



September 2021 NAAFA Newsletter

NAAFA Board Changes



Photo of Amanda Cooper

Long time NAAFA Public Relations Director Peggy Howell has chosen to retire from the position as representative to the media. She will continue to serve as Board Member at Large, coordinating

the publication of the monthly newsletter and working on special projects as needed.

NAAFA Board Member Amanda Cooper will assume the position vacated by Peggy Howell. Her own professional experience as Senior Partner at the LightBox Collaborative, a communication consulting firm, makes her perfectly suited to garner

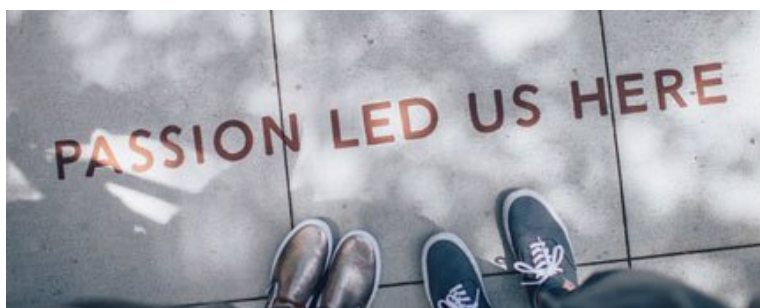
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more media exposure for the organization and our cause. Amanda has more than twenty years of experience working with organizations throughout our social justice movements, including organized labor, civil rights, and reproductive health and justice.

We know you will continue to support these ladies as they work to raise awareness of NAAFA and Equality at Every Size.

Help NAAFA Find Our Next Board Members!

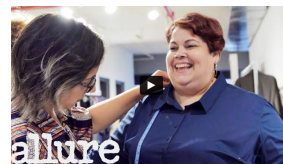


We are looking for a few dedicated fat community folx to join the NAAFA Board of Directors in January 2022, and we invite each and every one of you to help us find the right people!

This year's board search process will be conducted in two stages.

Stage 1: Nominations (September 17 - October 15)
During this period, anyone in NAAFA community can tell us about people we should get to know as potential board candidates. There will be a quick nomination form available on our website beginning 9/17. Current Board members, with support from our Board Recruitment Committee (BRC), will reach out to all nominees. Nomination is not required in order to apply; this stage is a way for community members to honor those they admire by recommending them. It's also a getting-to-know-you process for potential applicants to learn more about NAAFA. If YOU are the best person you know for the job, you can complete the nomination form if you want an informational session, or you can skip directly to the application.

Video of the Month



The Secret Life of a Plus-Size Fit Model | Allure

Content Warning: graphic description of antifat bullying and assault

NAAFA Board Member Marcy Cruz is a fit model in NYC.

This video shows what a fit model is and does for clothing manufacturers. Since we are all shaped so differently, this is an important step in making inclusive sizing.

<https://youtube.com/watch?v=SZBPYUq1rKQ&t=164s>

Quick Links

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

[Facebook Main Members Community End Bullying Now](#)

[Twitter](#)

Stage 2: Applications (October 1 - November 15)

Anyone who meets the requirements and wishes to be considered will complete an official application. Interviews and reference checks will be conducted by the BRC on a rolling basis throughout the application period.

Once these stages wrap up, the BRC will meet to evaluate all candidates and make recommendations to the NAAFA Board of Directors. The Board will make final selections by mid-December and invite new Directors to begin serving in January 2022.

Requirements, expectations, and desired skills/qualities will be available on the NAAFA website at naafa.org/board-recruitment on Friday, 9/17. You'll also be able to access the nomination and application forms on our site.

Interested in volunteering for the Board Recruitment Committee? Email Board Chair Tigress Osborn at chair@naafa.org

[Instagram](#)

[YouTube](#)

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NAAFA Recognizes Latinx Heritage Month
by Elaine Lee and Marcy Cruz



[Latinx Heritage Month](#) runs from September 15 through October 15 and it's a

time of celebration for Americans to honor the histories, cultures, and contributions of US residents whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. [Source: <https://www.hispanicheritagemonth.gov/>]

The start of Latinx Heritage Month coincides with the Independence Days for several Latin American countries. For example, Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua celebrate their Independence Days on September 15. September 16 is Mexico's Independence Day, and September 18 is Chile's Independence Day. September 21 is Belize's Independence Day.

It's important to note that while the U.S. federal government observes National Hispanic Heritage Month, which started in 1968 under President Lyndon Johnson as Hispanic Heritage Week and was expanded to a full month in 1988, the term "Hispanic" has become somewhat problematic given its connection to colonization and to Spain, in particular. Those with African and Indigenous roots often feel left out of conversations and celebrations under the "Hispanic" label.

Thus, the gender-inclusive term "Latinx" or gendered variants thereof such as "Latino/Latina" has more recently become more widely adopted, but much work remains to be done to ensure that equitable and inclusive spaces are created to center the existence of Black, African and Indigenous Latinx peoples and the issues that disproportionately impact them. ("El Espacio: Does Hispanic Heritage Month Need a Rebrand?" by Isabella Herrera, [New York Times](#), updated June 17, 2021)

Latinx folks have been making waves in fat liberation spaces for many years. In truth, Latinx fat activists have always been on the ground, doing the work. For example, Latinx fat activists have been long time leaders and participants in [NOLOSE](#), a queer-centered fat activist non-profit organization active nationwide for over 20 years.

When the diet industry and anti-obesity public health campaigns such as former First Lady Michelle Obama's Let's Move campaign and the State of Georgia's "Strong4Life" initiative disproportionately targeted people and kids of color, [Latinx fat activists worked in coalition with other independent Black, Indigenous, and People of Color fat activists](#) to challenge white-dominated narratives in fat activism.

Nowadays, Latinx fat activists are creating change in many different facets of society. Fat Latinx writers and performers have been published numerous times in mainstream media and academic journals, such as Miguel Morales, who is an editor of [Fat and Queer: An Anthology of Queer and Trans Bodies and Lives](#). Latinx fat activists such as [Gloria Lucas](#) are rising leaders in the body-acceptance movement, and are raising awareness of the

disproportionate impact weight stigma and eating disorders have on communities of color and the relative failure of medical and health care professionals to effectively treat fat patients of color. During the pandemic, Andy Duran, a Black and Mexican skateboarding enthusiast, founded [Chub Rollz](#), a BIPOC and Queer/Trans led group for fat skateboarders and roller skaters of all wheels, ages, abilities and genders/orientations to get their skate on.



As it has in the past, this month NAAFA will shine a spotlight on some Latinx folks who have been working in Fat Liberation. NAAFA Board of Directors member [Marcy Cruz](#) will be interviewing and honoring Latinx leaders in the fat fashion world who are pushing for size inclusivity and diversity. NAAFA's monthly Anti-Racism Resources feature focuses this September on supporting Latinx community.

Please be sure to check our website for more information on these exciting events and others, as well as following us on social media to see special posts spotlighting Latinx individuals from our fat community.

YouTube: <https://www.youtube.com/naafaofficial>

Facebook: <https://www.facebook.com/EqualityAtEverySize>

Instagram: <https://www.instagram.com/naafaofficial/>

Twitter: <https://twitter.com/naafaofficial>

In the meantime, please check out some of NAAFA's past content featuring some amazing Latinx fat activists:

- Bree XVI's Fat Acceptance Tales & Techniques (FATT) Chat featuring writer and performer Caleb Luna (<http://naafa.org/community-voices/fatt-chat-2>)
- NAAFA Webinar: Fat & Queer Intersections: featuring Andy Duran, Yarrow Halpern, and Trevor Kezon (June 18, 2020) [<https://youtu.be/uEI-gjo099k>]
- NAAFA Webinar: Centering People of Color in the Body Love Movement: featuring Gloria Lucas (June 29, 2020) [<https://youtu.be/mhHMdpVXbCU>]
- NAAFA Webinar: Fat Fabulousness and Latinx Representation with Ady Del Valle (October 8, 2020) [<https://youtu.be/HIKvomORHT8>]

NAAFA Chronicles 68

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 68th newsletter from [April 1986](#).

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

Anti-Racism Resources in Celebration of Latinx Heritage Month

compiled by Darliene Howell

September 15th through October 15th we celebrate National Hispanic Heritage Month in the U.S.

[Hispanic Heritage Month – NowThis Family Celebrates #HHM](#) | NowThis

DEFINITIONS

These anti-racism resources focus on the many facets of Hispanic, Latino/Latina, Latinx, Latine, Spanish, Chicano/Chicana, Chicanx, Afro-Latino/Latina people. The terminology may be confusing to some so we are starting these resources with definitions. As with other communities, do not assume one descriptor over another without finding how a person chooses to identify.

[What Is the Difference Between Hispanic, Latino, and Spanish?](#)

[Chicano: What Does The Word Mean And Where Does It Come From?](#)

[Afro-Latino: A deeply rooted identity among U.S. Hispanics](#)

HISTORY OF RACISM IN THE U.S.

[The Brutal History of Anti-Latino Discrimination in America](#)

[The 'Forgotten' History Of Anti-Latino Violence In The U.S.](#)

FIGHTING RACISM IN THE LATINX COMMUNITY

[What Does It Mean To Be Me: Maria Hinojosa And Maria Garcia, On Race, Light-Skinned Privilege And Latinidad](#)

[A Conversation With Latinos on Race](#) | Op-Docs

[How Latinx People Can Fight Anti-Black Racism in Our Own Culture](#)

ALLYSHIP

[11 Hispanic and Latino Organizations Everyone Should Know](#)

Media and Research Roundup

by Bill and Terri Weitze

August 5, 2021: Colleen Werner fought her weight and size as she studied dance, eventually developing an eating disorder. She is now a professional dancer, ambassador for a dance product line, and working towards her masters in clinical health counseling. She hopes to one day create an eating disorder program for dancers.

<https://health.usnews.com/health-news/blogs/eat-run/articles/body-image-a-perfect-ballet-body>

August 12, 2021: TZR talks with various designers about how asking the fat community what it needs and wants in plus size clothing is crucial.

<https://www.thezoereport.com/fashion/plus-size-fashion-community>

August 18, 2021: Old Navy is extending its sizes to 28. More importantly, their stores will no longer separate plus sizes from other sizes. No separate racks, no plus size section. Everything will be merchandized together.

<https://news.yahoo.com/old-navys-initiative-makes-plus-192332322.html>

August 26, 2021: Award-winning documentary *Kili Big* looks at fat Colorado woman Kara Hardman who, along with 19 other plus-sized people, climbed Kilimanjaro in 2019.

<https://englewoodherald.net/stories/plus-size-woman-documents-kilimanjaro-climb,381216>

August 27, 2021: A new study finds that when obese people exercise, the energy burned at rest is reduced, thereby reducing calorie use during exercise. The first three articles linked discuss the study; the fourth is to the study itself, published in *Current Biology*.

<https://www.eurekalert.org/news-releases/926541>

<https://www.news-medical.net/news/20210828/Exercise-reduces-the-amount-of-calories-burned-at-rest-in-obese-people-study-finds.aspx>

<https://thisfatoldlady.com/2021/09/04/this-fat-old-ladys-fat-friday-fat-body-efficiency-wins-again/>

<https://doi.org/10.1016/j.cub.2021.08.016>

August 29, 2021: Sarah Paulson admits that she should have thought more carefully before accepting the role of Linda Tripp in *Impeachment: An American Crime Story*. Instead of offering the role to a size-appropriate actor, Paulson wore a fat suit for the role.

<https://www.eonline.com/news/1300554/sarah-paulson-admits-regret-after-backlash-over-wearing-fat-suit-as-linda-tripp-on-impeachment>

August 30, 2021: A Canadian study shows that chlorpyrifos, an insecticide banned in Canada but commonly used worldwide, slows down the burning of calories in brown adipose tissue in mice. Researchers postulate that chlorpyrifos could be partly responsible for the obesity crisis.

<https://www.washingtoninformer.com/commonly-used-pesticide-could-be-partly-responsible-for-obesity-crisis-study/>

<https://www.nature.com/articles/s41467-021-25384-y>

September 9, 2021: No. 1 in Apple's health and fitness podcasts, *Maintenance Phase* features Aubrey Gordon and Michael Hobbes exploring what they call the "wellness-industrial complex", debunking health fads and nutritional advice.

<https://www.nytimes.com/2021/09/09/dining/wellness-industrial-complex-maintenance-phase.html>

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

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