



## September 2018 NAAFA Newsletter

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### Fatphobia vs Fatmisia by Darliene Howell

In my wanderings on social media recently, a fat ally brought a mention of NAAFA to my attention. Someone was developing an anti-oppression libguide for their workplace and was asking for websites or organizations with which to link, thus the mention of NAAFA!

Being the curious reader that I am, I clicked on the link to the libguide and was intrigued to see the heading, "Anti-Oppression: Anti-Fatmisia". Fatmisia? I'd never heard the term before.

I decided to follow the link for "*Wondering about the use of "Fatmisia" instead of "Fatphobia"?*" Check out information about the change [HERE](#)."

The authors discuss the difference between "phobia" (fear of) and "misia" (pronounced "miz-eeya", from the Greek word for hate or hatred).

The use of the term "fatphobia" is very common and accepted but does it truly reveal the nature of the oppression fat people feel? As it states in the Simmons libguide:

### Video of the Month



### Work It

When you put yourself out there and have fun in your life, you just never know where it may lead. This unabashed fat woman got a huge surprise when a video of her went viral and she ended up on The Ellen Show!

[https://youtube.com/watch?v=XD\\_Jgljk92g](https://youtube.com/watch?v=XD_Jgljk92g)

### Quick Links

[NAAFA.org](#)

#### Facebook

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

- It [fatphobia] inaccurately attributes oppression and oppressive attitudes to fear rather than to hate and bigotry;
- It [fatphobia] removes the accountability of an oppressive person by implying their actions and attitudes are outside their control.

[Twitter](#)

Someone may very well be afraid of fat but fear and hatred are two different things. I believe we should start using the term "fatmisia" when we are faced not with fear but with hatred of our fat bodies.

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*Many thanks to Mycroft Masada Holmes, Dev Singer and the writers of the Simmons Library Anti-Oppression Libguide!*  
<https://simmons.libguides.com/anti-oppression#s-lib-ctab-10174165-1>

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## Monthly Meme: #SaveTheDates



**It's Your Body**  
*by Cinder Ernst*



*Editorial Note: Our beloved Cinder has been generously contributing to the NAAFA Newsletter without complaint every month since October 2011. She has decided it is time to take a much needed break. We thought that this would be a good opportunity to look back at her body of work and feature "encore" articles that you might find helpful. Let's start with her first article as a featured columnist in NAAFA's monthly newsletter and remember how necessary it is to build a strong foundation:*

Hello, NAAFA readers. I am excited to be with you via this newsletter column It's Your Body. Each month I will highlight a useful fitness tip you can try right away.

This month's exercise is "The Butt Buster" and it couldn't be easier. Sit toward the edge of your chair with upright posture and squeeze your butt cheeks together. Go ahead, try it now. You will look and feel a bit like a percolator. Geez, some of you may be too young to know what a percolator is, oh well. The first

time you try it, just do 10. When you try something new, it's good to do just a little so you can see if your body is OK with the movement. If nothing hurts later, you will know it's okay. No pain, no pain.

I always recommend doing one small step at a time. This month try 10 butt busters each day for week one, try 20 each day for week 2 and so on. This way you build up slowly and it doesn't take more than a minute or two. If it seems like too much to try them all in a row then try some in the AM, some in the PM, and some in your car. You can even try them when you are mad at your boss. :-)

Although butt busters are fun and kind of funny, they are very useful. One of the best ways to support your knees and lower back is to have strong butt muscles (also known as glutes). Strong glutes will help you get up and down from a chair and up and down steps. We start with a butt buster and who knows what might be possible?

I would love and appreciate your feedback. Has this been useful? What would make it better? What are your biggest challenges when it comes to exercise? What would be helpful to know? Please send your comments and concerns to me at [coach@cinderernst.com](mailto:coach@cinderernst.com), so I can best support you. If you have a question or problem, ask me. You might even help someone else with that same question. Here's to Your Premium Health, no weight loss required.

## NAAFA Chronicles #32

Here for your reading pleasure is NAAFA's 32st newsletter, November-December 1977:

[https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Nov-Dec\\_1977.pdf](https://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/Nov-Dec_1977.pdf)

For more, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

## Embodied Dance with Ifasina TaMeicka L. Clear

**NAAFA Webinar Series 2018**

naafa

**EMBODIED DANCE**  
**featuring Ifasina Tameika L. Clear***Dance workshop and fat liberation discussion  
with NAAFA Board Member Tigress Osborn.***Saturday, September 15**  
**11a PST - 12p MST - 1p CST - 2p EST****Visit [naafaonline.com](http://naafaonline.com) for details and registration.**

In case you missed it last Saturday, NAAFA's first movement webinar is available to view at <https://www.naafaonline.com/dev2/community/events.html>

**Media and Research Roundup***by Bill and Terri Weitze*

February 25, 2018: Sophie Hagen gives her view of life as a fat Danish comedian. The second link is to Sophie performing "9 things I Really Want to Say".

<https://www.volup2.com/blog/sofie>

<https://www.youtube.com/watch?v=gLy4riZO0x8>

May 19, 2018: Laura Ellis tells us about Amber Phillips' experience flying while fat and black.

<https://wfpl.org/strange-fruit-flying-while-fat-and-black>

June 21, 2018: A study finds that the risk of breast cancer is inversely associated to BMI before menopause, and having been fat in early adulthood reduces risk of all breast cancer subtypes after menopause.

<https://doi.org/10.1001/jamaon.col.2018.1771>

July 14, 2018: A study on the effects of Roux-en-Y gastric bypass surgery and sleeve gastrectomy finds that post-surgery fetal growth is restricted after both types of surgery.

<https://doi.org/10.1016/j.soard.2018.07.014>

July 16, 2018: Dani Beckett gives you a list of 51 excellent ways for people, especially thinner allies, to help battle fatphobia and discrimination.

[https://broadly.vice.com/en\\_us/article/mb4e7n/how-to-treat-fat-people-ally-fatphobia](https://broadly.vice.com/en_us/article/mb4e7n/how-to-treat-fat-people-ally-fatphobia)

July 18, 2018: A study of depression in fat children finds that fat girls have a significantly higher chance of developing depression than their average-weight peers.

<https://doi.org/10.1136/archdischild-2017-314608>

August 2018: A call for papers, presentations, and panels on fat studies for PCA/ACA 2019 conference has a submission deadline of October 1, 2018.

<https://pcaaca.org/area/fat-studies>

August 1, 2018: A study finds that all-cause mortality for fat patients with diabetes increases for those who lose weight.

<https://doi.org/10.1097/MD.00000000000012075>

August 3, 2018: A trend in Japan for low weight gain during pregnancy may be associated with declining height in that country since 1980, and could create further health problems and shorten life.

<http://science.sciencemag.org/content/361/6401/440>

August 3, 2018: Ravishly gives you a list of 9 fat dancers who are breaking stereotypes by showing that fat people have the moves too.

<https://ravishly.com/plus-size-dancers>

August 9, 2018: A study of osteoarthritis in mice finds that diet can significantly affect the risk of osteoarthritis in mice, and possibly humans.

<https://www.sciencedaily.com/releases/2018/08/180809112417.htm>

<https://doi.org/10.1242/dmm.034827>

August 10, 2018: Ask a Mortician discusses the realities of funeral and burial requirements for fat people in a practical and respectful way.

<https://www.youtube.com/watch?v=71Z677IXUak>

August 13, 2018: A doctor urges better education for healthcare professionals, as she recalls a lesson from her father, a medical examiner in New Jersey, in which the autopsy of a fat woman showed that she had died from an untreated embolus after having her symptoms go misdiagnosed at several ERs.

<https://conscienhealth.org/2018/08/an-autopsy-long-ago-with-my-father>

August 14, 2018: Dietitian Gerry Kasten looks at how weight bias intersects with homophobia, racism, and misogyny, and how these affect health. He challenges the dominant view that intentional weight loss is possible for most.

<https://doi.org/10.3148/cjdpr-2018-023>

August 15, 2018: George Monbiot argues that the increase in obesity is linked to bad nutrition and socioeconomic status, and that fatphobia results from the idea that weight is merely a matter of willpower.

<https://www.theguardian.com/commentisfree/2018/aug/15/age-of-obesity-shaming-overweight-people>

August 15, 2018: An opinion article in BMC Medicine urges the eradication of weight stigma because it likely drives weight gain. The authors suggest proper training of healthcare providers as a start.

<https://doi.org/10.1186/s12916-018-1116-5>

August 16, 2018: Maura Priest argues that childhood obesity should not be placed in the legal categories of abuse and neglect except where the caretakers can be proved to be legally blameworthy.

<https://doi.org/10.1002/hast.871>

August 20, 2018: Why do psychologists still recommend intentional weight loss when the data indicate a success rate less than 10%? Esther D. Rothblum looks at the research and provides some possible reasons.

<https://doi.org/10.1037/arc0000043>

August 24, 2018: Ravishly talks about clothing and the fat body and then shares some photos of beautiful women from the fat community flaunting their VBO (visible belly outline).

<https://ravishly.com/fatshionistas-flaunt-their-vbo>

August 26, 2018: Weight loss drug Belviq claims to be without heart risks, but it belongs to a drug family that an FDA study indicates is associated with heart valve disease. Also, while patients taking Belviq lost some weight, the studies ended after 2 years, at which time the trend was weight regain.

<https://www.bostonglobe.com/business/2018/08/26/weight-loss-drug-belviq-first-without-heart-risks-study-says/ketn4BrfzuDBWVFKpOiF7J/story.html>

[https://www.accessdata.fda.gov/drugsatfda\\_docs/label/2014/022529s003lbl.pdf](https://www.accessdata.fda.gov/drugsatfda_docs/label/2014/022529s003lbl.pdf)

August 29, 2018: Kendrick Richardson thinks that body positivity is useless unless it's used to change the body you are supposed to be trying to be positive about. The idea that fat does not necessarily equal unhealthy or that fat people do not need to justify their existence to anyone, including Ms. Richardson, is foreign to her.

<https://dailyeverygreen.com/34907/opinion/your-body-positivity-is-worthless-if-its-just-positivity>

September 1, 2018: A study finds an association between weight and loss of years free from certain non-communicable diseases (heart disease, diabetes, asthma, and COPD) irrespective of socioeconomic status and lifestyle factors such as smoking and physical activity. One wonders what made the researchers choose this odd metric rather than lifespan.

[https://doi.org/10.1016/S2468-2667\(18\)30139-7](https://doi.org/10.1016/S2468-2667(18)30139-7)

September 10, 2018: During New York Fashion Week, street fashion photos usually feature thin people. So InStyle's gallery uses only photos of all-sizes of fat fashionable women!

<https://www.instyle.com/fashion/street-style/plus-size-street-style-gallery>

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*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](mailto:pr@naafa.org)

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