



**national association
to advance
fat acceptance**

NAAFA Newsletter

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New Member Added to NAAFA Auxiliary Board



NAAFA is delighted to announce that Donna Frey has joined the Auxiliary Board of NAAFA. As a longtime member of NAAFA, she has served in many capacities in the past. Those of you who attended the 2012 NAAFA convention in the San Francisco Bay Area experienced Donna and her crew in action daily at the convention registration table and in the fabulous NAAFA's Got Talent show on Sunday.

Donna has been employed by the YMCA since high school and has worked in every youth work setting imaginable. She has received many awards for her excellent work over the years, including the HELPING AMERICA'S YOUTH INITIATIVE, awarded by First Lady Laura Bush and the White House.

Donna loves exploring new ways to engage and collaborate with the community, and is very outgoing and hardworking. She contributed to the NAAFA Child Advocacy Toolkit and will continue to help develop tools for fat people as we fight for Equality at Every Size.

Ms. Frey has also been asked to be the Executive Advisor to the newly formed NAAFA-Orange County chapter. As such, she will be available to answer questions and offer advice to the new chapter. Join us in welcoming and supporting our new board member and NAAFA-OC!

Good News Regarding Southwest Airlines

**National Association
to Advance Fat
Acceptance**
November 2012

Reach Out

[November Video of the Month](#)

November 12 - 17th was the 10th Annual National Bullying Awareness Week. The message could not be clearer. We need to stand together, to reach out to others, to speak up for those who are not strong enough to speak for themselves. We must End Bullying Now!

<http://youtube.com/watch?v=AP15bzcPg9M>

Quick Links

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by Peggy Howell

Southwest Airlines has just introduced some positive changes to their policy regarding large sized passengers. The new policy states that they will no longer force passengers to buy a second seat at the gate if the gate agent believes the passenger will require more than one seat. They still suggest that you purchase a second seat in advance to insure that the space you need is available without asking someone else to give up a seat, but another change is that **they will refund your money upon request for that second seat, whether or not the flight is full.**

Southwest now provides a very clear seat belt extender policy, which limits you to one seat belt extender; also, you must use their seat belt extenders, not your own personal extender. This change may keep some fat passengers from flying with Southwest if more than one seatbelt extender is needed, or the flight runs out of extenders.

The new policy page on the Southwest website provides instructions for buying a second seat if you choose to do so: <http://www.southwest.com/html/customer-service/extra-seat/index-pol.html>

One note of caution: as of this writing, we haven't heard from anyone who has put these new policies to the test. Please let us know your experiences by e-mailing us at newsletter@naafa.org (or, if you're reading this as an e-mail, simply responding).

Before making any plans to fly, be sure to check out our travel tips, linked to our homepage at www.naafa.org; may your travel be safe and pleasurable!

San Diego on the Move!

NAAFA member Kathy Hernandez is the owner and promoter of a size positive dance in Pt. Loma, CA (near San Diego) called Club Catalina, and they have just celebrated their five year anniversary. Many of you may remember Kathy since Club Catalina sponsored our Friday night dance at the 2008 NAAFA Convention in Los Angeles. In just five short years, Club Catalina has become much more than a monthly dance for people of size.

Kathy has been quoted in magazine/newspaper articles and appeared on radio and television shows advocating for fat people and promoting her size positive events. In 2009, Club Catalina sponsored a trophy-winning bowling team and a Lupus Walk in the San Diego area! She sponsors many activities such as pool parties, bonfires, game nights and their latest endeavor, a coed softball team coached by her fiancé.

Kathy recently expressed interest in starting a NAAFA chapter in San Diego. How could you not want to be involved in such a thriving active community? Those of you in or near San Diego who might be interested in becoming part of a new NAAFA chapter, please write to Kathy Hernandez at catalina19671967@yahoo.com

Congratulations to Kathy and all the Club Catalina patrons for successfully representing the size acceptance community for five years! May you grow even stronger over the next five.

New Advisory Board Member Virgie Tovar

Great news: Author, sexologist, and fierce fat girl Virgie Tovar has joined the NAAFA Advisory Board! Virgie is well traveled and well educated, having studied in Italy, Mexico, Spain and the US. She received her Master of Arts degree in Social and Behavioral Science at San Francisco State University.

Ms. Tovar is the editor of the book *Hot & Heavy: Fierce Fat Girls on Life, Love and Fashion* and a guest editor for *The Fat Studies Journal*. She has broad experience in research and communications around human behavior and sexuality.

Those of you who attended the 2012 NAAFA Convention in the San Francisco Bay Area had the opportunity to attend a workshop co-hosted by Virgie titled *SAS: SIZE, ATTRACTION AND SEX*. It was a frank and open discussion of an adult nature for both women and men that answered many of our questions about ways to better enjoy our own sexuality and sexual experience.

Please join us in welcoming Virgie to the NAAFA Advisory Board. We look forward to the interesting and exciting things she has to share with us as we work to realize Equality At Every Size.



Wish I Had Said That!



by Peggy Howell

Last month I introduced a column in which I asked for your suggestions for responses to people who make cutting remarks to us, whether on the job, on the street, or at home. I also invited you to submit inappropriate questions or comments that you have heard for us to cover in future columns.

Thank you to those of you who have responded. I appreciate your willingness to get involved and express your opinions and thoughts. One member wrote me out of concern. "NAAFA has a program to stop bullying. Why did you write an article encouraging bullying? 'A good zinger', as you put it, is just another type of bullying. You can call it one-upmanship but it's just bullying. If you bully them back, you are sinking to their level."

I appreciate his concern. Being snarky can lead to some very negative results. I want to be clear, I never asked for zingers, I asked for one-liners. Although the second response listed last month was sarcastic, I agree that being snarky and using zingers is not an effective way to deal with confrontation. I do not, however, agree that we should continue to ignore the remarks and walk away or laugh about them as he suggests. Most of us have been doing so all our lives and the problem has only continued to grow.

This member says that, "It's not exactly illuminating when someone says, "You're fat" or one of the many euphemisms." Remarks made to fat people today have gone way beyond simply informing us that we're fat. Fat people are now receiving death threats and suggestions that they just go kill themselves. Today, total strangers feel entitled to remark on our bodies, our diets, and our personal choices. It is time we stand up to these people and set boundaries. It is not okay for anyone to make unsolicited remarks about another's body.

Last month's question: Q - Have you gained/lost weight since I saw you last?

The following are some of the responses suggested by our members:

A - A horrified look and a vehement, 'OMG, I hope not!'

A - I can't BELIEVE you said what I thought I just heard coming out of your mouth (accompanied by a facial expression of complete astonishment.)

A - Personally, I think there's already MORE than enough hatred, bigotry, and meanness in the world. Why would you want to add to the burden? You do have a choice, every time you open your mouth. (To be said in as loving a way as possible, even if you are seething!)

A - I don't know and neither do I care.

A - I don't believe my weight is a subject I care to discuss with you.

A - Weight loss/gain is not something a person should be complimented on/shamed about.

A - Does it matter whether or not I have? Does having done so change your opinion of me as a person?

A - I don't know. I just know I look good!

A - Nope! (accompanied by a big smile)

Question of the Month:

Q - Couldn't you afford to lose a few pounds?

Example Responses:

A - My body is not open for public discussion.

A - Your opinion of my body isn't my concern.

Send your suggested responses to Peggy Howell at pr@naafa.org

Introducing NAAFA-OC



by Donna Frey

The Orange County Chapter of NAAFA was started based on a conversation that took place about a week after the 2012 NAAFA Convention. Some of us who had attended the convention went to dinner and discussed the convention and what we had gained from our experience there. We talked about how our community is so focused on fighting the war on obesity; calling fat people an epidemic, and the negative impact it was having on the youth here in Anaheim. We

all work at the YMCA and have access to kids and families every day. Since we are already in a leadership role in the schools and community, we felt it was the perfect fit for starting a new chapter and spreading NAAFA's message of Equality at Every Size. We have brought many other YMCA staff onboard with us and have already started working on our activism projects.

These projects include:

- a size bullying PSA which is being created by the Youth Institute at Loara High School which will be featured at the YMCA Student Film Festival in the Spring.
- a "Love Your Body" dance party for kids ages 5 - 12 in the Magnolia School District
- a "Fit and Fun" event for families

Membership in the chapter is open to anyone who wants to make a difference in our community or is simply looking for support and friendship. We have several projects we want to accomplish in the chapter and to do this we need to build our membership. We had a total of nine people at our first Meet and Greet and are off to a good start. Please join our Yahoo and Facebook groups for more information and help us make a difference in Orange County.

Purpose:

The purpose of the NAAFA OC Chapter is to bring people of all sizes together in a comfortable non-judgmental environment for fellowship, activism, community outreach, and education.

Mission:

To provide members with opportunities to come together as a community and celebrate who we are both as individuals and as a chapter. We strive to reach out to the community to spread the message of "Equality at Every Size" and "Health at Every Size."

Vision:

To create a world where everyone is treated equally regardless of size, where everyone feels comfortable enough to be themselves, and where bullying no longer exists.

Chapter Officers:

President: Flower Valadez
 Vice President: Angelica Negrete
 Secretary: Alexandra Dominguez
 Treasurer: Erica Chappell
 Activism Chair: Donna Frey
 Historians: Katheryn Cason
 Louise Sarigumba

Turning Over in Bed



by Cinder Ernst

Hello NAAFA Friends,

Thanks for responding to the call for Activities of Daily Living (ADLs) that you are having trouble with. This month I'm going to give an easy suggestion for how to make turning over in bed easier.

Next month I've got a special something for you for the holidays.

In January, we will begin a special segment on the ADL that you say you need the most help with - **going down stairs**. If I can figure the tech pieces I'm going to make a video series just for you.

Turning Over in Bed: I first learned this trick from my physical therapist when after healing from knee surgery my right hip was so painful it would wake me with a sharp cry when I tried to turn over in bed. I hadn't slept more than an hour or 2 at a time for months. I remember the feeling of relief when I tried this and it worked. I was able to experience a peaceful night's sleep. Since then I have found this tip to be useful for almost any pain that occurs as you turn over in bed.

Problem: Turning over in bed hurts

The Fix: Take a twin size top sheet, fold it over lengthwise a few times so it works like a wide sash around your waist. Lie down on your bed, have this draped around

your waist. Practice using the "sash" almost like a sling to help you turn over. From your back if you are turning to the right, keep your left arm close to your body and pull on the sash with your left arm/hand as you make the turn. Practice this technique and then when you wake to turn at night you can use it with ease.

Bonus: Having strong abdominal muscles help with this. Even if you have had surgery that has cut through them, you can still strengthen when you are cleared to do so by your doctor. Learn how to do pelvic tilts in bed or in a chair. This little exercise makes everything better and we will use it to support our Get Down the Stairs series too. Might as well start now. Get the best abdominal information right here: <http://cindersays.com/2012/03/27/strong-abs-starting-right-now>

Would you love a group program you can do from the comfort of your home that supports you to have a healthy holiday season and sail through family stress and New Year resolution time untouched by all the hype? Ask me how . . . now!!! Or ask me about anything fitness related that you need help with: coach@cinderernst.com

Thanks and love, Cinder

Coming in January: the first NAAFA teleclass with Lisa Tealer and Cinder Ernst! Watch the newsletter for further information.

Media and Research Roundup

by Bill and Terri Weitze

[There's more news at <http://naafa.org>]

September 19, 2012: A 13-week study concludes that there is a relationship among exercise, fitness, and insulin resistance. Although there was little difference between the low dose (20 minutes of exercise) and high dose (40 minutes of exercise) groups, the study authors claim there is a general pattern showing "a dose response gradient".

<http://www.medpagetoday.com/Endocrinology/Diabetes/34837>

<http://jama.jamanetwork.com/article.aspx?articleid=1360862>

October 15, 2012: Houston Community College student Emily Magnum's class presentation on size acceptance includes references to NAAFA and HAES(R). Although some of her statistics aren't perfectly accurate, she's got the right spirit. As one of her audience said, "Right on!"

http://youtube.com/watch?v=e_0i6ZZT4pY

October 19, 2012: The Look AHEAD study has been cut short because it was clear from the data that weight loss did not lower heart disease risk in people (age 45 and up) with type 2 diabetes. A list of publications issued under the study is provided below (third link).

<http://www.nih.gov/news/health/oct2012/niddk-19.htm>

<http://www.medpagetoday.com/Cardiology/Diabetes/35450>

<https://www.lookaheadtrial.org/public/Bibliography.pdf>

October 21, 2012: A photo of NYU student Stella Boonshoft in a bikini, which she posted on her Tumblr account, has been shared and liked thousands of times on Facebook and Tumblr. Although she considered having it taken down, she realized that her stand on body acceptance and the cruelty of sizeism was more important than her own feelings. Brava Stella.

<http://www.dailymail.co.uk/femail/article-2220926/Stella-Boonshoft-Woman-sparks-debate-bikini-picture-Facebook.html>

October 22, 2012: Two studies (not peer reviewed) presented at the CHEST 2012 conference, a conference for pulmonary and critical-care practitioners, indicate that fat patients have better outcomes in cases of septic shock and acute asthma exacerbation; adding to the "obesity paradox" list where fat shows to be protective.

<http://www.chestnet.org/accp/article/%E2%80%9CObesity-paradox%E2%80%9D-extra-weight-may-lead-better-outcomes-patients-septic-shock-asthma-exacerb>

<http://journal.publications.chestnet.org/article.aspx?articleid=1376660>

<http://journal.publications.chestnet.org/article.aspx?articleid=1376003>

October 23, 2012: The HAES(R) Matters: Dieting, Disease and Weight roundtable continues with Part 2, as HAES experts discussing whether fat people incur more medical expense and the effect of weight loss on type 2 diabetes.

<http://healthateverysizeblog.org/2012/10/23/haes-matters-dieting-disease-and-weight-part-2>

October 25, 2012: Ragen Chastain has collected more than 137,000 signatures on her "Leave Minnie Alone" petition, protesting a video by Disney and Barneys New York featuring an elongated and very thin Minnie Mouse as she fantasizes about modeling in Paris.

http://www.chicagotribune.com/features/life/sc-fam-1030-extra-skinny-minnie-20121025,0_4593267.story

November 4, 2012: An article in *Business Insurance* advises employers to make reasonable accommodation for fat employees to avoid claims of discrimination, as these employees are getting more protection from the Equal Employment Opportunity Commission.

<http://www.businessinsurance.com/article/20121104/NEWS07/311049990>

November 6, 2012: A study of hospital patients with pneumonia finds that fat patients have the best mortality outcomes. Mortality was 10 percent for those of "normal" weight and 4 per cent for those who were "obese", which translates to a 54 percent reduction in mortality.

<http://www.news-medical.net/news/20121106/University-of-Alberta-medical-research-supports-the-obesity-paradox.aspx>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1469-0691.2012.04003.x/abstract>

November 7, 2012: *Foxnews.com* questions whether fat airline passengers should have to pay more, either through paying by the pound or having to buy a second seat. Like others, they suggest adding some wider seats to accommodate larger passengers. However, with Southwest Airlines no longer requiring fat passengers to purchase an extra seat, perhaps an industrywide change is coming.

<http://www.foxnews.com/travel/2012/11/07/should-overweight-customers-be-footing-bill-for-their-excess-baggage>

November 7, 2012: A *New York Times* article about fat fashion bloggers discusses the frustration of searching for trendy clothes in larger sizes. More heartening, though, are comments about loving the body you are dressing. Ragini Nag Rao, 27, who writes for the blog *A Curious Fancy*, says, "Fat women need to realize that their bodies are worth dressing well"; and Alissa Wilson, 30, who blogs at *Stylish Curves* from Bayside, Brooklyn tells us "The goal is not to look smaller; the goal is to find clothes that make you look good"

<http://www.nytimes.com/2012/11/08/fashion/plus-size-fashion-bloggers-are-role-models.html>

November 7, 2012: A study looks at the mechanisms that affect body type preferences and finds that by showing participants pictures of fat people in aspirational situations (pleasant surroundings, nice clothes, etc.) and of not-fat people in non-aspirational situations results in a positive change in attitude towards fat people. Researchers also found that by putting all bodies in neutral clothing with no other visual clues participants found all body types more acceptable.

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0048691>

November 7, 2012: *PLOS One* publishes a study on implicit and explicit fat bias in medical doctors (MDs). Not surprisingly, all test-takers reported a strong preference for thin people over fat people, some expressing a strong explicit anti-fat bias.

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0048448>

<http://www.npr.org/blogs/health/2012/11/09/164789823/how-changing-visual-cues-can-affect-attitudes-about-weight>

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