



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**Official Publication of  
the National  
Association to  
Advance Fat  
Acceptance**

September 2010

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### NAAFA Applauds Michigan Judge's Decision

NAAFA applauds the decision of Macomb County Circuit Judge Peter Maceroni to uphold the anti-discrimination law of Michigan. Judge Maceroni decided recently not to dismiss a lawsuit against Hooters by two waitresses who were fired because of their minimal weight gain. Michigan is the only state in the US that has a law against employment discrimination based on height and weight.

NAAFA commends Cassandra Smith and Leanne Convery for standing up for their legal rights. Hooters' practices appear to discriminate based on gender as well as weight. Their male assistant regional manager who refused an interview with the local news reporter is a very large man.

Policies such as those being enforced at Hooters for their female waitresses are directly responsible for creating undue stress in the workplace that is linked to serious health issues such as eating disorders, anxiety disorders, elevated blood pressure, heart disease, gastrointestinal disorders and more.

NAAFA strongly urges individuals to take action by writing letters of protest to Hooters of Roseville Inc. and Atlanta-based Hooters of America Inc. Hit them where it will hurt the most, in their pocketbooks, by taking your business elsewhere until Hooters is forced to reverse their policy. Cancel any existing reservations you have at any Hooters facility, if at all possible, and make certain that they know you are cancelling because of their weight control policy for waitresses.

### The Making of *Gordita*

*by Debby Wolfe, Writer/Director of the short film Gordita*

Curvy. Spirited. Confident. Gordita. The word *Gordita* in my Salvadoran family is a term of endearment used to describe an attractive, curvaceous woman. *Gordita* is also the title of my short film, which I was most pleased to recently screen at the first International Fat Film Festival at the 2010 NAAFA convention.

### The Pressure on Our Children

#### September Videos of the Month

September has just been declared National Childhood Obesity Awareness Month. The focus of weight loss turns to the very young as our First Lady vows to "eliminate childhood obesity in one generation."

Many of our members and advocates are very concerned about the impact this approach will have on our children.

This month's videos were produced by a young man who started dieting as a child and is still battling disordered eating at age 27. Listen to his story and his suggestions for change:

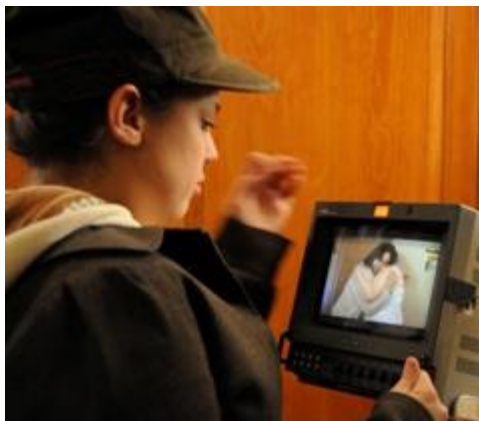
<http://www.youtube.com/watch?v=mLSEmYeeJcc>

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

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The film *Gordita* tells the story of Tatiana; a plus sized East LA Salvadoreña who has recently become mired in depression. Stuck in a dead end job at a drab discount bargain retail store and taunted by the sassy, thin girls who shop there, she has become disgusted with her body and the mundane routine of her life. Despite having the love and admiration of a boyfriend, family, and friends, Tatiana is unable to see herself the way they see her: a beautiful woman, inside and out.

When an old cassette tape is reintroduced into Tati's life, she has a surreal flashback and sees firsthand what she was once like as a young, vivacious, teen. This moment is reinvigorating and inspires Tati to reclaim the confidence she lost to the hardships of everyday life.

The inspiration for this film came when I found my own cassette tape labeled "DJ Deb" while cleaning out my parents' house. The tape included my twelve year old self hosting a fake radio show as various personalities and playing hits like *The Power of Love* and *Ice, Ice Baby*. It was a bittersweet experience that allowed me to put aside the stresses of life and reconnect with the passion of my youth; an exhilarating feeling that I felt compelled to capture on film.

At the same time, I was obsessing over some recent weight gain and growing increasingly fascinated by the exorbitant amount of times my friends and I used the phrase "I feel fat" while hanging out. It felt very natural for me to tell the story through a plus size Latina. Part of my mission as a filmmaker is to tell the stories of characters that we see in our every day life, but that we don't see often in film.

My journey to making this film was not easy. The casting process provided a huge challenge. Trying to find a plus sized Latina actress in Hollywood was nearly impossible. During my more than four month interview process, I interviewed over one hundred women for the role of *Tatiana*. Many of them thought that they qualified as plus size because they were a size 8! (Others tried to convince me they could wear a fat suit). Finally, I walked Talia Zapien, a beautiful plus size Mexicana who nailed the audition. She came in dressed in sweat pants and no make-up, she was very soft spoken, yet during her audition she exuded a natural confidence in her performance I had not yet seen. I knew I had found my *Tatiana*.

Once the hurdle of casting was over, the film came together fairly smoothly. A year later, we've won awards and played over a dozen (and counting) film festivals nationwide. I am so appreciative that I was blessed with the best crew, the best cast, and a ton of loyal supporters that helped this project come to fruition.

I am so grateful for all the positive feedback I've received from the film. I believe it's because *Gordita* is a film that everyone can relate to. It's a film for people of all shapes and sizes. It's a film for anyone who has ever felt "fat" and "stupid" and rendered him or herself unable to pursue their dreams. The film is about finding that spark, the one you had in your youth when you thought you could rule the world, and using the spark that still exists within you to make things happen for yourself. You are in control of your own destiny. You are the only one who can improve your life. The spirit of "Gordita" lives in us all.

## Fat Advocacy Training and the Politics of Size Discrimination



by Brandon Macsata

We could learn a thing or two from political scientist Richard Fenno, who authored the 1978 groundbreaking book [HOME STYLE: House Members in Their Districts](#). *Home Style* provided the first in-depth analysis of how Members of the U.S. House of Representatives interacted with their constituencies back home in their districts.

### Why?

With the advent of First Lady Michelle Obama's anti-obesity initiative, people in favor of size discrimination have gotten their message across quite well. **For NAAFA to bring balance to the current one-sided debate, we must learn better advocacy strategies.** This means educating Members of Congress, interacting with the news media, and tapping into public sentiment that is favorable to fat Americans.

Here are 8 easy steps to empower the NAAFA movement:

- Step 1: Know What Your Opposition is Saying
- Step 2: Know Your Facts & Get Them Straight
- Step 3: Develop a Message
- Step 4: Know Your Target & Assemble the Troops
- Step 5: Develop Your Strategy
- Step 6: Remember Your Target
- Step 7: Understand Outside Pressures
- Step 8: Identify Allies

Is it realistic to expect rank-and-file NAAFA members to do something that professionals are paid to do every day? Is self-advocacy really that easy? Will any of this really make a difference in turning the tides against size discrimination?

### YES! YES! YES!

Going into any advocacy campaign, it's vital to know what **the other side** is saying. In the debate over size acceptance, this includes statistics such as: 30.5% (60 million) of adults (age 20 and older) in the United States are obese; 4.7% (9 million) of Americans are severely obese; 67% of men are overweight; 62% of women are overweight; 34% of women are obese. 27.7% of men are obese; and 6.3% of women are severely obese. 3.1% of men are severely obese. You don't need to agree with these but you need to know what is being said.

Equally important, know what **YOU** should be saying in defense of your cause. The NAAFA website provides some excellent information, resources and tools to accomplish this task.

Once you know the facts - as well as what the opposition is saying - it's time to develop the message. The message doesn't have to be complex, or so in-depth that the layperson couldn't speak with personal authority about the subject matter. **The message should strike a balance between facts and statistics to support your position, and personal stories to pull at the heart strings of the people you're trying to influence.**

After that, determining the target and assembling the troops is easy. In this scenario, our targets are Members of the U.S. Congress. Former Speaker of the House Tip O'Neal wasn't necessarily right when he proclaimed, "All politics is local." **Increasingly, what happens in Washington, DC eventually trickles its way down to the States and local municipalities.**

There is no better time to put Congress in the NAAFA crosshairs!

Armed with the message, developing a comprehensive strategy comes next. The strategy doesn't have to involve rocket science, but rather time-tested techniques that work, especially when communicating with elected officials in Washington, DC. And meeting with the Member of Congress isn't always necessary because oftentimes it is the professional staff member who is

providing the advice and consultation to the Member. [Editor's Note: Contact NAAFA PR Director Peggy Howell at [naafa\\_pr@yahoo.com](mailto:naafa_pr@yahoo.com) to request a copy of Brandon's 2010 NAAFA Convention presentation, which has detailed tips on meeting with elected officials.]

While Step #6 (Remember Your Target) might seem redundant upon first glance, it bears repeating for a particular reason. Why?

There is an evolution of Congressional Constituency and **you need to get to them early!** Members of Congress transition from an "Expansionist" stage (meet and befriend everyone you can) to a "Protectionist" stage (don't mess up relations with current friends) relatively quickly, so becoming part of their "inner circle" enhances the likelihood for success. With that in mind, partisanship must always be put aside. Also, since money talks in politics, rather than shun this practice, embrace it as reality and level the playing field with your purse strings! But since not everyone has deep pockets, there are other important things that can be done to further the "political" relationship with your congressional delegation, such as volunteering on their campaigns.

Finally, it is imperative to understand potential outside pressures that could act for or against your strategies, and equally important, locate potential allies as a result of the pressures. For example, did you know that Rasmussen Reports has released SEVEN polls from January to July 2010 that involved several issues relevant to fat advocacy? In March, 86% of those polled said what people eat is NOT the government's business! In the April poll, 58% of Americans said they have been on a diet!

Knowing where the mood of the country is at any given moment could pose an opportunity, or a challenge? That's why it is incumbent upon NAAFA to seek out allies to help in the struggle (Reference NAAFA's March 2010 newsletter article, "**Connecting the Dots: Advocacy, Alliances & Achievement**").

Effective grassroots advocacy is **THE** way for NAAFA to better position itself, especially when given the tools for success! **Learn these easy 8 Steps and take no prisoners.**

*Brandon M. Macsata is a NAAFA Advisory Board member, Managing Partner of [The Macsata-Kornegay Group, Inc.](http://www.flyfriendlyskies.com) and founder of the Association for Airline Passenger Rights. You can find their website at <http://www.flyfriendlyskies.com>*

## The Loss of a Hero



Judy Freespirit

*by Frances White, NAAFA  
Co-Chair*

On Friday, September 10, 2010, Judy Freespirit died. It is very hard for one person to write an obituary for Judy Freespirit because of the enormous impact she had on so many communities. She was a pillar for fat liberation, she was in the forefront on disabled rights, and she was of great influence in the lesbian community. Some people knew her in only one of these spheres and some were lucky enough to know her in all three. She was a writer, a performer and a great friend to almost everyone she encountered. I was privileged to know Judy through our involvement with NAAFA.

I fear that I can never do complete justice to the memory of Judy Freespirit because my memories will never encompass those of others who knew her in a different area. I urge those who knew Judy or want to know more about her to go to <http://judyfreespirit.wordpress.com> to read how she affected so many, or add thoughts and memories of your own. Judy died at age 74. Many younger women who visit the website will realize how their thinking about being fat women was influenced by the writings and performances of Judy Freespirit.

In the early 1970s, Judy helped start the Los Angeles chapter of NAAFA. She moved on to co-found the "Fat Underground" with women who were outraged by the way psychologists of the day "treated" being fat as a pathology that could be "cured" by behavior modification. These women had started reading various inter-disciplinary studies in the '60s and '70s that questioned the idea of fat as a disease to be cured as opposed to yet another variation on humankind. The Fat Underground was an activist community, a writing

commune and performance artists. Out of their writings came the book *Shadow on a Tightrope*.

Judy moved to northern California in the 1980s and settled in Sonoma County. She got together with several women to exercise. Out of that group came the irreverent performance artists "Fat Chance," fat women who performed on low hung trapeze bars. When she moved to the central Bay Area, she helped co-found "Fat Lip Readers' Theatre." This group performed skits, sang songs, danced and poked fun at the stereotypes that inhibited many fat women from developing to their full potentials. "Fat Lip" went on to perform on the Phil Donohue show on TV and produce a VHS of one of their performances. Yes, kids, VHS, not a DVD or a newer technology. I still have several copies.

Judy wanted NAAFA to make a strategic alliance with disabled rights groups. When she took over facilitating the Feminist Caucus from Carrie Hemenway, she and I co-organized several Fat Feminist Caucus gatherings in San Francisco and Oakland. At one gathering, almost everyone in attendance stood up to personally thank the Fat Underground for enriching their lives as fat women.

But I remember many younger NAAFA members being reluctant to join with her in an alliance with disabled rights organizations because they didn't believe that being fat was a disability. Funny thing, as all of us, regardless of size, realize as we get older, we all have some kind of disability. Standing up for one of us makes us all stronger.

Judy joined the Unitarian Church in Oakland because the church community seemed so supportive of many of her core beliefs. But even in that group, Judy found she had to educate others about fat justice. Acceptance was too weak a word for Judy; she stood for fat liberation. Out of a church confrontation came a memory that so many women share, "Polly's Phat Phollies." Rather than teach a class that Judy thought would be poorly attended by church members, she wrote an incredible revue that wove together all of Judy's personal causes, fat rights, gay rights, disabled rights, and rights of the aged. It was a cast of at least 15 and it was performed twice. It seemed like every fat woman and all of her friends living in the San Francisco Bay Area that November came to the show. It is still being talked about as a milestone in the fat women's community.

Judy's health betrayed her active mind and militancy. Well, sort of. She had to go into an assisted living home. The one that had the best physical therapy department did not want to take Judy because of her size. NAAFA signed a letter on her behalf to get the Jewish Home for the Aged in San Francisco to admit her. Since size and height were (and are) protected classes in the City and County of San Francisco, eventually they did admit her. And Judy remained true to her activist self. Judy championed gay and transgender people at the Jewish Home whom, she found, had been reluctant to come out.

Judy remained a staunch supporter of NAAFA to the end. She contributed a painting in the style of Botero to be auctioned off in The Not So Silent Auction at the 2010 NAAFA convention. And so her life came full circle. Two friends from the Los Angeles NAAFA chapter wanted the picture. When one dropped out of the bidding because the price was going too high, the winner gave the picture to her friend.

Graveside services for Judy's family and close friends have already occurred. There will be a larger community remembrance to be held in the Bay Area at the end of October.

You can read Judy's bio in the book *Feminists Who Changed America* [here](#) .

## On Big Bird and Bumper Stickers

by Lenny Husen, M.D.

My son was a huge fan of Big Bird when he was four years old. As a young mother with a decent, though not unlimited, amount of tolerance for cloying sweetness, I actually did not mind Barney, the Dinosaur. Baby Bop I detested, though. And as a Sesame Street watcher in my far off youth, I appreciated Cookie Monster. But Big Bird, even when I was a child, irritated me. The character seemed to lack something (an IQ over 82, perhaps).

Nevertheless, my son liked Big Bird, so I had to listen to Carol Spinney's grating avian voice belting out BB's Greatest Hits quite a few times. I discovered that I loved two of the songs. One song is about how making errors is inevitable, a mind-bending concept for an obsessive-compulsive pre-med student.



"Everyone makes mistakes, oh yes they do! Your sister and your brother and your dad and mother too, big people, small people, matter of fact, ALL people!"  
When that song rolled around I got down and boogied with my kid.

The other song was called, "Tall Enough" and is about when Big Bird was little, he couldn't reach the things the other family members could and it made him frustrated, but eventually he grew and all was well. When he could finally reach the birdseed stash, he had a "hundred snacks that happy day!" The song is a celebration about growing in size while enjoying the size you happen to be.

I love that song. I was told often as a child that I was the wrong size or shape. For example, when I was 9, my mother, to my everlasting shame and the amusement of my big brother, bought me "Boys Husky" jeans because my thighs and tummy would not fit into the little girl jeans. I marveled at the idea of living in a world where a little girl wouldn't have to hate her body for being the "wrong" size.

***"Oh yes, you're Tall enough, exactly Tall enough, exactly Fat enough and Thin enough and Small enough, and although you're growing taller in your very special way, still you're Tall Enough today!"***

What a concept, being "enough", not lacking or weighed and measured and found wanting. This also resonated with me because my step-father liked to tell a story about a family he once knew where the dad would weigh all the kids before supper and if a kid weighed the right amount he got to go to the table, but if he weighed "too much", then he got no supper that night.

Everyday I anxiously waited for the scale to be rolled out at meals.

Although that didn't happen, I grew up feeling that I would be more valuable to my parents and to society if I were prettier and taller and thinner. Maybe I would have a growth spurt, and then I would have friends, and maybe I wouldn't get called a "dog" at school on a regular basis. Then my parents wouldn't cluck if I reached for a tortilla chip. Who knows how fantastic life could be if one were only the right size!

Imagine how delightful it was to come across **Fat!So?** by Marilyn Wann. I wanted to spread the word, and since I am an Internist, I knew I wanted to let folks know that here is one doctor who thinks fat people have the right to kindness, respect and top-notch medical care. But how? How to get the word out? I decided to start with a **Fat!So?** Bumper sticker, but couldn't find one.

Then I remembered NAAFA, mentioned in Marilyn's book and also Wendy Shanker's book *The Fat Girl's Guide to Life*. I first heard of NAAFA when I read the book *Such a Pretty Face: Being Fat in America* by Marcia Millman, way back when I was 19 and reading everything I could get my hands on about fat and eating disorders.

I decided to contact NAAFA and see if the organization had a bumper sticker celebrating Fat Acceptance. Surprisingly, it doesn't (something which I hope to change). But I joined the organization anyway, and after sending two emails asking about bumper stickers several months apart, received a gracious answer from Peggy Howell who encouraged me to attend the Health at Every Size Summit at the NAAFA Convention in August 2010. I hadn't actually heard of HAES, but had come up with the concept of intuitive eating (not knowing it was called that) for myself independently based on the hundreds of books I read on dieting, bulimia, anorexia and "obesity".

Then Frances White asked me to give a workshop on being your own medical advocate, and Peggy asked me to contribute to the Newsletter. So, here I am, and I hope that my contributions will be entertaining. I invite questions or ideas for columns.

During the Convention and HAES Summit, one of the high points for me was meeting BOTH Marilyn Wann and Marcia Millman! I was so excited I wanted to fall down on my knees, and shout, "I'm Not Worthy!" like Wayne and Garth.

Back to Big Bird and Bumper Stickers. I decided to create my own bumper sticker. I decided to borrow from "Tall Enough", so I went on line to find out what the lyrics exactly said, not trusting my memory since my son is now a 22 year old Berkeley Psych major who now prefers Phish and Jack Johnson to Big Bird. Imagine my horror when I found the Big Bird song lyrics, but with one word changed. Guess which one? Yes, the word "fat" had been changed to "far".

Was this a typo, or did they just hear the lyric wrong? To make sure I wasn't going crazy, I bought the CD. Turns out I had remembered it perfectly. And I got a chill down my spine. I really did not inherit the paranoid gene, but could there be there some kind of conspiracy against fat and some evil force that is promoting body dissatisfaction and self-hatred even in small children? Well, actually, um, YES.

I did ultimately have a bumper sticker made, a magnetic one that says, "FAT OR THIN, SHORT OR TALL, YOUR BODY IS BEAUTIFUL," but I invite you to send me your suggestions for catchier bumper stickers.

Let's get the word out, from Big Bird's beak to the rest of the world.

*If you have questions or topics that you would like to see Dr. Husen address in future articles, please send your questions to: [drhusen@gmail.com](mailto:drhusen@gmail.com)*

## Media and Research Roundup

by Bill and Terri Weitze

[Editor's Note: Go to the NAAFA News RSS Feed at <http://naafa.org> for the latest news.]

May 2010: In a 19-year study, researchers found that socioeconomic and behavior risk factors were a much better predictor of mortality risk than weight. In fact, controlling for other health conditions, the mortality risk for "overweight" and "obese" individuals was reduced. And why isn't this study all over the news?

<http://www.sciencedirect.com/science/article/B6VBF-4YF5R9X-3/2/4001269a3c76eb25ab81f36fe8be6799>

July 1, 2010: While writing about the Girl Scouts of America's focus on health rather than weight at *Change.org*; Carol Scott also says that no one can disagree that fat is the cause of health problems and that the "surging numbers" of fat kids is a "national emergency". Seems Ms. Scott's own message could use some focusing.

[http://education.change.org/blog/view/is\\_the\\_war\\_on\\_obesity\\_toxic\\_for\\_girls](http://education.change.org/blog/view/is_the_war_on_obesity_toxic_for_girls)

July 6, 2010: Cassandra Jones-McBryde and Elisa DeCarlo discuss the cultural differences between Caucasian American and African American women as to size acceptance and the effort to change society's point of view.

<http://dailyvenusdiva.com/2010/07/cultural-differences-in-the-plus-community>

July 7, 2010: Laura Beck of *The Huffington Post* asks, Why doesn't Facebook ban groups that promote fat hatred, since they have a policy against hate speech (which they do enforce for other groups)? Let Facebook know how you feel!

[http://www.huffingtonpost.com/laura-beck/facebook-allows-hate-speech\\_b\\_637099.html](http://www.huffingtonpost.com/laura-beck/facebook-allows-hate-speech_b_637099.html)

July 7, 2010: *The Washington Post's* article on "full figured" fashion week starts badly, referring to a size-20+ set of hips as "super size"; but get past that and it is a great introduction to the world of fat fashion including those who wear, sell and produce it.

<http://www.washingtonpost.com/wp-dyn/content/article/2010/07/06/AR2010070604552.html>

July 8, 2010: ASDAH repeats its call for "Nothing about us without us" [see May 10 item in last month's newsletter], this time on behalf of fat children, their parents, and their allies.

<http://sizediversityandhealth.org/content.asp?id=11&mediaID=32&action=archive>

July 13, 2010: A *Washington Post* blog entry on the International Congress on Obesity includes a slam at HAES, referencing a Danish study (presented orally but not yet published) finding that "obesity" doubles the risk of death, and

ignoring many other studies that contradict this conclusion. (Look for Linda Bacon's response in the comments.)

[http://voices.washingtonpost.com/checkup/2010/07/obesity\\_in\\_the\\_news.html](http://voices.washingtonpost.com/checkup/2010/07/obesity_in_the_news.html)

July 13, 2010: Michelle Obama's first video chat on her Let's Move initiative shows a good grasp of the harm that focusing on weight can lead to, and she claims that her program is about health. Yet her program is still linked to a fight against childhood "obesity".

[http://www.cbsnews.com/8301-503544\\_162-20010413-503544.html](http://www.cbsnews.com/8301-503544_162-20010413-503544.html)

July 14, 2010: Danish researchers' sifted through 362,000 records of 1943 military conscripts to label 2,000 as "obese". They then used Danish government health records to conclude that the "obese" people were twice as likely to die at any given point in time. Given the small number of people followed, the number of uncontrolled variables, and the fact that longevity has continued to increase over the past 87 years; it's hard to believe that the conclusions have much relevance now.

<http://www.npr.org/blogs/health/2010/07/14/128511661/early-obesity-doubles-lifetime-death-risk>

<http://www.nature.com/ijo/journal/vaop/ncurrent/full/ijo2010274a.html>

July 15, 2010: Due to concerns about serious side effects (memory lapses, suicidal thoughts, heart palpitations, and birth defects), the US FDA advisory panel voted against approving the diet pill Qnexa. The drug results in an average weight loss of 6% to 10% of body weight when used *with* diet and exercise. (Yes, it's okay to laugh.) Lynn McAfee of the Counsel on Size and Weight Discrimination provided crucial testimony. If you wish to help offset the costs for Lynn testifying before the next two Advisory Committee meetings, donations can be made through the CSWD website.

<http://www.webmd.com/diet/news/20100715/fda-panel-says-no-to-weight-loss-drug-qnexa>

[http://www.cswd.org/docs/qnexa\\_ko.html](http://www.cswd.org/docs/qnexa_ko.html)

July 15, 2010: New federal regulations will require that your electronic health records (that all Americans are supposed to have by 2014) include your height, weight and BMI. This information will be available on a national data exchange. Will this be used to discriminate against fat people?

<http://cnsnews.com/news/article/69436>

July 15, 2010: Finally, a study where the doctors took a survey of fat people about how they felt about fat intervention programs. The conclusion is fat adults "support non-commercial, non-stigmatizing interventions . . . designed to improve lifestyles, rather than promote weight loss." Big surprise.

<http://www.biomedcentral.com/1471-2458/10/420>

July 20, 2010: Lucy Aphramor's research (published in the *Nutrition Journal*) concludes that diets fail to meet the standards of evidence-based medicine, questions the ethical implications of continuing to promote ineffective treatment and recommends a HAES approach! Just reading the abstract should put a smile on your face.

<http://www.nutritionj.com/content/9/1/30>

July 22, 2010: In the believe it or not category, staffers at some British schools are secretly opening children's lunch boxes, photographing the contents, and sending notes home to the parents telling them how to pack a healthier lunch. Well, believe it, and according to this article, the US might be next!

<http://www.npr.org/templates/story/story.php?storyId=128687780>

July 27, 2010: Saks Fifth Avenue is selling "plus size" clothing from such designers as Chanel and Armani. But before you head for the store, realize that most of the clothes will be offered up to size 14, although some styles will be offered up to a size 20. AND they will only be stocking one of each size. Talk about too little (literally), too late.

<http://www.styleite.com/retail/saks-fifth-avenue-plus-size>

July 27, 2010: A very small study finds diminished cognitive function and possible white matter abnormalities in fat adolescents with type 2 diabetes when compared to fat adolescents without the disease. Weirdly, a medical doctor at *The Huffington Post* thinks that the study shows that fat teens perform poorly in school, a clear demonstration of bias in interpreting science.

<http://www.sciencedaily.com/releases/2010/08/100802125823.htm>

[http://www.huffingtonpost.com/lloyd-i-sederer-md/obesity-linked-to-poor-sc\\_b\\_646747.html](http://www.huffingtonpost.com/lloyd-i-sederer-md/obesity-linked-to-poor-sc_b_646747.html)



July 28, 2010: This *New York Times* article gives insight into the excuses clothing manufacturers use for not providing more (and better) plus-size clothing. Of course, it's not their fault - as usual they blame fat people because the shape of our bodies is too hard to predict.

<http://www.nytimes.com/2010/08/01/magazine/01plussize-t.html>

July 29, 2010: *Los Angeles Times* writer Mary McNamara applauds TV shows that seem to acknowledge that fat people have dreams and problems that have nothing to do with being fat. She suggests that the fat-friendlier shows now on the air and coming soon may be a backlash to fat-hating shows like *Biggest Loser*.

[http://www.mercurynews.com/tv/ci\\_15606203](http://www.mercurynews.com/tv/ci_15606203)

July 29, 2010: A study of a school-based diabetes risk reduction program shows that children had a similar decrease in prevalence of "overweight and obesity" between 6<sup>th</sup> grade and 8<sup>th</sup> grade *whether or not their school had the program*. The hard endpoint (diabetes) wasn't measured. Even so, the study authors claim that the program is a success.

<http://www.nytimes.com/2010/07/13/health/research/13child.html>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1001933>

August 2, 2010: Now that an FDA panel has given Qnexa thumbs down, two more diet drugs are headed down the pipeline - one (Contrave) has significant safety problems (like increasing blood pressure, nausea, dizziness, vomiting); and the other one (Lorcaserin) has almost no side effects but also has very low efficacy.

<http://seekingalpha.com/article/217853-orexigen-steps-up-pace-in-obesity-drug-race>

August 2, 2010: Italy has a new reigning "Miss Chubby". Out of 30 contestants, lovely Angela Scognamiglio was crowned the 20th Miss Chubby in a pageant founded by Gianfranco Lazzerschi to showcase other types of beauty in women.

<http://www.news.com.au/breaking-news/italy-names-angela-scognamiglio-miss-chubby/story-e6frfku0-1225899784404>

August 5, 2010: It is no surprise that two recent polls of hiring managers find that attractive people are hired over unattractive people approximately 57% of the time. But *Human Resource Executive Online* was surprised to find that with fat people the percentage goes up to 66%. NAAFA's Lisa Tealer shares her own experience and suggests that human resource executives may find our Size Diversity Toolkit useful.

<http://www.hreonline.com/HRE/story.jsp?storyId=493195166>

August 6, 2010: *Annie's Mailbox* (a syndicated column run by two of Ann Landers' past editors) prints a letter from a woman suffering from Dercum's Disease, a rare condition characterized by painful lumps, lipomas or tumors all over the body, unexplained weight gain, fatigue and weakness. Weight loss is difficult and exercise can exacerbate the condition. Since most doctors simply look at a fat person and urge weight loss, the disease often goes undiagnosed.

<http://www.dailytribune.com/articles/2010/08/06/life/srv000009014440.txt>

August 9, 2010: A blog on *FitWoman.com* addresses how dieting and fat bias can physically impact the body; as well as reviewing points from NAAFA's Guidelines for Therapists Who Treat Fat Clients, concluding that size acceptance promotes health.

<http://www.fitwoman.com/blog/2010/08/how-size-acceptance-promotes-health.html>

August 10, 2010: A recent study claims that waist circumference is a better predictor of mortality than BMI, especially for older persons. Dr. Samuel Klein, an "obesity" expert, is skeptical since removing belly fat surgically does not lead to health improvements.

<http://abcnews.go.com/Health/wireStory?id=11360509>

<http://archinte.ama-assn.org/cgi/content/abstract/170/15/1293>

August 13, 2010: In a truly horrific article, a British doctor bemoans the rationing of gastric bypass surgery, and claims that the wrong people have access to it. Making unsupportable claims of WLS benefits, Dr. David Haslam seems to believe that WLS should only be offered to people who are less fat and healthier than those now receiving it.

<http://www.bbc.co.uk/news/health-10877140>

August 23, 2010: Two fat children are taken from their parents, and the parents are being charged with abuse. Apparently, the children were living in

squalor and there are reasons to claim child abuse other than their weight; but guess what the media is focusing on?

<http://www.parentdish.com/2010/08/23/are-parents-of-obese-kids-abusive>

August 30, 2010: Research from the Cooper Center concludes that cardio exercise without weight loss does not lower the systolic blood pressure of a fat person. What it does not address is whether or not this is a significant health risk, as many fat people have higher blood pressure but do not have any other problems associated with hypertension.

<http://www.medscape.com/viewarticle/725575>

August 31, 2010: It is clear from an article in the *Post and Courier* (Charleston, SC) that David Quick does not like fat people and thinks that the worst thing that could happen is for us to be deemed "normal" in any way. He dismisses expert Dr. Glenn Gaesser and the other professionals who attended the NAAFA HAES Summit, while putting forward the views of a local Charleston doctor as the last word in the "obesity epidemic".

<http://www.postandcourier.com/news/2010/aug/31/is-obesity-normal-accepted>