



**national association
to advance
fat acceptance**

NAAFA Newsletter

September
2016

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Making a Case for Legislation to End Size Discrimination



NAAFA, a civil rights organization dedicated to protecting the rights of people of large body size, is taking the lead to increase the focus on size diversity. NAAFA has created a new fact sheet, *Making a Case for Legislation to End Size Discrimination*, to replace our *Facts on SIZE DISCRIMINATION* flyer.

The "war on obesity" has gone global and become a war on fat people. Weight bias and discrimination are rampant. Studies indicate the need for legislation to make physical appearance protected under anti-discrimination laws, and the majority of the public in the United States say that they would support such legislation.

"The necessity for legislating social justice to embrace size diversity in our global society has become imminent. NOW is the time to enact legislation to include 'height and weight' or 'size' as a protected identity group in all antidiscrimination laws," stated Darliene Howell, Chair of NAAFA.

NAAFA's *Making a Case for Legislation to End Size Discrimination* is a great source for information that we can use when contacting our legislators to ask for their support in championing our cause. It is available to view and print at: http://www.naafaonline.com/dev2/about/Brochures/NAAFA_Case_for_Legislation_2016.pdf (You can also access it under the Fact Sheets tab at <http://www.naafaonline.com/dev2/about/brochures.html>).

ACTIVISM: Write Your Candidates

by Darliene Howell

Many thanks to long-time friend of NAAFA, Avery Colter, for prompting this activist event.

There are only a few weeks left to gather information that will allow you to make an informed decision about who you will choose to vote for on Election Day. Whatever your political affiliation, you need to know your candidates'

The Bully

[September Video of the Month](#)

This is the time of year when children are returning to school so it's a good time to remember that bullying is not acceptable. A 12-year-old 7th grade student from Illinois and his father created this video to help us see through his eyes what happens to kids like him every day. We can help change this. It is time to END BULLYING NOW!

<http://youtube.com/watch?v=IOV7pSoib5s>

Quick Links

[NAAFA.org](#)
[NAAFA-CC.org](#)

Facebook
[Main Cause](#)

[Toronto, ON, Canada Capital \(DC\)](#)
[Clark County, NV](#)
[SF Bay, CA](#)
[Los Angeles, CA](#)
[Orange County, CA](#)
[End Bullying Now](#)

Twitter
[MySpace](#)

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stand on ending size discrimination or adding "height and weight" or "size" to anti-discrimination laws. This includes city or county commissioners to state representatives, up to those running for the highest office of President.

You can access NAAFA's newly updated brochure *Making a Case for Legislation to End Size Discrimination* as described in the article above. You may wish to refer to this fact sheet in your correspondence with your potential legislators to inform them of the problem of size discrimination and NAAFA's

stance on the need to change the law.

Here is a sample of a basic message you may want to use in crafting your letters (feel free to add to/change it as you wish):

Dear Candidate:

I am writing for information on your stance with regard to adding "height and weight" or "size" to the anti-discrimination laws of this (city/state/nation). Discrimination based on body size has grown exponentially as anti-fat attitudes have taken root in our society. This issue is important to me personally and I would like to know if it is being included as a plank in your campaign platform.

If you would like more information on this subject, you can find a fact sheet developed by NAAFA:

Making a Case for Legislation to End Size Discrimination, on their website at http://www.naafaonline.com/dev2/about/Brochures/NAAFA_Case_for_Legislation_2016.pdf

I appreciate your attention to this important issue.

Sincerely,
(Your Name)

Note: If mailing a letter, the candidates request that you include your full name, address, phone number, and email address (if you have one).

You can find contact information for local or state candidates on their websites. We have found the following information for you for the more prominent party Presidential candidates (listed alphabetically by party affiliation):

CONSTITUTION PARTY CANDIDATE: Darrell Castle, online at <http://castle2016.com/contact>, or by mail at: Castle 2016, 9245 Poplar Avenue, Suite 5 #156, Germantown, Tennessee 38138

DEMOCRATIC PARTY CANDIDATE: Hillary Clinton, online at <https://www.hillaryclinton.com/forms/contact-us>, or by mail at: Hillary for America, Post Office Box 5256, New York, NY 10185-5256.

GREEN PARTY CANDIDATE: Jill Stein, online at http://www.jill2016.com/contact_us, or by mail at: Jill Stein for President, PO Box 260197, Madison, WI 53726.

LIBERTARIAN PARTY CANDIDATE: Gary Johnson, online at <https://www.johnsonweld.com/contact>, or by mail at: Johnson Weld Campaign, PO Box 4422, Salt Lake City, UT 84110-4422

REPUBLICAN PARTY CANDIDATE: Donald Trump, online at <https://www.donaldjtrump.com/contact>; Mr. Trump does not list a mailing address on his campaign website.

If mobility is an issue for you, request an absentee (mail-in) ballot. Whatever you do, don't forget to vote this fall.

NAAFA Chronicles #7

by Peggy Howell



Each month we feature another historic NAAFA newsletter for your reading pleasure, here and on the "Chronicles" tab in the newsletter section of the NAAFA website. I hope you enjoy this opportunity to learn what those who have gone before us have done and the progress we have made.

This was NAAFA's seventh newsletter; the January-February, 1972 issue:

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/January-February_1972.pdf

The Famous Flop Over!



by Cinder Ernst

I have a client whose knee pain kicked up last month. In response, we decided she would get consistent with a hamstring/calf stretch. She did and voila! Knee pain backed off.

The hamstring is located at the back of thigh. The calf is located at the back of the lower leg. Both muscles connect behind your knee and tightness can cause knee, back, hip and foot pain. So many positive outcomes can result from using this stretch exercise.

There are many ways to do a hamstring/calf stretch, here's my fav: **The Flop Over**

The Flop Over can be done standing by your bed, desk, table, chair, toilet or countertop. It's basically "supported forward flexion" which means you bend forward from the waist. Lots of people do forward flexion by bending forward to reach for their toes. That is NOT a great way to do forward flexion because it has the weight of your upper body literally hanging off your spine. It may feel good in the moment but it's also a little risky. If you simply use something to support your upper body it's an effective stretch and safe on your back. Here's a picture of the Flop Over on the bed. You can also stand facing a chair or toilet, keep your legs kind of straight, bend forward and put your hands on the chair/toilet. Hold for 10-30 pleasant seconds then stand.

You want to feel a small gentle pull in your hamstring/calf muscles. You might also feel your back stretch. Keep everything gentle and friendly feeling. Stretching works best when it's small. Your muscles can sometimes actually get tighter when you over-stretch. Less is more!

Here's to standing strong and moving forward!

Love,
Cinder

Media and Research Roundup

by Bill and Terri Weitze

August 17, 2016: Among other things, the Olympics show how wonderful bodies of all shapes and sizes can be. While just being in the Olympics is an accomplishment, that's not why it's wrong to fat-shame Olympians; the reason is that it's wrong to fat-shame anyone.

<http://www.ravishly.com/2016/08/17/fat-shaming-should-not-be-olympic-sport>

August 18, 2016: The concept of healthy fat people is dangerous to an industry that counts on us to want to be thinner. This study looks at the response of fat tissue to insulin, showing that it's the same in metabolically healthy fat patients as for other fat patients. Quite a difference from the headline in the first link.

<https://www.sciencedaily.com/releases/2016/08/160818131127.htm>
[http://www.cell.com/cell-reports/abstract/S2211-1247\(16\)31014-2](http://www.cell.com/cell-reports/abstract/S2211-1247(16)31014-2)

August 22, 2016: Israel is on track to make some forms of weight discrimination illegal.

<http://www.revelist.com/wellness/israel-weight-discrimination-bills/4384>

August 24, 2016: Women who have had weight loss surgery (WLS) have an increased risk of premature birth as compared to peers with the same body mass index (BMI), according to a study described in a letter to the editor.

http://www.upi.com/Health_News/2016/08/24/Weight-loss-surgery-might-boost-odds-of-preemie-birth/9651472089975
<http://www.nejm.org/doi/full/10.1056/NEJMc1516566#t=article>

August 25, 2016: A fake fat rights group created by weight loss surgeons plans a march on Washington to demand easier access to weight loss surgery. Do not be fooled: these people are not on our side.

<http://conscienhealth.org/2016/08/raising-patient-voices-obesity-research>

August 25, 2016: Metabolically healthy fat people in their 70s have 42% lower mortality than their healthy "normal" weight peers, according to this population study. "Myth" confirmed: there are healthy fat people.

<http://www.ncbi.nlm.nih.gov/pubmed/27559852>

August 28, 2016: A clear and informative discussion of the science behind whether diets work, from the director of the Dieting, Stress, and Health (DISH) Lab at the University of California, Los Angeles. SPOILER ALERT: They don't.

<https://www.youtube.com/watch?v=E2ju6N1BuqA>

September 1, 2016: The seventh episode of *The Fat Lip*, a relatively new podcast by and about fat people, discusses being supersized, and how different sizes of fat face different challenges, and why celebrating a store that "now goes up to size 24" has its own issues.

<https://www.youtube.com/watch?v=RkdDmyv6JWY>

September 2, 2016: To close a budget gap, the United Kingdom's National Health Service (NHS) is looking at denying certain types of health care to fat patients, specifically those with a BMI of 30 or greater. An NHS spokesman cloaks the rationing in the fig leaf of "ensur[ing] these patients first get support to lose weight and try and stop smoking before their hip or knee operation." Baloney.

<http://www.telegraph.co.uk/news/2016/09/02/obese-patients-and-smokers-banned-from-all-routine-operations-by>
<http://www.bbc.com/news/uk-england-york-north-yorkshire-37265752>

September 2, 2016: As weight-centric programs are found to be ineffective, *Corporate Wellness* magazine discusses weight-neutral wellness programs.

<http://www.corporatewellnessmagazine.com/worksites-wellness/weight-neutral-workplace-wellness-consider>

September 2, 2016: The headline says Oklahoma is one of the fattest states in the United States; but the article tells us that obesity rates fell in 4 states and increased in 2, and the obesity rates in the remaining states, including Oklahoma, stayed stable. Seems like much ado about nothing.

<http://newsok.com/oklahomas-obesity-rate-among-the-highest-in-the-nation-annual-health-report-finds/article/5516359>

September 2, 2016: Anna Mollow discusses why using the foodscape argument as an explanation for obesity is based on fatphobia and bigoted ideas.

<http://everydayfeminism.com/2016/09/the-foodscape-argument>

September 6, 2016: Fat video blogger Carissa talks honestly and movingly about her experience with diet culture, and how body positivity literally saved her life.

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

September 6, 2016: A recent study finds an association between offspring fatness and cesarean birth, after accounting for other factors; however, the underlying mechanism is not understood and more research is urged.

<http://www.independent.co.uk/life-style/health-and-families/babies-caesarean-section-obesity-research-a7229376.html>

<http://archpedi.jamanetwork.com/article.aspx?articleid=2548440>

September 6, 2016: The American Academy of Pediatrics has released new guidelines for the prevention of obesity and eating disorders in teens. While still explicitly anti-fat, the guidelines take into consideration the dangers of dieting and exposure to weight talk and teasing.

<https://www.psychologytoday.com/blog/eating-mindfully/201609/no-more-diets-and-other-aap-recommendations>

September 8, 2016: A dietitian pokes holes through many of the theories presented by "clean eating" champions and tells us why science does not support these theories.

<http://www.rawstory.com/2016/09/a-dietitian-puts-popular-clean-eating-claims-to-the-test-and-find-outs-theyre-bullshit>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <http://www.naafa.org>

Comments: pr@naafa.org