



October 2020 NAAFA Newsletter

## Meet NAAFA's New Chair-Elect Tigress Osborn

## In This Issue

1. [Meet NAAFA's New Chair-Elect Tigress Osborn](#)
2. [NAAFA Community Voices Blog](#)
3. [Calls to Action](#)
4. [REGISTER AND VOTE! It's your right.](#)
5. [Anti-Racism Resources](#)
6. [NAAFA Chronicles](#)
7. [Media and Research Roundup](#)
8. [Video of the Month](#)



NAAFA is excited to announce that Tigress Osborn has been appointed to the position of Board Chair Elect by unanimous vote of the NAAFA Board of Directors. Her appointment as Board Chair will begin January 1, 2021.

Ms. Osborn has been working with NAAFA since 2012, when she produced the fashion show at NAAFA's San Francisco Bay Area conference. Tigress has been a member of the NAAFA Board since 2015 and acts as NAAFA's Community Outreach Director. You may have seen Tigress as the host of the NAAFA Webinar Series, which she has worked on since 2017. With Board Chair Darliene Howell and Vice Chair Peggy Howell, Tigress co-planned NAAFA's 50th Anniversary Celebration Conference.

"I believe that Tigress Osborn has a vision that will propel the organization forward. She is well respected by the membership and fat community at large. Tigress understands the need of fat liberation

## Video of the Month



### Everything That's Wrong with New York City

This month's video features the hysterically funny and incredibly talented Dulcé Sloan. No offense to those who live in and love NYC but some of us prefer life in a warmer climate!

Enjoy...

<https://tinyurl.com/y6pepdh4>

### Quick Links

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

[Facebook](#)  
[Main](#)  
[Toronto, ON, Canada](#)  
[Washington/](#)  
[Baltimore](#)  
[Clark County, NV](#)  
[SF Bay, CA](#)  
[Los Angeles, CA](#)  
[Orange County, CA](#)  
[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

to embrace anti-oppression work in all its intersections and champions inclusivity work with NAAFA every day. I have every confidence in Tigress and her ability to lead the organization. She has my full support as she moves into the position of Chair of the Board of Directors of NAAFA and my continued support as we move forward," stated the current Board Chair, Darliene Howell.

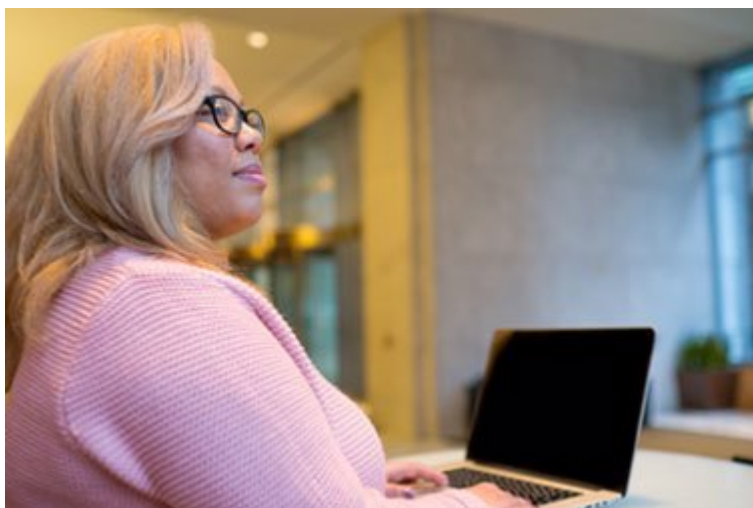
Ms. Osborn has a Bachelor of Arts in Africana Studies from Smith College and a Masters in English from Mills College. She worked with the Mills College Upward Bound Program as Senior Counselor and Writing Program Director for several years before being invited to create the Director of Diversity role at The College Preparatory School in Oakland, which she held for nine years. Her background as an educator working with such diverse communities on social justice, equity, and inclusion gives her an acute understanding of marginalized communities and the systemic challenges they face. Tigress's work in fat community ranges from creating and running Full Figure Entertainment (a POC-centered size-positive nightlife company), to organizing and running a plus-size modeling troupe, to being featured as a guest performer with Big Moves Bay Area and so much more. She is also the co-founder of Phoenix Fat Force with fashion blogger Nicholet Deschine Parkhurst aka Redstreak Girl.

"NAAFA's historic role in the size acceptance and fat liberation movement has such significance to so many people in our community," stated Ms. Osborn. "It is an honor to be entrusted to lead the organization into the next stage of fat activism. I believe NAAFA can have a vital role in shaping a more equitable society for fat people, and I'm excited to work with our membership to build an even more robust and inclusive NAAFA as we work together towards making Equality at Every Size a reality!" Welcome our Board Chair Elect, Tigress Osborn!

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health, and are used with permission.

Join Our  
Mailing  
List

## **NAAFA Community Voices Blog**



The Board of Directors of the National Association to Advance Fat Acceptance (NAAFA) is excited to announce the *NAAFA Community Voices Blog*, which launched on October 1, 2020. The purpose of the blog is to share thoughts and ideas from fat community, to keep fat community informed of the latest news that affects us, to highlight voices of other marginalized communities that intersect with fat community, and to feature occasional guest bloggers from other parts of the fatosphere.

The idea for a blog on the recently redesigned NAAFA website was the brainchild of the Future of NAAFA Committee. Special thanks to Lindley Ashline, who has assumed the position of Blog Coordinator. Lindley has extensive experience with social media, including running her own blog, *The Body Liberation Guide*.

If you would like to be featured as a guest blogger or have an idea or issue you would like to see addressed in the future, send a message to [pr@naafa.org](mailto:pr@naafa.org) and include your contact information with your blog idea. We look forward to hearing from you! In the meantime, enjoy NAAFA Community Voices at <https://naafa.org/community-voices>

## **Calls to Action**

NAAFA volunteers are currently involved in projects for which they could use your help. We're asking

you to take a moment and help advance their work:

- Information about and contact information for any international fat rights organizations
- Information regarding health and life insurance. Please send personal testimonials, direct experiences, consequences of not being insured, companies that will insure fat people, etc.



If you know of information that would help further these projects, please send that to [pr@naafa.org](mailto:pr@naafa.org)

## REGISTER AND VOTE! It's your right.

*by Darliene Howell*

**naafa**

# Vote Registration Application

**A. General Questions**

Proposed Insured's Name:  (Please use capital letters)

Birth Date: 01 January 2016 Gender: Male

Address:

Phone Number:  Email Address:

ID Number:  Social Security Number:

Status:  Single  Married  Divorced  Others

Occupation:  Are you a retiree?  Yes  No

**usa gov**

Visit <https://vote.gov/>

Image Source: rawpixel.com

Historically, the freedom to vote for representation in the U.S. is steeped in privilege and has not allowed for "liberty and justice for all."

*In 1776*, voting was controlled by individual state legislatures and only white men **age 21 or over who owned land were given the right to vote.**

The 14th Amendment to the U.S. Constitution ( *in 1868*) granted full citizenship rights, including voting rights, to all **(white) men born or naturalized in the United States.**

*In 1870*, the 15th Amendment to the Constitution was passed to eliminate racial barriers (for men) to voting, but **states continued the practices of voter discrimination and suppression.** All while **Native Americans were still denied the right to vote.**

The 19th Amendment to the Constitution ( *in 1920*) was ratified giving women the right to vote; however, **it did not actually enfranchise African American, Asian American, Hispanic American and Native American women and immigrant white women** because of widespread voter suppression enacted against all women of color. Working class and immigrant white women were also often excluded from voting by regulations like poll taxes and ID requirements that were designed to create barriers for Black voters but impacted many other marginalized voters as well.

The Snyder Act of *1924* admitted Native Americans born in the U.S. to full U.S. citizenship and granted the right to vote. Even with the passing of this citizenship bill, people of color across the U.S. were still legally barred from voting. **Native Americans and Chinese immigrants were still prevented from participating in elections** because the Constitution left it up to the states to decide who has the right to vote.

The federal Civil Rights Act was passed *in 1964* to ensure that all **men and women age 21 and older, regardless of race, religion, or education, have the right to vote.**

It wasn't until the Voting Rights Act was passed *in 1965* that Black women were in theory able to exercise their right to vote.

*In 1971*, the 26th Amendment to the Constitution lowered the voting age to 18.

However, *in 2013*, the *Shelby County v. Holder* decision by the U.S. Supreme Court struck down the portion of the Voting Rights Act of 1965 that subjected certain jurisdictions to federal oversight of voting practices based on their history of discrimination.

For this and other reasons, **we still see the rights of voters being violated by states through voter suppression**; such practices include eliminating people from the voting rolls, closing polling places in areas that disadvantage minority populations, voter ID laws, redrawing district lines and more.

**IT IS IMPERATIVE** that we register and vote in both federal and local elections. Your vote **DOES** matter. (Otherwise, why would anyone try to suppress it?) Voting for the representatives who will move forward the wishes of the people is of the utmost importance. There are people and communities that need for us to use our constitutional right, our privilege, to vote to help create change.

If you have not registered to vote, there is may still be time where you live! Go to <https://www.usa.gov/register-to-vote> or <https://www.vote.org/register-to-vote> to see what the requirements are for your state.

Even if you've missed the deadline for this highly important election, it won't be the last. We know that one of the best things we can do for fat community is work toward legislation that protects the rights of fat individuals and this is on NAAFA's agenda for the upcoming years. We'll need voters like you to support this work at every level!

**GET REGISTERED AND VOTE!**

## **Anti-Racism Resources**



Each month, we will be featuring educational resources in this section of the NAAFA Newsletter. Some resources will be historic information about systemic racism. Others will be resources on doing the internal work of understanding ourselves and how we play a part in that system. There will also be actions that can be taken to directly oppose racism. You can find more resources on the NAAFA website at <https://naafa.org/antiracism-resources>

**The 1619 Project** with Nikole Hannah-Jones & Dr. Kamau Bobb: The 1619 Project aims to reframe the history of the United States by placing the consequences of slavery and the contributions of Black Americans at the very center of the US's national narrative. Slavery is sometimes referred to as the country's original sin, but it is more than that: It is central to the country's very origin.

[https://www.youtube.com/watch?index=5&list=PLbpi6ZahtOH7K3VFnC44C\\_YbKfdbcHA4j&v=UcycZretpb](https://www.youtube.com/watch?index=5&list=PLbpi6ZahtOH7K3VFnC44C_YbKfdbcHA4j&v=UcycZretpb)  
c



**dRworksBOOK** - Dismantling Racism Works Web Workbook: This web-based workbook was originally designed to support the Dismantling Racism Works 2-day basic workshop. The workbook is now offered as a resource to the community.

<https://www.dismantlingracism.org>

**6 ways to be antiracist**, because being 'not racist' isn't enough: an article by Rebecca Ruiz featuring Ibram X. Kendi's thinking on how to be an antiracist.

<https://mashable.com/article/how-to-be-antiracist>

## **NAAFA Chronicles 57**

For this month's Chronicles we present NAAFA's 57th newsletter, [Summer 1983](#).

For more, check out the "Chronicles" page of NAAFA's website,

<https://naafa.org/chronicles>

## **Media and Research Roundup**

*by Bill and Terri Weitze*

September 1, 2020: Researchers looking at the effect of meal frequency on body weight finds that there is little robust evidence that reducing meal frequency is beneficial, or that it has any effect on body weight.

<https://doi.org/10.1093/advances/nmaa056>

September 10, 2020: A study finds that people who are most likely to binge eat due to the pandemic are young adults who have experienced weight stigma, regardless of gender or body weight.

<https://consumer.healthday.com/infectious-disease-information-21/coronavirus-1008/who-s-most-likely-to-binge-eat-amid-pandemic-761078.html>

<https://doi.org/10.1093/abm/kaaa077>

September 23, 2020: A large study on the risk of hospitalization, ventilation, or death among US veteran patients with COVID-19 finds that neither high body mass index (BMI), Black race, Hispanic ethnicity, chronic obstructive pulmonary disease, hypertension, nor smoking were associated with mortality. A related April 17, 2020 article from *Wired* explains how the idea that high BMI was a risk factor for COVID-19 patients may have come about.

<https://doi.org/10.1001/jamanetworkopen.2020.22310>

<https://www.wired.com/story/covid-19-does-not-discriminate-by-body-weight>

September 25, 2020: Ragen Chastain explains why the premise of an article called *The Habits of Successful Weight Losers* is simply bad science.

<https://themighty.com/2020/09/diet-culture-bad-science>

September 30, 2020: Nylon talks about how some fat bodies have come to be seen as acceptable and others not acceptable and why it is important for all body types to be embraced.

<https://www.nylon.com/beauty/dismantling-the-acceptable-plus-body-and-anti-fatness-within-the-fat-community>

October 2020: QuackWatch.org, a network of websites maintained by the Center for Inquiry focusing on health frauds, myths, fads, and misconduct, has posted as part of its reports on diet scams the book *Health Risks of Weight Loss* with the permission of the author Frances M. Berg.

[https://quackwatch.org/wp-content/uploads/sites/33/quackwatch/dietscam/reports/health\\_risks\\_of\\_weight\\_loss.pdf](https://quackwatch.org/wp-content/uploads/sites/33/quackwatch/dietscam/reports/health_risks_of_weight_loss.pdf)

October 2020: The most recent issue of *Fat Studies* (Volume 9, Issue 3) is now available, with a focus on the future fat people, fat bodies and society.

<https://www.tandfonline.com/toc/ufts20/9/3?nav=tocList>

October 2020: A French-Canadian website Grossophobie.ca is posting a list of books (in French and English) concerning fat phobia and living in a fat body.

<https://grossophobie.ca/livres>

October 8, 2020: Emily Thomas, on The Food Chain podcast, interviews fat activists Esther D. Rothblum, Sonya Renee Taylor, Sabrina Strings, and Sigrun Daielsdottir about living in a fat phobic society.

<https://www.bbc.co.uk/sounds/play/w3cszjqh>

October 16, 2020: ASDAH's (Association for Size Diversity and Health) new website is here!

<https://asdah.org>

---

*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: <https://naafa.org>

Comments: [pr@naafa.org](mailto: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.***

