



**national association
to advance
fat acceptance**

NAAFA Newsletter

**National Association
to Advance Fat
Acceptance**
September 2014

Dear William,

Just a quick note: Our website is down, and as a result this issue has limited images. While we work to get our website back up, enjoy the latest newsletter!

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My Experience at the 2014 NAAFA Conference

by Megan Cheney

This was my first experience with NAAFA, though I had heard about the cause for years due to my close family friend Phyllis Warr, who over the years has been like a second mother to me. I give credit to Phyllis and my mother Patricia Cheney because they continue day after day to support and love me and not once have they turned their backs on me. I've had a lot of body issues with worrying about weight and the views of my peers, coworkers, and how others see me. I was told plenty of times by guys that if I just lost weight I'd be prettier and would be someone that they'd date. But that's wrong. I am beautiful inside and out, and I don't need anyone who says I need to change who I am to be with them.

I decided to come to the NAAFA conference this year because I had been struggling with my view of myself more than ever. When my friends and coworkers would ask me why I was going to DC, I would explain that Phyllis was on the executive board of NAAFA, a civil rights organization to help the awareness of fat appreciation. Some of my friends would say "But you're not fat. Why are you going?" To be honest, that is one of the worst things to say because, yes I am fat. I have always been a big girl. But that's not a bad thing.

The term "fat" has a negative connotation in our society. But fat is not bad, it is beautiful and no one, no matter age or size, thin or fat or super-sized, should feel like they are not worthy or not beautiful. While each and every one of us is beautiful inside and out, some of us are more confident than others. Though I am still working on my confidence, I'm getting there one day at a time.

As a 23-year-old coming to this conference, I didn't know what was in store for me. All I knew was that there would be workshops, social gatherings, a group of people who would understand and relate to my journey, and that I would be accepted flaws and all. At the conference I met a lot of wonderful and beautiful people who really helped me open my eyes to the world around me and let my voice be heard. I learned a lot during the workshops and social gatherings. I was able to breakout of my shell a bit and feel comfortable with myself. Even with only a few people my own age at the conference, I still really enjoyed myself. My

Size-Positive Song Topping the Charts

[September Video of the
Month](#)

Although this video, "All About That Bass" by Meghan Trainor, includes some phrases and concepts that are not inclusive, it is encouraging to see a size-positive song climb the pop music charts. This video is telling millions of young people the world over that, "Every inch of you is perfect from the bottom to the top!" The song depicts the "ideal" skinny body type as overrated, promotes body acceptance, and celebrates men and women of all sizes and shapes. Trainor says, "I wrote this song because I, myself, struggle with this concept of self-acceptance. It was written from a real place so I'm glad that other people can relate to it." Size acceptance is a journey, not a destination, and we are not all in the same place on the path.

<http://youtube.com/watch?v=7PCKvCPvDXk>

Quick Links

(NAAFA.org down at this time)

[NAAFA-CC.org](#)

Facebook

[Main
Cause
SF Bay
Capital](#)

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

[Twitter
MySpace](#)

favorite workshops were the Relationship and Romance workshop led by Dan Oliverio, and End Bullying Now led by Donna Menard Frey. I work with children for a living and Donna taught me so much that I can use with the children as well as with some coworkers and in other bullying situations.

It was great to hear other people's stories and to know that I'm not alone in this struggle. I was also very flattered to be told how beautiful and bright I am by numerous people. I sometimes forget that not everyone is going to try to break you like in the past. The people that I met at NAAFA glued me back together and lifted my spirits to the sky. I am a long way from perfect because no one is ever perfect, but I am definitely headed in the right direction. I plan on attending future NAAFA events and getting some of my friends to come along as well. It was an inspirational weekend that taught me so much about myself. The workshops and interactions taught me about the cause that we are fighting for, equal rights for all sizes, and all the wonderful work everyone is doing for this cause. Thank you all for allowing me to be a part of it.

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Wolves in Sheep's Clothing

A special communication* in the April 2014 issue of the *Journal of the American Medical Association* (JAMA) was severely criticized by two so-called obesity advocacy organizations, the Obesity Society and the Obesity Action Coalition. Why was it criticized? Because the original writers stated that obesity is NOT a disease and that two diet drugs currently being reviewed by the Federal Drug Administration (FDA) should not be marketed without more convincing evidence about the cardiovascular safety of the medication.

Alright, let's get this straight. Two organizations that are supposed to represent the best interests of fat people want fat bodies to be medicalized and want to allow pharmaceutical companies to release drugs that may:

1. Have only up to a 7% success rate
2. have cardiovascular risks

Definitions

Advocate: a person who actively supports or favors a cause

Lobbyist: a person who attempts to influence decisions made by officials in the government, most often legislators or members of regulatory agencies

If you research the source of funding for the Obesity Society and the Obesity Action Coalition, it becomes apparent that they are the best "advocates" that money can buy for the diet industry, drug manufacturers and bariatric surgeons.

Furthermore, these organizations are being enlisted by federal agencies to represent the interests of fat people as stakeholders. Do these organizations represent the people or those that would profit from them? These organizations do not represent the best interest of large sized people.

These organizations went so far as to run a press release with the headline, "Nothing about us, without us," the rallying call of the disability rights movement, and proudly pointed to the fact that *two people who had sought weight loss* had told their stories at their meeting.

The cynical cooptation of language that activists have used to fight stigma ("people first", "nothing about us without us") by organizations whose agenda is to smooth the way for corporate profits is disgraceful. The "War on Obesity" is a war on obese people, and the spoils are more bodies to widen markets. If people want to support the health of higher-weight people, the first step is to work closely with members of the real community to understand our lives and needs. NAAFA and ASDAH stand ready to educate and advocate.

**The New Weight-Loss Drugs, Lorcaserin and Phentermine-Topiramate Slim Pickings?*, Woloshin and Schwartz, April 2014 JAMA

A Call for Applications

by Phyllis Warr

At the August conference and in last month's newsletter, the NAAFA Board of Directors (BOD) issued a plea for interested, talented people to apply to become members. In particular, we need energetic people to undertake fundraising, volunteer coordination, graphic arts/design and annual event planning. We would

like people who have experience in the area to which they are applying and can share their resume/portfolio and past accomplishments with us.

We want individuals who:

- Have been a member of NAAFA for at least two years, attended a national convention/conference and know, understand and employ the beliefs of the organization in regards to Equality at Every Size and civil rights for all people.
- Can bring a variety of skills, experience, and diversity to the organization.
- Have backgrounds and contacts that differ from--but complement--those of the other directors. This diversity is vital to maintaining a "balanced" board composition.
- Have concern for your organization's development, and are willing to learn about the substantive program area of the organization.
- Are prepared to set aside any potential conflict between their personal or individual business interests to support the well-being of the organization.
- Have a developed sense of values and personal integrity.
- Are sensitive to and tolerant of views and opinions different from their own.
- Are friendly, responsive, and patient, and have a sense of humor.
- Work well with individuals and groups.
- Can listen, analyze, and think clearly and creatively.
- Are not hesitant to ask questions.
- Are willing to prepare for and attend board and committee meetings as well as annual conferences.
- Will take responsibility and follow through on assignments.
- Are willing to contribute personal and financial resources to the organization, and to cultivate and solicit outside funds.
- Can open doors in the community.
- Can recruit board members and other volunteers.
- Are willing to develop skills they need in order to be effective board members (e.g., the ability to read and understand financial statements).

If you are interested in joining the NAAFA Board of Directors, please contact me at: PWarr1995@aol.com Tell us about your skills and talents, and most importantly, how you can help NAAFA fight for Equality at Every Size.

Easy Ways to Give

by Darlene Howell

Nonprofit organizations such as NAAFA depend on gifts from donors like you. Your monthly donation helps to create educational materials and fund special projects. Your contributions will help expand programs like *End Bullying Now!* and the Size Savvy Project, and cover everyday expenses for administration (phone service, credit card processing, newsletter, web hosting, etc).

Beyond your monthly contributions, here are some other easy ways to give to NAAFA without taking extra money out of your pocket right now.

Sell your unwanted goods on Givium!

Givium is a resale website that lets you sell goods and give the proceeds (or a percentage of the sale) to NAAFA! Not only that, you can give your friends a discount. Check out the details at <https://givium.com>

Search the web, shop online, dine out, and more through Goodsearch, Goodshop, Gooddining, Goodsurveys and Goodgames - all at no cost to you!

It's simple to DO GOOD! Go to www.goodsearch.com, sign up and designate NAAFA as the charity you support.

Shop with Amazon Smile!

Love to shop with Amazon? Try Amazon Smile and part of your purchases can be designated as a contribution to NAAFA. For more information, go to <https://smile.amazon.com>

Give through payroll deductions!

If your employer allows for charitable contributions to be made through payroll deduction, see if NAAFA qualifies for their program. Some employers will even match your contribution. It's a win-win!

Note: to prove the amount of any charitable contributions made through payroll, retain both:

- A pay stub, Form W-2, or other document furnished by their employer that shows the date and amount of contribution
- A pledge card or other document from the qualified organization that shows the name of the organization

Bequeath money to NAAFA

Although we don't like to think about our mortality, it's a gift to your family and loved ones to know your wishes when you pass. If you'd like to see NAAFA's work go on, include a bequest to NAAFA in your will. If you do not have a will, now is a good time to buy a software package or talk to an attorney.

Be the Turtle!



by Cinder Ernst

I'm a turtle and proud of it! I have mastered the art of just taking my next small step in most areas of my life. How about you?

Are you an all or nothing person? Do you get started with great enthusiasm, but just can't keep going? When it comes to exercise, if you do it that way, the exercise habit usually doesn't last. But if you become the turtle when it comes to exercise and just keep plodding along, you'll find that over time your strength and stamina will improve.

I don't find that hurrying gets me "there" any faster. Have you noticed that when you drive? Changing lanes rarely works. (Ha ha!)

If you are a reluctant exerciser, relax. Take your next small step. Just a couple minutes of exercise each day (really two minutes), that's all you have to do. One day

you'll notice "Hey I can walk further" or "I just washed all the dishes and my back didn't hurt".

Be the turtle and just take the next small step . . . how about trying the *Tush Tilt* (formerly called the *Butt Bouncer*)?

Why the *Tush Tilt*? Because it does two important things:

- Helps reduce knee pain because it strengthens your tush or butt muscles (which are needed to support your knees);
- Helps reduce back pain because it strengthens abdominals and creates flexibility in the back

How to do the *Tush Tilt*: Sit comfortably in your chair, feet on the floor in 90 degree rule (ankles under knees). While keeping your ribcage lifted, press your navel into the back of the chair. When you do this you might feel a little something in your low back; that's ok. It should feel kind of nice. If it's a sharp or uncomfortable feeling, stop and make the move smaller until it's comfortable. That is the tilt of the *Tush Tilt*.

Now as you do the tilt, press your heels into the floor gently and squeeze your butt gently, then release everything. That's the *Tush Tilt*! You can do it any time you are sitting; while you're having your coffee, driving or working. Everything counts!

Just do one or two or five to start with.

Some people overdo these and get muscle soreness. If that happens, rest until the soreness goes away and then try again, but don't squeeze so hard or do less.

Remember: Be the Turtle!

Media and Research Roundup

by Bill and Terri Weitze

[Check <http://groups.yahoo.com/neo/groups/naafanews/conversations/topics> for the latest news.]

November 2013: Researchers looking at studies on nutrition and obesity find that they commonly overstate their results, and this has increased over time. Errors include (1) reporting an associative relationship as causal; (2) making policy recommendations based on observational data that doesn't show cause and effect; and (3) generalizing to a population not represented by their sample.
[http://www.ajpmonline.org/article/S0749-3797\(13\)00448-0/abstract](http://www.ajpmonline.org/article/S0749-3797(13)00448-0/abstract)

August 2014: The Summer 2014 issue of Narrative Inquiry in Bioethics focuses on the effect of the American Medical Association's decision to call obesity a disease, offering personal perspectives on fatness and health.
http://muse.jhu.edu/journals/narrative_inquiry_in_bioethics/toc/nib.4.2.html

August 1, 2014: An article in Childhood Obesity urges an increase in the use of drugs and WLS (weight loss surgery) as treatment for very fat children and adolescents. The article glosses over the risks and lack of information as to the long-term effects of WLS and drugs when used on children and adolescents.
<http://online.liebertpub.com/doi/full/10.1089/chi.2014.1041>

August 12, 2014: A meta-analysis in the American Journal of Health Promotion that reviewed several studies on the cost-effectiveness of workplace wellness programs indicates that at best, such programs may pay for themselves but do not save the employer any money.
<http://www.ajhpcontents.com/doi/abs/10.4278/ajhp.130731-LIT-395> (Abstract)
<http://www.ajhpcontents.com/doi/full/10.4278/ajhp.28.6.iv> (Editorial)
<http://salveopartners.com/news-release-ajhp-study-best-research-indicates-workplace-wellness-programs-lose-money>
<http://insurancethoughtleadership.com/the-wellness-industry-pleads-the-fifth>

August 23, 2014: Dr. Lucy Aphramor is attempting to have HAES training accredited by the British Dietetics Association (BDA). Dr. Aphramor addresses the BDA's concerns about a HAES approach and the BDA's critique to Dr. Aphramor and Dr. Linda Bacon's article "Weight Science: Evaluating the Evidence for a Paradigm Shift" (published in Nutrition Journal in 2011)
<http://www.well-founded.org.uk/1533-2>
<http://www.nutritionj.com/content/10/1/9>

August 25, 2014: A study for the United States Preventative Services Task Force (USPTF) recommends intensive behavioral counseling for fat adults who are at risk for cardiovascular disease (CVD), stating such counseling results in moderate benefits to the patient. Five gaps in the research are identified by the USPTF.
<http://www.healio.com/cardiology/chd-prevention/news/online/%7Bbfb2448c-412a-47cb-8cd2-b59d096a34bf%7D/uspstf-recommends-behavioral-counseling-for-obese-overweight-people-at-risk-for-cvd>
<http://annals.org/article.aspx?articleid=1899533>

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.

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