



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

**Official Publication of  
the National  
Association to  
Advance Fat  
Acceptance**  
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### NAAFA Child Advocacy Toolkit Update

*by Darliene Howell*



Since its introduction in 2011, the NAAFA Child Advocacy Toolkit<sup>SM</sup> (CATK) has been shared with thousands. Yes, thousands! Here are a few highlights:

In June 2011, NAAFA teamed with NAAFA Advisory Board Member Joanne Ikeda and members of ASDAH to introduce and distribute the CATK to interested parties at the 6th Biennial Childhood Obesity Conference in San

Diego, CA.

At the 2011 Annual Convention, NAAFA held a press conference at the National Press Club in Washington, DC, featuring the CATK and speaking directly to bullying of fat children.

NAAFA was invited to participate in the 2nd Annual Stop the Pain Teen Summit on Dating Violence and Bully Prevention held by the Positive Results Corporation in April 2012 at the Los Angeles Convention Center. Members of the NAAFA-LA Chapter staffed a table at the summit and shared information about bullying of large children and the CATK.

### Let Your Belly Hang

Not everyone likes hip hop music, but listen closely to the message of this music video. This artist encourages size acceptance, self acceptance, self love, pride in one's body and size diversity all in one wacky, energetic and fun music video. Give it a try. We hope you enjoy:

<http://youtube.com/watch?v=QSQ8GM7xI9Q>

### Quick Links

**[NAAFA Home](#)**  
**[NAAFA Facebook - Cause](#)**  
**[NAAFA SF Bay Facebook](#)**  
**[NAAFA-Capital Facebook](#)**  
**[NAAFA MySpace](#)**

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The NAAFA CATK has been distributed at a variety of venues, ranging from the BBW Network's Vegas Bash to The Fatty Affair in San Jose and the BEDA Conference in Philadelphia.

Statistics from the online version of the CATK show over 5,700 views through the end of June 2012.

One of my personal projects has been to send emails to any agency, organization, governmental institution, or group of individuals that in some way promote child obesity interventions. I tell them of a wonderful resource that I would like to share with them . . . the NAAFA Child Advocacy Toolkit! I have sent hundreds of these emails in the past year and a half. The following are a few of the responses. It's important that we know that NAAFA is making a difference in tangible ways.

"Thank you very much for replying to the commentary I wrote for the Times record last September. I apologize that it has taken me this long to write you this thank you! I very much appreciate your point of view concerning stigmatization of over weight children. The Let's Go, 5-2-1-0 program we partner with schools and early childhood organizations on, takes the approach of encouraging positive and healthy lifestyles, much like HAES. I agree that strategies to prevent childhood obesity must avoid any strategy that could injure children psychologically. You are right, the resources on the Yale Rudd Center site are terrific and I am sharing them with the teachers with whom we partner. Thanks so much for your interest in this subject."

Marla H. Davis MSN, RN, TTS-C  
Director, Community Health Improvement  
Tobacco Cessation Specialist  
Mid Coast Hospital

"Thank you for your email. The toolkit that you sent looks very valuable. It is very consistent to what we teach our campers at Camp Strong4Life ([www.choa.org/campstrong4life](http://www.choa.org/campstrong4life)). If you have any other resources that you think would be helpful in our work, feel free to pass them along."

Thank you,  
Laura L. Colbert, MPH, CHES  
Program Coordinator, Child Wellness, Community Programs  
Children's Healthcare of Atlanta

"Governor Scott's office forwarded your recent email to the Florida Department of Health for response. The Bureau of Chronic Disease Prevention and Health Promotion in the Florida Department of Health is committed to decreasing the impact of chronic diseases on the health of Floridians. We receive federal funding to address healthy lifestyles in adults and one of our primary goals is related to healthy weight. We are familiar with many healthy weight related sites and appreciate adding to our list of valuable resources. We recently attended a presentation by Dr. Kelly D. Brownell, Director of the Yale Rudd Center, and have shared "Health At Every Size" information with our health department staff and partners for work within local communities. We will add the NAAFA Childhood Obesity Toolkit to our resource list and share the information with other staff within the Department who work with children. We certainly understand the importance of dealing with health, environmental, and policy issues at all age levels. Thank you for sending these valuable resources."

Sincerely,  
Bureau of Chronic Disease Prevention and Health Promotion  
Florida Department of Health

I have received replies from the CDC, the NIH, and the USDA. As evidenced here, we CAN reach others through our efforts in educating the public about discrimination. NAAFA is also looking at ways to improve the tools we produce. The next generation of the CATK could include "visual scenarios" - video enactments of the scenarios that can be used in educational settings to demonstrate the examples of bullying and other discriminatory acts to promote discussion of how things can be changed.

If you'd like to be involved in promoting change in the lives of children, recommend the NAAFA Child Advocacy Toolkit to teachers, caregivers, boards of education, any child obesity prevention programs you come across. Simply send them the link to the [CATK](#) on the NAAFA website.

You can also be instrumental in seeing NAAFA's vision of the visual edition of the Child Advocacy Toolkit become a reality by giving. [Donate today](#). Your donations to NAAFA **are** making advances in EQUALITY AT EVERY SIZE!

## Interested in a San Francisco Bay Area Chapter?



by Dianne Hartley

It was very shocking to learn at the 2012 NAAFA Convention that we do not currently have a local chapter in the Bay Area. I would like to help change that. I invite you to join me in the creation of a local NAAFA chapter that will serve our community's needs and have the support and resources of the national organization.

I just watched Oprah's Super Soul Sunday. Oprah was interviewing Marianne Williams, author of *Return to Love*, *Illuminata* and many other books. They talked about how to create personal and global change. Oprah commented on how difficult it is to get the majority of people to agree and move in a certain direction. Marianne said: "The majority of people did not wake up one day and say, 'Let's free the slaves or give women the right to vote (or any other major social change that has happened in the last 200 years).' It is because a small group of people, usually considered outrageously radical by the status quo of their day, had a better idea." NAAFA has a better idea.

Be outrageously radical; join us in making a change in our community and in the status of fat people. We need you--the organizer, the blogger, the doctor, the nurse, the social worker, the helper; every one of you.

You can help by emailing me at [di94509@comcast.net](mailto:di94509@comcast.net) with your contact information and forwarding this to everyone you know who is interested in making a difference.

## Weight Stigma Awareness Week

National Weight Stigma Awareness Week, an annual event sponsored by the Binge Eating Disorder Association (BEDA), is being observed September 24 to 28, 2012. This event is more than an observance; it's a call to action. How can you get involved and help raise awareness of the negative impact of stigmatizing people based on their weight and body size?

Check out BEDA's WSAW webpage at: <http://www.bedaonline.com/WSAW>  
Take part in the week with activities suggested in their "Call to Action" and by learning more about the effects of weight stigma. There are suggestions for things you can do each day and they may just spark ideas of your own. Involve your friends in your activities and let's all work together to bring about Equality At Every Size!

## Open Letter to Dr. Carter of Worcester, MA

The following letter was sent to Dr. Helen Carter on August 31, 2012 on behalf of NAAFA:

Dr. Carter,

NAAFA is a civil rights organization dedicated to eradicating size discrimination in all its forms. It was brought to our attention that you refused to treat a patient who is fat. We agree that both patient and doctor have the freedom to make choices. However, refusing to see a patient because they are fat is simply discrimination.

In the news reports, you were quoted saying that you refused to treat fat patients because of injuries to your staff. There are methods which would allow your staff to safely treat fat patients and protect your staff. It starts with a bias-free attitude toward fat patients and an openness to consider other options. Making adjustments and accommodations is good for patients' health, the staff's safety and your business.

To assist health care providers to better serve their current and future fat patients, NAAFA with other health care professionals wrote guidelines for healthcare

providers who treat fat patients. Enclosed are a few copies of these guidelines and you can also access the pdf via our website:

[http://issuu.com/naafa/docs/naafa\\_healthcarep\\_guidelines\\_2011\\_v06\\_screencut?mode=embed](http://issuu.com/naafa/docs/naafa_healthcarep_guidelines_2011_v06_screencut?mode=embed)

The guidelines cover topics such as health care philosophy, attitude, medical treatments, waiting room, equipment and resources as well as journal articles and links to websites with helpful information. Fat people experience discrimination, stigma, harassment, denial of career and educational opportunities and access to quality health insurance and health care (see enclosed size discrimination fact sheet). It is our hope that you reconsider your discriminatory position and fully embrace Equality At Every Size and the Hippocratic oath you took to become a physician.

We welcome the opportunity to offer our assistance. Please don't hesitate to contact us should you have any questions.

## Hispanic Heritage Month

by Phyllis Warr

Viva la Raza! September 15 through October 15 is Hispanic Heritage Month in the United States. It is a time to recognize and honor Hispanic-American citizens who have contributed to the greatness of our country. Through the years there have been many Hispanic-Americans who have done great and wonderful things: founder of the United Farm Workers Union Cesar Chavez, Supreme Court Justice Sonia Sotomayor, baseball player Roberto Clemente, dancer/actress Rita Moreno, actor/producer Desi Arnaz, former US Surgeon General Antonia Coello Novello, and comedian Gabriel Inglesias, to name a few.

Fat people come in all races, ethnicities, genders, ages, and sexual orientations. The Hispanic community includes a high percentage of fat people and we believe they are being underserved. NAAFA is a vital advocacy group that crosses all lines, and one of our goals is to further support individuals from this community.

Every racial and ethnic group in the US has members who have contributed to the formation and success of various areas of the development of our country: in fine arts, government, education, medicine and social services. Most are everyday heroes who are never recognized for their efforts. One of NAAFA's own heroes is Anita Garcia, the current President of the NAAFA-LA Chapter. NAAFA has many Hispanic members who have dedicated their time and efforts to fight for the rights of people of size. We need to honor Hispanic-Americans for their contributions to the building and continuation of our country and our organization, whether famous or unknown. Not only during their special month, but every day.

## Book Review: *Fat Assassins*

by Marita Fowler

Review by Bill Weitze

*Fat Assassins* is possibly the most action-packed book I've read. Here's me reading it: <turns page> "That's crazy!" <turns page> "That's also crazy!" <turns page> "More crazy!" <turns page> "Still more crazy!" <turns page> "Also crazy!" etc.

The book, available on Amazon, is in the same vein as Janet Evanovich's books about Stephanie Plum, except that the action knob has been turned to eleven, and West Virginia supplies the local color instead of New Jersey (although the Garden State does make a cameo appearance). It all starts when our heroes, Shasta and Ulyssa, get their hands on a not-so-lucky lottery ticket. This starts these two young working class women on a series of crazy adventures, leading up to an armed confrontation with . . . well, I don't want to spoil it.

The icing on the cake is a cool cover by Les Toil. My only quibble is that the editing on the book was a bit light, and so several typos have slipped through. Even so, it's a great read.

## Butt Bouncer Revisited

by Cinder Ernst

Hello NAAFA Friends,



I'm so glad fall is on the way, I love being outside walking and doing chores. I am also looking forward to doing some horseback riding. What are you looking forward to this fall?

Being more active requires that you keep your strength and stamina up. A great way to do that is with the Butt Bouncer. This is a simple exercise you can do in a chair. Try it now if you'd like: Sit up tall on the edge of your chair with your feet flat on the floor. Now squeeze your butt, hold a sec and then release. That's it!

This little exercise is responsible for many of my clients getting great results. One client started with 10 Butt Bouncers and a hamstring stretch each day. That week she climbed a flight of stairs she hadn't climbed in years. The next week she flew to Hawaii, did the Butt Bouncers on the plane, and was able to walk off the plane unassisted. She hadn't done that in years!

Another of my clients was having trouble getting to and from court (she's a lawyer) and doing the Butt Bouncers reduced her knee pain and made walking easier.

So give it a try . . . what have you got to gain?

You can get more safe and effective fitness tips in The Quick Start Guide to Healthier Knees and info about my free October teleclass at [lesskneepain.com](http://lesskneepain.com)

Here's to Healthier Knees and a Healthier You!

Cinder

## Media and Research Roundup

by Bill and Terri Weitze

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

August 21, 2012: A study looking at body mass index (BMI), metabolic disorders, and cognitive decline found that obese people have similar cognitive decline whether metabolically normal or abnormal; but that average weight people with metabolic disorders have a slower decline over a 10-year period. An article on the study misstates these results, claiming that being fat leads to faster cognitive decline. *MSN.com* echoes the error, headlining their story "Being Fat Actually Makes you Dumber".

<http://www.onmedica.com/NewsArticle.aspx?id=c41a06dd-8d4d-46b7-b1c3-bc4b91a217e7>

<http://now.msn.com/being-obese-leads-to-lower-cognitive-function-and-skills-according-to-a-new-study>

<http://www.neurology.org/content/79/8/755.abstract>

August 21, 2012: Fat women who accept their bodies have better sex lives than fat women who have not found body acceptance according to a small study. Not surprising, since past studies have shown that negative body image can have a significant impact on your sex life.

<http://www.livescience.com/22565-fat-pride-better-sex-obese-women.html>

<http://www.tandfonline.com/doi/full/10.1080/21604851.2012.631113>

August 21, 2012: Jon Robison, PhD posts part two of his 3-part series on workplace health programs in the Health at Every Size® blog. Dr. Robison delves into how mechanization has affected views of health, and how those views are used to create corporate "wellness" programs that discriminate against fat people.

<http://healthateverysizeblog.org/2012/08/21/the-haes-files-whats-missing-promoting-health-at-the-workplace-part-ii>



August 22, 2012: A study out of Sweden concludes that weight loss surgery (WLS) can prevent Type 2 diabetes. The study authors disclose a long list of (potential) conflicts; plus, 36.2% of the participants dropped out before the 15-year study concluded, and an additional 30.9% had not had their 15-year examination. Note that a separate study from 2007 shows that most who are "prediabetic" don't develop Type 2 diabetes (third link), making us wonder why anyone would prescribe such a drastic cure for something that isn't a disease.

<http://well.blogs.nytimes.com/2012/08/22/weight-loss-surgery-may-prevent-diabetes>

<http://www.nejm.org/doi/full/10.1056/NEJMoa1112082>

<http://care.diabetesjournals.org/content/30/2/228.full>

August 26, 2012: A study of one of the few remaining hunter-gatherer tribes found that, despite a physically active lifestyle, their daily calorie expenditure was about the same as typical adults in Western Europe or the United States. The researchers conclude that the human body adapts to changing energy requirements more than is commonly thought.

<http://www.nytimes.com/2012/08/26/opinion/sunday/debunking-the-hunter-gatherer-workout.html>

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0040503>

August 28, 2012: Examining the parallels between the medicalization of obesity and that of homosexuality, and how treatments of both conditions are almost always ineffective, Paul Campos says, "Telling fat people they ought to be thin is about as helpful as telling gay people they should be straight."

[http://www.salon.com/2012/08/28/anti\\_obesity\\_the\\_new\\_homophobia](http://www.salon.com/2012/08/28/anti_obesity_the_new_homophobia)

August 28, 2012: In the wake of Rosie O'Donnell's heart attack, Deb Burgard shares some unpleasant comments made regarding Rosie and her health, and responds to each with the HAES approach.

<http://healthateverysizeblog.org/2012/08/28/the-haes-files-looking-through-haes-colored-glasses-for-rosie>

August 29, 2012: Peggy Howell explains to demographic website *demo dirt* that size discrimination is wrong and affects many areas of a fat person's life.

<http://demodirt.com/index.php/us-trends/3-attitudes/524-scales-of-injustice>

August 29, 2012: Rhesus monkeys are often used to study the effects of diet as a presumed analog for humans. In a long-awaited study from the US National Institutes of Health, it was found that monkeys on caloric restriction (severe dieting) did not live longer than other monkeys, despite an earlier study that suggested the opposite (third link).

<http://www.nytimes.com/2012/08/30/science/low-calorie-diet-doesnt-prolong-life-study-of-monkeys-finds.html>

<http://www.nature.com/nature/journal/vaop/ncurrent/full/nature11432.html>

<http://www.sciencemag.org/content/325/5937/201.short>

September 3, 2012: A study of 111 adolescents concludes that being a fat teen may result in the brain being impaired. Given that this is a very small study based on participants who are in a near constant state of physical change, the significance of any results seems questionable.

<http://pediatrics.aappublications.org/content/early/2012/08/28/peds.2012-0324.full.pdf+html>

September 4, 2012: Jennifer Graham writes an opinion piece about the cruelty of society and treatment of fat children. Yet while blasting an AI Franken book for making fat jokes, she ends her own article with lame fat jokes. Stay classy, Jennifer!

[http://articles.boston.com/2012-09-04/opinion/33555010\\_1\\_fat-jokes-advance-fat-acceptance-big-fat](http://articles.boston.com/2012-09-04/opinion/33555010_1_fat-jokes-advance-fat-acceptance-big-fat)

September 4, 2012: A study out of Sweden once again finds that fat patients with acute coronary syndromes have a better prognosis than underweight and "normal" weight patients. This is often called the "obesity paradox", but it's only a paradox if you equate fatness with illness.

<http://www.theatlantic.com/health/archive/2012/09/study-the-obesity-paradox-wherein-being-overweight-appears-to-help/262015>

<http://eurheartj.oxfordjournals.org/content/early/2012/08/27/eurheartj.ehs217.abstract>

September 7, 2012: A study in the *European Heart Journal* finds that once fitness is accounted for, healthy fat people (health defined here as not having metabolic syndrome) have no significant difference in risk of developing or dying from heart disease or cancer than healthy non-fat people.

<http://www.shape.com/blogs/weight-loss-coach/can-you-be-obese-and-fit>  
<http://eurheartj.oxfordjournals.org/content/early/2012/08/27/eurheartj.ehs174.abstract>

NAAFA, Inc. | P.O. Box 4662 | Foster City | CA | 94404-0662