



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

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### Does the First Lady Support Bullying?



NAAFA asks First Lady Michelle Obama to reconsider any plans to participate in another episode of *The Biggest Loser* to promote her *Drink More Water* and *Let's Move* campaigns. Repeated appearances on *The Biggest Loser* imply approval of the abusive tactics for which this show is well known, and in essence sanctions bullying, fat shaming, and weight stigma.

"I am concerned that The Biggest Loser promotes short-term weight loss and does long-term harm to the bodies, minds, and spirits of many of its contestants and viewers--precipitating eating disorders, weight gain, depression, and weight-based bullying," states Dr. Barbara Altman Bruno, Ph.D., LCSW, author and NAAFA Advisory Board member.

NAAFA invites the First Lady to sit down with members of the size advocacy and eating disorders communities to better understand the potential consequences of her choice to align herself with a program that promotes stigma and bullying.

#### CALL TO ACTION

To sign the petition created to oppose the First Lady's appearance on The Biggest Loser, go to <http://www.change.org/petitions/first-lady-michelle-obama-please-do-not-appear-on-the-biggest-loser-and-instead-engage-with-the-advocacy-communities-specializing-in-weight-stigma>

NAAFA opposes discrimination and bullying in any form. To learn more about NAAFA's End Bullying Now campaign, visit our Facebook page at <https://www.facebook.com/EndBullyingNow.naafa>

**UPDATE - The above press release was circulated on October 23, 2013. We've just received the following exciting announcement:**

**BingeBehavior.com and BEDA Head to the White House**

On Tuesday, November 12, *Lizabeth Wesely-Casella*, Founder

**National Association  
to Advance Fat  
Acceptance**  
November 2013

### Eastleigh's Got Talent

#### November Video of the Month

Sharp-eyed readers will note that we talked about this video in last month's Roundup, but we loved it so much that we had to highlight it here.

Not only is moving your body good for you, it can sometimes lead to more. Ellie Cole of Eastleigh (UK) was secretly filmed at a bus stop while grooving to her tunes on her headphones. Posted on YouTube, the video went viral and Ellie was offered a role in a new musical, *Ah Men*.

<http://youtube.com/watch?v=j9cd0ortxu0>

#### Quick Links

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

**Facebook**

[Main](#)

[Cause](#)

[SF Bay](#)

[Capital](#)

[Orange County](#)

[Los Angeles](#)

[End Bullying Now](#)

**Twitter**

**MySpace**

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of [BingeBehavior.com](http://BingeBehavior.com) and *Chevese Turner*, Founder and CEO of the [Binge Eating Disorder Association \(BEDA\)](http://BingeEatingDisorderAssociation.org) attended a meeting at the White House to discuss weight stigma and how it relates to the *Let's Move!* Campaign. The intent of the meeting is to share ideas about how to address weight stigma and discrimination in schools and to express the desire of our community to participate in developing tools to create a better understanding of how weight stigma impacts all body types among program administrators. ***Size and shape are not indicative of health and the folks in the field need to understand this.***

Join Our Mailing List!

## Bullying: Issues & Strategies



by Peggy Howell

On October 28-29, 2013, the NAAFA *End Bullying Now* Steering Committee members attended a conference titled *Bullying: Issues & Strategies*. The conference was sponsored by the California School Resource Officer's Association (CSROA) and hosted by the Departments of Education from Alameda County, Kern County, Orange County, San Diego County and the state of California. Our purpose for attending was to learn the latest

information for combating bullying to help improve the *End Bullying Now* Campaign.

Monday's keynote speaker was Dr. Justin Patchin, a Professor of Criminal Justice at the University of Wisconsin - Eau Claire. His focus was on cyberbullying, social networking, and sexting.

Our team attended as many workshops as possible. Workshops attended on day one include:

- Counselor's Perspective on Effective Bullying Prevention
- How to Engage Student Empathy to Resolve School Bullying
- Girls: The Good, the Bad, and the Scary
- Safe Schools: The Power of Peer to Peer Programs
- What's Trending in Social Media? #Cyberbullying #StopBullying
- Changing Campus Culture and Climate through a Student Campaign for Non-Violence and Peace
- Building a Safe, Respectful and Inclusive School Community
- Bullying Prevention: Educational Strategies, Interventions and Activities in the Classroom
- Cyberbullying Trends and Management Tools

The keynote speaker for day two, John Vandenburg, is the author of the PLUS (Peer Leaders Uniting Students) Program and the creator of the CyberBullying Alert software. His presentation addressed The Power of Relationships: The Impact on Bullying, Cyberbullying and Building a Safe School Climate.

Workshops attended on day two include:

- Teen Relationship Violence, Sexting, and Cyberbullying
- Victims and Bullies: ATOD Patterns and Program Implications
- E-Discipline and Bullying: Legal Foundations and First Amendment Traps
- Queen Bees, Bystanders, and Targets: How to Help All Girls Connect to School
- Bullying and Cyberbullying: Interview, Investigation, and Documentation Tips for Schools
- Baffle That Bully: A Parent and Child's Perspective (a 10-year old shares her two year struggle)

The conference was very informative and we made important connections with others who are engaged in the battle against bullying. I would like to thank NAAFA's anti-bullying trainers, Donna Frey and Angelica Negrete, who are every bit as informed and talented as the trainers who presented at this conference. NAAFA is very blessed to have their expertise and skill at our disposal. I am grateful and proud to be working with them to *END BULLYING NOW!*

## NAAFA Gold Sponsor of 1st Annual Air Travel

## Accessibility Conference

### Accessible Air Travel: How to make the "friendly skies" accessible for ALL travelers

**Tuesday, December 10, 2013 | 9:00 am - 5:00 pm (EST)**  
**Westin Washington DC City Center, Washington, DC**

The **Association for Airline Passenger Rights** (AAPR) is hosting its 1st Annual Air Travel Accessibility Conference, designed to identify and discuss ways to improve accessible air travel for passengers with special needs.

Flying isn't easy anymore, especially for travelers with special needs. The conference will convene various aviation, business, disability, government, and related stakeholder groups for presentations by leading experts, as well as provide a platform for discussions on how the aviation industry can best improve accessibility for passengers with special needs. The conference is being held at the Westin Washington DC City Center, located at 1400 M Street, NW, Washington, DC 20005. Discounted guest rooms are available under the "Air Travel Group" room block. To make your reservations and to register for the conference, and view preliminary agenda go to <http://www.flyfriendlyskies.com/events.html>

For additional information, please contact [info@flyfriendlyskies.com](mailto:info@flyfriendlyskies.com)

This conference is being supported by **Gold Sponsors:** *Audio Description Associates, Caption First, Great Lakes ADA Center, Mid-Atlantic ADA Center, NAAFA, Society for Accessible Travel & Hospitality (SATH), Solutions Marketing Group (SMG) & The Macsata-Kornegay Group (TMKG); Silver Sponsors:* *Able to Travel, a program of the United Spinal Association, National Business & Disability Council (NBDC), National Disability Rights Network (NDRN), Paralyzed Veterans of America (PVA) & SSB BART Group;* and **Bronze Sponsors:** *Bender Consulting & Scootaround.*

## Size Friendly Salon in California



*by Jamie "Babydoll" Lopez*

Whether it's my hair, makeup, or jewelry, I've loved to give myself what I like to call the "Glam-Fabulous" look, and I've become pretty good at it! Making faces even more beautiful has been a passion of mine for a long time and I enjoy sharing my knowledge and talent with others. My career as a makeup artist started when I was just a little girl playing with my mother's makeup as most little girls do. After years of practice and study, friends began asking me to do their makeup. It wasn't long before I started taking on clients for events

like proms and weddings. I've been providing makeup services for TV, film, and individuals ever since.

As a 400+ pound woman, I found most beauty salons didn't have suitable furniture or understanding staff, so I would be very apprehensive about going in. Will I fit, will I be comfortable, or will I be embarrassed? No, no and yes, were all too often the answers. I knew there had to be others out there who felt the same way, others who weren't going into the salons for fear of a not so "Fat-Friendly" environment; I knew I had to do something about it.

It became my dream to create a beauty salon with a fat-friendly environment where all women could have fun, be comfortable, and feel safe! So, I made it happen! A few weeks ago my sister Jordan and I opened a beauty salon called *Babydoll Beauty Couture* in Winnetka, California; a salon for women of all sizes to be pampered in style and comfort! Usually the chairs in Los Angeles area salons aren't made for larger clientele. In my salon, the furniture has been built to accommodate clientele over 500 lbs, and our staff are very understanding.

I offer up my passion: exquisite makeup applications as well as how-to lessons. Our salon also offers hair installation services with licensed cosmetologists. Both in the salon and our online store, we sell beauty products and accessories including virgin Indian hair extensions, weaving supplies, jewelry, cosmetics, and false lashes.

*Babydoll Beauty Couture* is a salon that is not afraid to make a statement. We have a bold perception when it comes to beauty and we want to share it with all women. We hope that the size acceptance community will support us by using our services and spreading the word.

## Get Your Walk On



by Cinder Ernst

On November 3, 2013 we did a fat friendly walk and roll on a beautiful path by the San Francisco Bay. We had people of all sizes going at different paces. Walkers stopped to stretch on rocks and trees. One person used her scooter and just did the stretching. It was a great afternoon. I chose November 3rd at sunset because the time changed that day. *Did you know when you are outside at sunrise and/or sunset when the time changes it helps your body clock set?*

Here are some Get Your Walk On tips:

1. **If your knees hurt, start here** before attempting a walk: <http://lesskneepain.com>
2. **Start with Comfort.** Be precise about what is a comfortable walking distance and start there. Be it 10 steps or 10 blocks, be truthful and precise.
3. **Use Support Freely.** Use your walker or cane unabashedly. I love using the Nordic walking poles. You may want to try them.
4. **The Out and Back Rule.** Remember, you have to walk back. If 10 steps is a comfortable distance, walk out five then come back.
5. **Stretch Your Calves.** Your calf is the back of your lower leg, and that muscle gets tight when you are on your feet more. When your calf muscle is too tight it can lead to sore feet and increased knee pain. The fix is to stretch your calf muscle often.
  - Sitting Calf Stretch** - Sit on the edge of your chair and straighten your right leg keeping your heel on the floor. That may get you a calf stretch, if not try flexing your foot. Hold for 10 seconds each side. Your sides may be different, that's ok. Work up to 30 seconds each side.
  - Standing Calf Stretch** - Lean on a wall or tree and take a big step back with your right leg. Keep your right heel on the ground. You are stretching the right calf muscle . . . remember to keep it small.
6. **Stay Ahead of Back Pain.** If your back tends to get achy, rest before it gets bad; sitting for a minute helps. If there is no seat, do the football huddler position: <http://www.youtube.com/watch?v=G2I2kSBaHic>

## 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 2013: Ashley Skinner's editorial in *JAMA Pediatrics* addresses the effect of bias and fat stigma on research and treatment of fat patients, and how the

healthcare professional's own bias can be especially damaging to children and adolescents.

<http://archpedi.jamanetwork.com/article.aspx?articleid=1704827>

October 2, 2013: Fat rats who undergo weight loss surgery (WLS) achieve weight loss, better glucose control, and improved reproductive health; but their offspring, conceived after WLS, garnered no positive effect and may suffer negative effects on their metabolic health.

<http://jama.jamanetwork.com/article.aspx?articleid=1745661>

<http://stm.sciencemag.org/content/5/199/199ra112>

October 9, 2013: A recent study claims that nutritional data from the National Health and Nutrition Examination Survey (NHANES) is not "physiologically credible" because participants seemed to be underreporting their caloric intake. Even if this is true, other facets of the NHANES data remain accurate, such as the fact that those in the "overweight" category are the longest lived.

[http://www.eurekalert.org/pub\\_releases/2013-10/uosc-4yo100913.php](http://www.eurekalert.org/pub_releases/2013-10/uosc-4yo100913.php)

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0076632>

October 9, 2013: Older women with coronary artery disease have an increased risk of death if they lose weight regardless of their body mass index (BMI) according to an as-yet unpublished study presented at the European Society of Cardiology.

[http://www.obgynnews.com/index.php?id=11146&cHash=071010&tx\\_ttnews\[tt\\_news\]=218329](http://www.obgynnews.com/index.php?id=11146&cHash=071010&tx_ttnews[tt_news]=218329)

<http://content.onlinejacc.org/article.aspx?articleid=1665469>

October 9, 2013: More information from a study of identical twins, where one is fat and the other is not (see NAAFA Roundup, October 2013) helps highlight differences in the fat cells of metabolically healthy fat people and fat people who are not metabolically healthy. It's nice for the media to admit to the existence of healthy fat people.

<http://well.blogs.nytimes.com/2013/10/09/the-healthy-obese-and-their-healthy-fat-cells>

<http://link.springer.com/article/10.1007/s00125-013-3066-y>

October 9, 2013: David Spero at *DiabetesSelfManagement.com* discusses some of the reasons that long term significant weight loss is not achievable for more than a small percentage of fat people.

<http://www.diabetesselfmanagement.com/Blog/David-Spero/bodies-like-being-fat>

October 17, 2013: Ragen Chastain shares an article she wrote with filmmaker Darryl Roberts when Michelle Obama was slated to appear on *The Biggest Loser* to proclaim the contestants as role models. Ragen and Darryl explain why perpetuating weight loss over the pursuit of good health is a dangerous path to go down.

<http://danceswithfat.wordpress.com/2013/10/17/michelle-obamas-repeated-mistake>

October 23, 2013: NAAFA and ASDAH ask First Lady Michelle Obama to consider the ramifications of her participating in *The Biggest Loser*, which promotes bullying, body shaming, and weight stigma.

<http://www.prlog.org/12230436-does-the-first-lady-support-bullying.html>

<http://tinyurl.com/kc9tytw>

October 23, 2013: Robert Sallis, MD questions whether WLS is worth the high physical and monetary costs given the effectiveness of exercise in improving health, and Ted Eytan, MD considers lack of physical activity in a patient to be a medical emergency. While we like the focus on fitness as a risk factor and not fatness (although Dr. Sallis is not exactly fat positive), let's not trade one hysteria for another.

<http://www.multibriefs.com/briefs/acsm/active7-30.htm>

<http://www.tedeytan.com/2013/10/23/16804>

<http://circ.ahajournals.org/content/124/23/2483>

October 25, 2013: Researchers found that, for Japanese patients with hypertension and glucose intolerance, the risk of cardiovascular disease decreased as their BMI increased, leading Dr. Heinz Drexel to conclude that metabolic disorders are more important than fatness alone.

<http://www.clinicalendocrinologynews.com/news/top-news/single-article/obesity-paradox-may-exist-in-hypertensive-patients-with-diabetes/51c472dfa0d44086a25b5acca9762c76.html>

October 27, 2013: In an ethics competition at the University of Arizona's Eller College of Management, all thirty-two teams of business students recommend a

non-coercive approach for employer wellness programs, rejecting programs with penalties.

[http://azstarnet.com/business/local/don-t-punish-employees-for-bad-health-habits-ethics-experts/article\\_512fd555-db0f-509b-98ea-264001163a29.html](http://azstarnet.com/business/local/don-t-punish-employees-for-bad-health-habits-ethics-experts/article_512fd555-db0f-509b-98ea-264001163a29.html)

October 29, 2013: Clothing retailer H&M recently expanded its plus-size line and ran an ad campaign featuring plus-size model Jennie Rusk. Now, three young activists have started a petition to H&M to include some plus-size mannequins in their stores as well. If you agree, you can find the link to the petition below.

<https://www.change.org/petitions/h-m-use-plus-size-mannequins-in-your-stores>

October 29, 2013: ASDAH re-publishes part 5 of Barbara Bruno's history of the Health at Every Size movement, discussing the late 1990s. (Previous installments are linked on that page.)

<http://healthateverysizeblog.org/2013/10/29/the-haes-files-history-of-the-health-at-every-size-movement-late-1990s-part-5>

October 31, 2013: Morehouse College's student newspaper features 30 body-diverse students from Morehouse and Spelman posing nude and sharing their stories about overcoming abuse, depression, and other issues. The photos are beautiful, and the accompanying text celebrates a positive body image for all.

<http://hbcudigest.com/morehouse-paper-releases-body-issue>  
<http://issuu.com/themaroontiger/docs/mt2013-bodyissue-final>

November 1, 2013: In an interview in the Robert Wood Johnson Foundation's *Human Capital Blog*, Abigail Saguy, PhD (author of *What's Wrong with Fat?*) explains the history of fat as a "public health crisis" and why using the fear of becoming fat can be dangerous.

[http://www.rwjf.org/en/blogs/human-capital-blog/2013/10/a\\_closer\\_more\\_dispa.html](http://www.rwjf.org/en/blogs/human-capital-blog/2013/10/a_closer_more_dispa.html)

November 1, 2013: We interrupt the news for a note about photographer Jade Beall's *A Beautiful Body* project, which offers all women a chance to revel in the diversity of their bodies and share their stories. You can take the pledge to love your body and use kind words towards yourself and other women at the link below.

<http://www.abeautifulbodyproject.com>

November 1, 2013: A recent study calls a 20% tax on sugar-sweetened sodas "promising" for reducing fatness, estimating a reduction of "obese" adults in the UK of 1.3%. But this is all based on household survey data, so the conclusions are not supported by actual experience with such taxes.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3814405>  
[http://www.huffingtonpost.com/2013/11/01/soda-tax-obesity-uk\\_n\\_4191048.html](http://www.huffingtonpost.com/2013/11/01/soda-tax-obesity-uk_n_4191048.html)

November 1, 2013: A recent Gallup Poll shows an increase in the percentage of American adults who are "obese" from 26.2% in 2012 to 27.2% in 2013, also showing a 1.9% increase for "underweight" and a decrease for "overweight". The poll is based on 141,935 telephone surveys, so the data is self-reported and does not seem to be adjusted for age.

[www.gallup.com/poll/165671/obesity-rate-climbing-2013.aspx](http://www.gallup.com/poll/165671/obesity-rate-climbing-2013.aspx)

November 6, 2013: Director Alexandra Lescaze's documentary *All of Me* follows a group of NAAFA members in Austin, Texas over several years, exploring the joy and pain in the lives of these fat women as they stand up against fat stigma. The movie will debut next spring on PBS's *Independent Lens* series.

<http://www.slackerwood.com/node/3939>

November 6, 2013: Blogger David Spero discusses the "obesity paradox" and how fat can have a protective effect in some diseases, concluding that being fit is more predictive of health than the number on the scale. Nothing new to regular readers here, but a nice summary of the scientific data.

<http://www.diabetesselfmanagement.com/Blog/David-Spero/diabetes-and-the-obesity-paradox>

November 6, 2013: *New York Magazine* looks at how significant weight loss can create even more negative self-image issues due to the resulting stretch marks, sagging breasts, and hanging folds of skin. This reality conflicts with the fantasy that many dieters have, that all of their problems will suddenly go away if they just lose weight.

<http://nymag.com/thecut/2013/11/what-no-one-tells-you-about-dramatic-weight-loss.html>

November 9, 2013: As reported in *The New York Times*, recent research suggest a causal link between fatness and bacteria in the gut, indicating a need for further study of the biological causes of fatness. This is consistent with earlier research

from Germany that analyzed gut microbes and finds differences between those of women with and without type 2 diabetes, indicating a possible causal link. Furthermore, Chinese research in 2012 found a similar relationship in microbiota and diabetes, while a 2009 study found that differences in gut microbiota can result in metabolic differences.

<http://www.nytimes.com/2013/11/10/business/the-co-villains-behind-obesity-rise.html>

<http://www.sciencemag.org/content/341/6150/1241214.abstract>

<http://www.nature.com/nature/journal/v498/n7452/abs/nature12198.html>

<http://www.nature.com/nature/journal/v490/n7418/full/nature11450.html>

<http://www.ncbi.nlm.nih.gov/pubmed/19043404>

November 12, 2013: Dr. Deah Schwartz interviews Nan Feyler, Chief of Staff of the Philadelphia Department of Public Health. In the interview, Ms. Feyler talks about how her Department's approach, while not being completely weight neutral, focuses on providing an opportunity for all people to make healthy choices and work against size-based discrimination and bias.

<http://healthateverysizeblog.org/2013/11/12/building-bridges-interview-with-nan-feyler>

*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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