



September 2020 NAAFA Newsletter

## NAAFA Adds Four New Board Members

NAAFA WELCOMES FOUR NEW BOARD OF DIRECTORS MEMBERS!

naafa

Visit [naafa.org](http://naafa.org) to read more about this exciting news!

The Board of Directors of the National Association

## In This Issue

1. [NAAFA Adds Four New Board Members](#)
2. [Want to Change Our Laws to Include Weight and Height?](#)
3. [Anti-Racism Resources](#)
4. [NAAFA Chronicles](#)
5. [Media and Research Roundup](#)
6. [Video of the Month](#)

## Video of the Month

to Advance Fat Acceptance (NAAFA) is excited to announce the addition of four new members to the board. The variety of skills and experience of the new members will help propel NAAFA forward as we develop programs and resources to end the discrimination against fat people and realize Equality at Every Size.

"We are honored to have these four individuals with their passion for fat community added to the NAAFA Board. They reflect the varied facets and intersections of being a person of size in our society and will broaden our understanding of the needs of those we represent. Their inclusion will aid in directing us in meeting our goal of Equality at Every Size. We welcome Elaine Lee, Marcy Cruz, Amanda Cooper, and Kathryn Hack wholeheartedly to the NAAFA Board of Directors", stated Darliene Howell, NAAFA Board Chair.

Help us welcome:

**Elaine K. Lee** (she/her) - activist, recovering corporate attorney and computer engineer. Elaine has previously served as Co-President of the Board of Directors of NOLOSE, a national nonprofit organization committed to fat liberation and eliminating hatred, prejudice, and discrimination toward fat people.

**Marcy Cruz** (she/her) - award-winning writer/author, educator and activist with 20 years of experience in the plus size fashion industry. She is also signed to State Management as an extended-sizes (4X+) fit model and is the content creator of the blog *Fearlessly Just Me*.

**Amanda Cooper** (she/her) - activist, organizer and Senior Partner at the LightBox Collaborative, a communication consulting firm. Amanda has more than twenty years of experience working with organizations throughout our social justice movements, including organized labor, civil rights, and reproductive health and justice.

**Kathryn Hack** (she/her) - body liberation artist and



## Unspeakable

As an organization, NAAFA serves people of many abilities, including the deaf and blind communities. This video features people using sign language to express that BLACK LIVES MATTER!

[youtube.com/watch?v=-BRGMLfGWaw](https://youtube.com/watch?v=-BRGMLfGWaw)

## Quick Links

[NAAFA.org](https://www.naafa.org)

[Facebook](#)  
[Main](#)  
[Toronto, ON, Canada](#)  
[Washington/](#)  
[Baltimore](#)  
[Clark County, NV](#)  
[SF Bay, CA](#)  
[Los Angeles, CA](#)  
[Orange County, CA](#)  
[End Bullying Now](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

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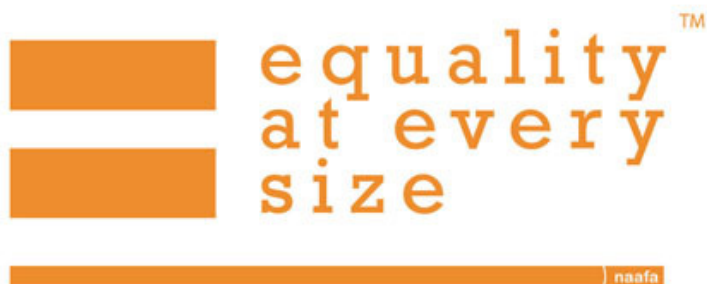
speaker. Her body of work highlights human diversity in all its many forms and encourages radical self-love and self-acceptance.

Health, and are used with permission.

Please visit <https://naafa.org/new-board-members> to read the full announcement of the new NAAFA board members on NAAFA's official website.

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## Want to Change Our Laws to Include Weight and Height?



Protection against discrimination based on the size or weight of your body is a reality in only one state and six cities in the United States. **Federal and most state legislative protections currently do not cover weight and height in employment, housing, medical treatment, education and public accommodation.** In a pandemic in which people have lost their jobs and many have lost the lives of loved ones, we believe discrimination against people's body size affects their everyday living. Adverse decisions regarding medical treatment for COVID-19 may be made based on weight.

Having protections for fat people also closes a loophole that can be used against those who may otherwise be protected. Marginalized communities that intersect with fat community could be at risk for legal discrimination because they are fat.

Last month, NAAFA conducted a webinar with a guest panel of people who were instrumental in changing the anti-discrimination laws in their area. Community Outreach Director, Tigress Osborn, interviewed Dany Atkins for the City of Santa Cruz, CA; Sean Massey for the City of Binghamton, NY; and Carole Cullum for the City and County of San

Francisco, CA. That webinar is now available on NAAFA's YouTube Channel at [Adding 'Weight' to the Anti-Discrimination Law in Your Area](#).

Three states, Massachusetts, New York and Florida, currently have or have had recent bills submitted to include weight and height to their state law. Efforts are forming to help support state legislators in getting those bills passed. There is still a need for bills adding weight and height to the legislation in 46 more states. Public support is an essential element in addressing the need for change. You can be part of that change. If trying to get a bill passed statewide overwhelms you, how about working to change the laws in your city or county? As evidenced in the webinar, it can be done!

If you have an interest in changing the anti-discrimination laws in your area, go to the [Equality at Every Size](#) page of the NAAFA website and complete the form at the bottom of the page to be added to a list of those that wish to be connected with others located in your state. Let's unite to achieve our goals!

## Anti-Racism Resources



September has historically been Back-to-School month. Even with school closures and distance learning in the pandemic, September is a time for learning, for both parents and children. Here are some of the resources that are available to parents to help teach kids about racism and how to be anti-

racist. You can find more resources on the NAAFA website at <https://naafa.org/antiracism-resources>

## KIDS' ATTITUDES ABOUT RACE

### CNN Series - Kids on Race: The Hidden Picture; 3-Part Series from 2012

1. **A Look at Race Relations through a Child's Eyes** - <https://www.youtube.com/watch?v=GPVNJgfDwpw>  
Anderson Cooper details a study that seeks to gain insight into the way black and white children perceive each other.
2. **Kids speak their minds about race** - <https://www.youtube.com/watch?v=9OKgUdQF-Fg>  
In part two of Anderson Cooper's special report, kids give honest feedback on racial and social issues.
3. **Subconscious racial bias in children** - <https://www.youtube.com/watch?v=nFbvBJULVnc>  
Part three looks at a 7th grader whose answers to similar scenarios differ depending on the race of the characters.

### "Because I'm Latino, I can't have money?" Kids on Race -

<https://www.youtube.com/watch?v=C6xSyRJqIe8>

Hear some straight talk from middle-schoolers about race and what it's like to grow up in such racially charged times. From WNYC's Being 12 series.

## RESOURCES FOR PARENTS

**How to Talk to Kids About Race** - [https://www.youtube.com/watch?v=QNEKbVq\\_ou4](https://www.youtube.com/watch?v=QNEKbVq_ou4)

"The worst conversation adults can have with kids about race is no conversation at all," says author Jemar Tisby. "Talking to kids about race needs to happen early, often, and honestly." In an episode of Home School, The Atlantic's animated series about parenting, Tisby offers advice on how to have a conversation with children about race, from experiential learning to watching classic animated films.

### **Sometimes People March** by Tessa Allen

Designed to share with the youngest of readers, this book illustrates people participating in historical and recent social movements. Explaining that, like ants and bands, people are stronger when they march together, this book focuses on the human emotions that motivate people to engage in public protests: concern for causes and people that they care about.

## VIDEOS FOR KIDS

**A Kids Book About Racism** by Jelani Memory (Young children)  
<https://www.youtube.com/watch?v=LnaltG5N8nE>

**Systemic Racism Explained** (10 - 12 years)  
[https://www.youtube.com/watch?v=YrHIQIO\\_bdQ](https://www.youtube.com/watch?v=YrHIQIO_bdQ)

**Kids Talk About Segregation** (10 - 12 years)  
[https://www.youtube.com/watch?v=Sff2N8rez\\_8](https://www.youtube.com/watch?v=Sff2N8rez_8)

**The Girl With Pinhead Parents**, an anti-racism lesson, featuring Nelly Furtado, Chris Bosh, LIGHTS and more (12 - 15 years)  
<https://www.youtube.com/watch?v=ScL6QNVDnTY>

**Teens React To Anti-Racism Protests, Riots, Police and George Floyd News**, CBC RECAP (Canadian Broadcast) <https://www.youtube.com/watch?v=VQ32r9utU6M>

## NAAFA Chronicles 56

This month we present the [May-June 1983 supplement](#), NAAFA's 56th newsletter (the May-June 1983 issue itself, featured last month, was our 55th).

For more, check out the "Chronicles" page of the **new** NAAFA website, <https://naafa.org/chronicles>

## Media and Research Roundup

*by Bill and Terri Weitze*

July 21, 2020: Listen to or read the transcript of Sabrina Strings' interview concerning the racist history of fat phobia and how it exists through to the present.

<https://www.npr.org/transcripts/893006538>

August 20, 2020: This *CBS News* documentary on fat shaming has quite a bit of fat shaming from both fat and non-fat participants; and it also would benefit from a lot more information from the fat community and scientists with a weight neutral attitude (which was a choice, since Dr. Lindo Bacon was interviewed; see August 24 link below).

<https://www.cbsnews.com/video/cbsn-originals-presents-speaking-frankly-fat-shaming>

August 18, 2020: *TeenVogue* column Ask a Fat Girl addresses how people of all sizes can suffer from eating disorders and deserve help for their condition.

<https://www.teenvogue.com/story/ask-a-fat-girl-eating-disorders>

August 23, 2020: After combatting COVID-19, British Prime Minister Boris Johnson now wants to start a war on "obesity." Instead of looking to science, along with other measures, Johnson proposes making certain types of food less accessible and encouraging more bike riding (Johnson's favorite form of exercise).

<https://www.scientificamerican.com/article/another-misguided-war-on-obesity>

August 23, 2020: *Vol\*Up\*2* translates Fiona Farrell's article on fat shaming in comedy using examples such as well-known fat haters like Bill Maher and Nicole Arbour.

<https://www.volup2.com/articles-and-blog/2020/7/28/no-laughing-matter-a-history-of-body-shaming-in-comedy-by-fionna-farrell>

August 24, 2020: *CBS News* provides arguments for and against using BMI (body mass index) as a health predictor, with input from Dr. Lindo Bacon explaining why BMI is not useful and can lead to damaging treatment to the patient.

<https://www.cbsnews.com/news/body-mass-index-bmi-measuring-weight-health-risks>

August 25, 2020: Although not mentioned in the study abstract or editorial (available for free), Steven Stiles' article for *Medscape* discusses the new evidence that fat people (overweight and obese) have a reduced risk of acute cardiovascular events when hospitalized with influenza, a reduction that is on par with the protective effects of an influenza vaccination!

<https://www.medscape.com/viewarticle/936272>

<https://doi.org/10.7326/M20-5810>

<https://doi.org/10.7326/M20-1509>

September 3, 2020: A two-year high-intensity obesity treatment for underserved (low-income) patients results in about 4.5% weight loss, with most of the patients already regaining at the two-year point; and yet, the researchers (most of whom have connections to Nutrisystem) claim clinically significant weight loss. The last link is This Fat Old Lady's thoughts on the study.

<https://www.nejm.org/doi/10.1056/NEJMdo005817/full>

<https://doi.org/10.1056/NEJMoa2007448>

<https://thisfatoldlady.com/2020/09/04/2198>

September 3, 2020: An opinion piece by Stuart W. Flint discusses the harm done by the media's negative portrayal of fat people, especially during the COVID-19 pandemic.

<https://doi.org/10.3389/fpsyg.2020.02124>

September 7, 2020: Laurisa Sastoque gives a brief history of BMI and a lengthy explanation of the harm using BMI as a measure of health causes a diverse population.

<https://www.volup2.com/articles-and-blog/2020/8/10/why-we-should-stop-using-the-bmi-writer-and-translator-laurisa-sastoque>

September 8, 2020: A doctor, who now realizes that there is no non-surgical way to achieve significant long term weight loss, writes an article apologizing to fat people and uses analogy to explain the reality to others.

<https://theconversation.com/a-doctors-open-apology-to-those-fighting-overweight-and-obesity-145017>

September 11, 2010: Plus-size blogger and influencer Kellie Brown discusses her longtime love of fashion where the fashion world rejects people of her size; and how she has gone on to create a career in fashion for herself.

<https://www.pressreader.com/usa/newsweek/20200911/283227330501903>

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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: <https://naafa.org>.

Comments: [pr@naafa.org](mailto:pr@naafa.org)

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