



May 2018 NAAFA Newsletter

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Landwhale Has Landed! By Tigress Osborne

Video of the Month



“The Fat Joke”

Rachel Riley brings tears to my eyes as she passionately speaks her truth. Living life in a fat body is no joke!

<https://www.youtube.com/watch?v=mFQ7zqn6j18>

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In early May, I had the pleasure of moderating a panel with popular blogger and fat positive writer Jes Baker (aka the Militant Baker) and writer Adiba Nelson for the debut of Jes's second book, *Landwhale (On Turning Insults Into Nicknames, Why Body Image is Hard, and How Diets Can Kiss My Ass)*. Jes and Adiba are both based in Tucson, Arizona, and I joined them there to talk about various fat life subjects with a room full of Tucsonites of all sizes.

Landwhale is a collection of essays exploring personal and political aspects of Jes's life in the limelight since the publication of her first book, *Things No One Will Tell Fat Girls*. The title was inspired by name-calling Jes has regularly faced from internet trolls. One of the included essays focuses on the animal kingdom-based insults that trolls (online and offline) hurl at fat people, with fun perspectives on just how great cows and manatees and whales are and why it's actually an honor to be labeled as such. Much of the book is, as Jes described it that night, "cheeky," but it's also deeply emotional and vulnerable in many moments.

The book debut party shared the spirit of Jes's book, balancing serious discussion of fat discrimination with more lighthearted fare. We managed to cover lots of ground in 45 minutes of discussion and 20 minutes of Q&A: why we've all embraced the word fat (I gave NAAFA a shout-out during this section), internet trolls and other bullies, dating and finding love as women of size, parenting a child who utilizes a wheelchair, intersectional anti-

oppression work, and how thin people can be active participants in fighting fatphobia.

Jes supports NAAFA, and she has agreed to join us for a NAAFA webinar later this summer when her book tour is complete (date to be determined—stay tuned for details!). In the meantime, check out our panel on my public Facebook page. You can also find Jes and Adiba's books and other work online:

Video of the panel (casual Facebook live recording by one of my BFFs):

<https://www.facebook.com/iofthetigress/videos/858337997704273/>

Adiba Nelson online:

www.clarabelleblue.com (Adiba's book for children)

TedEx Tucson presentation (not specifically fat-related but highly recommended):

<https://youtu.be/adfKcwgadqk>

Jes Baker online:

www.themilitantbaker.com

www.landwhalethebook.com

Monthly Meme:



Knee Pain Relief Hacks

by *Cinder Ernst*

This month's first exercise is called "Not Quite Kick Your Butt" or NQ's for short. The NQ soothes knee pain while it builds hamstring strength. You do it standing. You can do it while you brush your teeth!



https://www.youtube.com/watch?v=yK_ZpmkQ1pE

A good sitting alternative is called a Heel Tap. Remember "motion is lotion"!

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

Have fun! Let me know if you need any help or have questions.

NAAFA Chronicles #28

For this month's NAAFA Chronicles, here's our 28th newsletter; March -April, 1977:

https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Mar-Apr_1977.pdf

For more, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

Media and Research Roundup

by Bill and Terri Weitze

April 2018: The Association for Size Diversity and Health (ASDAH) announces its 2018 Conference, August 3 to 5 in Portland Oregon.

<https://www.sizediversityandhealth.org/content.asp?id=240>

April 14, 2018: Reina Gattuso examines a column in the New York Times that blames fat people for the American food system, which makes big money out of selling lower quality foods, targeting communities of color.

<http://feministing.com/2018/04/11/what-the-new-york-times-gets-wrong-about-obesity>

April 17, 2018: Rebecca Hiles lost a lung to cancer, which was undiagnosed for five years because she is fat. This article covers Hiles's medical nightmare and those of other fat women who have been victims of fat bias by healthcare professionals.

<https://www.cosmopolitan.com/health-fitness/a19608429/medical-fatshaming>

<https://www.goodmorningamerica.com/wellness/story/woman-claims-doctors-cancer-symptoms-weight-scary-54579062>

April 19, 2018: Wondering what the fat acceptance movement is all about? This article explains what this movement does and does not encompass.

<https://pandagossips.com/posts/3123>

April 23, 2018: A study looks at how weight stigma can lead to healthcare avoidance by fat people, and recommends changing the current weight-normative approach to healthcare to a weight-inclusive approach.

<http://drexel.edu/dornsife/news/latest-news/2018/April/Bias-Keeping-Women-With-Higher-Weights-Away-from-Doctor-Offices>

<https://www.sciencedirect.com/science/article/abs/pii/S1740144517303790>

April 27, 2018: Amber Phillips, a fat black woman, says that an American Airlines flight attendant called the police on her at the request of a thin white passenger seated next to her. The dispute began because the white seatmate did not want any physical contact with her.

https://news.vice.com/en_us/article/bjpee8/woman-claims-american-airlines-called-the-cops-on-her-for-flying-fat-and-black

May 2, 2018: File under "Not Surprising": a review of published studies shows increased risk of bone fractures and decline in bone strength after sleeve gastrectomy, a type of weight loss surgery (WLS), just as had previously been shown for other types of WLS.

https://www.eurekalert.org/pub_releases/2018-05/w-wls050218.php

May 9, 2018: Researcher Angela Meadows discusses the microaggressions fat people deal with every day, and how weight stigma can be harmful to the physical and mental wellbeing of a fat person.

<https://theconversation.com/discrimination-against-fat-people-is-so-endemic-most-of-us-dont-even-realise-its-happening-94862>

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

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