



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

November 2015

### Dear Reader,

We LOVE LOVE LOVE your suggestions! Please send them to [pr@naafa.org](mailto:pr@naafa.org)

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## I Am NOT A Disease!



*by Peggy Howell*

In 2014 the American Medical Association (AMA) declared obesity a disease despite objections within their own ranks and from their own legal counsel. Now several U.S. healthcare organizations have created National Obesity Care Week (NOCW), November 1-7, 2015, calling it a comprehensive, compassionate and personalized approach to treating obesity as a disease.

<http://www.obesitycareweek.org>

Their goals are actually to entrench in the minds of society that obesity is a disease. Since recent studies show how much fat bias exists among healthcare professionals, I personally do not believe they give a hang about compassionate care

for obese people. They care about the money they will get from insurance and Medicare when being fat is firmly established as a disease. "As many as 65 percent of American adults are recommended for weight-loss treatment based on the 2013 guideline for the management of overweight and obesity in adults," Jensen MD, Ryan DH, Apovian CM, et al.

Some of the "comprehensive, compassionate care" conversations include the concept of "treat the obesity first". What they are saying is that regardless of the reason for the patient's visit, the doctor's responsibility is to treat the obesity first.

## Making History

[November Video of the Month](#)

For the first time ever, a plus-size designer with a plus-size collection takes home top prize on the fashion design show *Project Runway*, and is a featured collection in New York Fashion Week. Meet Ashley Tipton and enjoy the show!

[online.com/videos/242280/project-runway-winner-makes-history](http://online.com/videos/242280/project-runway-winner-makes-history)

## Quick Links

[NAAFA.org](#)  
[NAAFA-CC.org](#)

### Facebook

[Main](#)  
[Cause](#)  
[SF Bay](#)  
[Capital](#)

[Orange County](#)  
[Los Angeles](#)  
[Clark County](#)  
[End Bullying Now](#)

[Twitter](#)  
[MySpace](#)

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This is absolute and utter nonsense and is not indicative of comprehensive, compassionate and personalized patient care.

We'll listen up folks, I am NOT a Disease! NAAFA addressed this issue when it was first being discussed back in 2013 before we were declared diseased with this fact sheet: <http://tinyurl.com/nj3u7up>

In response to NOCW, we launched our own social media campaign on November 1, 2015, with the following tweets to the major organizations sponsoring this campaign and posts on social media:

Day 1

@OAC @TOS @STOP @ASMBS #IamNOTaDISEASE #EqualityAtEverySize  
<http://tinyurl.com/nj3u7up> [www.naafa.org](http://www.naafa.org)

Day 2

@OAC @TOS @STOP @ASMBS #StopMedicalWeighBias <http://tinyurl.com/oc2l266>  
#EqualityAtEverySize [www.naafa.org](http://www.naafa.org)

Day 3

@OAC @TOS @STOP @ASMBS #NotAllFatPeopleHaveEatingDisorders  
<http://tinyurl.com/qzdgvhg> [www.naafa.org](http://www.naafa.org)

Day 4

@OAC @TOS @STOP @ASMBS #WholesomeFoodIsGoodForEverybody  
<http://tinyurl.com/pcamt6y> [www.naafa.org](http://www.naafa.org)

Day 5

@OAC @TOS @STOP @ASMBS #EnjoyableMovementBenefitsAllBodies  
<http://tinyurl.com/nfqvv38> [www.naafa.org](http://www.naafa.org)

Day 6

@OAC @TOS @STOP @ASMBS #HAESisTheWay <http://haescurriculum.com>  
#EqualityAtEverySize [www.naafa.org](http://www.naafa.org)

Day 7

@OAC @TOS @STOP @ASMBS #JoinTheFightAgainstInequality  
<http://tinyurl.com/ol2c2jp> #JoinNAAFA [www.naafa.org](http://www.naafa.org)

## Weightless: the Documentary



*Weightless*, a documentary film celebrating fat women living their lives to the fullest, is now available to stream on IndieFlix!

The film, which screened at the 2010 NAAFA Conference in San Francisco and later aired on The Documentary Channel, is about Bay Area-psychologist and scuba diver Liz Nickels, and the "camp" she created for large women to learn and enjoy scuba diving. Two newbies travel to Hawaii to train and become certified divers. *Weightless* illuminates their journey and shows whether they both succeed. *Weightless* was produced and directed by Faith Pennick.

IndieFlix (dubbed "The Netflix of independent film" by Variety magazine) allows viewers to watch films from around the world on their computers, laptops, even Roku and Xbox.

See for yourself that underwater, there is no overweight. To watch the film, go to <https://indieflix.com/indie-films/weightless-46125>  
And like the *Weightless* page on Facebook!  
<https://www.facebook.com/pages/Weightless-the-documentary/107687112643615>

## WANTED: People with a Passion for Size Acceptance and Equality at Every Size

NAAFA is looking for people with passion who are willing to:

- Volunteer their personal time and efforts to NAAFA (approximately 4 hours/week)
- Offer and use their ideas, skills and abilities to advance NAAFA programs
- Apply their passion for size-acceptance in furthering the goals of the organization

NAAFA is in search of people to join our Board of Directors. If you are interested in finding out what you can do to help move the organization forward, contact us at [secretary@naafa.org](mailto:secretary@naafa.org). Thank you!

### Board Member Job Description

1. Regularly attend board meetings and important related meetings generally by teleconference.
2. Commit to participate actively in Board work.
3. Volunteer for and willingly accept assignments, and complete them thoroughly and on time.
4. Stay informed about Board matters, prepare well for meetings, and review and comment on minutes and reports.
5. Get to know other Board members and build a collegial working relationship that contributes to consensus.
6. Actively participate in the organization's annual evaluation.
7. Participate in fund raising for the organization.
8. Participate in developing and implementing short-term and long-term strategic planning for the organization.
9. Represent the organization in the community.
10. Be an active member in good standing for at least one (1) year.

## We Rely On Your Support

*by Darliene Howell*

As a grassroots civil rights organization, NAAFA depends on our members for support, both financially and as participants, working to bring about the change we seek. Members join like-minded individuals committed to working for Equality at Every Size. Because NAAFA is an all-volunteer organization, membership fees and donations go a long way in helping reach our goals.

If you are not currently an active member, we are asking for your support by joining or renewing your membership. Your fees and donations have enabled NAAFA to educate and support our members by creating brochures, fact sheets and Toolkits for use in daily life. These are all available on the NAAFA website at <http://www.naafaonline.com/dev2/about/brochures.html>

Member support has enabled us to give feedback to legislators and government agencies, standing up for some proposed legislation and speaking out against

others, both on state and federal levels.

We need your membership commitment to accomplish even greater things in the coming year. Future projects supported by member fees, monthly pledges and other contributions include:

- Updating the 2009 NAAFA Size Diversity Toolkit and funding a Size Diversity Survey and Report of those companies originally contacted.
- Updating the NAAFA Child Advocacy Toolkit and continuing to make it available on our website.
- Creating an End Bullying Now Toolkit to enable us to expand our anti-bullying campaign.
- Creating a Size Diversity in Higher Education Toolkit as a guide to higher education professionals on size discrimination, student rights, and accommodation.
- Updating a variety of our fact sheets and brochures to include the latest statistics and studies.

NAAFA's annual membership fee is only \$15.00. It's easy to renew right now at <http://www.gifttool.com/memberships/MembershipList?ID=1558&LNG=EN&VER=1>

Should you wish to contribute to a particular project, you are welcome to earmark donations for your pet projects.

Thank you for your support. You are the reason we continue this work for Equality at Every Size and to End Bullying Now!

## Imagining Less Weight Bias



*by Thomas E. Bott, Ph.D. candidate*

Weight bias is pervasive in American culture and is difficult to change. Fat persons experience bias, prejudice and discrimination in employment, education and healthcare. Weight bias can cloud the judgment of those who make important decisions about fat persons. Just as one example, studies illustrate that healthcare workers are less optimistic about the prognosis of their fat patients. This means that they might "give up" more easily and not try as hard as they should to aggressively treat fat patients.

Interventions are needed to help persons make bias-free decisions about fat persons. However, most weight bias reduction studies have shown mixed results. One intervention that uses guided imagery and guided reflection has been shown to be successful in reducing other biases such as racial bias or age bias but has not been used extensively in reducing weight bias.

Guided imagery is a technique where a person is asked to spend a few minutes imagining a pleasant conversation with a target individual such as a fat person and then later, using as many positive adjectives as possible in writing a brief paragraph about the nature of the imaginary conversation. This intervention is brief, private, and can be practiced at any time nearly anywhere.

My study tested the use of guided imagery and guided reflection on the reduction of weight bias. About 100 university undergraduate students participated, and were divided into an intervention group and a control group. Those receiving the intervention were asked to imagine a pleasant conversation with a fictitious target fat person depicted in a written profile that looked very similar to a job resume but that also included information about the person's height and weight. They were then asked to write a paragraph about their conversation with the fictitious person and to complete an obesity attitude test immediately thereafter. Control participants also reviewed the fat person's profile but instead of imagining a conversation, they were asked to read an article on mental imagery for chronic pain management. Control participants were also asked to write a brief paragraph generally about their thoughts about the use of imagery. They also completed the same attitude scale afterwards.

Based upon the attitude test data, I found that participants in the intervention group showed "significantly" more positive attitudes toward obesity relative to participants in the control condition. This means that the differences between the two groups were better than one would expect by chance alone. I was able to conclude that my intervention most likely caused immediate improved attitudes toward the target obese person relative to those that did not receive the intervention. Perhaps this technique may prove useful as a brief intervention for decision-makers who need to control their weight bias.

## Feeling Great in Your Body!



Hello NAAFA Friends!

NAAFA member Jo Nemoyn shared on our *Healthier You Group Program* call last month. Jo said that her husband and her business has recently been booming. To prevent being glued to her computer for more than 90 minutes at a time, Jo is scheduling stretching and exercise breaks. She gets up, stretches, does some get ups and other small step exercises (that she learned from me). This is an exciting and busy time for Jo and she is feeling pretty GREAT IN HER BODY. Because of her exquisite self-care, Jo is happily participating fully in her life!

But it wasn't always like that. Jo and I met at the SF NAAFA conference three years ago. She was getting ready to apply for disability because her knee and back pain was so bad she thought she would never work again. She could hardly live her life. Jo decided to give my six month program a try.

She started with small steps, built up from there, and never looked back.

Life is easier and better in so many ways for Jo. As I listened to her share last night, the thought running through my head was "*This sh\*t works!*"

As always, if you're ready for your Fat Friendly Fitness Breakthrough, send me an email [coach@cinderernst.com](mailto:coach@cinderernst.com)

If you want to get started on your own, check out this free Mini Heal Your Knee Home Study Course: <http://cinderernst.com/heal-your-knee-mini-course>

Here's to standing strong and moving forward!

Warmly,  
Cinder

## 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 14, 2015: A study of older patients with type 2 diabetes finds that patients who were weight cycling and regaining after intentional weight loss were associated with worse physical function in women and grip strength in men. <http://onlinelibrary.wiley.com/doi/10.1002/osp4.3/abstract>

September 15, 2015: Studying twins, researchers find no association between regular exercise behavior and BMI. The exercising twin did not have a lower BMI



than the non-exercising twin, nor did changes in exercise behavior over time result in opposite changes in BMI.

<http://onlinelibrary.wiley.com/doi/10.1002/osp4.2/abstract>

September 28, 2015: A 3-month non-weight focused intervention for fat women based on self-determination theory and HAES approach results, at the 12-month follow-up, in significant improvement in quality of life for the participants

[http://www.maturitas.org/article/S0378-5122\(15\)30059-1/pdf](http://www.maturitas.org/article/S0378-5122(15)30059-1/pdf)

October 2, 2015: Research (as yet unpublished) presented at a meeting of the International Society for Technology concludes that fat patients undergoing joint replacement surgery are no more likely to face complications and less likely to need blood transfusion than other patients.

<http://www.webmd.com/diet/obesity/20151002/obesity-wont-affect-joint-surgery-safety-study-finds>

October 9, 2015: Researchers find that men in the US who are incarcerated tend to have lower adult weight gain as compared to non-incarcerated men, while there is no difference in adult weight gain between incarcerated and non-incarcerated women.

<http://www.sciencedirect.com/science/article/pii/S009174351500300X>

October 12, 2015: Researchers develop a treatment for obese, depressed women called *Accept Yourself*, integrating Acceptance and Commitment Therapy (focusing on valued life behaviors and acceptance of painful emotions) and the HAES paradigm (enhancing physical health without encouraging weight loss).

<http://link.springer.com/article/10.1007/s10615-015-0565-y>

October 20, 2015: Judith Matz provides a list of 9 common mistakes parents make that can lead to children learning to hate their (or others') bodies, and offers suggestions on alternative actions that are body affirming.

<http://thebodyisnotanapology.com/magazine/9-common-mistakes-parents-make-about-their-kids-weight>

October 21, 2015: Peggy Howell's article in *U.S. News Health* urges all people to stop body bashing and start focusing on health and strength, because your size and weight is no one's business but your own.

<http://health.usnews.com/health-news/patient-advice/articles/2015/10/21/news-flash-body-bashing-and-fat-shaming-dont-inspire-weight-loss>

October 21, 2015: Whitney Way Thore and others show us that there is no wrong way to have a body, that all bodies are good bodies, and that we are not here to meet the expectation of others. No Body Shame!

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

October 26, 2015: Presenting at the 2015 International Thyroid Congress and Annual Meeting of the American Thyroid Association, research (not published) finds that over-the-counter weight-loss supplements often contain unlabeled and significant levels of thyroid hormones.

<http://www.medscape.com/viewarticle/853215>

October 27, 2015: Between 1969 and 2013, five of the six top causes of death in America for people under 75 years of age dropped significantly, including stroke (down 77%), cancer (down 17.9%), heart disease (down 67.5%) and diabetes (16.5%). However, the death rate from COPD doubled.

<http://www.livescience.com/52597-mortality-trends-usa.html>

<http://jama.jamanetwork.com/article.aspx?articleid=2466136>

<http://jama.jamanetwork.com/article.aspx?articleid=2466099>

October 27, 2015: A study claims that metabolic parameters in fat children can be improved by restricting fructose without reducing calories and irrespective of weight loss. At the second link Rebecca Goldin presents her problems with the study.

<http://onlinelibrary.wiley.com/doi/10.1002/oby.21371/full>

<http://www.stats.org/glaring-flaws-in-sugar-toxicity-study>

October 27, 2015: After reviewing past research, the U.S. Preventive Services Task Force finds a moderate benefit to screening asymptomatic fat adults ages 40 to 70 for high blood glucose. The study does not address whether this would be of benefit to all adults.

<http://annals.org/article.aspx?articleid=2466368>

October 27, 2015: A small study on a HAES approach as an intervention for obese women finds that many psychological, physical, and behavioral health-focused

improvements are achievable; and urges more studies of this type to confirm the efficacy of a HAES program.

<http://journal.frontiersin.org/article/10.3389/fnut.2015.00034/abstract>

October 29, 2015: A study looking at whether those with type 2 diabetes had a greater risk of death (from all causes and from cardiovascular causes) finds that the relative risks vary from much higher to significantly lower, depending on age, glycemic control, and renal complications.

<http://www.nejm.org/doi/full/10.1056/NEJMoa1504347>

October 29, 2015: Looking at 53 studies, researchers find that low-fat diets do not lead to long term weight loss. Low-carbohydrate diets results in a small increase in weight loss, but also does not lead to long term weight loss. In other words, dieting does not lead to long term significant weight loss.

<http://www.medpagetoday.com/Endocrinology/Obesity/54390>

[http://www.thelancet.com/journals/landia/article/PIIS2213-8587\(15\)00367-8/abstract](http://www.thelancet.com/journals/landia/article/PIIS2213-8587(15)00367-8/abstract)

October 30, 2015: Changes to the rulemaking for the Genetic Information Nondiscrimination Act of 2008 may weaken it relative to employer "wellness programs" and obtaining health and genetic information from an employee's spouse. Comments are being accepted on the proposed modification through December 29, 2015.

<https://www.federalregister.gov/articles/2015/10/30/2015-27734/genetic-information-nondiscrimination-act-of-2008>

November 2015: This site claims to calculate your risk of amputation or blindness due to diabetes if you fill in a short questionnaire (note: hemoglobin A1C values are entered in thousandths, like baseball batting averages, rather than percentages). Interestingly, body mass isn't used in the calculations.

<http://qdiabetes.org/amputation-blindness/index.php>

November 2, 2015: A study finds that between 1999 and 2012, the diet of Americans improved, and this may be connected to the known reduction in premature deaths. With no reduction in fatness over that period (see November 12 entry), this seems to show that on a large scale, better diet leads to better health, but no weight loss. Sounds like HAES to us.

<http://consumer.healthday.com/cardiovascular-health-information-20/dieting-to-control-cholesterol-health-news-190/better-diets-may-be-extending-americans-lives-704834.htm>

<http://content.healthaffairs.org/content/34/11/1916.short>

November 3, 2015: Oprah Winfrey, well known for her weight cycling, has bought a 10% interest in Weight Watchers. *Business Insider* claims that this is problematic because Weight Watchers (along with all other diets) does not work. Meanwhile, *Slate.com* says that it's smart . . . for the exact same reason, explaining that Weight Watcher dieters also tend to rejoin Weight Watchers when the pounds come back, signing up for an average of four separate program cycles.

<http://www.businessinsider.com/the-oprah-effect-cant-fix-weight-watchers-biggest-problems-2015-10>

[http://www.slate.com/blogs/browbeat/2015/11/03/why\\_weight\\_watchers\\_doesn\\_t\\_work.html](http://www.slate.com/blogs/browbeat/2015/11/03/why_weight_watchers_doesn_t_work.html)

November 6, 2015: Fabulously fat fashion designer Ashley Nell Tipton wins *Project Runway*!

<http://www.bustle.com/articles/122333-9-reasons-ashley-nell-tipton-winning-project-runway-is-a-huge-step-for-plus-size-fashion>

November 11, 2015: *The New York Times* reports on a study from this past June that suggests that the biggest factor affecting the health of fat people isn't fat itself, but the stigma of being fat. Not news to us, but we're glad to hear some confirmation.

<http://well.blogs.nytimes.com/2015/11/11/is-fat-stigma-making-us-miserable>

<http://onlinelibrary.wiley.com/doi/10.1111/spc3.12172/abstract>

November 10, 2015: Josh Barro explains why the life expectancy numbers reported by the Centers for Disease Control are too pessimistic and why our children will most likely live quite a bit longer (early 80s for men and late 80s for women).

<http://www.nytimes.com/2015/11/10/upshot/your-kids-will-live-longer-than-you-thought.html>

November 12, 2015: The US Centers for Disease Control and Prevention reports a slowly increasing prevalence of obesity for adults 2003-2004 to 2013-2014 with no leveling off. However, (a) there was no change in prevalence in youth in the

same period, (b) the most recent uptick for adults (2011-2012 to 2013-2014) was not statistically significant, and (c) an earlier study of the same data except for the 2013-2014 results reported no significant increase for either youth or adults (3rd link).

<http://conscienhealth.org/2015/11/obesity-under-control-no-wait-its-up>

<http://www.cdc.gov/nchs/data/databriefs/db219.htm>

<http://jama.jamanetwork.com/article.aspx?articleid=1832542>

November 12, 2015: New music from Missy Elliott! (And Adele!)

[https://www.youtube.com/watch?v=KO\\_3Qgib6RQ](https://www.youtube.com/watch?v=KO_3Qgib6RQ)

<https://www.youtube.com/watch?v=YQHsXMgJC9A>

*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>

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