



**national association
to advance
fat acceptance**

NAAFA Newsletter

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

Dear William,

A quick (and uncommon) Editor's note: NAAFA's End Bullying Now project has really taken off. In this issue you'll find three stories of how this project is gaining traction and helping kids. Read on to learn more about EBN, and for all the usual newsletter goodness!

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End Bullying Now (EBN) - Team Clark County *The Huntridge Revival*



by Peggy Howell

EBN-Team Clark County members were invited to staff an informational table at The Huntridge Revival, BYOB (Bring Your Own Brush) event. The Huntridge is an historical theater in Las Vegas that has been empty for several years. Community restoration efforts will see this great looking building transformed into a performing arts center. The event was held on Saturday and Sunday, September 28 & 29th and our team staffed a table both days.

It was a very rewarding weekend, despite the fact that there wasn't nearly as much traffic as expected, especially since it had been featured on several local news broadcasts and was an effort to restore one of the last historic landmark buildings in Las Vegas. Despite the slow traffic, we got lots of signatures on pledge cards; 56 adults and 26 kids. We received \$50 in cash donations and sold one EBN pin for \$5. We spoke with several school teachers who are interested in being involved.

One of our fund-raising ideas is to have an art sale or auction to raise funds to purchase t-shirts and finance EBN events. A vendor at the Huntridge event is a group of six artists who have a co-op gallery/warehouse. They generously offered their location for a fundraising event if we needed one. This is such a blessing because finding a venue for this event was on our list of things to do!

One of the volunteers at the event owns an apparel company and has offered us *End Bullying Now* shirts at cost since NAAFA is a non-profit.

EBN-Team Clark County is very excited and feeling very encouraged. We have been told, repeatedly, how much our efforts are needed in Las Vegas and thanked over and over again for the work we are doing and the message we are spreading. It feels very good to be doing this work!

Battle Bullying with
Verbal Judo

[October Video of the Month](#)

Although it sounds like a martial art, Verbal Judo is the "gentle art of persuasion" developed by Dr. George Thompson, a former English Literature professor turned police officer. Dr. Thompson has taught over 175,000 police officers this practice. It was later adapted to teach kids how to defend themselves verbally against bullying. The practice includes ways to listen better and always be heard, learn what never to say, engage people through empathy, and stop verbal attacks in their tracks.

http://youtube.com/watch?v=NsQfq_f_ocU

Quick Links

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EBN - Team Salt Lake County *Midvale Anti-Bullying Fair*



by Rebecca M Trujillo Batty

What did you do last weekend? I spent last Saturday at the Midvale City Park for an Anti-Bullying Fair organized by the Dolls & Gents! This was the first of what they hope to be an annual event. Might I add that it is my hope that eventually we won't need such events!

There were many booths, most of which were focused on topics to support the theme of anti-bullying. One such group, No Story Left Untold, partners anti-bullying organizations together with schools. Yet another was a Girl Scout project raising money to buy the *FOR* curriculum for Brockbank Junior High School. *FOR* = Friends of Rachel, who was the first student killed in the Columbine incident so long ago.

There were activities and fun entertainment for kids, like clowns, superheroes, hula hoops and more. The kids from the Midvale Boys & Girls Club also presented a talent show with some cute acts!

One of my favorite booths was staffed by Olympian, Jeremy Holm. I love the Olympics! The major reason this booth caught my attention was because Jeremy Holm is a bobsledder, which happens to be my favorite event, and he had a bobsled there! I spoke with him for some time; he works with The Athlete Outreach Project. He was at this event to talk about anti-bullying and suicide prevention, as he lost his best friend to suicide in junior high due to bullying.

Admittedly, my favorite booth was the one I had for *End Bullying Now!* I was honored to have this opportunity to bring this specific campaign to Utah. I must thank my mom for coming to help staff the booth!

I was first exposed to *End Bullying Now* on a recent trip to Las Vegas for the NAAFA convention. It was wonderful to speak about this topic with so many people. One lady, that I had the privilege to talk with, was from Woodrow Wilson Elementary and works with Safe at School, Anti-Bullying Training! It is my goal to bring more events and awareness of this specific campaign to Utah!

Attendees came from all over the Wasatch Front, not just Midvale. We have 127 *EBN* pledge cards signed by attendees. It was awesome to watch as some of the parents kneeled and read the list of things the kids would be pledging to do and made sure they understood each and every one of the lines. In the end, the Dolls & Gents gathered for a group picture with their *End Bullying Now* Pledge Cards!

It comes down to these questions . . . Were you bullied? Are you being bullied? OR are you the bully? I was definitely bullied and sadly, even as an adult, still experience being bullied. Several people expressed that it doesn't matter your age, bullies exist. How sad is that? Are you ready to pledge to *End Bullying Now*?

EBN - Team Orange County *Anti-Bullying Training*



by Donna Frey

Things have been super busy for the Orange County *EBN* team. Donna Frey and Angelica Negrete, our professional anti-bullying trainers, conducted a training session in mid-September, which was a shorter version of the *End Bullying Now* workshop they presented at the 2013 NAAFA convention. They trained afterschool staff from 37 elementary schools, six middle schools, and five high schools. Donna and Angelica felt the training session was successful, but too short. To our credit, however, the person who coordinated the training LOVED it. The staff members who attended were surveyed and the results

were very positive with requests for additional training. Donna and Angelica will host another training session in late winter or early spring.

Books in Review

Big Yoga: A simple guide for bigger bodies

*Book by Meera Patricia Kerr
Review by Dawn Jett*

This is an instructional book for yoga that incorporates history, spirituality, and meditation. Kerr's book is for those seeking a more in-depth understanding of Yoga. The author spends a lot of time explaining her roots as well as the history of Yoga throughout the ages. The book encourages a Yogi diet of organic whole foods and vegetarianism. A concern this reviewer has is that there are claims that following Yoga can "cure" some maladies. Using words like "cure" can mislead some readers and cause them to overlook serious health concerns. Exercise such as Yoga can help facilitate better health but are not a cure. Throughout the book are plenty of pictures of Yoga poses with detailed instruction and variations. If you want to learn more about Yoga throughout history with a spiritual approach, this book may be for you.

Yoga XXL: A journey to health for bigger people

*Book by Ingrid Kollak, RN, PhD
Review by Dawn Jett*

Here is an introduction to Yoga for promoting healthy movement and well-being, regardless of size. This book delivers on its core principle that regardless of size we can all enjoy healthy movement through Yoga. The first thing you notice is the "you can do it!" attitude. The author encourages healthy eating and movement for achieving and maintaining increased health. It does **not** mention dieting or doing unhealthy routines. The author expertly describes each position with full contra-indications and variations, as well as what to expect. There are plenty of pictures showing bigger bodies in poses and alternatives to guide readers. This book is a great introduction into the world of Yoga. If you are considering Yoga, this book is definitely an interesting read.

The Disability and Size Diversity Community: Let's Work Together



by Lisa M. Tealer, NAAFA Board Member

October is National Disability Employment Awareness (NDEAM) Month. According to the Office of Disability Employment Policy's (ODEP) website, the origins of this celebration and awareness go back to 1945, when Congress passed a law declaring the first week in October as the National Employ the Physically Handicapped week. In the early 1960s, the word "physically" was removed to be more inclusive of all types of disabilities. Then in 1988, Congress expanded the week to the whole month and changed the name to National Disability Employment Awareness Month.

Speaking of ODEP, two years ago this month, I had the opportunity to hear the Assistant Secretary of Labor for ODEP, Kathleen Martinez, give a keynote address that was both entertaining and profound. She stated that when President Obama appointed her, he got to check "four Affirmative Action boxes":

- She is a woman
- She is a Latina
- She is a Lesbian
- She is visually impaired

The audience roared with laughter.

Then Martinez made a statement that really shifted my perspective. She said that People with Disabilities in the workplace need "productivity tools, not accommodations". That was a profound way to describe what people with disabilities, or anyone for that fact, need: a productivity tool. That's what companies and businesses, large or small, want their employees to be: productive. Her statement was timely, as I had just formed a cross-functional People with Disabilities Taskforce, charged with increasing our efforts to be more inclusive of people with disabilities.

The stigma and discrimination that people with disabilities, and those of us in the size diversity community, face is a common issue. These issues could serve as a platform for our communities to work together. In fact, there is a platform for collaboration as some individuals may belong to both communities. Two of my heroes who work within both communities happen to be NAAFA Advisory Board Members: Brandon Macsata and Sondra Solovay. During the month of October, and beyond, think about how you can find a common ground to partner and work with others from various communities. When one of us is successful, we're all successful, so let's work together!

Domestic Violence: Society's Problem



by Phyllis Warr

October is, among other things, Domestic Violence Awareness Month. While we are wearing our pink ribbons for Breast Cancer Awareness, we should also wear purple ribbons to bring attention to the plight of those involved in abusive relationships, which often become deadly. Domestic Violence is defined as an animated argument or physical fight between related people or people in a relationship (dating and/or living together). The truly sad thing is that these incidents occur between people who are biologically related or who have chosen to be together. Every year thousands of men and women are physically, emotionally, and psychologically abused by someone about whom they care. This is compounded by the fact that most victims do not leave their abusers or get help.

Women in abusive relationships are often afraid of leaving their abusers and stay for many years. Many are unaware that there is help available to them and try to cope with their situations the best they can. Still others have been convinced that they deserve the ill-treatment they receive, in the name of love, and do not believe things can or will ever change. If this occurs in a family situation, the children in the family are also negatively affected.

The good news is that when women are abused, there is help. In most cities, there are domestic violence hotlines and shelters. The hotlines are manned by people who can give information about what women can do to get help. Often, those hotlines are connected to a women's shelter. If the woman wishes, if there is room and if the intake specialist or counselor thinks the woman will follow through, the woman may go to the shelter the same day as the initial call. Unfortunately, space is limited in these shelters. Like all social services agencies, women's shelters are sorely underfunded and have limited resources.

Something that may be surprising to some readers is that men are often abused. This abuse occurs among both homosexual and heterosexual couples. In either case, men are often too embarrassed to seek help. Even worse, there are few, if any, men's shelters for them when staying at home is not an option. Often counseling is available. If you know anyone who is in an abusive relationship, whether man or woman, offer help. Act when you hear your neighbors battling instead of simply listening. Call the police. Be a *Voice Against Violence* and speak out.

What is Savvy Self-Care?



by Cinder Ernst

The word *fitness* was co-opted years ago by maniacs and weight loss people. That's why that word makes most of us cringe. To me *fitness* implies strength, flexibility, and stamina. It doesn't have a thing to do with what we eat or how we look. Even so, I hardly ever use the word anymore because it brings up negative feelings for most people.

How about the word *health*? It, too, is getting a bad rap. Being healthy brings up a certain picture of what we *should* look like, how we *should* eat, how much we *should* exercise, and so the word health has a lot of baggage of its own.

Self-care feels kinda good, doesn't it? Try on this question: What would a person who is willing to practice self-care do today?

Are you willing to answer the above question and then take a small step toward the practice of self-care today? It does no good to just ponder the question; you have to answer it and take an appropriate action. Ta da! . . . now you're practicing self-care. All my programs come with *The Savvy Self-Care System* built in so it's easy to finally find the balance in your life.

In my world of exercise, self-care may be a small step, like taking a shoulder roll break at your computer or squeezing your butt a couple times each time you start your car. If you're in the San Francisco Bay Area and would like to see how to make walking easier, come to this free event: https://www.facebook.com/events/664892220197147/?ref_dashboard_filter=upcoming

Thanks and love,
Cinder

PS: You can get great tips, sign up for more events, and read my newsletter at <http://lesskneepain.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 RAND Corporation report on wellness that was pulled from the internet earlier this year (see first link, May 28 entry) is reissued in revised form, becoming more favorable to wellness programs in the process. In one example, a one-pound weight loss over a short period is extrapolated to yield presumed significant long-term weight loss, even though actual long-term studies show regain over time.

<http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/July%202013%20NAAFA%20Newsletter.html#LETTER.BLOCK22>
http://www.rand.org/pubs/research_reports/RR254.html
<http://thehealthcareblog.com/blog/2013/06/19/rand-shrugged>

September 14, 2013: Faculty at Pennsylvania State University take a stand against a proposed "wellness" program that requires divulging personal medical information or else face a \$100 a month penalty for nonparticipation. The University has now removed the penalty and participation is voluntary, but only for one year.

<http://www.nytimes.com/2013/09/15/business/on-campus-a-faculty-uprising-over-personal-data.html>
<http://news.psu.edu/story/288132/2013/09/17/administration/penn-state-suspends-fee-employees-who-dont-take-health-care>

September 18, 2013: 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://www.independent.co.uk/arts-entertainment/theatre-dance/news/woman-secretly-filmed-dancing-at-bus-stop-wins-theatre-role-8823882.html>

September 19, 2013: Researchers conclude that weight gain after age 50 poses a greater threat to life expectancy than keeping weight stable.

<http://www.healthcanal.com/life-style-fitness/43083-older-adults-live-longer-with-a-few-extra-pounds-%E2%80%93-if-they-don%E2%80%99t-add-more.html>
<http://aje.oxfordjournals.org/content/early/2013/09/07/aje.kwt179.short>

September 19, 2013: Despite not knowing the underlying reason for a 2-year old child's high weight (hereditary and genetic reasons were ruled out), doctors in Saudi Arabia performed weight loss surgery (WLS), and report that it may be an effective alternative treatment for children under 3.

<http://www.news.com.au/lifestyle/health/morbidly-obese-two-year-old-worlds-youngest-to-have-bariatric-surgery/story-fneuzkvr-1226723023662>
<http://www.casereports.com/article/S2210-2612%2813%2900259-9/abstract>

September 22, 2013: A study finds that eating disorders are more likely to go unrecognized and untreated for a longer period of time in fat children. Doctors, family, and friends react positively to the child's weight loss often without asking how that weight loss is achieved.

<http://www.today.com/health/200-pound-anorexic-obese-teens-risk-disorder-its-often-unrecognized-4B11216388>
<http://pediatrics.aappublications.org/content/early/2013/09/04/peds.2012-3940.full.pdf>

September 22, 2013: In support of Weight Stigma Awareness Week, three essays discuss the effect of this stigma. First, licensed clinical social worker Lisa DuBreuil questions whether WLS, with all of its risks and adverse side effects, is being used to rescue people from weight stigma rather than cure illness, and how a HAES approach is useful for all regardless of size.

Next, life coach Ellen Shuman explains how weight bias affects people of all sizes, causing them to confuse health with a number on the scale. Finally, psychologist Deb Burgard invites us to take a deeper look at underlying societal issues that contribute to weight stigma, and how eating disorders are not just about eating.

<http://bedaonline.com/wsaw2013/health-weight-stigma-sizes-lisa-dubreuil-licsw/#.UkCXQtKsiSp>
<http://bedaonline.com/wsaw2013/health-weight-stigma-sizes-ellen-shuman/#.UJWK3VNj9rW>
<http://bedaonline.com/wsaw2013/weight-stigma-viewed-eating-disorders-lens-deb-burgard/#.UkEnlsu9KSM>

September 24, 2013: Blogger Jan Chait discusses a case in which an employee went off diabetes medication to win a cash prize in his company's wellness programs, pointing out that these programs can do more harm than good. Readers are invited to share their thoughts and experiences as to the efficacy of wellness programs.

<http://www.diabetesselfmanagement.com/Blog/Jan-Chait/its-a-wellness-program-what-harm-could-it-do>

September 27, 2013: A recent study concludes that patients with pre-diabetes that have high cardiorespiratory fitness, irrespective of fatness, have a lower mortality risk than unfit individuals.

<http://health.yahoo.net/articles/diabetes/pre-diabetes-being-fit-beats-being-thin>
<http://care.diabetesjournals.org/content/early/2013/09/16/dc13-1347.short>

September 30, 2013: Swedish researchers find that most patients with type 2 diabetes who undergo weight loss surgery (WLS) achieve remission during the first 2 years; however after 10-15 years, seven out of ten patients again had diabetes. Their reaction to data showing that WLS is ineffective? Do more WLS, and do it earlier.

<http://www.thelocal.se/50524/20130930>
<http://onlinelibrary.wiley.com/doi/10.1111/joim.12012/full>

September 30, 2013: New York City Mayor Michael Bloomberg's new campaign is focused on girls, letting them know that they are beautiful just the way they are. The NYC Girls Project features children of NYC workers, friends and friends of friends.
<http://www.nytimes.com/2013/10/01/nyregion/city-unveils-a-campaign-to-improve-girls-self-esteem.html>

October 1, 2013: Patients using opioids for chronic pain management increase their opioid use in the year following WLS according to this study. Better post-surgery pain management is suggested, including educating both the treating physician and the patient.
<http://www.medpagetoday.com/PainManagement/PainManagement/42002>
<http://jama.jamanetwork.com/article.aspx?articleid=1745677>

October 4, 2013: According to a study on the effects of weight stigma on white and African American girls, white girls are more apt to suffer from long term effects from the stigma.
<http://spq.sagepub.com/content/76/3/268.short>

October 5, 2013: Huffington Post reports anti-Hillary Clinton buttons, purportedly available at a recent California Republican Party convention, that were also anti-fat and anti-women. The purpose of the convention was to focus on recruiting new party members, specifically women. Fail?
http://www.huffingtonpost.com/2013/10/05/hillary-clinton-buttons_n_4051545.html

October 7, 2013: The new ad campaign for Multi-Grain Cheerios encourages Canadian women to share dieting experiences and feelings at an online hub, to promote healthy, balanced living over deprivation dieting. "We want this generation of women to be the last to diet," said Jason Doolan, General Mills director of marketing, cereal. We agree.
<http://www.marketingmag.ca/news/marketer-news/multi-grain-cheerios-talks-to-women-about-dieting-90411>

October 7, 2013: Researchers study the "obesity paradox" in twins where one twin is fat and the other is not. They find that half of the fat twins were as metabolically healthy as their not-fat twin. While small, the study may result in research into ways to improve the metabolic health of fat people. The second link below allows you to download the entire research paper.
<http://www.medscape.com/viewarticle/812149>
<http://www.diabetologia-journal.org>

October 8, 2013: Certified personal trainer Michelle Pitman offers her perspective, as a former competitive athlete, on a HAES approach to sports, especially sports that have weight classes where disordered eating is prevalent.
<http://healthateverysizeblog.org/2013/10/08/the-haes-files-the-haes-paradigm-in-a-weight-centric-sport-is-that-an-oxymoron>

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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