



**national association
to advance
fat acceptance**

NAAFA Newsletter

May 2016

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NAAFA-Clark County on the Move!



NAAFA-Clark County Chapter is swinging into action as the weather gets nicer here in Las Vegas. We had the pleasure of staffing a table at our third College of Southern Nevada Student Cultural Diversity Festival on April 27, 2016. This "fair" has grown into a "festival," with community, school, club and student tables sharing the great diversity here in Vegas Valley. The festival included music, dancing, poetry readings and some really yummy food. We had a great time networking with others from the community.

This is our third year working with Safe Summer Nights, a community program sponsored by the city of Las Vegas. We have attended three events at local elementary schools, with three more to go for this spring

season. It is such a joy to see the young children anxious to sign our pledge cards and wear the bright red wristbands that proudly display "END BULLYING NOW!"

We are happy to report that thus far this spring of 2016, 207 kids and 231 adults have signed our End Bullying Now! pledge cards. Our efforts are not only welcomed, but greatly appreciated as we continue to work to encourage others to stand with us and End Bullying Now!

NAAFA Supports H.R. 4266 but Asks for More

NAAFA, which advocates from the perspective of the fat patient, supports the adopting of H.R. 4266 but believes there is a need for

Size Acceptance

[May Video of the Month](#)

Good things are happening on college campuses across the country. This video was put together by students at York College of Pennsylvania under the leadership of Dr. Erec Smith. Some of you met Dr. Smith at the 2012 NAAFA Convention and HAES Summit. These students share the message of size acceptance. Helping spread the word!

<https://vimeo.com/user38694697/review/165454359/2a3b7fa045>

Quick Links

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

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additional training regarding the professional and discrimination-free treatment of fat patients.

NAAFA, a civil rights organization working to end discrimination against people based on their body size, has sent a letter in the interest of our membership to the

House Committee on Education & the Workforce - Subcommittee on Workforce Protections in **support** of H.R.4266, The Nurse and Health Care Worker Protection Act of 2015, with requests for additional educational and training requirements.

NAAFA supports:

- An occupational safety and health standard to reduce injuries to patients, nurses, and all other health care workers by establishing a safe patient handling, mobility, and injury prevention standard
- The inclusion of representatives from the fat community, as stakeholders, in the discussion around the development of the Department of Labor (DOL) rules/regulations implementing the legislation
- Education regarding the physical and psychological aspects of fat discrimination and fat stigma be included in the training of all medical personnel
- The treatment of fat patients with dignity and respect

While NAAFA agrees with the proposed legislation to protect the physical health of nurses against injury, laws also need to protect the continued health and wellbeing of the patient. The CDC estimates that 69% of American adults are either "overweight" or "obese". Medical personnel need ways to safeguard both themselves and the patient that may need assistance in moving or in being moved.

We strongly support the development and use of equipment to facilitate moving and handling patients of all sizes. However, there is more to the care of a patient than their physical treatment. Caregivers' attitudes and beliefs are reflected in the quality of care that the patient receives.

Multiple studies underscore the need for all medical personnel to be educated regarding the physical and psychological aspects of weight discrimination and fat stigma.

NAAFA offers its services in helping to create the curriculum needed for medical/caregiver training. We currently have a brochure that we offer to the public to help educate medical professionals in the treatment of fat patients and would be happy to expand upon this information to assist in any DOL training of medical personnel.

You may read the full text of NAAFA's letter at http://www.naafaonline.com/dev2/Ltr_Supporting_HR_4266.pdf

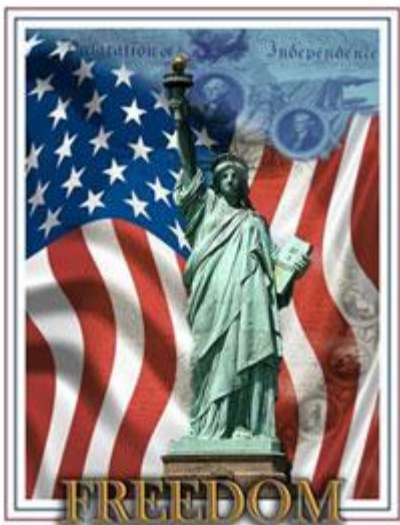
If you would like to lend your voice in support of H.R.4266 plus ask for education for healthcare providers to reduce fat bias and weight discrimination, you may contact the committee through their website at <https://edworkforce.house.gov/contact>

Or you can send a letter to:

U.S. House Committee on Education and the Workforce
2176 Rayburn House Office Building
Washington, D.C. 20515

For a list of committee member names and addresses, send a request to naafa-secretary@outlook.com

Help Prevent Weight Discrimination



This first petition was created by college students who want to see change in the US. Please support their efforts by signing this petition against weight discrimination in the workplace. We don't have much time so please circulate this to everyone you know:

<https://petitions.whitehouse.gov/petition/prevent-weight-discrimination-workplace>

Our fellow size advocates in Ontario are also working to end size discrimination there. Please support them by signing their petition!

<https://www.change.org/p/hrto-add-size-discrimination-as-a-protected-ground-in-the-ontario-human-rights-code>



NAAFA Chronicles

by Peggy Howell

This is our third NAAFA Chronicles report; a listing of historic newsletters that chronicle the history of not only NAAFA, but also the size acceptance movement since NAAFA founders started the movement.

Each month we feature an historic NAAFA newsletter for your reading pleasure. The newsletters are added to a "Chronicles" tab in the newsletter section of the NAAFA website. I hope you enjoy this opportunity to learn what those who have gone before us have done, and consider the progress we have made since then.

This was NAAFA's third newsletter, a combined December 1970 - January 1971 issue:

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/December_1970-January_1971_Newsletter.pdf

Hope or Despair

by Cinder Ernst

Last month we talked about happy exercise. Think a happy thought then squeeze your butt and "ta da"! You're doing it!

But what if you're hurtin'? It's harder to find "good feeling thoughts" when your body doesn't feel good. I know this very well. One thing that really helps me when I'm hurting is to consider what I might do to feel a little better. Then I try it; sometimes it works, sometimes not.

What I try is usually some type of squeeze or stretch for the area that's painful. I like thinking that I can help myself. I always take this action from a place of hope that it will help. I can be hopeful on my way to happy.



The best time for me to "set my dial" on hope or some other good thought that I'm in the vicinity of is when I wake in the morning. You cannot reach bliss from despair, but you can reach for hope.

Getting curious is a good way to move into hope. Ask yourself, "Is there something I might do here that could help?" Sometimes there is relief in just asking the question.

Many folks tell me their knees hurt when they get up from their desk or chair. One of the ways to help with that is to fidget a bit before you stand up. Here is a video of The Heel Tap which is the perfect exercise to reduce knee pain when you stand up:

<https://www.youtube.com/watch?v=GluLa22VFoo>

Get curious. Wonder . . . "Will this help me"? Give it a try!

As always if you have questions or comments email: coach@cinderernst.com

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.]

Fall 2015: Lucy Aphramor writes about the use of mindful eating in connection with healthy weight and diabetes, suggesting a focus on health is more beneficial than a focus on weight.

<http://www.thejournalofdiabetesnursing.co.uk/journal-content/view/mindfulness-in-healthy-weight-and-diabetes>
http://www.thejournalofdiabetesnursing.co.uk/media/content/_master/4417/files/pdf/jdn19-10-401-7.pdf

March 31, 2016: Researchers looking at body weight maintenance (rather than reduction) find that nutritional education had no significant impact on weight gain prevention.

<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-016-0150-4>

April 13, 2016: A study finds that fat children and teens eat less chocolate and other candy than their non-fat peers.

<http://ajcn.nutrition.org/content/early/2016/04/13/ajcn.115.119883.abstract>

April 17, 2016: A blog post goes into why shaming someone for their weight, no matter what the intention, is not helpful and can lead to years of unhealthy behavior.

<https://medium.com/@thefatshadow/on-tough-love-and-your-fat-friend-s-health-bec20b13af78>

April 18, 2016: Large sized actor Quinton Aaron urges children who are victims of bullying to speak up to adults.

<http://www.tbo.com/news/education/blind-side-actor-delivers-anti-bully-message-during-town-hall-meeting-20160418>

April 20, 2016: Life expectancy for white Americans dropped by a small amount from 2013 to 2014, while life expectancy for minorities rose, leaving

the average life expectancy for the whole population unchanged. Leading causes appear to be suicides and drug overdoses among white women.

<http://www.wsj.com/articles/life-expectancy-for-white-americans-declines-1461124861>

April 21, 2016: The National Health System in the UK are banning fat people from getting certain procedures, such as knee and hip replacement, solely based on weight, possibly in breach of the government's guidelines.

<http://www.theguardian.com/society/2016/apr/22/smokers-obese-people-soft-targets-nhs-savings-surgeons>

April 22, 2016: Go to one of the websites below to read petitions, one for the US and one for Canada, asking that weight be included as a protected class. The US petition limits the protection to the work place and must have at least 100,000 signatures to go to the White House.

<https://petitions.whitehouse.gov/petition/prevent-weight-discrimination-workplace>

<https://www.change.org/p/human-rights-tribunal-of-ontario-add-size-discrimination-as-a-protected-ground-in-the-ontario-human-rights-code-ohrc>

April 24, 2016: A judge in the UK feels workplace discrimination against anyone who is not considered to be ideal weight is wrong. Judge Philip Rostant believes the only way to put an end to this discrimination is through legislation.

<http://www.dailymail.co.uk/news/article-3556901/Obese-allowed-sue-office-fattism-Leading-judge-calls-legislation-stop-discrimination-bias-against-non-ideal-weight.html>

April 25, 2016: A study reports that childhood obesity rates are statistically unchanged from 2011-2012 to 2013-2014, based on age and sex-specific height-weight percentiles, although they do show a long term increase since 1999. The conclusion states, "There is no evidence of a decline in obesity prevalence in any age group, despite substantial clinical and policy efforts targeting the issue."

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21497/abstract>

April 25, 2016: Gabor Lukacs is arguing before the Federal Court of Canada that airlines should not be allowed to discriminate against fat passengers. Lukacs is not fat but says he has standing because the issue is protecting public and societal interests, not individual interests.

<http://cnews.canoe.com/CNEWS/Canada/2016/04/25/22627057.html>

April 27, 2016: Chrystal Bougon lives in the 10th largest city in the United States, with a population of over 1 million people, and still there are only 7 plus size stores and only 4 of those carry her size; and Chrystal wants to know why there isn't more choice for the fat shopper.

http://www.huffingtonpost.com/entry/why-arent-there-more-plus-size-boutiques_us_57214367e4b0fca991225b7f

April 27, 2016: Amy Steverson bought a lovely dress for her prom and photos prove she is lovely in the dress, but she was told at the door she was showing too much cleavage. Smaller-sized girls were allowed into the prom wearing dresses more revealing than Amy's dress, who was told bigger girls need to cover up.

<http://www.aol.com/article/2016/04/27/this-girl-was-body-shamed-into-tears-at-prom/21352104>

May 2, 2016: Scientists look at 14 of the 16 contestants from Season 8 of The Biggest Loser and find that 6 years after the show all but one have put on some or all of the weight lost, and their metabolisms have gotten slower. A coauthor reports being amazed at the results; we are not amazed.

<http://www.nytimes.com/2016/05/02/health/biggest-loser-weight-loss.html>

<http://www.medicaldaily.com/biggest-loser-weight-loss-slow-metabolism-384465>

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21538/full>

May 3, 2016: A publisher's statement that they would pay an author the same money if "she weighed 500 pounds and was really hard to look at," is discussed at length on what it says about the publishing business as well as society as a whole.

<http://the-toast.net/2016/05/03/we-would-have-paid-her-the-same-if-she-weighed-500-pounds-publishing-and-writers-who-are-hard-to-look-at>

May 4, 2016: There is a new plus size model in the news and this time it's a man. Zach Miko, who has gone to the media with his body positive message,

has been signed by an agency for their plus-size men division.

<http://www.nytimes.com/2016/05/05/fashion/zach-miko-plus-size-model.html>

May 6, 2016: Neuroscientist Sandra Aamodt explains why diets do not work and the role the brain plays in making sustained weight loss next to impossible.

<http://www.nytimes.com/2016/05/08/opinion/sunday/why-you-cant-lose-weight-on-a-diet.html>

May 8, 2016: Carissa (YouTube Channel FatGirlFlow) talks about confidence, what it means to her, and how she found confidence in her own life. (Adult language.)

<https://www.youtube.com/watch?v=L34o39lVezM>

May 9, 2016: Plus-size Frostine Shake takes her classical ballet training and incorporates it into her burlesque act and modeling career.

<https://www.buzzfeed.com/alisoncaporimo/baller-ballerina>

May 10, 2016: A Norwegian meta-analysis (first link) claims an association between higher BMI and all-cause mortality; yet another study in Denmark (second and third links) finds that the BMI associated with lowest all-cause mortality has increased by 3.3 over the last 35 years. We note that stigma would explain both results: stigma lowers life span for fat people, but the effect diminishes as they become more accepted.

<http://www.bmj.com/content/bmj/353/bmj.i2156.full.pdf>

http://www.upi.com/Health_News/2016/05/10/Obesity-may-not-take-years-off-your-life-Study/4221462907610

<http://jama.jamanetwork.com/article.aspx?articleid=2520627>

May 11, 2016: Body positivity is making inroads in Toronto as exemplified by Karyn Johnson, a fatshion blogger; Andrew Gurza, a disability awareness consultant; and Jill Andrew, co-founder of the Body Confidence Canada Awards, each featured in TheStar.com's health and wellness section.

<https://www.thestar.com/life/2016/05/09/torontos-bodypositive-movement-is-growing.html>

May 12, 2016: Erik Cavanaugh has become an internet sensation as a plus-size ballet dancer with amazing moves, hoping to inspire others who may not have the stereotypical dancer body.

<http://www.msn.com/en-us/video/peopleandplaces/this-plus-size-male-ballerina-will-wow-you-with-his-moves/vi-BBsYrEs>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, 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>

Comments: pr@naafa.org