



## May 2019 NAAFA Newsletter

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### Video of the Month



#### Sofie Hagen on her problem with #bodypositivity

Corporations, government agencies, and even other organizations sometimes have a way of co-opting a message and diluting it. This weakens the original message and softens the blow to the offender. #bodypositivity is one of those co-opted messages diluting #fatacceptance. Don't be fooled. Be a true fat activist!

<https://youtube.com/watch?v=jxlcGkugZ18>

### Quick Links

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## Countdown to NAAFA 50!

by *Tigress Osborn*



NAAFA's 50th Anniversary Conference in Las Vegas will be here before we know it! On behalf of the NAAFA Board and our Conference Advisory Committee, I can tell you that we are excited to see the fruition of much planning, and we're even more excited to see those of you who will be joining us. And we're not the only ones who are excited. Our speakers, workshop and activity leaders, vendors, and conference participants are finalizing their plans and preparing for three days of "Honoring our Past; Creating our Future!"

Those of you who cannot make it can follow the #NAAFA50 journey on your favorite social media site during and after the conference. We'll also be putting together a special edition newsletter in late June to recap the conference experience. In the meantime, we've been introducing all of the conference players on our official NAAFA pages on Facebook, Instagram

and Twitter. You can also see the entire conference lineup at [naafa.org](http://naafa.org).

In addition to a wide variety of workshops and activities, our 50th Anniversary Conference is anchored by three important voices in fat rights activism. NAAFA Founder Bill Fabrey will open the conference with reflections on size acceptance from NAAFA's inception in 1969 through today. On Saturday, popular author Jes Baker will inspire attendees to change the world through body liberation. Dr. Joy Cox will close the conference on Sunday with a vision of the future of fat activism.

I asked each of our keynote speakers to share what they are most excited about when thinking about celebrating 50 years of NAAFA this summer. Each talked about the importance of spending time with other fat rights folks to learn from and inspire each other. Jes is looking forward to attending other sessions as much as she is looking forward to leading her own. "This will be my first time at NAAFA and I'm looking forward to hearing all of the brilliant voices that will be there," she says. Joy also emphasized the time she would get to spend with others at the conference. "I'm most looking forward to community," she says, "because it is the magic that makes things work. Without community, you have no organizing, and without organizing, you have no movement. I'm all about the magic!"

Community, both past and present, is what Bill is most excited about, too, and his words on the subject perfectly reflect our goals in creating a conference that both looks back and looks forward. Bill has attended 21 conferences since starting NAAFA, but it's been 10 years since his last one. Like many of us who will be in attendance, he looks forward to seeing old friends and making new ones. "I know that there will be a few of my comrades there from the old days, but I also want to meet people who are newer on the scene, and in whom I look forward to seeing a pioneer spirit—new energy for size acceptance and to lend their inspiration to the next 50 years of NAAFA," says Bill. We couldn't agree more!

## NAAFA Welcomes Dr. Paul Ernsberger to 50th Anniversary Conference Lineup



NAAFA is excited to announce the addition of *Your Fat Body: an Owner's Manual* to our 50th Anniversary Conference lineup. This workshop will be presented by Paul Ernsberger, Ph.D., Associate Professor of Nutrition, Case Western Reserve University School of Medicine, Cleveland OH.

Dr. Ernsberger has been a long time NAAFA supporter and member of NAAFA's Advisory Board. He will discuss with us what can be done for diseases that are more likely to affect fat people. Did you know that diabetes is almost entirely genetic? Or that the genes for diabetes and weight gain are tied up with one another?

Dr. Paul Ernsberger will share how when faced with bias and stigma in healthcare settings, fat people can improve the odds of good health outcomes with some basic knowledge about their special bodies.

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You won't want to miss this informative workshop where you will learn about diabetes, edema, cellulitis, blood pressure and more. Learn the truth about your fat body that your PCP may not be telling you!

Visit [www.naafa.org](http://www.naafa.org) today to learn more about NAAFA's 50th Anniversary Conference. Conference registration information is available on the website.

## Honoring Fall Ferguson



We are sad to report that in March of this year Fall Ferguson, a long time NAAFA member, one of the founders of ASDAH, and a HAES pioneer, has passed away. Fall was warm, welcoming and compassionate, making everyone she met know they were accepted by her.

After attending Yale Law School, Fall became a successful attorney specializing in disability and sexual harassment law. But she felt a calling and switched directions by getting her master's degree in Holistic Health Education from John F. Kennedy University. In 2010 Professor Ferguson started her career at JFKU as a core faculty member in the Holistic Health Education program and quickly

advanced to chair of the program.

Passionate about a holistic model of health education, Ferguson emphasized the links between physical, emotional, and social aspects of health. She believed that the most important thing we can do for our health and wellbeing is, in fact, to connect with others.

In remembering her, family and friends have written about her love, kindness, incredible intelligence, beautiful smile, hearty contagious laugh, great energy, beautiful singing voice, strong work ethic, attention to detail, generosity with her time, ability to see the big picture, being a true teacher, never off-putting in her work, being conscientious and caring, and so much more.

Fall said of herself, "As a health educator and coach, my goal is to support and facilitate individuals in achieving a satisfying and fulfilling life through balance, connection, and meaning." We believe you accomplished your goal, Fall. You will be missed by many!

## NAAFA to Feature DJ Kelly J at 50th Anniversary Conference Fashion Show

One of the highlights of a NAAFA conference is the plus-size fashion show and every good fashion show needs music. NAAFA's Board of Directors is pleased to announce that DJ Kelly J will provide the music for the Semi-Formal Dinner and Fashion Show at our 50th Anniversary Conference. This historic event will be held June 14-16, 2019 at Sam's Town Hotel and Gambling Hall in Las Vegas, NV. Our conference theme is "Honoring Our Past; Creating Our Future".

Tigress Osborn, NAAFA's Director of Community Outreach and Fashion Show Coordinator, has



enlisted NYC based Fashion Blogger Marcy Cruz as our Celebrity Emcee for the fashion show. Las Vegas local DJ Kelly J rounds out the team that will make this stunning event complete.

Las Vegas locals may have experienced DJ Kelly J at CraveLV size positive events. Big thanks to Aby Deal for referring us to a DJ who is familiar with size diversity and inclusion.

Visit [www.naafa.org](http://www.naafa.org) today to learn more about NAAFA's 50th Anniversary Conference, and to register.

## NAAFA Chronicles No. 41

As part of our monthly Chronicles feature, here is NAAFA's 41st newsletter, January - February 1980.

[http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan\\_Feb\\_1980.pdf](http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Jan_Feb_1980.pdf)

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

## Media and Research Roundup by *Bill and Terri Weitze*

March 1, 2019: One in four patients who have sleeve gastrectomy (a type of weight loss surgery) is associated with a number of new-onset or worsening conditions that damage the esophagus and create long term problems requiring ongoing postoperative monitoring.

<https://www.mdlinx.com/gastroenterology/top-medical-news/article/2019/04/12/7563906>  
<https://doi.org/10.1097/SLA.0000000000003275>

April 1, 2019: Yet another study finds that higher BMI (body mass index) is associated with a decreased risk of in-hospital death following acute myocardial infarction, despite often having other conditions such as hypertension, hyperlipidemia and diabetes, with a trend of lower risk of death as BMI increased.

<https://doi.org/10.1016/j.numecd.2019.04.001>

April 9, 2019: John Bradley, Samwell Tarly on *Game of Thrones*, grew up unhappy about his weight. Now he realizes that the creators of *Game of Thrones* were looking for someone exactly like him, and that they thought of his "faults" as virtues.

[https://www.huffpost.com/entry/john-bradley-game-of-thrones-body-image\\_n\\_5cad0e87e4b0e833aa326fe5](https://www.huffpost.com/entry/john-bradley-game-of-thrones-body-image_n_5cad0e87e4b0e833aa326fe5)

April 18, 2019: Five year old La'Rayah Davis was forced to do sprints, sit-ups, and wall squats by her mother's boyfriend because he thought she was chunky. La'Rayah was finally killed by her abuser.

<https://people.com/crime/cierre-wood-ex-nfl-player-accused-killing-girl-forced-her-exercise>

April 18, 2019: Two studies published in *Cell* finds that variants of the MC4R gene are associated with genetic predispositions to be fat (if the variant mutes the gene's function) or thin (if the variant increases the gene's function), showing that a person's weight is often a result of genetics.

<https://www.nytimes.com/2019/04/18/health/genetics-weight-obesity.html>  
<https://doi.org/10.1016/j.cell.2019.03.044>  
<https://doi.org/10.1016/j.cell.2019.03.028>

April 23, 2019: According to Mercedes Canethon, news articles that simplify or misstate the results of scientific studies may be leading to the public's distrust of science in general. She suggests making the full studies available and for scientists to step up to call out errors. Unfortunately, she also misstates the purpose of NAAFA in the article; so perhaps she should take some of her own advice.

<https://thehill.com/opinion/healthcare/440222-are-researchers-to-blame-for-nutrition-misinformation>

April 26, 2019: In an expansion of this issue's Video of the Month, Sofie Hagen explains why she prefers being part of fat liberation movement instead of the body positivity movement.

<https://inews.co.uk/opinion/sofie-hagen-negative-side-body-positive>

April 28, 2019: Realize Your Beauty Day is celebrated in New York City, "a day to celebrate what makes you uniquely you". Visit the Realize Your Beauty website for information on the work this group does.

<https://realizeyourbeauty.org/ryb-day-nyc>

May 2019: The latest fashion trend is for "sustainable" clothing, and once again options for the plus size market are lagging behind. It should be noted that the largest size offered by any of the companies mentioned in this article is 4X. Better than nothing, but hardly all-inclusive.

<https://www.makechange.aspiration.com/articles/why-is-it-so-difficult-to-find-sustainable-plus-size-fashion>

May 9, 2019: A small study to be presented at Digestive Disease Week 2019 finds that transplanting the gut biome of a naturally lean person into "obese" persons does not lead to weight loss or increase GLP-1 production (a protein that tells the brain that the person is full). There was an increase in certain bile acids that break down fat; but again, this did not result in weight loss.

<https://www.sciencenews.org/article/fecal-transplant-gut-bacteria-microbiome-weight>

[https://doi.org/10.1016/S0016-5085\(19\)37112-4](https://doi.org/10.1016/S0016-5085(19)37112-4)

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*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](mailto:pr@naafa.org)

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