



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**National Association to  
Advance Fat Acceptance**  
May 2014

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### NAAFA Returns to our Nation's Capital



NAAFA will be returning this year to the Washington, DC area for our annual meeting. Since many of our members have expressed that tight budgets are an issue, we are scaling back to a more casual two day conference beginning the evening of Friday, August 8 through Sunday, August 10, 2014.

NAAFA is pleased to announce that we have made arrangements for accommodations at the beautiful Crowne Plaza Dulles Airport Hotel, 2200 Centreville Road, Herndon, VA 20170. Rates will be an amazing \$84.00 per night - single occupancy and \$94.00 per night - double occupancy.

Our focus at this conference will be on networking and NAAFA's plans for the future. Workshops will include: enjoyable movement classes, focus on health not weight,

men's issues, an update on the End Bullying Now Campaign, and the Size Savvy Project introduced by the Clark County Chapter in Nevada this year. The evenings will be filled with fun activities such as a networking party, pizza party, talent show, and karaoke with a swim party to cap off every evening.

Registration for both conference and hotel are available through the NAAFA website at [www.naafa.org](http://www.naafa.org)

### NAAFA Responds to USDA's Proposed Rule on School Wellness Policies

*The following statement has been submitted to the USDA Food and Nutrition Service regarding the proposed rule regarding the development of school wellness policies. Summary of proposed rule may be found at: <http://www.fns.usda.gov/sites/default/files/LWPproprulesummary.pdf>*

The Board of Directors of NAAFA, a civil rights organization working to eliminate discrimination and improve the lives of people of large body size, would like to comment on the proposed rule regarding Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act. This proposal would require "each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity." According to the CDC, obesity rates in adults and children in the United States have remained largely unchanged during the past 14 years.

### Bars & Melody

[May Video of the Month](#)

These young men found a very powerful way to spread their anti-bullying message.

They brought the house down and brought tears to the eyes of many. Young men, like these, will help change the world! We are sure you will enjoy and be inspired by this wonderful video.

[blog.petflow.com/their-powerful-performance-brought-an-audience-to-their-feet-you-must-hear-this-song](http://blog.petflow.com/their-powerful-performance-brought-an-audience-to-their-feet-you-must-hear-this-song)

### Quick Links

[NAAFA.org](http://www.naafa.org)  
[NAAFA-CC.org](#)

#### Facebook

[Main](#)  
[Cause](#)  
[SF Bay](#)  
[Capital](#)

[Orange County](#)  
[Los Angeles](#)  
[Clark County](#)  
[End Bullying Now](#)

[Twitter](#)  
[MySpace](#)

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We believe that the health of all students is extremely important and that focusing on any one group of children is detrimental to their health and well-being. The focus of such programs needs to be on health, not on weight. People come in all sizes and body diversity is normal.

Key points to consider include:

- School-based eating curricula can lead to eating disorders.
- Obese children suffer psychological, social and health-related consequences as a result of weight bias and discrimination.
- Arkansas Act 1220, which instituted programs such as reducing junk food in schools, creating advisory committees and issuing BMI report cards, was an epic failure.
- School wellness programs should include a component that focuses on emotional well-being and mental health.
- Programs should focus on healthy behaviors, not on body weight or size.

In the 2013 study *Trading Health for a Healthy Weight: The Uncharted Side of Healthy Weights Initiatives*, children with eating disorders attributed their eating pattern changes to information garnered from school-based healthy eating curricula. It is essential that we frame the information given to children in a way that will not stigmatize or create unhealthy attitudes towards food.

A Yale Rudd Center report reviewed existing research on weight stigma in children and adolescents, with attention to the nature and extent of weight bias toward obese youths and to the primary sources of stigma in their lives; including peers, educators, and parents. As a result of weight bias and discrimination, obese children suffer psychological, social, and health-related consequences. Substantial change is needed to combat this bias.

Arkansas was one of the first states to focus on trying to eliminate childhood obesity through a variety of interventions. In 2003, Arkansas Act 1220 was enacted, instituting programs that range from reducing junk food in schools and creating advisory committees to issuing BMI Report Cards. Despite their best efforts, there has **NOT** been a reduction in BMI levels.

Wellness is about more than body size, food and exercise. Any school wellness program should include a component that focuses on emotional well-being and mental health:

- Do not use language about "eliminating/reducing obesity".
- Do not weigh students.
- Do not send home "BMI Report Cards".
- Do not store or divulge individual-level protected medical information, including weight and BMI.

Any and all programs which are developed under this proposed rule need to encourage students to develop healthy eating and movement habits without placing undue stresses because of a child's weight or body size.

Focusing on weight loss, rather than health, is a failing strategy. NAAFA has developed the Child Advocacy Toolkit to help educate the public on how these types of weight-focused programs can adversely affect children. It explains how Health At Every Size (HAES) takes the focus off weight and directs it to healthy eating and enjoyable movement.

This groundbreaking toolkit will help parents, educators and caregivers understand that all kids deserve love and respect regardless of their body size or shape. Every body is a good body. No child should be criticized for their body. Stop the bullying!

The NAAFA Child Advocacy Toolkit is available as a **FREE** download at:

[http://issuu.com/naafa/docs/naafa\\_childadvocacy2011combined\\_v04?viewMode=magazine&mode=embed](http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed)

Other resources:

<http://aedweb.org/web/index.php/23-get-involved/position-statements/90-aed-statement-on-body-shaming-and-weight-prejudice-in-public-endeavors-to-reduce-obesity-4>

<http://bodyimagehealth.org>

## In Honor of Cathy Woods-Wild



It is with a heavy heart that we share the news that on the morning of April 22, 2014, Cathy Woods-Wild, at the young age of 49, passed away in her sleep. Cathy's great gift to the world was a heart full of love which she was always willing to share with others. Everyone who met her would agree.

Cathy was a loyal member of the NAAFA and Dimensions communities. Through these groups, she found her voice. Cathy had many experiences and stories to share about her NAAFA family who were her confidants and soul mates. It was through her involvement with NAAFA that Cathy met the love of her life, Roy Wild, who, sadly, preceded her in death.

Cathy's passing has left a hole in the lives of her family and friends. The following is a few of the remarks left on Cathy's Facebook page since her passing:

"I cried myself to sleep last night wanting to call you. I woke up with the same pain in my heart for you wishing I could just see you again . . ."

"Cathy Woods-Wild, you were my miracle . . . I miss you so much."

"It's been a week today that you left us, I miss hearing your voice and planning for the weekend. I love you Cathy Woods-Wild and miss you so very much!"

"Cathy Woods-Wild was such a wonderful vibrant positive energy and I am sad to hear of her sudden passing."

"It is always so hard to say goodbye to someone you love and means so much to you and everyone else. Love you always Cathy Woods-Wild!"

Cathy was born in Pensacola and raised in Molino, FL. She was the youngest of eight children and was the apple of the family's eye. She is survived by five sisters: Connie Pollock, Pat Beaver (Arthur), Teresa Barnett, Carlette Woods, Kim Kulig, her brother, Carl Woods, and brother-in-law Dan Miller.

Our community extends our heartfelt condolences to the loved ones Cathy has left behind. She will be greatly missed.

## A Book in Review: Dr. Deah's Calmanac

*Book by Dr. Deah Schwartz*  
*Review by Terri Weitze*

Dr. Deah Schwartz's new book *Dr. Deah's Calmanac* is now available on Amazon, and it's a great resource for everyone in the fat community who wants to work on body acceptance.

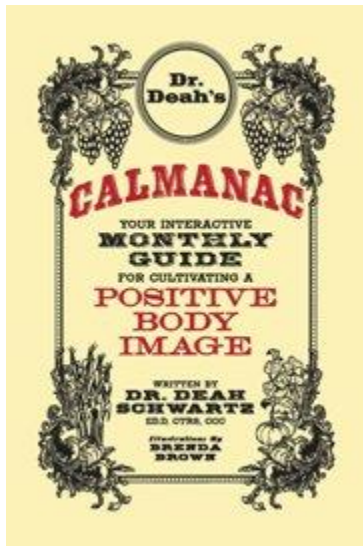
Don't worry that the year is half over! You can use the Calmanac year after year. You can start with the month you first get the Calmanac, or you can just start at the beginning and read through.

Each month features personal memories and thoughts from Dr. Deah related to growing up in a fat body and her journey to self acceptance. She then goes on to discuss holidays and events in that month that may trigger negative or self-defeating emotions, and suggests ways to deal with the triggers and turn possibly negative situations into positive ones.

Finally, Dr. Deah provides a couple of fun and creative suggestions for projects to help readers move toward better appreciation of their lives and bodies.

*Dr. Deah's Calmanac* is fun, funny, moving, tender, and filled with practical ideas and advice.

[https://www.youtube.com/watch?v=BAP\\_SBw3neQ](https://www.youtube.com/watch?v=BAP_SBw3neQ)



## The NAAFA-Clark County Chapter is Spreading the Word to END BULLYING NOW!



by Darliene Howell

On Saturday, May 3, 2014, members of the chapter staffed a booth at a Spring Festival at the Estes-McDaniel Elementary School in Henderson, Nevada. It was a day of fun for the family with games, vendors, and entertainment provided by local children. We had one young man (12 years old) who came up to the booth and stated clearly that he wanted to END BULLYING NOW! He then proceeded to bring friends to our booth all afternoon to sign the pledge. There were a total of 48 pledges signed by kids and 22 pledges signed by adults.



Friday, May 9, 2014, was the first in a series of Safe Summer Nights events being held in Las Vegas. Chapter members staffed a table at the event held at the Halle Hewetson Elementary School. Along with face painting, music, balloons and free hot dogs, parents and kids were provided information on local services for families and kids. We had 47 kids and 24 adults sign pledges to END BULLYING NOW!

Our next event in the series will be held May 23, 2014 at JT McWilliams Elementary School - 1315 Hiawatha Rd, Las Vegas, NV 89108 from 5 to 7pm. Come join the fun and show your support for our campaign to END BULLYING NOW!

## Getting Up



by Cinder Ernst

For many people getting up from a chair has become hard or damn near impossible. One way to make it easier over time is to help your muscles get stronger. The simplest way to do that is to practice getting up. I call this exercise *The Get Up*. This is my favorite exercise, it's useful (nothing worse than not being able to get up from the toilet) versatile (you can make it easy or hard) and accessible (everyone has a spot to do it).

First, you have to find something at a height that makes getting up doable, even easy, and then repeat the exercise a couple times a day. If you have a handicap toilet, it offers a great height for most people. If you practice sitting and standing from the toilet one extra time each time you go to the bathroom, you will notice that you will become stronger. It requires very little time from your life.

If you don't have a handicap toilet, you can put a phone book, dictionary or stack of pillows on a chair, or use a kitchen stool. The higher the seat the less effort it takes to get up. Make sure your chair/stool is stable and will not move as you get up or sit down.

The object is to make *The Get Up* easy and doable so that you will gain the muscle strength to get up from a lower chair when you need to. Getting up from a low chair when it's torturous is not how this exercise is done.

Position your body to make the get up easier. Lean forward with your hands on your thighs (not on your knees). As you start to get up, push yourself with your hands and at the same time, push your heels into the floor and squeeze your butt. When you push your heels it's easier to make your butt muscles fire and they are a great help. This form makes the movement very deliberate and safe for your knees and back. Sit back down in the same way. Try it now.

The best thing about *The Get Up* is that you can do it anywhere and it is really good for building strength and stamina. Start with one or two (or more) once or twice a day and do more when they start to get easy. One of the ways to fit it in you day is to just get up one extra time each time you use the bathroom.

If you'd like to learn more ways to gain strength and stay or get mobile, join me for a free tele-class "Guilt Free Fitness for the Reluctant Exerciser".

Sign up here: <http://tinyurl.com/guiltfreefitness>

Love,  
Cinder

## Media and Research Roundup

by Bill and Terri Weitze

[Check <http://naafa.org> and <http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

July 2011: What you think you are consuming can physically affect how your body reacts according to a new study. A hormone that either revs up or slows down metabolism after a meal rises or falls depending on whether the participants thought they were drinking a "healthy" shake or an "indulgent" shake, even though both shakes were identical.

<http://www.npr.org/blogs/health/2014/04/14/299179468/mind-over-milkshake-how-your-thoughts-fool-your-stomach>

<http://www.ncbi.nlm.nih.gov/pubmed/?term=crum+ghrelin>

June 2013: A study finds that there is no type of weight loss surgery (WLS) that reduces long term medical expenses for the survivors.

<http://www.ncbi.nlm.nih.gov/pubmed/23426865>

November 2013 to January 2014: Two studies question the effectiveness of weight loss surgery (WLS) for treating type 2 diabetes given the lack of high-quality evidence or guidelines for use, reduced nutrient absorption, and conflicts of interest for the healthcare practitioner. A third (small) study is more sanguine, but admits to a high rate of long-term complications. (Thanks to Janell for the links!)

<http://www.ncbi.nlm.nih.gov/pubmed/24028746>

<http://www.ncbi.nlm.nih.gov/pubmed/24158363>

<http://www.ncbi.nlm.nih.gov/pubmed/24182445>

February 2014: Researchers find that children who are subject to too many food rules or a restricted diet may develop stronger reactions to forbidden or restricted food when given the opportunity to obtain these foods.

<http://well.blogs.nytimes.com/2014/04/21/the-lure-of-forbidden-food>

<http://www.ncbi.nlm.nih.gov/pubmed/24511616>

February 26, 2014: The United States Department of Agriculture (USDA) proposes a Local School Wellness Policy to provide funding to schools that implement wellness programs. The policy includes guidelines that would benefit all students. Whether or not the policy, if enacted, will be co-opted to focus on fat children remains to be seen.

<http://www.fns.usda.gov/school-meals/local-school-wellness-policy>

<http://www.regulations.gov/#!documentDetail;D=FNS-2014-0010-0001>

<http://www.fns.usda.gov/sites/default/files/LWPproprulesummary.pdf>

March 17, 2014: Researchers find programs that focus on health and psychological wellbeing are more effective than traditional diet programs that focus on weight loss, especially when looking at an extended period of time.

[http://www.andjrn.org/article/S2212-2672\(13\)01896-0/abstract](http://www.andjrn.org/article/S2212-2672(13)01896-0/abstract)

April 3, 2014: Adverse outcomes, for both mother and child, are associated with pregnant women with eating disorders according to a recent study. The outcomes that correlate with maternal anorexia (anemia, premature birth, and perinatal death, for example) are especially severe.

<http://www.ncbi.nlm.nih.gov/pubmed/24705128>

April 7, 2014: A study claims that fat children will have roughly \$12,000 to \$16,000 higher direct medical costs over their lifetime than their non-fat peers. The conclusion recommends more research to include indirect costs. We recommend more research on how to improve the health of all children instead of quantifying blame.

<http://pediatrics.aappublications.org/content/early/2014/04/02/peds.2014-0063.abstract>

April 7, 2014: Young filmmaker Bailey Webber spent the last two years on her documentary *Student Body*, taking on the practice of sending "fat letters" to the homes of students with BMI (body mass index) and the harm caused by these letters. Bailey is going through Kickstarter to raise funds to finish shooting and editing her documentary.

<http://www.adiosbarbie.com/2014/04/the-student-body-one-young-filmmakers-activism-against-fat-letters>

April 8, 2014: Actor Quinton Aaron was removed from a US Airways flight due to his size. Aaron says he wasn't so much embarrassed as unhappy about the way the situation was handled.

<https://celebrity.yahoo.com/blogs/celeb-news/-blind-side--star-quinton-aaron-opens-up-about-being-kicked-off-flight-221027039.html>

April 8, 2014: According to a new study, between 2011 and 2013, public support for laws prohibiting weight discrimination have stayed consistent, and in some cases improved. While this is good news, there is still a lot of work to be done to get these types of protections enacted.

<http://www.ncbi.nlm.nih.gov/pubmed/24715378>

April 14, 2014: Writing for *New York Times'* Well Blogs, Jane E. Brody explains why BMI doesn't mean a whole lot when it comes to health. While Brody mentions the fact that fat people can be fit, in the end she caves in to the old notion that, in general, fat equals unhealthy.

<http://well.blogs.nytimes.com/2014/04/14/a-number-that-may-not-add-up>

April 14, 2014: Not happy with the news that the rate of obesity in very young children may be dropping, a group of researchers looked at 14 years worth of data rather than the 10 years used in a recent study (see March 2014 NAAFA Newsletter roundup, Feb 25 entry, first link), and found that the obesity rate for that group was flat, and that there is still a general upward trend in "severe forms of obesity" (second and third links).  
<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/March%202014%20NAAFA%20Newsletter.html>  
<http://www.nytimes.com/2014/04/15/health/obesity-studies-tell-two-stories-both-right.html>  
<http://archpedi.jamanetwork.com/article.aspx?articleid=1856480>

April 14, 2014: Three days after news that the FBI is investigating Herbalife, the company is hit with a lawsuit filed by one of its shareholders accusing the company of being a pyramid scheme.  
<http://www.reuters.com/article/2014/04/15/herbalife-lawsuit-idUSL2N0N700D20140415>

April 15, 2014: The American Psychological Association issues two briefing sheets to let its members know how they can "help" fat children and adults. The sheets make it clear that to help these patients, you should focus on weight, even though weight loss interventions don't work. Isn't that helpful?  
<http://www.apa.org/pubs/newsletters/access/2014/04-15/treating-obesity.aspx>  
<http://www.apa.org/health/briefs/adolescent-obesity.pdf>  
<http://www.apa.org/health/briefs/adult-obesity.pdf>

April 15, 2014: According to a small study of couples, low blood sugar appears to contribute to anger and aggression, possibly because without sufficient energy the brain is not able to regulate emotions as well.  
<http://www.npr.org/templates/transcript/transcript.php?storyId=301780516>  
<http://www.pnas.org/content/111/17/6254.short>

April 22, 2014: Support for weight discrimination laws has increased over the past three years according to a recent study by The Yale Rudd Center. With the shift in public perception, it is possible that more legislative support for these laws may now be available.  
<http://yaledailynews.com/blog/2014/04/22/support-for-weight-discrimination-laws-increases>  
<http://onlinelibrary.wiley.com/doi/10.1002/oby.20750/abstract>

April 24, 2014: Ranches across the American West are using draft horses to raise weight limits for riders. Not only does this mean more tourist dollars for the ranchers, it also means the sturdier horses can work in the off season, hauling wagons of tourists into backcountry in winter, for example.  
[http://seattletimes.com/html/travel/2023449651\\_biggerridershorsesxml.html](http://seattletimes.com/html/travel/2023449651_biggerridershorsesxml.html)

April 23, 2014: An anti-glaucoma drug combined with a low-sodium weight-loss diet results in modest improvement in the vision of people suffering from idiopathic intracranial hypertension (IIH). IIH is a condition that mostly targets fat women during their reproductive years and leads to loss of vision. Although patients in the treatment group lost weight, it's not clear whether the weight loss caused the improvement.  
<http://www.nih.gov/news/health/apr2014/nei-23.htm>  
[https://www.nordicclinicaltrials.com/nordic/secureFiles/public/IIHT\\_Publications/Effect\\_of\\_Acetazolamide.pdf](https://www.nordicclinicaltrials.com/nordic/secureFiles/public/IIHT_Publications/Effect_of_Acetazolamide.pdf)

April 30, 2014: Judith Matz encourages therapists to examine their own attitudes about body, size and health. She suggests they consider a weight-neutral and HAES approach regarding patient care because it is not just a clinical concern but also a social justice issue.  
<http://daily.psychotherapy.net/daily/professional-development/facing-our-client-prejudices>

April 30, 2014: A *New York Times* article talks about how walking aids in creative thinking. One of the comments to the article is from Dr. Deah Schwartz who conducts Dr. Deah's Walkie Talkies as part of her Oakland, California practice focusing on body image and eating disorders.  
<http://well.blogs.nytimes.com/2014/04/30/want-to-be-more-creative-take-a-walk/#permid=11704803>

April 30, 2014: A study in Korea concludes that fat, metabolically fit people tend to have more (subclinical) atherosclerosis than other people. Although the study was based on one examination of the participants with no follow-up as to the effects of these levels, the results are used to claim fat and fit does not equal healthy.  
<http://consumer.healthday.com/circulatory-system-information-7/coronary-and-artery-news-356/healthy-obesity-a-myth-687342.html>  
<http://content.onlinejacc.org/article.aspx?articleid=1864461>

May 3, 2014: Want to see some footage from the fabulous Fat Flash Mob 2014 in San Francisco? The link is provided below.  
<https://www.youtube.com/watch?v=ZCMDooZgeYA>

May 4, 2014: NAAFA calls on *Good Morning America* to wake up and smell the coffee in response to the TV show's cancelling of filmmaker Lindsay Averill appearance, whose upcoming film *Fattitude* is raising funds on Kickstarter, and who has been getting death threats as a result. We support Lindsay and love her courage, and we all need to stand together to END BULLYING NOW.  
<http://www.prlog.org/12318657-shame-on-good-morning-america.html>

May 5, 2014: A study presented at the 2014 Digestive Disease Week Conference finds thin patients with non-alcohol fatty liver disease have a higher overall mortality rate than fat patients with the disease.  
<http://www.ddw.org/news/articles/2014/05/04/lean-patients-with-fatty-liver-disease-have-higher-mortality-rate>

May 9, 2014: Researchers find negative attitudes toward fat people are pervasive of young U.S. adults, with 92.5% of their survey respondents indicating at least one stigmatizing attitude endorsed.  
<http://www.sciencedirect.com/science/article/pii/S1471015314000476>

May 12, 2014: The Clark County Chapter of NAAFA announces the first recipient of the NAAFA Size Savvy Healthcare Award, Dr. Janet Baumann of Baumann and Associates. In addition, two businesses win the First Quarter 2014 Size Savvy Business Awards.

<http://www.prlog.org/12322409-naafa-cc-announces-first-quarter-2014-size-savvy-awards.html>

May 12, 2014: The U.S. Preventative Services Task Force issues a draft of its proposed recommendation on behavioral counseling for people at risk of cardiovascular disease. There is a focus on healthy eating and physical activity, which everyone can benefit from, but a key stated goal is weight loss. Since the programs appear to be based on results of only a year, there is no information on possible weight recycling or drop outs due to frustration when weight loss stops.

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_146201.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_146201.html)

<http://www.uspreventiveservicestaskforce.org/draftrec.htm>

May 12, 2014: *The New York Times* talks to actress Sarah Baker about her recent appearance on the TV show *Louie* where she calls out Louie C.K. on the fear of being seen with a fat girl. A lot of good points are made in the scene but it ends with a fat joke.

<http://www.nytimes.com/2014/05/13/arts/television/sarah-baker-speaks-for-the-overweight-on-louie.html>

May 14, 2014: Looking for a good resource for HAES information? Dr. Linda Bacon has reorganized her website to make HAES educational information more accessible. Dr. Bacon's writings are now organized by audience (health professionals, dietitians, journalists, etc.) as well as by topic.

<http://www.lindabacon.org/resources>

*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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