



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**National Association  
to Advance Fat  
Acceptance**  
May 2015

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### Are We There Yet?



by Cary Webb

[Upon reading an article titled *Size Acceptance 201*, the NAAFA Board of Directors invited the author, Cary Webb, to write about the future of size acceptance and what an organization like NAAFA should do.]

So what is Size Acceptance 201?

Before I can talk about what SA 201 could be, I need to first outline what SA 101 is all about. To me this is mostly about learning to love your body and learning to accept your body. It's a long process. For me, this came in the form of thinking there was nothing wrong with me being fat and that other people must be crazy to think so. This was, and still is, my personal truth.

After this body love journey begins, a desire to meet like minded folks

or a desire to make an impact on other folks might follow. This can include everything from starting a blog or posting something body positive on your social media page to wearing a shirt without sleeves, or convincing a business to be more accommodating to fat people, or forming online support and resource sharing groups.

So you perform these radical acts of social consciousness-raising with gusto. You dive in wanting to learn and share everything you can and you meet people who share your goals and you support each other and you are happy other people see

### Representing on an Episode of *The Doctors*

[May Video of the Month](#)

Shortly before joining the NAAFA Board of Directors, Tigress Osborn filmed an episode of *the Doctors* television show that aired this week. She was positioned against the UK's "Fit Mom" who loves to show off her abs. I'll never pass a bakery again without thinking of this episode.

Good job, Tigress!

<http://thedoctorstv.com/episodes/fat-shaming-controversy-health-hazards-your-outfits-reveal-secrets-you-should-never-keep-from-your-ob-gyn>

(After the video begins, use the >| button on the video to advance past the prison model story to the second segment.)

### Quick Links

[NAAFA.org](#)  
[NAAFA-CC.org](#)

#### Facebook

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

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

[Twitter MySpace](#)

Health At Every Size and HAES are registered

things the way you do, but then one day you have the startling realization that something has gotten lost in the sharing and you find yourself at odds with people who are supposed to share your social change goals, because their experiences of social oppression are different from yours. And they don't realize that. You find you need to explain yourself to people who are supposed to get it. And that sucks.

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So here is where SA 201 comes in. It's about intersectionality. We're not just a group of socio-politically minded fat people. We are also people of color, LGBTQ, kinky, (dis)abled, cis-women and cis-men, different ages, and even different sizes. We come from different cultures and religions, have different education levels, different personal politics, different levels of mental and physical wellness, and occupy different classes. As a result we have varying levels of privilege: white privilege, male privilege, thin privilege, cis privilege, straight privilege, ability privilege, etc. Therefore, we have needs within needs. Because we live in a culture that prioritizes the needs of physically fit, educated, straight, cis Christian, middle class, vanilla white folks, their stories get told over and over again and their images held up as the aspirational ideal. The rest of us can get on board or stfu and gtfo. What we have to say is accusatory and hostile at most and annoying at best. No, fat people are not typically an aspirational ideal, but again, there is still marginalization within the marginalization. How people on the intersections experience this is individual. How people on the intersections prioritize needs is also individual.

So what now?

I don't know. I don't have pragmatic solutions or suggestions for individuals or for organized groups like NAAFA because I can't make other people think critically about their privilege. And there is no moving forward with a collective voice until these various privileges are addressed. Or it could be that having a collective voice is counterproductive to some degree--I think of the necessity of woman-ism as I type this. I know I have cis privilege and I try to be aware of that as I navigate in queer spaces. I know I have more privilege than someone who weighs more than me so I try to be aware of that as I navigate super size spaces. And I know I have a certain amount of class privilege because I am an educated woman living in a large urban area. I think about these things and try to be aware of these things and I try to listen to people with less privilege than me as they witness their lives. If I want to understand their lives, I do my own research instead of asking them to explain themselves to me because I hate to have to explain my blackness to others. It makes me feel like I have to justify my existence and I shouldn't have to do that.

I do know that people on the intersections do a pretty good job of creating their own safe spaces where they can support each other and commiserate. No permission from people who aren't on those intersections is needed.

I also know that it is not the duty of the oppressed to educate their oppressors or to teach their oppressors how to have compassion or to unpack their privileges for them. We are not responsible for the feelings of our oppressors. We should not have to explain ourselves to our oppressors. To do so would force people on the intersections to relive what could be considered micro-aggressions or traumas. Every. Single. Time. It. Comes. Up. As a person on the intersections, it's a stress I'd rather not have to deal with because it's exhausting and soul crushing.

The problem is that people with the power over other people's social choices: law makers, law enforcers, doctors, educators, anyone with a position of authority, need to be involved in social change . . . but you can't force them to hear you or see you or to even acknowledge your humanity. I do not know what to do about that. I do not know how we move forward in this social movement, except to say that there will likely be some growing pains and frustrations in the solutions. Any suggestions?

## Blogging for *U.S. News*

by *Peggy Howell*

I was recently invited to blog for the *U.S. News* new patient advice blog and my first post was shared earlier this month. For the first issue, I was asked to introduce myself and explain how I became involved in size acceptance. I get to choose the subject matter each month and am looking forward to using this opportunity to increase awareness of the issues that face patients of size. The following is my first post:

<http://health.usnews.com/health-news/patient-advice/articles/2015/05/05/in-defense-of-fat-learning-to-love-my-big-fat-body>

## NAAFA-CC Continues to Spread the Word



*by Dawn Jett, Vice President, NAAFA-CC*

The Clark County Chapter of NAAFA continues to raise awareness of our END BULLYING NOW (EBN) Campaign by attending Safe Summer Nights 2015 community events in the Las Vegas Valley. Our first EBN outreach at Hewetson Elementary was a huge success. We had 89 youth pledges and 40 adult pledges, as well as some leads to future events

throughout the community. EBN has been very well received at every event, helping to raise awareness of NAAFA's campaigns and affording our chapter some very exciting future opportunities. We have three more Safe Summer Nights events for EBN this month and next. I would like to take this opportunity to thank the Safe Summer Nights organizers for inviting us to participate again this summer.

We have participated in a very exciting opportunity, brand new this year. We were delighted to be invited to staff a table at the College of Southern Nevada's (CSN) inaugural Diversity Fair. It was very well attended and we had a chance to spread the word about NAAFA to college students. We shared our brochures and fact sheets as well as brought out the YAY! Scale which opened up lines of communication and helped shed some light on what we do. We brightened the day of several students. CSN plans to hold this event every semester and we have been invited to participate. Thank you very much, Dr. Pattie Thomas, for your warm invitation and continued support.

On a personal note, we here at NAAFA-CC have been working very hard and are seeing some real returns for that hard work. We are revitalizing the name of our organization here in Clark County, NV and showing what Size Diversity means. Through NAAFA and its programs we give hope to those who need it and also show that we are a very real part of the community. We refuse to be marginalized. We all have a part to play, be it keeping your membership current, volunteering, donating, even personal support to those of us who are out on the front lines of size diversity activism; everyone has an important role to play. So, I am asking all of our members and supporters, past, present, and future, if you feel that you can't stand in front of a crowd or make an event because of work or family, ask your local chapter or the national organization what you can do. If you haven't joined yet, please join. If you organize an event, invite us to participate. Don't forget to donate, be it your time or funds. Thanks to everyone who works for the cause, remember we can do it!

Thank you, thank you, thank you for all the hard work you do. Let's keep it up!

## From the Chair



*by Phyllis Warr*

Greetings all!

Last month, I informed you that the NAAFA Board of Directors (BOD) would be meeting in Las Vegas to create a new five year plan and welcome new board member Tigress Osborn. I invited NAAFA members to write me with suggestions to give

the BOD guidance in moving forward. Sadly, only one longtime member sent suggestions to me. Thank you very much, JP!

Let me respond here:

Dear JP, you recommended the compilation of size friendly doctors throughout the country; a great suggestion and one that we have discussed. In order to do so, we need members to participate. The NAAFA-Clark County Chapter is doing a



marvelous job with its Size Savvy Project in the Las Vegas, NV area, reviewing, showcasing and listing not only doctors, but businesses that are size friendly.

You suggested that we institute a message board so that members can be connected online; another wonderful idea. We have discussed doing this on our web site, but need a dedicated, skilled person to create, monitor, and manage it. For those on Facebook, we have fan pages and NAAFA groups that you can join to connect with other members.

These fabulous suggestions are on our wish list but we need help to get them done. Our five member BOD is pretty well stretched to its limits. Fortunately, our newest BOD member, Tigress, is going to undertake the daunting task of handling our social media outlets: Twitter, Instagram, Facebook and others. As Social Media Maven, Tigress can certainly use some assistance doing this. You can connect with her on these sites, and in any case please share fat positive posts and links to your followers.

Finally, you suggested that we compile statistics that will "dispel the myth that . . . the obesity epidemic makes it (what individuals weigh) everyone's concern because of the high cost to society". That data is out there and NAAFA, among other organizations, has issued press releases and newsletter articles that refute what the fat haters say about us being a burden on society. The excellent Darliene Howell, who is a whiz at research, works diligently to scan the internet and bring important information to the rest of the BOD. Peggy Howell, amazing Public Relations Director, spends many hours a day reading reports and press releases from governmental and other organizations that are pertinent to our work. And Bill and Terri Weitze compile the Media and Research Roundup every month in this newsletter, which includes links to the latest research. You can assist with collecting, compiling data, and spreading the word about what is scientifically accurate and refuting that which is false. We welcome suggestions for the Roundup at [newsletter@naafa.org](mailto:newsletter@naafa.org)

In the last year, I have requested, begged, cajoled and attempted to inspire our members to step up and assist the BOD with the work that we want to do, that we need to do and that you want us to do. I have written and called individuals with needed skills to join the board. Thus far one person has been willing and able to do so. We understand that all of us are busy and have demanding lives, but we hope that a few people can find the time and energy to step up to the plate.

## Easy Ways to Give

*by Darliene Howell*

Nonprofit organizations such as NAAFA depend on charitable gifts from donors like you. Your monthly giving helps us create educational materials, funds special projects and programs like the End Bullying Now Campaign, can work to expand programs like the Size Savvy Project to a national level, and covers everyday expenses for administration (i.e. phone service, credit card processing, newsletter distribution, web hosting, etc).

Beyond signing up for recurring donations through the website, here are some other easy ways to give with very little effort and without taking extra money out of your pocket.

### **Sell your unwanted goods on Givium!**

Givium is a resale website that allows you to list and sell goods and give the proceeds (or a percentage of the sale) to NAAFA! Not only that, you can give your friends a discount. Check out the details at <https://givium.com>

### **Search the web, shop online, or dine out and raise money for NAAFA through Goodsearch and Goodshop, all at no cost to you!**

It's simple to DO GOOD! Go to [www.goodsearch.com](http://www.goodsearch.com), sign up, and designate NAAFA as the charity you support.

### **Shop with Amazon Smile!**

Love to shop with Amazon? Use Amazon Smile and Amazon will donate a percentage of your purchase price to NAAFA. For more information, go to <https://smile.amazon.com>

### **Designate NAAFA for charitable contributions through payroll deductions!**

If your employer allows charitable contributions through payroll deduction, check to see if NAAFA qualifies for their program. Some employers will even match your contribution. It's a win-win!

Note: To prove the amount of any charitable contributions made through payroll, you must retain both:

- A pay stub, Form W-2, or other document furnished by your employer with the date and amount of contribution
- A pledge card or other document from the qualified organization that shows the name of the organization

### Bequeath money to NAAFA

Although we don't like to think about our mortality, it's a gift to your family and loved ones to know your wishes when you pass. If you'd like to see the work go on, include a bequest to NAAFA in your will. If you do not have a will, buy a software package or talk to an attorney right away.

If you know of other easy ways to give to NAAFA, please let us know so we can share your ideas with others! You can email me at [secretary@naafa.org](mailto:secretary@naafa.org) with your suggestions. Thank you for your continued support!

## The 15 Second Rule



*by Cinder Ernst*

Hello NAAFA Friends!

This month I'm sharing a change in how I do and teach stretching technique. For many years I have subscribed to the instruction of holding stretches gently for 30 seconds to increase flexibility. Recently I have learned scientific reasons for changing that to 15 seconds. I've been trying it for myself and liking how I feel.

Not only do I like how I feel but in our fast paced world it's also good to use time efficiently. If 15 seconds feels good, why do 30? Ha! Ha!

Try it with this great low back stretch. You can do 15 seconds then gently switch to the other side. I sometimes repeat the sequence.

[http://www.youtube.com/watch?v=\\_XjXaMXphQM](http://www.youtube.com/watch?v=_XjXaMXphQM)

Here's to standing strong and moving forward!

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.]

September 2014: According to a study, people who experience high levels of strain (job demands divided by job control) are at a higher risk of developing type 2 diabetes independent of traditional risk factors such as fatness.

[http://journals.lww.com/psychosomaticmedicine/Citation/2014/09000/Job\\_Strain\\_as\\_a\\_Risk\\_Factor\\_for\\_the\\_Onset\\_of\\_Type.13.aspx](http://journals.lww.com/psychosomaticmedicine/Citation/2014/09000/Job_Strain_as_a_Risk_Factor_for_the_Onset_of_Type.13.aspx)

April 10, 2015: Researchers studied how the diet of their cage-mate affected female mice and their pups. While all the females were fed low fat mouse chow, half of the males were fed a fat and calorie rich diet. The weight of all females did not change, but the pups of the females whose mates were fed the rich diet had significantly less body fat than the control pups.

<http://medicalxpress.com/news/2015-04-perception-food-mother-affect-birthweight.html>

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21047/abstract>

April 20, 2015: A study of weight-control-behaviors (WCB) in adolescents with type 1 diabetes the year after graduation from high school finds that 80% were engaged in some form of WCB and of those, all WCB was associated with depressive symptoms.

<http://www.healio.com/endocrinology/diabetes-education/news/online/%7Bc6a977ab-f318-4e7c-9699-4e260a7a6e42%7D/depression-higher-bmi-linked-to-weight-control-behaviors-in-young-adults-with-type-1-diabetes>

<http://tde.sagepub.com/content/early/2015/04/10/0145721715581667.abstract>

April 22, 2015: A thesis by an economics and finance doctoral graduate finds that the relationship between high birth weight and socio-economic status is complicated.

<http://www.scoop.co.nz/stories/SC1504/S00063/relationship-between-birth-weight-and-socio-economic-status.htm>

[http://ipac.canterbury.ac.nz/ipac20/ipac.jsp?session=143P59D3W5955.325239&menu=search&aspect=basic\\_search&npp=30&jpp=20&spp=20&profile=a&ri=&index=.GW&term=thesis+canterbury+rachel+webb+birth+weight](http://ipac.canterbury.ac.nz/ipac20/ipac.jsp?session=143P59D3W5955.325239&menu=search&aspect=basic_search&npp=30&jpp=20&spp=20&profile=a&ri=&index=.GW&term=thesis+canterbury+rachel+webb+birth+weight)

[http://ipac.canterbury.ac.nz/ipac20/ipac.jsp?session=143P59D3W5955.325239&menu=search&aspect=basic\\_search&npp=30&jpp=20&spp=20&profile=a&ri=&index=.GW&term=thesis+canterbury+rachel+webb+birth+weight](http://ipac.canterbury.ac.nz/ipac20/ipac.jsp?session=143P59D3W5955.325239&menu=search&aspect=basic_search&npp=30&jpp=20&spp=20&profile=a&ri=&index=.GW&term=thesis+canterbury+rachel+webb+birth+weight)

May 2015: An article by Ximena Ramos Salas in the *Canadian Journal of Public Health* discusses the ineffectiveness of the "war on obesity" as well as the unintended negative consequences, and suggests that public health measures focus on health rather than weight, while targeting individual and system level determinants of health.

<http://journal.cpha.ca/index.php/cjph/article/view/4757>

May 4, 2015: SB402, a state law that would define obesity as a chronic disease, continues to make its way through the Nevada legislature and NAAFA continues to oppose it on the grounds that using weight as a proxy for health is unscientific and prejudicial.

<http://www.thestate.com/living/health-fitness/article20220657.html>

May 14, 2015: In a public survey on the classification of obesity as a disease by the AMA, the participants' attitudes were related to causal beliefs about obesity, with people with a greater weight bias being more likely to oppose the classification.

<http://medicalxpress.com/news/2015-05-obesity-disease.html>

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21068/abstract>

*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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