

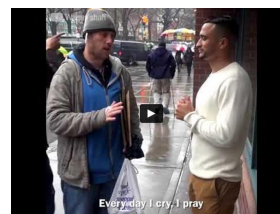


November 2019 NAAFA Newsletter

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Video of the Month



The Future of NAAFA Committee



We are looking for volunteers to be part of The Future of NAAFA Committee. The Committee would be tasked with making recommendations to the NAAFA Board of Directors on:

- Board recruitment, with a particular focus on diversity of age, race, LBTQIA identity, and ability
- How to promote NAAFA and attract the next generation of size activists/advocates
- Potential new projects including description, timelines, budget, and recruitment
- Planning for a 2021 Conference

Committee members should have an eye on the future of the civil rights of fat people and the organization. We're looking for forward thinkers with an understanding of intersectionality, and

A Giving Heart

In this social experiment, a homeless man sets an example for all of us with his honesty and generous attitude. Our world needs more of this right now.

youtube.com/watch?v=gl2LHceXgZ4

Quick Links

[NAAFA.org](https://naafa.org)

Facebook

[Main](#)

[Toronto, ON, Canada](#)

[Capital \(DC\)](#)

[Clark County, NV](#)

[SF Bay, CA](#)

[Los Angeles, CA](#)

[Orange County, CA](#)

[End Bullying Now](#)

how various diverse groups of fat people will be included.

[Twitter](#)

All Committee meetings will be held online and recommendations will be made to the Board of Directors in writing.

[Instagram](#)

If you are interested in participating in the Committee, please contact Darliene Howell via private message on Facebook at <https://www.facebook.com/darlieneh> or email us at naafa-secretary@outlook.com no later than December 1, 2019. The initial meeting of the Committee will be scheduled for a date in January 2020.

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Thank you for your continued support of NAAFA!

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Fat Fashion Focus: Swankety Swank Global Citizen Fashions

by *Tigress Osborn*



Model Saucye West wearing Swankety Swank's Instaglam Deluxe Orange Butterfly Shrug (Photo provided by @SaucyeWest)

Yabette Swank of Swankety Swank Global Citizen Fashions is relatively new to NAAFA, but she is no stranger to fashion or to fat community. Swankety Swank debuted on the NAAFA Con runway at our 50th Anniversary Conference, where Yabette showcased her popular "Instaglam" shrugs on several of our volunteer models. We first learned about Yabette's

clothing line via long-time NAAFA supporter model Saucye West, who has been regularly featured in Yabette's designs for years.

As a child, Yabette learned some sewing basics from her Aunt Donna, "a quintessential single mom hustler" who used sewing projects to supplement her income. Yabette grew up to be a musician, but along the way, she also developed as an artist in other mediums, including crafting clothes and accessories. "I was the raver girl in the '90s who was making macrame jewelry out of hemp and selling it on the side while making music at the raves," she says. It wasn't until many years later, when Yabette began making stylish and practical "mom bags" to replace ugly and impractical diaper bags, that upcycling unique thrift store finds led to her opening a Swankety Swank store. The store was a community hub, a sort of locally-made-products department store melded with event space for its San Francisco neighborhood. Yabette branched out into more sustainable fashion, especially steampunk inspired looks that were popular with San Franciscans of all sizes. The store's first plus size fashion show was a hit. Yabette also discovered that activist Marilyn Wann of *Fat!So?* fame was her neighbor. Always an unapologetic fat girl herself, increasing exposure to the Bay Area's fat activist community deepened Yabette's sense that rejecting fatphobic attitudes in fashion had to be part of her business in the way it had always been part of her personal life.

Yabette eventually closed the store to focus on another art love, oil painting. But she has maintained Swankety Swank as a fashion brand, selling through her website, at trunk sales, and at community events. Swankety Swank focuses on making glamor and fun in fashion as sustainable as possible. Their global citizen philosophy centers on ethical fashion made from sustainable fabrics - especially hemp, which Yabette strongly supports - and fair business practices. It is the antithesis to "fast fashion" (quickly made trendy clothing that often uses high-polluting manufacturing practices and exploitative labor practices). Yabette embraces what she calls a full spectrum fashion attitude. In other words, her custom designs are available for literally any body, and her inclusive attitude about size, color, and gender shows in both her marketing and her fanbase. Swankety Swank is a values-based business. "I am definitely an activist, above being a business woman. My ideals are above the bottom line," she says. "Does that mean I want to be broke? No. There are people who put their money where their mouth is and invest in the change they want to see. I feel like I've always been that person. Being a hemp advocate, I am always trying to show how you can have stylish, practical everyday wear that is fully sustainable. For me, the activism is in the inclusivity, in the non-binary presentation, the diversity presentation, and the goal of creating fully sustainable outfits."

Part of Yabette's global citizen worldview includes recognizing and having gratitude for the love and labor of everyone who contributes to keeping Swankety Swank alive. "I want to be thankful for all the people who have put their money where their mouth is, who are supporting brands like mine, in all the ways they support. When they share an article like this. When they share a picture on Instagram. When they work as a model for me. The people who are doing the fat activism work. The people who are doing the sustainability work. People who are on the ground trying to put out plus size sustainability in all the different ways that they do are really helpful. All these people who come together to make this happen make the difference. I am just so thankful."

Swankety Swank Global Citizen Fashions

<https://swanketyswank.com>

Facebook: [facebook.com/SwanketySwankFashions](https://www.facebook.com/SwanketySwankFashions)

IG and Twitter: @swanketyswank

Help NAAFA While You Shop

You can support the National Association To
Advance Fat Acceptance by shopping at

<https://smile.amazon.com/ch/23-7296874> and AmazonSmile will donate a portion of your purchase to NAAFA.

National Gratitude Month

by Peggy Howell



Did you know that November has been observed as National Gratitude Month since 2015? I don't know about you, but I have a lot for which to be grateful.

First and foremost I am grateful to have the privilege of living to be 72 years old. Having a sister who is my best friend and partner in crime is right at the top of the list. I'm so grateful for a home and transportation and a kitchen full of delicious healthy food.

Psychology Today defines gratitude as "an emotion expressing appreciation for what one has. It is the recognition of value independent of monetary worth. Spontaneously

generated from within, it is an affirmation of goodness."

Turns out that having an "attitude of gratitude" has far more benefits than we realize. A *Forbes* article from 2014 shared several studies that reveal seven scientifically proven benefits of gratitude that will motivate you to give thanks year-round.

1. Gratitude opens the door to more relationships. Showing appreciation can help you win new friends. Thanking a new acquaintance makes them more likely to seek an ongoing relationship. Acknowledging other people's contributions can lead to new opportunities.
2. Gratitude improves physical health. Grateful people experience fewer aches and pains and they report feeling healthier than other people. Grateful people are also more likely to take care of their health.
3. Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Gratitude effectively increases happiness and reduces depression.

4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people with decreased desire to seek revenge.
5. Grateful people sleep better. Writing in a gratitude journal improves sleep. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.
6. Gratitude improves self-esteem. A 2014 study found that gratitude increased athlete's self-esteem, which is an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Grateful people are able to appreciate other people's accomplishments.
7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. Vietnam War veterans with higher levels of gratitude experienced lower rates of post traumatic stress disorder. Gratitude was a major contributor to resilience following the September 11 terrorist attacks. Recognizing all you have to be thankful for - even during the worst times of your life - fosters resilience.

Although developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life, I believe that one more step will improve your life even more. That next step is sharing with others. Giving to others has a significant positive impact on your mental, emotional and physical well-being. Sharing with others can be as simple as a smile or a kind word but if you are blessed with the means, share from your place of abundance with those who are in need. Blessings!

NAAFA Chronicles No. 46

Continuing our look back at our history, NAAFA's 46th newsletter is for Spring-Summer 1981:

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Spring-Summer_1981.pdf

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

Media and Research Roundup

by Bill and Terri Weitze

October 1, 2019: A recent study of WLS (weight loss surgery) survivors over a period of 7 years finds that both gastric bypass and sleeve gastrectomy patients had higher incidents of invasive procedures, gastrointestinal disorders, and nutritional disorders than their respective control groups.

[https://doi.org/10.1016/S2213-8587\(19\)30191-3](https://doi.org/10.1016/S2213-8587(19)30191-3)

October 14, 2019: The British Psychological Society wants to change the language about fat people by using person-first language ("people with obesity") to try to reduce fat stigma and discrimination; while Cat Pausé believes that that is not going to help, stating that it is more helpful to let the person decide how they want to self identify.

<https://theconversation.com/changing-the-terminology-to-people-with-obesity-wont-reduce-stigma-against-fat-people-124266>

October 15, 2019: Internet fat influencers and APAG (Adult Performers Actors Guild) are urging Facebook and Instagram to adjust their policies and algorithms which discriminate against images of fat bodies. Many fat influencers have had pictures flagged and removed and some accounts banned even though the same images featuring non-fat people are approved.

<https://www.fastcompany.com/90415917/this-is-the-impact-of-instagrams-accidental-fat-phobic-algorithm>

October 17, 2019: Researchers find that fat people who lose weight after age 47 are at a greater risk of an early death than those whose weight remained stable, while gaining weight in middle age and later life is not associated with premature death.

<https://nationalpost.com/health/obesity/obese-people-who-lose-weight-after-age-47-tend-to-die-earlier-study>

<https://doi.org/10.1136/bmj.l5584>

October 18, 2019: An article in *Ms.* discusses the history of fat liberation and feminism, and explains why the body positive movement is not the same as the fat liberation movement.

<https://msmagazine.com/2019/10/18/the-feminist-history-of-fat-liberation/>

November 1, 2019: Researchers looking at follow-up studies of non-surgical and non-pharmacological weight loss treatments find only 8 high quality studies meeting their criteria, and these show that while weight can be lost, it is likely to be regained over time for most participants.

<https://doi.org/10.1111/obr.12949>

November 8, 2019: Ameya and Pallavi, two fat women in India, have started a podcast discussing growing up and living in India called Fat.So? (echoing, consciously or not, Marilyn Wann's book title). The podcast has been picked up by Suno India and ten episodes are planned for this season.

<https://www.thenewsminute.com/article/living-fat-body-meet-two-women-behind-candid-fatso-podcast-111968>

November 12, 2019: Your Fat Friend talks about how the response to fat shaming and fat injustice of "just lose weight" is offensive and a prime example of fat prejudice in action.

<https://www.self.com/story/fat-shaming>

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

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

