



**national association
to advance
fat acceptance**

NAAFA Newsletter

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NAAFA-CC Announces 3Q2014 Size Savvy Award



The Clark County Chapter of NAAFA is pleased to announce the third quarter recipient of the NAAFA Size Savvy Award: Dessy B's Steakhouse. The Size Savvy Project makes information available to the public regarding businesses that are welcoming to people of all sizes. A size savvy business meets certain criteria making it accessible and accommodating and the business staff displays an attitude free of weight bias.

The manager of Dessy's has made room in their restaurant available for monthly meetings of the NAAFA-CC Chapter. The staff at Dessy B's is always welcoming and friendly. A review of the restaurant can be found on the NAAFA-CC website at <http://naafa-cc.org>

From the Chair

by Phyllis Warr

We are at people's most favorite and least favorite time of the year, *Holiday Begging Season*. Each year, charitable organizations around the country send out special requests for funding. Each hopes to appeal to our good feelings of kindness and generosity to keep its organization operating. NAAFA is no different. As you all know, NAAFA is an all-volunteer organization run by people who donate both their time and money to the cause of demanding and working toward civil rights for all. We want to make sure that people are not discriminated against because of their size. To do this takes money. We have streamlined our operations to the max, but still need your support to continue to work for you and all fat folk.

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November 2014

How to Make a Pumpkin Pie!

[November Video of the
Month](#)

Thanksgiving is a time of year that most of us love; a time filled with family and friends. But for the person doing all the cooking, it can be stressful. This year, we're providing a little relief for the cook with this video about making a pumpkin pie.

<http://youtube.com/watch?v=2Qj8PhxSnhg>

Quick Links

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That all having been said, please consider making a donation to NAAFA this holiday season and every season. When you are donating to the Salvation Army, Toys for Tots, your religious organization, or whatever organizations you feel are worthy of your hard earned money, please consider sending NAAFA a contribution. The Board of Directors and I promise to use your funds to further our campaigns for ending the bullying of fat children and add to our resource library of tool kits, which are available on the naafa.org web site to all who need them.

The NAAFA Board of Directors and I thank you in advance for your support and wish each and every reader a happy and healthy holiday season!

2015 ASDAH Educational Conference Call for Proposals

With the 2015 ASDAH Educational Conference set to take place July 17-19 in the heart of downtown Boston at the Boston Park Plaza Hotel, the Association for Size Diversity and Health (ASDAH) is excited to announce its conference theme:

Difficult Conversations: Building Relationships in the HAES Community and Beyond

With an increasing number of challenges facing the HAES community, both internally and externally, it's time to remove the barriers that hinder the conversations that will strengthen ASDAH's work, resolve and mission of spreading the Health At Every Size message. Therefore, the entire conference will be devoted to discussions around the difficult conversations ASDAH and the HAES community need to have.

ASDAH is seeking proposals for presentations and workshops at the conference. For the first time ever, and to ensure that crucial voices are not silenced, presenters are not required to be ASDAH members.

Please visit the ASDAH website (<http://bit.ly/asdah-2015>) to learn about the different topics and areas that the ASDAH Conference is hoping to cover. Presentations are welcome in subjects that are not on the list. All presentations should include consideration of relevant elements of diversity for wider application in multiple environments -- one of the difficult challenges already facing the HAES community. See the website for the different elements submissions should include.

Please email submissions to Dr. Jenny Copeland (jenny.copeland.ma@gmail.com) for review no later than **December 15, 2014**. Please contact Dr. Copeland with any questions.

ASDAH looks forward to seeing you at the conference!

Send Saucye Down the Runway!

by Saucye West



[Editor's Note: Many of you will remember Saucye West, who modeled in the NAAFA Fashion Shows in San Francisco in 2012 and Las Vegas in 2013. She has supported NAAFA's efforts in the past and now she can use our support. Please read her message below and take a minute to vote for her.]

Hello, friends and family. I have entered the *Curvy Idol* contest brought to you by Project Curve Appeal. If I earn a top 10 spot, I'll be invited to the second phase of the competition in Atlanta, Georgia! To get there, I need your help. The following are links where you can vote for me. Each link gives me one vote. I am the only competitor from California and I want to represent the BBW/Fat Activism community here in California.

Every \$5.00 you donate will give me 10 votes! There are four other ways, which are free, to lend your support. If I get a vendor or

sponsor, I receive points as well. If you're interested in any of these options, I am happy to provide that information.

This event is public so please feel free to share! Thank you in advance for your continued support of "Your favorite fat girl's favorite fat girl" and let's get to Atlanta!!

Voting ends November 30th at 11:59 pm. Here are the links!

Curvy idol website <http://www.proprofs.com/polls/poll/?title=ChHImqSxTUYZ>

Instagram: @curvyidol

Facebook <https://www.facebook.com/projectcurveappealmovement/photos/a.10152587466460412.1073741844.158441540411/10152753233490412>

Curvy Idol Comp page on Facebook <https://www.facebook.com/photo.php?fbid=1530398790536510&id=100006992115727>

Petition: TED talk by Linda Bacon!



For many of us, the name Linda Bacon is synonymous with HAES. We believe it's time that Linda is invited to present a TED talk. If you think so too, sign the petition, please!

Body Respect: The Time Has Come:
<http://petitions.moveon.org/sign/ted-talk-support-linda>

Small Steps are the Way to Big Results

by Cinder Ernst

Again and again this lesson comes back, especially when it comes to fitness and exercise.

The problem is that traditional fitness hype has many "have-tos": you have to do 30 minutes, you have to sweat, you have to work hard, and you have to, etc. Most of these don't work for big people who may be reluctant exercisers.



All that misinformation has set up un-athletic and/or sedentary people for repeated failure. It's not your fault; it's just not the right information for you.

So what to do if you want to get stronger and have more stamina? Start small!

When I start people in any of my programs, I ask them to discard everything they think they know about what they should be doing when it comes to exercise and just follow my sweet and easy instructions.

Start with a small step, one that's just right for you. When you start to worry that it's not enough - and you probably will - just say to yourself, "Thanks for sharing worry, but I'm gonna listen to my coach." Then continue to do your small step.

The way to get the results you're looking for is just by taking the

next step: make it a small one and the whole thing can be easier than you ever thought possible.

Choosing a Small Step

How do you figure out what your next step should be?

To increase walking: One of my clients knows she is comfortable walking from house to car, so she decided to walk around her car before getting into it. This small step is simple, easy to remember, and turned out to be a perfect amount of extra steps.

About a bike: One client got an exercise bike for home and wanted to start with 5 minutes but it was way too much. OK. So, she started with 25 rotations and it was perfect. She's up to 45 rotations now. She took this lesson to heart and each increase feels easy and doable.

To make it more fun: Another client hates the word exercise. Can I get an "Amen"? So, she nicknamed her *Heal Your Knee* exercises as her "Chair Wiggles". In that way she does her small steps with a smile on her face and her knees are improving by leaps and bounds!

Put aside information that does not suit you and find a small step that works just right for you. Need help with this? Email me and we'll set up a free phone consultation and get you started coach@cinderernst.com

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.]

June 19, 2013: The beginning of David Berreby's article on obesity is a bit painful as he repeats the fat=unhealthy message, but after that he discusses the complexity of what may or may not lead to fatness, making clear that to think fatness is just a personal choice is scientifically indefensible. <http://aeon.co/magazine/health/david-berreby-obesity-era>

June 24, 2014: The Obesity Society issues treatment recommendations for fat people, choosing drugs and behavior modification for most. The underlying study only looks at the efficacy and benefits of weight-loss focused treatment without looking at health outcomes for weight neutral options such as a HAES approach. Also, study authors admit that more long term research is needed, with most research being less than one year duration.

<http://www.drugstorenews.com/article/report-116-million-obese-americans-recommended-prescription-diet-aids>
<http://onlinelibrary.wiley.com/doi/10.1002/oby.20821/full>

October 2014: A study concludes that individuals with a greater fat bias achieve greater weight loss. The study appears to be silent on how much damage the individuals suffer when that weight, inevitably, returns. To read the abstract, click on the link and scroll down to the study appearing on pages 648 through 653.
<http://www.sciencedirect.com/science/journal/14710153>

October 16, 2014: Fall Ferguson, writing for the HAES Files, discusses inequities in healthcare and how she would like to see the industry recognize how these affect stigmatized groups, such as LGBT, persons with disabilities, and weight/size.
<http://healthateversizeblog.org/2014/10/16/the-haes-files-we-only-think-we-understand-health-inequities>

October 20, 2014: Researchers conclude that weight regained over a three year period occurs at the same rate irrespective of how quickly or slowly the weight was lost. However, most media coverage of the study (a fee is required to read the study published in The Lancet - Diabetes & Endocrinology) misses the point, reporting that quick weight loss is preferable, while failing to note that all participants who had lost significant weight were regaining it three years out.
<http://well.blogs.nytimes.com/2014/10/20/lose-weight-quickly-or-slowly-research>
http://www.nlm.nih.gov/medlineplus/news/fullstory_148934.html
[http://www.thelancet.com/journals/landia/article/PIIS2213-8587\(14\)70153-6/fulltext](http://www.thelancet.com/journals/landia/article/PIIS2213-8587(14)70153-6/fulltext)

October 21, 2014: A study of the effect of sugar-sweetened beverages (SSBs) on telomere length (telomeres are "caps" at the end of DNA strands that help control DNA replication) concludes that carbonated SSBs may cause telomeres to shorten. Carbonated non-SSBs and noncarbonated SSBs did not have this effect, but fruit juice did. The researchers then seem to make a huge leap and conclude that regular drinking of carbonated SSBs "might influence metabolic disease development through accelerated cell aging." While the researchers assume that telomere length is a good proxy for cell health, an earlier study calls this assumption into question (see third link).
<http://www.cnn.com/2014/10/21/health/sugar-soda-age-faster>
<http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2014.302151>
<http://www.plosgenetics.org/article/info:doi/10.1371/journal.pgen.1004191>

October 21, 2014: Jennifer Shinall explains her study (currently under review for publication) of the wage penalty that fat women face in the workplace, and why there is no situation where being fat is an advantage for a woman, even though fat men do not face the same bias when it comes to their paycheck.
<http://news.vanderbilt.edu/2014/10/overweight-women-labor-market>
<http://thinkprogress.org/health/2014/10/23/3583348/fat-shaming-paychecks>
http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2379575

October 30, 2014: ASDAH (the Association for Size Diversity and Health) announces a free webinar, Integrating HAES Practice into Medical Nutrition Therapy, by Fiona Willer, APD, AN, to be held on November 18, 2014.
<https://www.sizediversityandhealth.org/content.asp?id=232>

October 29, 2014: Fighting against proposed weakening of health standards for school lunches under the National School Lunch Program, an article argues for retaining the current standards because of the dangers of childhood obesity. We say that since (a) healthier lunches should help all kids, not just fat ones, and (b) the article cites no studies proving any weight loss among participants, it's wrong to sell healthier food based on fear of fatness.
<http://www.nejm.org/doi/full/10.1056/NEJMp1409353?query=TOC&>

October 31, 2014: Dear Kate, a New York based retailer, takes on Victoria's Secret's "Perfect Body" ad campaign, offering its own version of the perfect body, showing beautiful bodies of diverse sizes, shapes, and colors.
<https://www.yahoo.com/style/in-response-to-a-victorias-secret-advertisement-101437719993.html>

November 2014: Renee Posey wants Gap, Inc. (owner of Old Navy) to stop charging more for women's plus-size clothes since they don't charge more for large men's clothing, and she has set up a petition on Change.org.
<https://www.change.org/p/gap-inc-stop-up-charging-for-women-s-plus-sized-clothing>

November 2, 2014: The CDC's LEAN Works! program purports to allow companies to calculate the financial losses due to fat employees. The claimed purpose is to

help companies provide support services to its fat employees, but many believe it will be used to further the discrimination in the workplace that fat people already face.

<http://www.nbcnews.com/health/diet-fitness/cdc-fueling-anti-fat-bias-workplaces-n237171>

November 11, 2014: A new study compares four popular diets (Atkins, Zone, Weight Watchers, and South Beach) and concludes all four diets "achieved modest and similar long-term weight loss," even though, at 24 months, the weight was already returning.

<https://www.yahoo.com/health/new-study-calls-popular-diets-into-question-102458890047.html>

<http://circoutcomes.ahajournals.org/content/early/2014/11/11/CIRCOUTCOMES.113.000723.abstract>

November 12, 2014: In a 12 week study of fat women, researchers found that regular exercise led to improved aerobic health but no weight loss overall, and that there is a lot of variance in how an individual's body will react to regular exercise.

<http://well.blogs.nytimes.com/2014/11/12/exercising-but-gaining-weight>

<http://www.ncbi.nlm.nih.gov/pubmed/25353081>

November 14, 2014: Linda Bacon is interviewed by a weight-loss book author and finds her positions are misrepresented. She welcomes supportive comments on the article. To read and comment on the article, however, you must be a subscriber to the Chicago Tribune.

<http://www.chicagotribune.com/lifestyles/health/sc-health-1119-body-fat-must-go-20141113-story.html>

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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