



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

### In This Issue

[Seemingly Inconsequential Acts](#)

[Put an End to Bullying!](#)

[An Easy Way to Raise Funds for NAAFA](#)

[Wish I'd Said That!](#)

[2012 CBC Health Braintrust](#)

[Knee Friendly Fitness](#)

[Media and Research Roundup](#)

### Seemingly Inconsequential Acts

by Dianne Hartley

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." -- Tupac Shakur

You never know what impact a seemingly inconsequential act will have on a life and how many people it will touch and continue to touch. In the way-back days of the early 1990s, I was in a newsstand store searching for some magazine or other. As I was standing in front of the magazine rack, a man came to stand next to me. I noticed he was splitting his time between looking at me out of the corner of his eye and shuffling through the magazines. After a few minutes, he held out a magazine to me saying, "Here, I think you will find this interesting," as he turned and left.

It was a *Dimensions* magazine. I didn't know what to think. Here was a magazine that portrayed big people in a positive way. It had a beautiful fat girl on the front page. I immediately drove over to my best friends Peggy and Darliene Howell's house to show them this amazing magazine. We pored over it discovering that not only were there beautiful pictures of BBWs (big beautiful women), but also articles, fictional love and adventure stories about BBWs and wonder of wonders: chat rooms, IRC channels, and ICQ listings. Plus, the Holy Grail: pages and pages of ads from men seeking to meet women just like us. There was also a tiny ad for something called a NAAFA Convention. It opened a whole new world for us.

That year Peggy and Darliene attended their first NAAFA convention in San Diego. We joined chat rooms, dated through the ads, and went to events when we could get to them. Eventually, we started chunkEbusiness.com. I met my husband (a big handsome man) when we were at a size positive dance promoting the business. Peggy drove around the country attending events, interviewing the promoters, and creating a documentary DVD, *Not in it for the Money*, which was screened at both NAAFA and the BBWNetwork's Vegas Bash in 2005.

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### Love Your Body

#### October Video of the Month

Join NOW, the National Organization for Women, as they celebrate their 15th annual Love Your Body Day on October 17, 2012.  
<http://loveyourbody.nowfoundation.org>

And in the meantime, enjoy this lovely visual reminder that we need to love our bodies.

[http://youtube.com/watch?v=BEISw\\_OURrY](http://youtube.com/watch?v=BEISw_OURrY)

And this lively jingle in Spanish is sure to make you want to move your body.

[http://youtube.com/watch?v=JzaG0\\_RiV4w](http://youtube.com/watch?v=JzaG0_RiV4w)

### Quick Links

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[NAAFA-Capital Facebook](#)  
[NAAFA MySpace](#)

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Peggy has gone on to become Public Relations Director of NAAFA and her work has had an impact locally, nationally, and internationally on the size acceptance movement. Darliene is a tireless and impressive activist who finds and shares information freely. Darliene stepped outside of the box and created her own kind of activism project. She makes direct contact with governmental agencies, as well as organizations and groups that are promoted in the press for advancing childhood or adult "obesity intervention programs". She provides them with NAAFA toolkits and brochures as she fearlessly fights for our rights as fat Americans.

I can't tell you what that man looked like beyond being of average height and weight but he changed the course of our lives and, through us, touched every person that has crossed our paths with that one seemingly inconsequential act. By the way, when I tried to pay for the magazine, the clerk said it wasn't one that they stocked.

"One person can make a difference, and everyone should try." -- John F. Kennedy

## Put an End to Bullying!



NAAFA is proud of Jennifer Livingston, a TV news anchor from Wisconsin who took a public on-air stand against a viewer who felt it appropriate to call her out as a "bad example" and not a "suitable" role model for youth, particularly girls, because of her body size. Bullying comes in many forms and is pervasive in our society. Fat people are among the most bullied. People come in all sizes.

Good role models are not determined by body size. Good role models come in all sizes, races and creeds.

We need more people of all sizes to stand up to say that they are living examples of the majority of people in this country who work every day, live their lives now (not waiting until they've lost weight or when they look as others think they should look), have a family, and are happy as they are.

Those accusing any celebrity or media representative of being a bad role model because "being fat can't be healthy so you need to diet" are absolutely wrong. Thin does not equal health, fat does not equal disease.

NAAFA is standing with Jennifer in fighting against the bullies that would attempt to destroy our self-esteem and sense of self-worth. Stand with NAAFA in its fight for EQUALITY AT EVERY SIZE. Stand with us and make a difference in the lives of adults and children who are faced with the hurtful words of bullies every day.

Jennifer ended her message as follows: "I leave you with this: To all of the children out there who feel lost, who are struggling with your weight, with the color of your skin, your sexual preference, your disability, even the acne on your face, listen to me right now. Do not let your self-worth be defined by bullies. Learn from my experience -- that the cruel words of one are nothing compared to the shouts of many."

NAAFA started its "End Bullying Now" campaign in 2011. We have created a free resource for anyone who has contact with children. The NAAFA Child Advocacy Toolkit (CATK) shows how to take the focus off weight and direct it to healthy behavior. It addresses bullying, building positive self-esteem, and eliminating stigmatization of large children. The toolkit includes educational materials, curriculum, and programming that are beneficial for all children. NAAFA's CATK is available at:

[http://issuu.com/naafa/docs/naafa\\_childadvocacy2011combined\\_v04?viewMode=magazine&mode=embed](http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed)

[Editor's Note: the October 2 special entry in the Media and Research Roundup below has more links on Jennifer and bullying.]

## An Easy Way to Raise Funds for NAAFA



In 2007, NAAFA member Terri Weitze created accounts with GoodSearch, GoodShop and Igive so that NAAFA could receive donations from these sites. It's easy to choose NAAFA as your charity;

then, every time you use GoodSearch as your search engine or shop on-line through GoodShop and IGive, donations are made to NAAFA. This is a great way for you to donate to NAAFA's work without cost to you!

Please do your web searches through [www.goodsearch.com](http://www.goodsearch.com) (a Yahoo-powered search engine) and your online shopping through [www.goodshop.com](http://www.goodshop.com) and/or [www.igive.com](http://www.igive.com) . Be sure to enter NAAFA as the charity you wish to support.

NAAFA has been receiving checks since Terri introduced this cool idea so we know it works! Make Goodsearch.com your homepage today!

## Wish I'd Said That!

by Peggy Howell

I was asked by a journalist this week, "What we could advise readers to do if they're on the receiving end of a cutting remark?" This has been the topic of conversation in the size acceptance community from time to time and there have been some brilliant one liners shared as a result of the conversation.

I know most of us have wished we had a good zinger more than once in our lives, maybe not around this issue, but still, I know we've all felt that way at one time or another. So, NAAFA would like to put together a list of "inappropriate" questions/comments that fat people hear way too often, along with some suggested brief responses. We've heard some great ideas and have no doubt you have ideas of your own. We're asking for your participation.

Each month, for the next few months, we will pose a question or comment along with a response or two. We'd like you to send your suggested one liners to Peggy Howell at [pr@naafa.org](mailto:pr@naafa.org) . The following month we will post the top ten suggestions, as well as the next question/comment.

At the conclusion of this project, NAAFA will compile a document with some of the best responses and make it available on our website. This can be a really fun project, so get involved!

### QUESTION OF THE MONTH:

Q - Have you gained/lost weight since I saw you last?

### EXAMPLE RESPONSES:

A - I have no idea. I don't track that because I am more than just a number on a scale.

A - Must be the lighting in here, I was going to ask you the same question but didn't want to appear rude.

Ready? Set? Go! Write to [pr@naafa.org](mailto:pr@naafa.org) with your suggested responses.

## 2012 CBC Health Braintrust

by Tony Harrell

On Friday, September 21, 2012, I traveled to the Washington Convention Center to attend the Congressional Black Caucus (CBC) Foundation's Health Braintrust, part of a much larger annual Legislative Conference held by the CBC. The Braintrust was hosted by Chairperson and Congresswoman Donna Christensen of the US Virgin Islands, who is the only current member of Congress who is a medical doctor.

The Braintrust was made up of four sessions plus an awards ceremony luncheon. While each of the four sessions would be considered important to all Americans, the one that most dovetailed with NAAFA's interests was the first session titled



*Bullying, Youth Violence and Suicide:  
Public Health Challenges Threatening the  
Nation's Future Leaders.*

Fellow NAAFA Board Member Lisa Tealer was kind enough to send abundant materials for me to hand out to panelists and fellow attendees. I have to say that approaching strangers in such a formal setting was an opportunity for growth, to put it kindly. Taking in the rush of information was a challenge not helped by a lingering illness from the previous day. I decided early on that I would try to simply

listen closely enough to determine who would benefit most from receiving our materials.

The session on bullying, youth violence, and suicide was very informative and offered various solutions to help mitigate or prevent such situations. Afterwards I was able to meet with three of the panelists: Dr. Sherry Molock, Associate Professor of Clinical Psychology at George Washington University; Dr. Joseph Wright, Professor and Senior Vice President of the Children's National Medical Center; and Rachel Davis, Managing Director at the Prevention Institute. I explained to each of them how NAAFA too is working to end bullying and how their support would be appreciated. They all graciously accepted the information packets as did Dr. Phillip Leaf, Senior Associate Director of the Johns Hopkins Urban Health Institute who overheard my conversation with Ms. Davis.

Later at the Awards Ceremony Luncheon, I listened to a presentation by Ms. Equilla Wainwright, Vice President of Diversity & Inclusion for Blue Cross Blue Shield of Michigan. I had mixed feelings about her announcing the success of her faith-based initiative where several African-American churches participated in a friendly weight loss competition. But then I realized there was an opportunity for a health care company to see things from our perspective. When I met her later on, she was upfront about the fact that she was concerned about obesity (her words), as Michigan's rate was fifth in the nation. I responded by informing her that Michigan was also the only state in the nation that includes size in its anti-discrimination laws. Ms. Wainwright was intrigued by that and decided that she would like to organize a workshop that would include NAAFA. I referenced Lisa as a fellow Diversity and Inclusion professional and said I would pass on her contact information to Lisa.

The final session focused on the Affordable Care Act, colloquially known as "Obamacare." While useful overall, my takeaway was that soon many fat Americans who face astronomical health insurance costs, if they can pay at all, can look forward to guaranteed healthcare options.

At the end of the conference, I caught up with the host, Congresswoman Donna Christensen, and had a brief conversation with her during which I handed her my last information packet. I then headed home with the optimism that came from initiating several influential and beneficial connections for NAAFA.

## Knee Friendly Fitness

*from Cinder Ernst*

Hello Friends,

This month I have a story that inspired a plan for articles for the next year. Here's the story first.

Over the summer I held my first ever group coaching program called *30 Days to Healthier Knees and a Healthier You* (name change coming . . . maybe *30 Days to be Free from Knee Pain* . . . suggestions welcome). Doing a class like this is a dream come true for me. I imagine all the people all over the world who I can help gain strength and stamina with gentle, kind and effective techniques that can be done from the comfort of your home.

One of my star students, Claudia Clark, offers this testimonial: "Before I started working with Cinder my arms and legs felt empty like I had no muscles and I was more and more limited because my lower body was weak. I had trouble getting upstairs in my house, I couldn't use the bathtub and I got out of breath walking. The turning point was finding the right person to help me, and it was Cinder. I



could tell she was kind and non-judgmental and so I said YES to her 30 day program. Now I am stronger all over, I can do more around the house, I can walk without getting out of breath, I can get in and out of my car more easily, I can play with my cat and I even got half way in the tub . . . a stand up shower is coming soon."

Claudia wanted me to tell you guys that she got these results in less than six weeks and she didn't suffer at all! She also knows now "even if I can't do everything, I can always do something."

Claudia's dream is being able to stand in the shower again. When we were following up after her 30 day program, she said she could get one foot in the tub, so we designed an exercise that she could do to gain more strength specifically for the shower dream. Then we thought **"Wow this could help everyone!"** The idea for an article series on strength training for Activities of

Daily Living (ADLs) was born.

Your job now, NAAFA Friends, is to tell me what ADLs are challenging for you. Email me at [coach@cinderernst.com](mailto:coach@cinderernst.com) . I have some ideas but I would love your direct input.

Thanks and love,  
Cinder

PS: I have a complimentary training class coming October 20th called *The First 3 Steps to Knee Friendly Fitness*. Get more info at [www.lesskneepain.com](http://www.lesskneepain.com) . The class will tell you how to build strength and stamina without fear of injury.

## Media and Research Roundup

by Bill and Terri Weitze

[Find more news at <http://naafa.org>]

August 31 (September 13 issue), 2012: Filmmaker and fat guy Michael Moore talks to *Rolling Stone* about why he and thousands of his Twitter followers walk every day (initially for its antidepressant effects). Choice quote: "I deplore exercise. Diets are a scam. I don't believe any of this stuff."

<http://www.rollingstone.com/politics/news/q-a-michael-moore-on-why-obama-needs-women-taking-long-walks-20120913>

September 10, 2012: The Federal Trade Commission announces that Medifast, Inc., will pay \$3.7 million as part of a settlement for making unsupported claims about its weight-loss program in violation of a previous order.

<http://www.ftc.gov/opa/2012/09/jasonpharm.shtm>

September 10, 2012: A study of data gathered in the National Health and Nutrition Examination Survey finds that younger fat children self-report eating more calories and adolescent fat children self-report eating fewer calories than leaner peers. Unfortunately, the press is reporting this to be "proof" that fat adolescents don't exercise enough based on comments by the study's authors, even though the study doesn't examine activity.

<http://www.examiner.com/article/why-do-obese-teens-eat-fewer-calories-but-stay-obese-exercise>

<http://www.medpagetoday.com/Pediatrics/Obesity/34655>

<http://pediatrics.aappublications.org/content/early/2012/09/04/peds.2012-0605>

September 11, 2012: Participants in an online survey conducted by the Rudd Center say that public health campaigns that focus on making healthy behavior changes without reference to body weight are more positive and motivating than those that stigmatize fat people.

<http://www.ncbi.nlm.nih.gov/pubmed/22964792>

September 13, 2012: An open letter from the Association for Airline Passenger Rights (AAPR) to the Federal Aviation Administration (FAA) challenges the FAA's recent ruling banning the use of personal seatbelt extenders on commercial flights. <http://groups.yahoo.com/group/naafanews/message/822>

September 12, 2012: Peggy and Darliene Howell are on *Women at the Well* at *blogspotradio.com* speaking with their long-time friend, host Linda Jenkins, sharing stories and information on size acceptance. <http://www.blogtalkradio.com/ty909/2012/09/12/women-at-the-well-f-peggy-howell-naafa>

September 15, 2012: Dr. Sheila Addison and Dr. Michael Loewy bring fat acceptance and a Health at Every Size(R) perspective to the 2012 American Association for Marriage and Family Therapy Conference. The slides and handouts are available through Dr. Addison's website. <http://www.drsheilaaddison.com/2012/09/15/aamft-2012-presentation>

September 17, 2012: Mounting research regarding the "obesity paradox" is leading more healthcare professionals to view fitness more important than weight and to examine other factors besides weight in connection with certain diseases and conditions. <http://www.nytimes.com/2012/09/18/health/research/more-data-suggests-fitness-matters-more-than-weight.html>

September 17, 2012: Fat women now demand "fatshion": cool and stylish clothes that fit, and that aren't confined by old-timey rules about being "flattering" (wear black, avoid stripes, etc.). This article looks at how new leaders in the plus-size fashion industry are looking to serve this emerging market. <http://www.bloomberg.com/news/2012-09-18/demand-from-plus-sized-women-spawns-fatshion-category-retail.html>

September 18, 2012: Fall Ferguson posts a blog explaining the "nocebo" effect on fat people, in which doctors (and society in general) present negative ideas about fatness, and how this can damage the fat person's "sense of coherence", which is a key to quality of life. <http://healthateverysizeblog.org/2012/09/18/the-haes-files-the-pursuit-of-coherence>

September 18, 2012: Hospitals are clamoring for equipment that will serve all their patients - not just the average sized ones. Companies are working to come up with ways for x-ray machines and MRIs to better serve fat patients. As a result, imaging software has improved to provide crisper images with reduced radiation exposure to average-sized patients. <http://online.wsj.com/article/SB10000872396390443995604578002254234036538.html>

September 18, 2012: Here we go again. A new study predicts that obesity rates will soar by 2030, unless we do . . . well, something. The study is based on a model published last year in *The Lancet*, which itself is based on an annual telephone survey. <http://www.reuters.com/article/2012/09/18/us-obesity-us-idUSBRE88HORA20120918>  
<http://healthyamericans.org/report/100>

September 20, 2012: A significant drop in life expectancy for white people with less than a high school education has researchers scrambling for an explanation, citing riskier behavior (smoking and abuse of prescription drugs) as well as lack of healthcare insurance as possibilities; and, yes, weight. <http://www.nytimes.com/2012/09/21/us/life-expectancy-for-less-educated-whites-in-us-is-shrinking.html>  
<http://content.healthaffairs.org/content/31/8/1803.abstract>

September 21, 2012: This video (first link) shows a roundtable discussion of Rebecca DiLiberto's *Huffington Post* blog about being fat and happy (second link) and Judy Silk's *Huffington Post* blog about her struggles with body image (third link). Note: Ms. Silk's statements in the video seem a lot more size-accepting than her blog post bemoaning that she no longer wears a size 7. <http://www.aol.com/video/fat-happy-being-fat-and-having-everything/517485620>  
[http://www.huffingtonpost.com/rebecca-diliberto/body-image\\_b\\_1879506.html](http://www.huffingtonpost.com/rebecca-diliberto/body-image_b_1879506.html)  
[http://www.huffingtonpost.com/judy-silk/body-image\\_b\\_1832311.html](http://www.huffingtonpost.com/judy-silk/body-image_b_1832311.html)

September 21, 2012: Three studies presented at the 2012 Obesity Society Annual Scientific Meeting look at naturally versus artificially sweetened beverages. One

study finds that kids who drink artificially sweetened beverages had less fat-related weight gain, while another has mixed results. A third study finds that obesity-related genes plus consumption of sugar sweetened beverages yields more weight gain than either alone.

<http://www.medscape.com/viewcollection/32609>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1203034>

<http://www.nejm.org/doi/full/10.1056/nejmoa1203388>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1203039>

September 22, 2012: Oddly, the headline proclaims "Fat Smokers Banned" from UK government-funded in vitro fertilization, when actually the ban is on either couples who both smoke, or where the woman has a body mass index of more than 30. While a smoker's rights organization points out "This is discrimination," nothing is said about the rights of fat women.

<http://www.express.co.uk/posts/view/347527/Fat-smokers-banned-from-trying-for-test-tube-babies>

September 23, 2012: This article, "Eat for Health, Not Weight," does not quite deliver on the promise of its title, but it comes close. The author discusses how food choices affect your health even if you are losing weight, because becoming thinner does not necessarily mean you are becoming healthier. But the author ends by endorsing weight loss - using his "lifestyle" plan, of course.

<http://www.nytimes.com/2012/09/23/opinion/sunday/the-optimal-diet.html>

September 24, 2012: Linda West talks about how hard it was for her to be a fat kid - and how she can't imagine what it is like for kids now that the government has targeted fat kids as a "problem" to be solved.

<http://jezebel.com/5945955/its-hard-enough-to-be-a-fat-kid-without-the-government-telling-you-youre-an-epidemic>

September 24, 2012: A game-based website offers rewards to children for increasing their activity. Developed by HopeLab, Zamzee is a pocket-sized activity meter linked to the site. HopeLab's researchers claim that children using both the website and the monitor engaged in an average of 45 minutes more activity than children using the monitor alone, although no supporting data have been published yet.

<http://www.medscape.com/viewarticle/771427>

<https://www.zamzee.com>

September 25, 2012: More on sweetened drinks: A study finds that fatter children tend to drink more soda, either diet or regular, than other children. The authors conclude that regular soda causes weight gain, but realize that diet soda cannot cause weight gain and so search for and find reasons for concluding thusly. It seems like there's a lesson in there somewhere . . .

<http://onlinelibrary.wiley.com/doi/10.1038/oby.2004.94/full>

September 27, 2012: Using data collected from parents who restrict their child's food intake, a study finds that the children often respond by sneaking, hiding, and hoarding food, as well as eating when not hungry. The study was presented at the 2012 Obesity Society Annual Scientific Meeting and is not yet published.

<http://www.medscape.com/viewarticle/771719>

September 27, 2012: Looking for a vaccine to produce lean meat and increase milk production, researchers find that a vaccine containing purified chimeric somatostatin protein causes weight loss in fat mice being fed a high fat diet. Unlike most vaccines, the body's immune response quickly tapers off.

<http://www.medscape.com/viewarticle/771718>

<http://www.biomedcentral.com/content/pdf/2049-1891-3-21.pdf>

September 29, 2012: NAAFALA once again flocks to Huntington Beach for sun, ocean, and fun while they Take Back the Beach. Enjoy some blogs, photos and a video by the cool fatties who frolic in the name of size acceptance.

<http://fatchicksings.com/2012/10/01/beach-taken-back-by-cool-kids-in-bikinis-news-at-eleven>

<http://danceswithfat.wordpress.com/2012/09/30/know-fat-chicks-lessons-from-the-beach>

<http://youtube.com/watch?v=R9O3yxXcb9E>

September 30, 2012: Whaliam at Fatties United writes about how fatness is best thought of as an adaptation rather than a disease.

<http://fattiesunited.wordpress.com/2012/09/30/adaptation>

October 2, 2012: A panel of HAES(R) proponents look at questions related to weight, dieting, and health, providing insight on how weight is not a good gauge for mortality, and how "dieting for your health" is rarely healthy in the long run.

<http://healthateverysizeblog.org/2012/10/02/haes-matters-dieting-disease-and-weight-part-1>

October 2, 2012, SPECIAL ENTRY: Related to the article above, here's the video of Wisconsin news anchor Jennifer Livingston responding to a viewer who feels that Ms. Livingston is a bad representative of the community because of her weight (first link). A week later, Jennifer appears on *Ellen* to discuss the video and her use of the term "bully"; plus, she receives a fun surprise from Ellen. Also, gender studies researcher Abigail Saguy writes in the *Huffington Post* about Jennifer and how public health campaigns promoting weight loss can be a form of bullying (third link).

<http://youtube.com/watch?v=MXIk9VJyHy4>

<http://www.ellentv.com/2012/10/09/a-commercial-for-jennifer-livingston>

[http://www.huffingtonpost.com/abigail-saguy/weight-based-stigma\\_b\\_1959578.html](http://www.huffingtonpost.com/abigail-saguy/weight-based-stigma_b_1959578.html)

October 3, 2012: Five studies of Vivus, Inc.'s recently approved weight-loss drug phentermine/topiramate (Qsymia, previously known as Qnexa) were presented at the 2012 Obesity Society Annual Scientific Meeting; however, only one of the five studies (coauthored by a Vivus employee) is currently available. The study concludes that the stuff works, but they only looked two years out.

<http://ajcn.nutrition.org/content/95/2/297.short>

October 3, 2012: Allergan, maker of the Lap-Band, decides not to pursue approval in the United States for use of the Lap-Band on teenagers in the face of congressional criticism and lawsuits.

<http://www.businessweek.com/news/2012-10-03/allergan-pulls-teen-lap-band-plans-as-criticism-mounts>

October 4, 2012: NAAFA's Peggy Howell is interviewed for an article that looks at size discrimination in the workplace, particularly in light of last year's amendment to the Americans with Disabilities Act that extends protection to "morbidly obese" people.

[http://www.huffingtonpost.com/2012/10/04/obesity-discrimination\\_n\\_1939385.html](http://www.huffingtonpost.com/2012/10/04/obesity-discrimination_n_1939385.html)

October 4, 2012: A Whole Lotta Love is the name of a bar outside of Melbourne and it is the site of Australia's first size-positive dances. The bar owner prefers fat women and it is clear that the people attending the event know that life is more than a number on a scale.

<http://au.news.yahoo.com/today-tonight/lifestyle/article/-/15037414/big-beautiful-women>

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