



October 2021 NAAFA Newsletter

An Interview with a Blind NAAFA Member

by Peggy Howell



October is Blindness Awareness Month so today I am speaking with Mark Fox, longtime NAAFA supporter and activist who is blind.

Peggy: Mark, thank you so much for taking the time to share some of your story with fellow NAAFA members. We are excited for this opportunity to get to know you. For my first question, were you born blind or did you lose your sight at some later point

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in life?

Mark: I was born three months premature and was given too much oxygen in the incubator, which caused my blindness.

Peggy: I know that you care about and support people of large body size. Are you a fat man?

Mark: No, I am not. I'm very much an ally. My love of big people is part of what keeps my inner clock ticking.

Peggy: How did you learn about the size acceptance community and NAAFA?

Mark: In the 1980s and into the 1990s I was an avid listener of Sally Jesse Raphael. It was in one of her programs that I heard about NAAFA. This brought me great joy because I knew that I must research and find a way of getting in touch with you and becoming a part of all of you.

Peggy: I am aware that you have a circle of influence because prior to the pandemic, you invited me for an interview about what was going on in the NAAFA community. Can you tell us about that group, how it was formed and if you still have meetings?

Mark: On a Philmore telephone chat line dedicated to the blind, I created a group for Women of Size and Men Who Adore Them, feeling that it would provide women of size a support network and a safe place where they know they are appreciated, loved and that I rejoice in their being. I am currently sharing a reading by Jes Baker of her book Land Whale.

Peggy: I know you enjoy listening to books by authors from the size acceptance community. Are there many authors in our community who make their books available in audio form? Is there a way we could help encourage that?

Mark: There are precious few. I contact libraries for

Video of the Month



The Difference Between Latinx and Hispanic

As cultural identities and descriptive terms change, it can be confusing to know what language to use.

We don't want to offend and we also don't want to sound as though we are not paying attention or just don't care. As popular TikToker Andres (@Aasif.tv) explains, sometimes it's just best to ask how a person prefers to be identified.

<https://youtube.com/watch?v=GLDNlomwWg0>

Quick Links

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

[Facebook Main Members Community End Bullying Now](#)

[Twitter](#)

the blind and request different books by different authors.

Peggy: Do you think that being contacted by an organization like NAAFA would encourage publishers to create more audio versions for the blind?

Mark: Absolutely. This is why I speak out regarding this at every opportunity.

Peggy: Is there something that you wish NAAFA was doing that would better serve you and your community that we're not doing?

Mark: Personally, I feel you are doing very good work with me and I'm appreciative of that.

Peggy: Is there something more you would like to share?

Mark: More voices who speak out about this are like a pebble tossed into a brook bringing forth ripples throughout the oceans.

Thank you, Mark Fox, for being who you are!

Note: NAAFA can produce audio CDs of our webinars for blind and visually impaired members who do not have access to computers or the internet. Requests can be made to admin@naafa.org. We are working on improving access to our materials for blind and visually impaired supporters, including ensuring that photos on our website and social media include descriptions for those using screen readers.

The National Library Service offers free audio and braille materials to those who need them, but options about fat liberation and body politics are limited. Please take a moment to reach out to authors and publishers who could help us further assist this underserved community.

[Instagram](#)

[YouTube](#)

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#FIGHTFORINCLUSIVITY: A Call to Action for Fat Fashion Equality

by Saucye West



#FIGHTFORINCLUSIVITY is a social media campaign created to challenge plus size consumers to take their power back. As I always say, "The consumer is the real influencer." This is a call to action for consumers not to shop with brands, retailers, and designers that do not offer clothing past a size 3x/4x and to support brands and indie designers that are truly inclusive.

I'm also encouraging consumers to contact brands and let them know we want to see more size options. Many supporters have been doing exactly that since the campaign started, and we're already seeing some change. Over the years, I have been a victim of silencing when going on social media and asking questions. I have been blocked by brands, and comments have been deleted when all I want is what they are offering, just in my size. I regularly call out brands and ask the question, "Will this come in sizes larger than 4x?" We get bombarded with ads and sponsored content, but we are not able to fit the clothes! Join me in letting these brands know we expect more from them.

We're going to focus the power of our spending on brands that support fat community without cutting off their support after just one or two plus sizes. If you're not sure which brands to support, I've put together a list of companies and independent designers that have demonstrated that they want to make fashion accessible for supersize shoppers.

If you are a 1x, 2x, 3x, use your power! You are often centered and visible in this market. We need you to fight with us, or this discrimination will continue! If these brands begin to feel it in their pockets then they will have no choice but to respond to our demands. When they see their smaller plus size customers turning to more inclusive brands in support of the rest of fat community, they'll know we have each other's backs, and they'll either give us what we want or we'll shop with brands that do.

#FIGHTFORINCLUSIVITY is a revolution that centers the need for fashion for bodies beyond a 4x. It's time to let this industry know that we are tired of not being considered! We are not a liability. We are valid! We deserve the same options that smaller plus size bodies have access to.

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EDITOR'S NOTE: For more information about the campaign, go to www.saucywestplusmodel.com or @SaucyWest on your favorite social media apps.

Anti-Racism Resources - October 2021 **compiled by Darlene Howell**

Each month, we feature educational resources on the NAAFA Community Voices Blog. Some are historic information about systemic racism. Others are on understanding ourselves and how we play a part in that system. There are also actions to directly oppose racism. You can find more at <https://naafa.org/anti-racism>

HISTORY

[U.S. Supreme Court Rolls Back Historic Civil Rights Protections In Comcast Ruling](#)

March 23, 2020 - The United States Supreme Court instructed a lower court to reconsider its ruling in a discrimination case involving National Association of African American Owned Media (NAAAOM) and Comcast. The Supreme Court decision weakened the reach of Section 1981, a core provision of the Civil Rights Act of 1866 - a historic statute that prohibits discrimination on the basis of race, color and ethnicity when making and enforcing contracts - imposing a burdensome pleading standard on victims of discrimination.

DISMANTLING SYSTEMIC RACISM

Podcasts

[How Critical Race Theory Went From Harvard Law To Fox News](#) - *Consider This* from NPR

Critical race theory is a legal framework developed decades ago at Harvard Law School. It posits that racism is not just the product of individual bias, but is embedded in legal systems and policies. Today, it's become the subject of heated debate on *Fox News* and in local school board meetings across the country.

[Black & Asian American Solidarity: Exchanging Ideas, Sharing History](#) - Be Antiracist

Cathy Park Hong, a Korean American poet, writer, professor, and the poetry editor at *The New Republic* and Dr. Ibram X. Kendi have a deep discussion about the uniquely Asian American experience of living at the intersection of racist vilification and the stereotype of the "model minority."

Article

[What Is Critical Race Theory, and Why Is Everyone Talking About It?](#)

Columbia Law School professors explain this method of research for legal scholars and how it's being misunderstood.

ALLYSHIP

Video

[Effective Allyship: A Transgender Take on Intersectionality](#) | Ashlee Marie Preston | TEDx Pasadena

Host, commentator and activist Ashlee Marie Preston teaches that when we talk over people, ignore them or shut them down, what we're really saying is, "I'm more important than you are . . . I don't really care what you think, I don't have time for your opinion, or this isn't a conversation: it's a contest and I'm gonna win."

NAAFA Chronicles 69

Here's the latest NAAFA Chronicles entry, our 69th newsletter, from [May 1986](#).

For more, check out the "Chronicles" page of NAAFA's website, <https://naafa.org/chronicles>

Important Study about COVID-19 Vaccines and Fat People

COVID FAT VACCINATION RESEARCH

Our team of fat scholars invite fat people to share their experience of getting vaccinated for COVID-19

Take our survey here
<https://tinyurl.com/VaxxC19>



WELLINGTON

UNIVERSITY OF NEW ZEALAND

Dr. Cat Pausé is a longtime fat activist, fat studies leader, and friend of NAAFA (and @friendofmarilyn). Many of you may remember Dr. Cat Pausé from [the 2nd episode of our special webinar series](#) on the Covid-19 Pandemic. Cat spoke with us about "Medical and Government Bias in the Unethical Scapegoating of Fat People."

Dr. Pausé and colleagues are researching the experiences of fat people who have received COVID-19 vaccines. We encourage the NAAFA community to support this important research by fat people about fat people. If you're fat and have had a COVID19 vaccine, please take this short survey: <https://tinyurl.com/VaxxC19>

We encourage you to participate in this important study survey. It only takes a few moments of your time.

Media and Research Roundup

by Bill and Terri Weitze

September 13, 2021: A group of scientists propose that fatness isn't due to a "calories in / calories out" imbalance, but rather a hormonal / metabolic predisposition that causes the body to use energy in a way that results in the accumulation of excess fat. The third link is Ragen Chastain's thoughts on the article, which she feels is tragically flawed.

<https://www.statnews.com/2021/09/13/how-a-fatally-tragically-flawed-paradigm-has-derailed-the-science-of-obesity>

<https://doi.org/10.1093/ajcn/nqab270>

<https://danceswithfat.org/2021/09/18/that-tragically-flawed-gary-taubes-article>

September 16, 2021: Paul Campos does an excellent job unpackaging the actual statistics surrounding the risk COVID-19 poses to fat people.

<https://www.lawyersgunsmoneyblog.com/2021/09/covid-and-the-moral-panic-over-obesity>

September 17, 2021: A group of women (including Tigress Osborn) appear on the Public Radio show *Embodied* to discuss body positivity and body neutrality.
<https://www.wunc.org/podcast/embodied-podcast/2021-09-17/accepted-neutral-body-positivity-neutrality-positive-body-image>

September 22, 2021: Three women discuss their experience in battling weight gain and how learning to accept their bodies has changed their lives for the better.
<https://www.cbc.ca/radio/ideas/why-these-women-say-it-s-time-to-embrace-fat-bodies-1.6185855>

September 23, 2021: To reduce fat cells, super model Linda Evangelista underwent a cosmetic procedure and ended up with an increase in fat cells. She claims she "would like to walk out my door with my head held high, despite not looking like myself any longer." We say, "The door's right there."
<https://news.yahoo.com/model-evangelista-says-fat-reduction-143448226.html>

September 29, 2021: Researchers recommend that a weight neutral program for increased physical activity will result in many of the beneficial health outcomes often associated with weight loss.
<https://www.nytimes.com/2021/09/29/well/move/exercise-weight-loss-longer-life.html>
<https://doi.org/10.1016/j.isci.2021.102995>

September 29, 2021: The movie *The Harder They Fall* supposedly depicts historical figure Stagecoach Mary, but fails to portray her as she was - a dark skinned, plus sized woman which many find disappointing and problematic.
<https://www.themarysue.com/zazie-beetz-stagecoach-mary>

September 30, 2021: An article for students outlines the mental and physical damage caused by fat shaming and weight stigma.
<https://www.sciencenewsforstudents.org/article/weight-shaming-stigma-health-sick>

October 2021: The most recent issue of *Fat Studies* focuses on fat activism.
<https://www.tandfonline.com/toc/ufts20/10/3?nav=tocList>

October 4, 2021: Weight loss app Noom claims that it is not a diet app, but the facts reveal a diet app that has the same dismal "success" rate as any other diet plan.
<https://www.bustle.com/wellness/noom-weight-loss-app>

October 4, 2021: Max Airborne explains how mutual aid works and how it can improve the fat community.
<https://fatrose.org/2021/10/04/fat-mutual-aid>

October 7, 2021: Queen Latifah is interviewed about her weight and body acceptance as the spokesperson for Novo Nordisk's "It's Bigger Than Me" campaign. The campaign seems to be about changing the narrative surrounding weight, reducing weight stigma, and increasing self-respect. Sounds good until you realize Novo Nordisk has two weight loss medications to peddle.

<https://www.essence.com/lifestyle/queen-latifah-its-bigger-than-me>

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

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