*; and acted like the big kids we are.

Along with people commenting on the "scooter brigade," we had numerous comments about our shirts and what a wonderful message we were sharing with everyone who saw our shirts. We carried END BULLYING NOW (EBN) stickers with us and handed them out to people who told us of how they had been bullied as kids or how much they admired our shirts. Again, the big, bold statement made with the EBN logo drew people's attention and created a bond amongst strangers.

Activism comes in many forms. It can also be fun and a very real adventure!

## Evolving

Life comes with very few guarantees but one of those is that things are going to change. Those of us who have been around for a while have seen tremendous evolution in our world. NAAFA has evolved to its present form in response to the

changes in the world. Whether as an individual or as an organization, we must continue to evolve if we are to survive and thrive.

Over the course of its lifetime, NAAFA has undergone name changes in order to better communicate its purpose and goal. This is not a new idea but we believe that it is an idea whose time has come again.

NAAFA's message is often obscured by the reaction of the public to the name National Association to Advance Fat Acceptance. Illustrating this point are the many rude and obnoxious comments following news articles online in which the organization is quoted. Many members refuse to read these comments because it consumes too many "sanity points" to do so.

With the pressure of society to demonize fat, organizations don't look at common goals and interests, and disregard NAAFA's requests for alliance because of our name. NAAFA needs to develop alliances and garner support of other organizations in order to further our goals in the civil rights and social justice arenas. We cannot continue to bury our heads in the sand and believe this problem will resolve itself. For us to affect change, we must be taken seriously.

NAAFA recently entered into an agreement with a public relations firm to seek corporate sponsorship for NAAFA's annual convention and on-going programs. Sadly, its efforts were fruitless and, in most cases, the corporations indicated their objection, not to the mission, but to our organization's name. This firm has recommended swift action to change the name of NAAFA.

Our mission is EQUALITY AT EVERY SIZE. The NAAFA Board of Directors believes that it is important that the organization's name reflect its mission and goal. What do you think? [pr@naafa.org](mailto:pr@naafa.org)

## Welcome to Vegas!



### Things you need to know for your 2013 NAAFA Convention

Last month we began sharing tips for those who will be attending the 2013 NAAFA Convention. This month we're sharing information about food options. The Westin has four great 24 hour per day options for dining and snacking beginning with room service. For you caffeine addicts, there's a full service Starbuck's on the ground level of the hotel. Bar food is served at the bar/lounge all day and night and Suede, their upscale restaurant, is also open 24 hours per day.

For those of you who feel adventurous and want to explore the area, the exciting news is that you have a myriad of dining options within less than one mile east of our hotel plus almost limitless options at the casinos

on the Strip.

The following restaurants are east of the hotel and all within less than one mile. Have fun exploring and happy eating!

Ellis Island Casino & Brewery - 4178 Koval Lane  
<http://www.ellislandcasino.com/ellis/dining.html>

Marilyn's Café at Tuscany Suites - 255 E Flamingo Rd  
<http://www.tuscanylv.com/dining-en.html>

Cantina Mexican at Tuscany Suites - 255 E Flamingo Rd  
<http://www.tuscanylv.com/dining-en.html>

Fogo de Chao Las Vegas (Brazilian) - 360 E Flamingo Rd  
<http://www.fogodechao.com/index.php?id=158>

Buca di Beppo - 412 East Flamingo Road  
[http://www.bucadibeppo.com/locations/italian\\_restaurant\\_las\\_vegas\\_paradise\\_nv.aspx](http://www.bucadibeppo.com/locations/italian_restaurant_las_vegas_paradise_nv.aspx)

Roy's Hawaiian Fusion - 620 E Flamingo Rd  
[http://www.roysrestaurant.com/locations/NV/las\\_vegas.asp](http://www.roysrestaurant.com/locations/NV/las_vegas.asp)

McCormick & Schmick's Seafood and Steaks - 335 Hughes Center Drive  
<http://www.mccormickandschmicks.com/locations/las-vegas-nevada/hughes-center-drive.aspx>

Bahama Breeze - 375 Hughes Center Drive  
<http://www.bahamabreeze.com>

Lawry's Prime Rib - 4043 Howard Hughes Parkway  
<http://www.lawrysonline.com/lawrys-primerib/las-vegas/general-info>

Gandhi India's Cuisine - 4080 Paradise Rd  
<http://www.gandhicuisine.com>

Palermo Pizza - 4080 Paradise Rd  
<http://palermospizzavegas.com>

PF Chang's China Bistro - 4165 S Paradise Rd  
<http://www.pfchangs.com/index.aspx>

#### **Fast Food:**

Jack In the Box - E Flamingo Rd and Swenson St

Quiznos - 3318 E Flamingo Rd. Ste B

Subway - E Flamingo at Cambridge

Raising Cane's Chicken Fingers - E Flamingo at the Target center entrance

Five Guys Burgers - In the Target center E Flamingo at Maryland Pkwy

Long John Silver's - E Flamingo and Maryland Parkway

#### **Grocery Store:**

Albertson's - E Flamingo and Maryland Parkway

## Going Down Stairs Review

 Cinder Erndst and Her Dog

by Cinder Ernst

This month we'll conclude our "Going Down Stairs with More Ease" series with a review of the exercises. These exercises will help you gain strength in the muscles that support the knees, so that you may be able to go straight down the steps. I recommend going down sideways if that feels best and safest to you.

Seated Heel Tap

Weight Shifting (utilizing Butt Bouncer and Miracle Knee)

Tiny Bend (utilizing Butt Bouncer and Miracle Knee)

Standing Heel Tap (combines Tiny Bend and Weight Shifting)

No matter how you go down stairs, these exercises are good for your leg strength.

Always start small and proceed with care and caution. Keep negative self talk on the sidelines so you can hear your voice of wisdom tell you when enough is enough.

As always I welcome your comments and questions. I'm here to help, use me!  
[coach@cinderernst.com](mailto:coach@cinderernst.com)

Love,  
 Cinder

## Media and Research Roundup

by Bill and Terri Weitze

[There's more news at <http://naafa.org>]

February 15, 2013: A study finds that self-imposed caloric deprivation makes the brain more responsive to food in the areas connected to attention, reward, and motivation. That is, food becomes more attractive to dieters. These results may explain why dieting typically does not lead to long term weight loss.

<http://www.sciencedirect.com/science/article/pii/S1053811912011408>

March 19, 2013: It is well documented that medical professionals often have fat bias. A study by the Yale Rudd Center now shows that bias can be a two-way street, with patients being biased against physicians who are viewed as carrying excess weight.

[http://www.yaleruddcenter.org/resources/upload/docs/what/bias/Stigma\\_Physician\\_Weight\\_IJO\\_3.13.pdf](http://www.yaleruddcenter.org/resources/upload/docs/what/bias/Stigma_Physician_Weight_IJO_3.13.pdf)

Spring 2013: Helen Lee offers several explanations for the "obesity epidemic", such as the failure of applying anti-smoking policy models to fatness, and the effects of socioeconomic status. For some reason Ms. Lee ignores the effect of weight cycling and the 1983 change in insurance height-weight charts to explain, at least in part, why the obesity rate went from being fairly flat to a sharp increase after 1980.

<http://thebreakthrough.org/index.php/journal/issue-3/the-making-of-the-obesity-epidemic>

April 9, 2013: In a report at a meeting of the American Surgical Association, a small study concludes that weight-loss surgery (WLS) can offer long term remission or improvement in type 2 diabetes. However, the report is not yet peer-reviewed and only 6% were still in remission after five years.

<http://www.medpagetoday.com/Endocrinology/Diabetes/38354>

April 10, 2013: A recent study out of England and Sweden found an increased risk of colon cancer in WLS patients, with the risk continuing to increase with the length of time post surgery.

<http://www.foxnews.com/health/2013/04/10/weight-loss-surgery-tied-to-colon-cancer-risk>

[http://journals.lww.com/annalsofsurgery/Abstract/publishahead/Increased\\_Risk\\_of\\_Colorectal\\_Cancer\\_After\\_Obesity.98506.aspx](http://journals.lww.com/annalsofsurgery/Abstract/publishahead/Increased_Risk_of_Colorectal_Cancer_After_Obesity.98506.aspx)

April 11, 2013: From the Department of Unintended Consequences: According to a newly published study, limiting the size of drinks appears to lead to an increase in the consumption of soda.

<http://www.floatingpath.com/2013/04/11/unintended-consequences-limiting-sugary-drink-sizes>

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0061081>

April 19, 2013: A small study tracking physical activity of children from 3-6 years old found that children of that age, regardless of weight, maintain the recommended levels of activity per day and concludes that the weight of young children is not influenced by physical activity levels, but is, and considerably so, by socioeconomic status.

<http://www.pcrm.org/health/medNews/exercise-does-not-determine-childrens-body-weight>

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0060619>

April 19, 2013: Drs. Carol Scurfield and Ann McConkey, speaking at the 55th Annual Scientific Assembly and Business Meeting in Winnipeg, challenge the belief that fatness is bad. Dr. Scurfield suggests that all sizes have their pros and cons, while Dr. McConkey speaks on helping each patient to become healthy in the body they have rather than focusing on weight loss, since long term significant weight loss is mostly unattainable.

<http://www.winnipegfreepress.com/local/obesity-can-be-good-doctor-tells-conference-203733711.html>

April 22, 2013: Four out of ten Americans responding to a public survey claim they would not mind being weighed at the airport if airfare were based on weight. But NAAFA's Peggy Howell says that if airlines wish to treat people like freight, they should also accommodate them like freight and provide sufficient room for each person. George Hobic of AirfareWatchdog.com points to the time and staffing involved to weigh each passenger, saying "People just think they don't want fat people on planes but it would slow everything down - and planes on the ground don't make money."

<http://www.nbcnews.com/travel/u-s-fliers-believe-obese-should-buy-second-seat-1C9511172>



April 22, 2013: A list issued by the U.S. Federal Trade Commission shows that by far the number one scam is weight loss products, with 5.1 million reported complaints. While people are still falling for these scams, at least more people are realizing that they have become victims of fraud.

<http://money.msn.com/saving-money-tips/post.aspx?post=ceb6179c-92a5-4649-8779-cb824144c74a>

April 23, 2013: A small study (not yet published or peer reviewed) presented at the Federation of American Societies for Experimental Biology in Boston shows that eating mangoes may help lower blood sugar without weight loss. The polyphenols found in fresh mangos were also studied in 2010, finding that they may inhibit inflammation in breast tissue.

<http://health.sify.com/eating-mangoes-may-help-lower-blood-sugar-and-cancer-risk>

<http://pubs.acs.org/doi/abs/10.1021/jf903161g>

April 29, 2013: A small but statistically significant study of interaction between physicians and patients with high blood pressure concludes that physicians tend to build less rapport with their fat patients. Emotional rapport is an important part of the physician-patient relationship.

<http://well.blogs.nytimes.com/2013/04/29/overweight-patients-face-bias>

<http://onlinelibrary.wiley.com/doi/10.1002/oby.20384/abstract>

April 30, 2013: ASDAH is reposting Barbara Bruno's History of the Health at Every Size Movement, previously available to ASDAH members only. Good chance to refresh or catch up on your knowledge of the size acceptance movement and HAES.

<http://healthateversizeblog.org/2013/04/30/the-haes-files-history-of-the-health-at-every-size-movement-part-i>

May 2013: Looking for size-positive images? Dr. Lauren Gurrieri's site StockyBodies.com provides stock photos providing positive and diverse representations of the fat experience, including work, hobby, relationships, and physical activity categories.

<http://stockybodies.com>

May 2, 2013: New York City's bike-share program comes with a 260 pound weight restriction for use of the bikes. While many people cry discrimination, the City claims the rule is for legal reasons and will not be strictly enforced, citing the same rule being used in other cities with bike-share programs such as Boston and London.

<http://www.washingtontimes.com/news/2013/may/2/nyc-bike-share-riders-fume-over-city-weight-limit>

May 8, 2013: A 2006 article on the CEO of Abercrombie & Fitch and how he feels about those of us not blessed with being thin or "cool" becomes a Facebook and mass media meme, as thousands (even many outside the size rights community) share and reshare the article and its more recent follow-ons. Here are links to the original article and some of the responses.

<http://www.salon.com/2006/01/24/jeffries>

<http://elitedaily.com/news/world/abercrombie-fitch-ceo-explains-why-he-hates-fat-chicks>

<http://sanfrancisco.cbslocal.com/video/8859300-abercrombie-fitch-not-stocking-larger-sizes-for-women>

<http://writehuman.com/dearmike>

<http://fattiesunited.wordpress.com/2013/05/09/mike-jeffries-can-kiss-my-fat-ass-and-wallet-good-bye>

<http://fattiesunited.wordpress.com/2013/05/10/two-types-of-cool>

*Founded in 1969, NAAFA 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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