



**national association
to advance
fat acceptance**

NAAFA Newsletter

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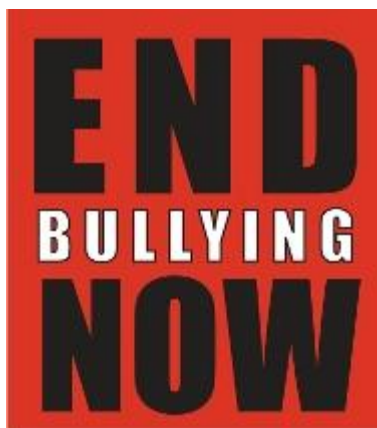
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A Good Samaritan Sets the Example: End Bullying Now!



NAAFA's END BULLYING NOW Campaign commends former Marine Wen Jones of Florida for his bravery and for doing what should be done. Mr. Jones has set the example for every one of us who witnesses an act of bullying. When Jones saw three men bullying a 14 year old boy on Florida's Juno Beach, he stepped in to stop the attack.

The cost was personal pain and suffering as Jones was beaten unconscious by the bullies, but he is the stuff of which heroes are made. "You know doing the right thing is always the right thing," stated Wen Jones.

Bullying Statistics:

- 1 in 4 kids are bullied
- 2.7 million students are bullied each year
- 56% of students have witnessed a bullying crime
- School playground bullying statistics:
 - Every 7 minutes a child is bullied
 - **No intervention - 85%**

Bullying is no longer exclusive to children and their peers on a playground. There are no innocent bystanders. It is time for us to speak up, stand up, and put an end to bullying NOW!

**National Association
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September 2013

Fat Surfer Jimbo Pellegrine

[September Video of the Month](#)

Jimbo Pellegrine proves that big guys can surf. Check out his skill and grace here:

youtube.com/watch?v=yrf93aLQXBE

Quick Links

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[Orange County](#)
[Los Angeles](#)
[End Bullying Now](#)

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The End Bullying Now Campaign incorporates all-volunteer teams working with schools, communities and like-minded organizations to change the bullying climate wherever it may be found. Write to Peggy Howell at pr@naafa.org to learn how you can become involved and bring this program to your community. "Like" our Facebook page at: <https://www.facebook.com/EndBullyingNow.naafa>

The END BULLYING NOW Campaign is a program of NAAFA, a non-profit human rights organization working to eliminate discrimination based on body size and provide tools for self-empowerment through public education, advocacy, and member support.

Men's Health Month



by Tony Harrell

In recognition of Men's Health Month, I thought I would share some tips that will benefit guys over 40, including yours truly.

Get Hooked Up For Life. A long-time partner or spouse may lower stress levels and depression, each of which can lead to chronic illness. If you are a confirmed bachelor, keep yourself and your dates protected and "wrap it up".

Keep It Low. Get a cholesterol check every five years. Have your blood pressure checked every two years; if it is above 130/85 then have it checked every year.

Wear Sunscreen. According to the Skin Care Foundation, men over age 40 have the highest exposure to UV rays. Working and playing outdoors can contribute to a skin cancer rate as much as two times as that of women who often have the benefit of makeup and/or longer hair to help protect them.

Handle Your Business. Guys can perform a testicular cancer check themselves, preferably after a warm shower. It should feel like an egg without the shell. If you feel anything unusual, such as a bump or difference in size, see your doctor to have it checked.

An Inside Job. Going in for a colorectal or prostate cancer exam is an experience that men generally do not get excited about. Nonetheless, such exams are very important for men to have. Talk to your doctor about when to schedule the appropriate screening.

Everything in Moderation. Whether you are out celebrating or just enjoying the everyday, doctors will recommend that you experience life in moderation.

Support BEDA's Efforts!



Join the Binge Eating Disorder Association (BEDA) for its 3rd Annual Weight Stigma Awareness Week, September 23-27, 2013.

Imagine a world where people are supported in living happy, healthy lives free of judgment about the size of their bodies . . . this is the mission of BEDA's Weight Stigma Awareness Week.

Help us bring our mission to life! Our goal is to make significant strides in: increasing awareness of the pervasiveness and destructive nature of weight stigma as well as providing effective strategies for combating weight stigma.

The week will feature a blog conference with tracks addressing:

- Weight Stigma in Diverse Populations
- Health and Weight Stigma
- Consequences of Weight Stigma in Healthcare, Employment and Education
- Weight Stigma Research

- Weight Stigma Viewed Through the Eating Disorders Lens - Clinical
- Combating Weight Stigma

The blog conference will also include an innovative art project, a virtual mixer, Tweetchat, webinars, and more. Stay tuned for details!

How You Can Participate:

We encourage you to join in the following:

- Art project *See Through... From Weight Stigma to Body Acceptance* - a body sculpture project through the medium of tape.
- Blog conference by blogging about your personal insights and experiences surrounding weight stigma.
- Learn more through our Twitter updates Twitter by following the hashtags: #WSAW, #WEIGHTSTIGMA, #SeeThrough, #mentalhealth, #bullying or visit BEDA at: <http://bedaonline.com> to take part as our campaign grows!

JOIN THE CAMPAIGN TO END WEIGHT STIGMA TODAY!

Celebrating Hispanic Heritage Month via Ophelia



by Lisa M. Tealer, NAAFA Board Member

September is a celebration of so many things; the new school year, the Fall season, Labor Day, Men's Health Month (please read fellow board member Tony Harrell's newsletter article), and Hispanic Heritage Month, which celebrates its 45th anniversary, starting September 15th through October 15th. This year's theme is *Hispanics: Serving and Leading Our Nation with Pride and Honor*. It is a time where we honor and recognize the contributions of Hispanics and Latinos to America. For more information, go to www.hispanicheritagemonth.org

Lisa Tealer's grandmother
Ophelia

In addition, Grandparents Day was celebrated this year on Sunday, September 8th. Established in 1970, Grandparent's Day was federally proclaimed by President Jimmy Carter in 1978. It's a day to honor our nation's grandparents and the contributions they make to their families and communities. For more information go to: www.census.gov/newsroom/releases/archives/facts_for_features_special_editions/cb13-ff_18.html

In preparing for this article, I thought of bringing the two together, to celebrate and honor a Latina, my grandmother Ophelia. Now that I think about it, she was the first fat Latina in my life. At the time she was just Grandmommie to me. She was an amazing woman; she served others through church activities, and in her work cleaning houses. She had pride in her job. She instilled a sense of pride and dignity, and her business as a cleaning lady helped my father be the first in the family to go to college. As a business woman she was cherished and respected by her clients. One day, when I was a very young girl, I went to help her clean the house of "The Colonel", a retired military man who had a beautiful flat in San Francisco.

I was confused because she put on a beautiful dress, coat, gloves, and her fox stole, with eyes made of jewels in its head (that thing scared me). But when we arrived at the flat, she took off her coat, dress, gloves, fox stole, and jewelry, then put on her maid's uniform. We spent all day, cleaning, polishing, dusting and washing. I was exhausted and at the end of the day I asked her, "Grandmommie, why do you wear your pretty dress and then change? Why don't you wear your maid's outfit, so you don't have to change?" She looked down to me and said, "Baby, first of all, I don't want to get my pretty clothes dirty and secondly cleaning is what I do, not who I am. It's an honor to have this job, but this job doesn't define all of me."

Her perspective, that she honored the job but honored herself more, astonished me. What a thought for a young fat girl to ponder. I will always cherish the time we spent together and remember how proud she was when I graduated from college.

I caught her in the kitchen of the restaurant during my graduation dinner, telling everyone about me, while showing the cooking staff how to make tortillas from scratch! Muchos Gracias Grandmommie and to all grandparents in all cultures in the world who raise families, build communities, businesses, fight for justice, contribute, serve and lead with pride. We honor You!

A New Weight-Neutral, Health-Centered, College-Level Curriculum



A Health At Every Size® Curriculum, specifically developed to provide a peer reviewed, weight neutral approach to health, fills a void in health curricula at colleges, universities, and professional trainings. The Health at Every Size (HAES®) model is an approach that favors individualized and healthful choices for eating, movement, and body acceptance, as well as weight neutral public health. It provides an alternative to weight based messages promoting low calorie dieting and food restriction. The curriculum contains:

- Three PowerPoint® presentations and discussion questions on HAES, Developing a Healthy Relationship with Food & Exercise, and Size Acceptance
- Pre-recorded webinars for each of the three sections
- Audience Survey Tool
- Exam Questions
- Assignment Ideas
- List of additional resources

Three organizations partnered to support the development of these materials: NAAFA, The Weight Realities and Higher Education Divisions of the Society for Nutrition Education and Behavior (SNEB), and the Association for Size Diversity and Health (ASDAH). The HAES curriculum project, (www.haescurriculum.com) was led by Dawn Clifford, PhD, RD Associate Professor & Didactic Programs in Dietetics Director, Department of Nutrition and Food Science, California State University in Chico, California and her student intern Crystal Vasquez. An international committee of experts was formed to review the content. "Due to the robust nature of our peer review process, in which international experts reviewed every aspect of the curriculum and supplemental materials, instructors and trainers can be assured of the integrity of the content of this HAES Curriculum," commented Joanne Ikeda, SNEB Vice President.

ASDAH President Fall Ferguson noted that it was Ikeda who brought the three organizations together as sponsors and recruited Clifford to lead the development. "This project represents a historic collaboration among our three organizations - the first of many, we hope," commented Ferguson.

"We were honored to be approached by Joanne, one of our advisory board members to collaborate with SNEB and ASDAH and be a major sponsor of this project. We're proud of the work we've done together," stated NAAFA Board Chair Jason Docherty.

These materials can be downloaded for free at www.haescurriculum.com and from all three organizations' websites:

www.naafa.org

www.sneb.org

www.sizediversityandhealth.org

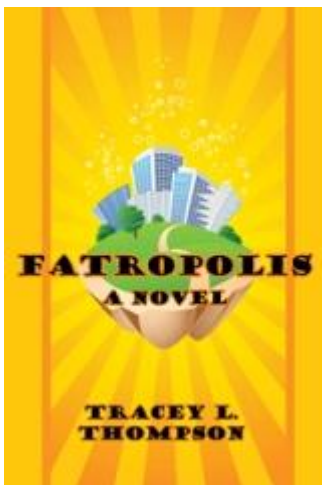
NAAFA is a non-profit human rights organization working to eliminate discrimination based on body size, and provides tools for self-empowerment through public education, advocacy, and member support. Contact: Peggy Howell, Public Relations Director, NAAFA, pr@naafa.org or (916) 558-6880

The Association for Size Diversity and Health (ASDAH) is an international professional organization started in 2003. It is an all-volunteer, not-for-profit organization whose diverse membership is committed to the Health At Every Size®

(HAES®) principles as well as promoting size acceptance, ending weight discrimination, and lessening the cultural obsession with weight loss and thinness. For more information about ASDAH and the HAES model, please contact info@sizediversityandhealth.org or (877) 576 1102.

The Society for Nutrition Education and Behavior (SNEB) represents the unique professional interests of nutrition educators in the United States and worldwide. SNEB is dedicated to promoting effective nutrition education and healthy behavior through research, policy and practice, and has a vision of healthy communities, food systems and behaviors. For more information about SNEB, please contact info@sneb.org, (317) 328-4627, or (800) 235-6690.

Fatropolis: A Book Review



by Tony Harrell

I recently had the opportunity to read *Fatropolis*, a novel by Washington, DC-area author Tracey L. Thompson. It's a tale that combines romance and science fiction with a message of size acceptance. The main character in the story is Jenny, a thirty-something woman who is unhappy with her size and life overall in New York City. One day, a strange accident occurs which causes her to be magically transported to an alternate reality called Fatropolis. Here she finds that not only is almost every citizen fat, but their size is celebrated and accommodated. Just like back home, however, there are exceptions as Jenny meets a couple of thin people who do not feel well-regarded in Fatropolis. Even Jenny is slow to accept the standard of beauty in this new world, especially when it comes to herself. A humorous take on popular culture helps to keep things light and a dose of intrigue leads to an explanation of how and why Fatropolis exists. Jenny's self-confidence is boosted throughout the book by several complimentary men, some of whom endeavor to make her personal acquaintance. Does Jenny find love in Fatropolis? You'll just have to read the book and find out!

Beyond the fictional plot devices is a message of self-acceptance to which people of all sizes can relate. Support an Author of Size and put *Fatropolis* on your reading list! You may purchase *Fatropolis* from Pearlsong Press, www.pearlsong.com/fatropolis.htm

The Miracle Knee Exercise



by Cinder Ernst

Last month we learned that pain is a signal to do something different. It is important to pause when you have pain and then choose your next step wisely. There are many useful remedies for pain. When you try a pain relief technique you should feel more comfortable during and after. If that is not the case, try something else (rest, ice, elevation or doctor's orders).

In this post you will learn the Miracle Knee exercise, which is a strength building exercise that can sometimes relieve pain in the **motion is lotion** realm.

How do you know if this exercise is for you? Try it. You can see the video here <http://www.youtube.com/watch?v=tDgxkoNWrl0>

When you start with the right intensity (GENTLY) and the right duration (SHORT) you should feel less pain. If you adopt this exercise into a regular routine, you will notice that it becomes easier. You can

increase the intensity of the squeeze a bit and hold a bit longer . . . and voila! You are building strength and stability that supports your knee.

If you do the exercise and your knee pain does not change, that's still ok because you are getting stronger and not hurting your knee.

If you do the exercise and your knee pain increases, STOP. Wait for the pain to decrease. If you want to try the Miracle Knee again, do less and see how that works.

There is sane and savvy self care for your knees in the *Heal Your Knee Pain Starter Kit*, you can get it here for free: <http://lesskneepain.com>

Thanks and love, Cinder

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.]

August 2013: The "obesity epidemic" has caused an increase in the percentage of fat folks in nursing homes, with both higher staffing and poorer facility quality correlated to high percentage. This seems to disprove the old saw about there being no old fat people.
<http://gerontologist.oxfordjournals.org/content/early/2013/03/08/geront.gnt011.short>

August 8, 2013: Research shows that when a significant other urges their partner to diet it can result in unhealthy behavior such as fasting, taking diet pills, and eating disorders, with both men and women reacting negatively to their partner's suggestion.
<http://www.webmd.com/sex-relationships/news/20130808/urging-your-partner-to-diet-may-backfire>
<http://www.ajhpcontents.org/doi/abs/10.4278/ajhp.120120-QUAN-57>

August 8, 2013: NAAFA announces the formation of the NAAFA Gentlemen's Quarterly Club. The NGQC will address the issues of NAAFA's male members, including fashion and style, dating and relationships, health, etc.
<http://groups.yahoo.com/neo/groups/naafanews/conversations/topics/918>

August 9, 2013: When Oprah Winfrey experiences discrimination in a high-end store in Zurich, it may be more than racism, since salespeople also tend to judge fat people as not being "high value" customers.
<http://www.theguardian.com/commentisfree/2013/aug/09/oprah-fashion-retail-racism-size-bias>

August 9, 2013: Researchers doing follow-up with participants in a 40-year-old study of elementary school children on two Hawaiian islands, reports that children who are less conscientious (being careless or irresponsible, for example) are more likely to become fat adults. It seems like another tool that will be used to stigmatize fat kids, directly or indirectly.
<http://globalnews.ca/news/771775/irresponsible-children-more-likely-to-be-obese-as-adults-study>
<http://psycnet.apa.org/psycinfo/2013-09643-001>

August 14, 2013: Maya Maor writes about why the before-and-after weight-loss narrative contributes to fat bias, and through case studies suggests ways that the narrative can be changed to encourage size and body-image acceptance.
http://www.academia.edu/4237117/Stories_that_matter_subverting_the_before-and-after_weight-loss_narrative

August 14, 2013: A study finds an increase in mortality as BMI (body mass index, which is higher for fatter people) increased in adult patients who did not have diabetes, and a decrease in mortality as BMI increased for patients with diabetes. Scientists conclude that it's still bad to be fat in all cases, because reasons.
<http://consumer.healthday.com/senior-citizen-information-31/misc-death-and-dying-news-172/briefs-emb-8-12-obesity-death-diabetes-jgim-release-batch-876-679179.html>
<http://link.springer.com/article/10.1007/s11606-013-2553-7>

August 15, 2013: Research funded by the Robert Wood Johnson Foundation claims that fat-connected deaths are much higher than previously estimated. According to

the new study, the longer you are fat, the greater the effect on your mortality. Deb Burgard, on the HAES blog, provides a well-considered response.

<http://thechart.blogs.cnn.com/2013/08/15/obesity-kills-more-americans-than-we-thought>

<http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301379>

<http://aje.oxfordjournals.org/content/177/5/431.short>

<http://healthateverysizeblog.org/2013/08/17/the-haes-files-death-threats-death-anxiety-and-dying-while-fat>

August 19, 2013: Jon Robison and Vik Khanna take aim at intrusive "wellness" programs and hit the target dead center, exposing the lack of science and abundance of fat-bias that keeps these programs going.

<http://thehealthcareblog.com/blog/2013/08/19/whats-science-got-to-do-with-it>

August 21, 2013: An article appearing in the *Journal of the American Medical Association* (JAMA) calls for an end to the diet debates! Comparing different diets has shown there is no "ideal" diet, but continued adherence to healthy food choices and exercise can lead to improved disease-related outcomes. The authors suggest accepting the complexity of obesity and looking at what can help people adhere to healthy lifestyle changes.

<http://jama.jamanetwork.com/article.aspx?articleid=1730520>

August 25, 2013: Isabel Foxen Duke's blog on *Huffington Post* offers tips on how to eat like a "normal" person, which *HuffPo* also does a live show about. Ms. Duke outlines a normal relationship with food as opposed to the usual dieter mentality of being totally food-focused. What all parties seem to miss is that eating like a "normal" person does not necessarily result in weight loss. And that's OK.

http://www.huffingtonpost.com/isabel-foxen-duke/healthy-eating-tips_b_3791498.html

<http://live.huffingtonpost.com/r/segment/eat-like-a-normal-person/521e00f82b8c2a55b500006b>

August 26, 2013: The Curvy Fashionista, hostess of the 2013 NAAFA Convention Fashion Show, talks about her beautiful dress by Eliza Parker. She includes some fun photos from the Convention and praises the beautiful women who were out on the runway.

<http://thecurvyfashionista.com/2010/08/eliza-parker-naafa-fashion-show>

August 26, 2013: Picking up on research published last year, *Time.com* discusses the drawbacks of using BMI as a measure of fatness and health, and recommends that, until inexpensive methods of assessing body composition are available, BMI be combined with a comprehensive evaluation of the patient's medical history and lifestyle.

<http://healthland.time.com/2013/08/26/why-bmi-isnt-the-best-measure-for-weight-or-health>

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0033308>

August 27, 2013: A recent study finds that people, regardless of their BMI, with favorable inflammatory profiles, also tended to have healthy metabolic profiles. The researchers conclude that checking levels of certain inflammatory markers of patients would be useful in identifying those with greater cardiometabolic risk.

<http://www.medpagetoday.com/Endocrinology/GeneralEndocrinology/41225>

<http://jcem.endojournal.org/content/early/2013/08/26/jc.2013-2038.abstract>

August 29, 2013: Research based on overfeeding some sheep before pregnancy (making them fat) and then studying the effect on their lambs claims to somehow show negative effects on human babies born to naturally fat women. Huh?

http://www.eurekalert.org/pub_releases/2013-08/foas-dfo082913.php

<http://www.fasebj.org/content/early/2013/05/31/fj.13-227918.short>

August 30, 2013: An article in *The Lancet* looks at what constitutes metabolically health obesity, its underlying biological mechanisms, and predictors of this condition. Bottom line? You can be fat and fit!

<http://www.thelancet.com/journals/landia/article/PIIS2213-8587%2813%2970062-7/abstract>

September 2013: A recent study focuses on mineral malnutrition following weight loss surgery and the devastating effects this can have on the patient.

<http://advances.nutrition.org/content/4/5/506.full>

September 3, 2013: Speaking of fat and fit, pharmaceutical giant Eli Lilly has begun testing LY2405319, a drug that may improve cholesterol and triglyceride levels without significant weight loss. The trials do not show a significant effect on glucose levels, but this benefit may appear over the long term.

<http://www.latimes.com/science/sciencenow/la-sci-obese-diabetes-medication-20130903,0,7610237.story>
<http://www.cell.com/cell-metabolism/abstract/S1550-4131%2813%2900330-6>

September 3, 2013: Research (non-peer reviewed) presented at the recent European Society of Cardiology meeting finds that risk of death from cardiovascular disease in patients with hypertension and diabetes increases in patients with lower BMI. The least deaths occurred in the group with the highest BMIs. And yet the researchers still urge weight loss.

http://www.sciencecodex.com/low_bmi_is_a_risk_factor_for_cvd_in_hypertensive_patients_with_diabetes-118550
<http://www.escardio.org/about/press/esc-congress-2013/press-conferences/Documents/slides/nagahiro.pdf>
<http://spo.escardio.org/eslides/view.aspx?eevtid=54&fp=5206>

September 6, 2013: David B. Allison, who helped write the NIH-funded article (second link below) on the myths surrounding fatness, coauthors a new paper in the *American Journal of Clinical Nutrition* that looks at an accepted belief (skipping breakfast makes you fat) that is not supported by scientific evidence, yet is presumed true.

<http://ajcn.nutrition.org/content/early/2013/09/04/ajcn.113.064410.abstract>
<http://www.nejm.org/doi/full/10.1056/NEJMSa1208051#t=articleDiscussion>

September 6, 2013: Inventors from the National Taiwan University create a "smart tooth" that can monitor how much time the wearer spends coughing, chewing, drinking, and smoking. One proposed use is to monitor dieters to see if they are lying about why they can't lose weight. Big Brother wants you to open wide.

<http://www.dailymail.co.uk/health/article-2413866/An-invention-chew-Scientists-create-smart-tooth-monitor-persons-drinking-eating-smoking-habits.html>

September 10, 2013: Once a weight loss destination of celebrities, the Rice Diet Center in Durham, North Carolina is closing its door in the face of the ever changing diet and weight loss surgery industry. Although the Center is gone, the Rice Diet, sadly, will continue under new management.

<http://www.nydailynews.com/life-style/health/rice-diet-center-closes-70-years-article-1.1451274>

September 11, 2013: Fat pregnant women have been considered poor candidates for midwifery birthing centers. New research now shows that fat pregnant women who have given birth may have lower risks than previously assumed.

<http://onlinelibrary.wiley.com/doi/10.1111/1471-0528.12437/full>

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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