



# NAAFA Newsletter

**Official Publication of the National Association to Advance Fat Acceptance**

**Spring 2008**

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## Calendar of Events

PJ Dance, Capital NAAFA,  
Saturday, May 17, 2008,  
[www.capitalnaafa.org](http://www.capitalnaafa.org)

Chapter Meeting, NAAFA Los Angeles, Sunday, May 18, 2008,  
[www.naafala.org](http://www.naafala.org), 1-888-NAAFALA

Summer Picnic, Capital NAAFA,  
Sunday, June 8, 2008,  
[www.capitalnaafa.org](http://www.capitalnaafa.org)

Chapter Meeting, NAAFA Los Angeles, Sunday, June 8, 2008,  
[www.naafala.org](http://www.naafala.org), 1-888-NAAFALA

Chapter Meeting and Belly Dancing, NAAFA Los Angeles, Saturday, June 21, 2008,  
[www.naafala.org](http://www.naafala.org), 1-888-NAAFALA

Brunch at Harrah's Casino, Chicago NAAFA, Sunday, June 22, [groups.yahoo.com/group/TheChicagoChapterofNAAFA](http://groups.yahoo.com/group/TheChicagoChapterofNAAFA),  
[www.chicagonaafa.org](http://www.chicagonaafa.org), 1-708-802-0860

Pool Party, Capital NAAFA, Saturday, June 28, 2008,  
[www.capitalnaafa.org](http://www.capitalnaafa.org)

Chapter Meeting, Rocky Mountain NAAFA, Date TBA,  
[groups.yahoo.com/group/rmnaafa](http://groups.yahoo.com/group/rmnaafa)

## 2008 NAAFA Convention: What Are You Waiting For?

If you haven't yet signed up for the Convention, you owe it to yourself to do so. For a second spectacular year, the NAAFA Convention will be held in conjunction with the ASDAH Conference. As we come together for our combined conferences on July 9-14, 2008 at the Los Angeles Airport Marriott in Los Angeles, NAAFA's focus will be on "Building Momentum".

This year we are celebrating our 39th year as pioneers of the size acceptance movement. We are proud of our heritage and proud to be Building Momentum as an organization that is helping to bring about change in our world.

As you have come to expect, we will fill your days with incredible workshops where you can learn to challenge your own thinking, move your body, build a network of friends and help change the world. There will be swimming and dancing because we love the freedom we have to move our bodies in an environment free of ridicule and blame.

We are very excited to announce that this year we have Club Catalina ([myspace.com/bbwclubcatalina](http://myspace.com/bbwclubcatalina)) of San Diego, CA as sponsor for our Friday night dance party. Saturday night's formal dance will be sponsored by Club Sinsations of Las Vegas and LA ([myspace.com/clubsinsations](http://myspace.com/clubsinsations)). If you live in their area or plan to travel to their area in the near future, we encourage you to attend their events as they work to make available a place where you can dance like nobody's watching!

Two years ago the board of directors introduced you to our goals for the next five years. We continue to focus on increasing membership and building alliances because there is strength in numbers and we need strength to bring about change. Our first step was to lower the national membership fee to \$15 and this year has seen new young people join our ranks who have the drive to become our leaders of tomorrow. At this year's convention you will learn about some health insurance possibilities we have been working on for our members as we continue to move forward in attaining those goals we set for our organization. You will learn about the work we have been doing in Massachusetts to help bring change to the laws and would help reduce discrimination against people of size. This year you will learn what we mean when we say we believe in Health At Every Size!

The Association for Size Diversity And Health (ASDAH) is an international professional organization started in 2003 and composed of individual and organizational members who are committed to the principles of Health At Every Size (HAES). ASDAH promotes education, research, and the provision of services that enhance health and well-being, and which are free from weight-based assumptions and weight discrimination.

If you have never attended a NAAFA national convention, go to our convention website today at [www.naafaonline.com](http://www.naafaonline.com) to learn how you can join us in Los Angeles. We have made it easy for you to register right from our website, both for the convention and the hotel. For the best deal, attend both the NAAFA Convention and the ASDAH Conference and take advantage of the co-event discount. Many people say that the experiences they had at convention were life-changing for them - how will this year's convention change you?

Chapter Meeting, New York City  
NAAFA, Date TBA,  
[groups.yahoo.com/ group/NYC-NAAFA](http://groups.yahoo.com/group/NYC-NAAFA)

Chapter Meeting, SF Bay Area  
NAAFA, Date TBA,  
[groups.yahoo.com/ group/sfba-fat-hub](http://groups.yahoo.com/group/sfba-fat-hub)

Chapter Meeting, Northern Ohio  
NAAFA, Date TBA,  
[www.ltech.net/naafa](http://www.ltech.net/naafa)

National NAAFA Convention, July  
9-13, 2008, Los Angeles Airport  
Marriott, [www.naafaonline.com](http://www.naafaonline.com)

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**Quick Links**  
Our Website  
[Convention Website](#)

Join Our Mailing List!

:: 916-558-6880

## Volunteer: You'll Be Glad You Did!

by Peggy Howell, NAAFA Public Relations Director

As an all volunteer organization, everything NAAFA does to help improve the lives of people of size is done by volunteers. The NAAFA Convention is our major fund raising event of the year and is being organized and coordinated by your Board of Directors. The members of NAAFA's Board volunteer their time all year long to keep this organization moving forward. All of our convention organizers, speakers, workshop presenters and entertainers are volunteering their services for our gathering.

Even so, it takes more than a handful of people to have a successful convention. We greatly appreciate your continued support by attending this annual fund raising event, but we're going to ask you for just a little bit more. We are asking you to volunteer a couple of hours out of your convention week to help with some of the organizational/operational tasks that help things run smoothly.

There are a variety of projects that need willing volunteers. We need people to help with things like: convention bag stuffing, registration, hospitality hosts, ticket takers, wristband checkers, workshop room checkers, NAAFA lobby hosts, decorations, fashion show models, vendor dressing room monitors and runners.

Please get involved in making this convention the very best that it can be. Contact Julianne Wotasik at [julianne1030@peoplepc.com](mailto:julianne1030@peoplepc.com) and tell her what you are interested in doing or what your special skills are and when you are available to help. You'll be glad you did!

## In Memoriam: Jeanne Toombs

by Peggy Howell,  
NAAFA Public Relations  
Director

It is with a heavy heart that I must share the news of the unexpected passing of one of our NAAFA Board Members. Jeanne Toombs passed away on March 30 from complications during her hospitalization for the treatment of pneumonia.

Jeanne had been spearheading the efforts of NAAFA to assist in the passing of the bill that would add

height and weight to the protected classes in the state of Massachusetts. During a telephone conversation on the Saturday before her passing, Jeanne expressed her disappointment in having missed the much anticipated meeting before the review committee in Boston.

For me, Jeanne was the epitome of the iron fist in the velvet glove. She was a lover of the arts, taught music to children and freely shared her love for all things creative with her friends and colleagues, the entire time fighting persistently for the rights of people of size. We miss her!

Said Marilyn Wann, NAAFA Board of Directors Member: "Jeanne was a joyful and talented person who brought her music and her sense of fun and theater to the New England chapter of NAAFA and to the national NAAFA conventions. Everyone joked and said, 'Yes, Ms. Toombs,' but we also all eagerly awaited her next skit production. Her showmanship and her delight were expansive. I can still see her conducting the chorus at



the Million Pound March, 10 years ago in LA. Whether the purpose was entertainment or liberation, Jeanne knew how to put on a great show!

"Jeanne was a positive, gentle, kind, effective ambassador of size acceptance. Her recent work in support of H. 1844 in Massachusetts, a bill to eliminate discrimination on the basis of height and weight, was wonderful. Passage of this bill, in her home state, meant so much to Jeanne. I feel angry and stunned by her terribly early death. I also feel rededicated to winning passage of a civil rights law where she lived."

Your expressions of sympathy may be sent to her sister Nancy at [ntb180@comcast.net](mailto:ntb180@comcast.net). At the request of Jeanne's family, mourners are asked to send donations to NAAFA in place of flowers: NAAFA, P.O. Box 22510, Oakland CA 94609.

## Eileen Maher 1963-2008

NAAFA member Eileen Maher, of Saugerties, NY, died on January 13 due to complications of COPD (Chronic Obstructive Pulmonary Disease). Some of you may have met her at the "All Out Fall Out" event given by the New England chapter in 2002, or at the NAAFA convention in Newark, NJ in 2004 (her first). She was 44 years old, and had been hospitalized for five weeks, prior to spending 11 days at home until her passing, surrounded by friends and family. Eileen was a bright, cheerful person, interested in spiritual matters and an incurable romantic. She had worked until the fall of 2006 in law enforcement as a data processing clerk, and her well-attended funeral included a legion of New York State troopers from her office. She is survived by her father, a brother, three sisters, and her fiancé, Bill Fabrey, who founded NAAFA in 1969. She and Bill were together for nearly six years. Memorial gifts can be made in her name to the American Lung Association or to NAAFA. Condolences can be sent to [billfabrey@aol.com](mailto:billfabrey@aol.com), or to PO Box 305, Mt. Marion, NY 12456.



## **The Full Body Project, Photographs by Leonard Nimoy**

*reviewed by Bill Weitze, NAAFA  
Newsletter Editor*

I'm not sure that I'm the best person to review this book, which presents photos by Leonard Nimoy of the fat female nude. I find such images attractive anyway, so it's no surprise that they appeal to me. More interesting is the reaction of others, who aren't used to the presentation of the fat body as a thing of beauty.



In the preface to the book, Mr. Nimoy tells about audience reaction to the photos when he presented them at exhibitions. He had previously used average sized female models in his photos, and people viewing the photos were interested in the theme he was trying to express. When showing photos of a fat woman, he found that people were more interested in the woman herself, and what her story was. Perhaps fat women are seen more as people than as models.

The members of the Fat-Bottom Revue are featured in most of the photos. I saw them perform at the 2005 NAAFA Convention in San Mateo, California, and was struck by their confidence and beauty. Here, their confidence reaches out, engaging us. They look straight down the barrel of the camera, or at each other, with poise and grace, and enough strength that they don't need to show aggression or bluster.

The other photos feature the fat woman who offered herself to Mr. Nimoy as a model, inspiring this book. To me, her photos demonstrate why fat women were used as models so during the Renaissance: their rolls and

dimples provide a more interesting subject. She is beautiful, yet so different from the typical beauty of today.

And if fat women can be beautiful, it's that much harder for a fat woman looking at these photos to hate her own body. In that way, this book is a force for fat acceptance.

## Projection

by Eileen Rosensteel



Stop showing your home movies  
 "Mom made me eat my vegetables  
 so I wouldn't be Fat"  
 "Grandma only showed love through  
 food and made me Fat!"  
 "Sibling horror stories- Lard Butt Bullying"  
 On my fat white ass

Stop projecting your videos  
 "Big Mama takes care of the Little Bad Boy"  
 "Naughty Little Fat Girl gets Taught a Lesson"  
 "Fat Piggy Squeals"  
 On my corpulent breasts

Stop broadcasting your films  
 "I was Fat until I found the One Thin Way!"  
 "Morbid Obesity. The Fat that Kills"  
 "The Thing that Ate NYC!"  
 On my rotund belly

It may look like a blank screen.  
 Perfect for your own personal drama to play upon.  
 But this is my body.  
 And your stories don't get air time here.

If you listen, I will tell you the stories written on this flesh.

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## Interview with Jennifer Jonassen

by Bill Weitze, NAAFA Newsletter Editor

[We haven't done interviews much in the NAAFA Newsletter, but NAAFA's Phyllis Warr suggested I have a chat with the fat and fabulous Jennifer Jonassen, an up and coming performer for stage and screen.]

*Do you come from a performing arts background?*

Yes, I grew up in New York City where I had a lot of exposure to acting. It all started, according to my parents, when they took me at three years old to see the Broadway musical "Mame" and that was it!

*Tell us about your recent audition for Cirque du Soleil. You said in your column that the call back was eight hours long. I'm getting tired just thinking about it! What did they have you do?*

Well, first you perform your own act; I did some belly dancing, actually! Then if you pass through to the next round you do a lot of different exercises and improv. There is a lot of movement, of course!



*Did you get any comments about your size at the audition or the call back?*

No!

*So did you get the part?*

Well it was an open call so I think that means you are in their database until they need your type. It can take years before they call you. But I am hopeful and optimistic about it! I have always loved their magical productions and long to be a part of one!

*Do you get any negative reaction to your size from other performers?*

Other performers, no. I have been fairly lucky in that respect.

*What about in general?*

Not directly. I do find a lot of the roles that I am offered to be offensive, though. It is criminal what can be said about you when you are fat. So many of the scripts are just so ugly. I am learning to turn down material gracefully. It can be tricky. I try to explain that it is important to me to project a more positive image for large women.

*As a fat performer, how do you break the negative stereotypes?*

Last week I turned down two roles because they were too degrading. I realized that standing up for what I believe is more important to me these days than having a successful career.

*What's next for you?*

I have been shooting a lot of independent films in L.A. A lot of the younger film makers have more of an open mind these days I am happy to report so I am getting to shoot comedies as well as darker, edgier material. I am also featured in an upcoming documentary about sizism. Check my website frequently for updates at [www.jenniferjonassen.com](http://www.jenniferjonassen.com).

*What other performers, fat or otherwise, do you get excited about?*

I love the sexy Botero Sisters who perform in "Zumanity" for Cirque du Soleil. I got to interview them for my column recently. You can check it out at: <http://www.plusmodelmag.com/General/plus-model-magazine-article-detail.asp?article-id=101986773> I also love the mavericks such as Conchata Ferrell, Kathy Bates, Aida Turturro, Darlene Cates, and Camryn Manheim.

*What question didn't I ask that I should have, and how would you answer it?*

"What is your column about?" My monthly column "Acting Out" at [www.plusmodelmag.com](http://www.plusmodelmag.com) chronicles my adventures (positive & negative) as a larger actress trying to make it in Hollywood. I think the story I am telling is an important one to hear so I hope you will continue to join me there!

Jennifer's Links:

Weighting for Godot (January 2008 Acting Out column)  
<http://www.plusmodelmag.com/General/plus-model-magazine-article-detail.asp?article-id=931264271>

No Fat, No Contract (February 2008 Acting Out column)  
<http://www.plusmodelmag.com/General/plus-model-magazine-article-detail.asp?article-id=101986773>

Also:

[www.jenniferjonassen.com](http://www.jenniferjonassen.com)  
[www.youtube.com/watch?v=62uOrWPToTo](http://www.youtube.com/watch?v=62uOrWPToTo)



## Media and Research Roundup

July 2007: In the *American Journal of Epidemiology*, Juhua Luo of the Karolinska Institutet in Sweden and colleagues report a possible mechanism for the correlation of high body mass with renal cell carcinoma. The cause of the cancer appears to be not the weight itself, but the weight cycling caused by dieting. So dieting, which is supposed to be good for you, is actually making things worse.

<http://aje.oxfordjournals.org/cgi/content/abstract/166/7/752>

July 2007: Fatter patients do better after acute coronary syndromes treated with early revascularization, according to a report in the July *European Heart Journal*. Even so, lead author Dr. Heinz J. Buettner from Herz-Zentrum in Germany still advocates weight loss: "Weight loss reduces the risk for diabetes and cardiovascular disease. Prevention of an acute coronary event is certainly preferable to a relatively better outcome thereafter." Great advice until you realize that diets don't work. Luckily, Health at Every Size does.

<http://eurheartj.oxfordjournals.org/cgi/content/abstract/28/14/1694>

August 22, 2007: A commentary in the *Journal of the American Medical Association* by Risa Lavizzo-Mourey, MD, MBA of the Robert Wood Johnson Foundation in New Jersey starts with a bang, claiming "An epidemic of childhood obesity and overweight . . . threatens long-term medical, psychosocial, and financial consequences beyond US society's current capacity to respond." So fat kids will *destroy society!* (Former US President Bill Clinton said much the same thing in a health summit in November.) However well intentioned, such scare tactics cheapen any good arguments the author may be making.

<http://jama.ama-assn.org/cgi/content/extract/298/8/920>

August 23, 2007: Two articles in the *New England Journal of Medicine* purport to show health benefits from weight loss surgery. Problems: short study period (10 years), small sample (only a few errors lead to different conclusions), and one study actually showed markedly increased deaths due to suicide (three times the number), claimed by the researchers to be "unrelated" to the surgery (anyone familiar with the unpleasant and embarrassing side effects of weight loss surgery might claim otherwise).

<http://junkfoodscience.blogspot.com/2007/08/was-this-really-proof-that-bariatric.html>

August 27, 2007: NAAFA Board of Directors member Marilyn Wann and nutrition researcher Dr. Linda Bacon are featured on KGO-TV's "7 on Your Side" in a piece on insurance and weight discrimination. Says Linda, "Midst all the 'headless fatties,' we got some good sound bytes in, especially Marilyn."

August 2007: The journal *Arteriosclerosis, Thrombosis and Vascular Biology* prints a study by Dr. Paul T. Williams and colleagues at the Ernest Orlando Lawrence Berkeley National Laboratory in California listing health benefits of being at the lowest end of the "normal weight" range. This despite more comprehensive research showing that "overweight" people actually have longer life spans than "normal" or "underweight" people.

[http://www.lifescrypt.com/channels/healthy\\_living/News\\_Bites/below-normal\\_weight\\_may\\_confer\\_health\\_benefits.asp](http://www.lifescrypt.com/channels/healthy_living/News_Bites/below-normal_weight_may_confer_health_benefits.asp)

<http://www.naafa.org/Newsletters/Late%20Spring%202005%20NAAFA%20Newsletter.htm>

September 2, 2007: New York City NAAFA member and fitness instructor Sandy Schaffer is quoted in an article in the *News & Observer* (North Carolina) on bonuses for workers who score high on a health evaluation. (Typically, weight is part of these evaluations.) "It's scapegoating and it's dangerous," says Sandy, pointing out that it is unfair to reward workers for things that are not work-related. Oddly, she is not identified as a fitness instructor in the article.

<http://www.newsobserver.com/business/story/690232.html>

September 4, 2007: Marilyn Wann appears on CNN to discuss whether God wants people to be thin with an author who thinks the answer is yes. Paraphrasing one of Marilyn's lines, "If there is a God, I don't think She dislikes me because I'm fat, I think She rejoices in every part of me." And: "Religion is about coming together, and it saddens me when people use religion to say that thin people are better than fat people."

<http://www.cnn.com/video/#/video/health/2007/09/04/intv.god.want.slim.cnn>

September 4, 2007: The Today show features Holley Mangold, a 17 year old young woman who plays for her local high school football team. She weighs 315 pounds, can bench press 264, squat 525, and won a varsity letter last year, appearing in 20 quarters of play as a back-up offensive lineman.

<http://www.msnbc.msn.com/id/20583116>

September 6, 2007: The *Washington Post* reports on a Chinese song and dance group named Qian Jin Zu He who tour China, performing at paint factories, garment industry conventions and shopping malls. Their signature song is "So What If I'm Fat."

<http://www.washingtonpost.com/wp-dyn/content/article/2007/09/05/AR2007090502270.html>

September 14, 2007: Lakshmi Chaudhry of *The Nation* takes a skeptical look at the "fat is contagious" scare. She says, "The shock/outrage/concern over the "obesity epidemic" . . . is often a flimsy pretext to beat up on people who aren't thin." She also quotes Health at Every Size advocate Jon Robison, Ph.D. and NAAFA Advisory Board member and University of Colorado law professor Paul Campos.

<http://www.thenation.com/blogs/notion?pid=232978>

September 17, 2007: *Boston Globe* columnist Alex Beam humorously examines the "food fight" pitting Paul Campos (NAAFA Advisory Board member and University of Colorado law professor) against Harvard School of Public Health nutritionists Walter Willett and Meir Stampfer. Willett comes off as an extremist, ignoring any data that refutes his belief that a high body mass index is a death sentence.

[http://www.boston.com/news/globe/living/articles/2007/09/17/who\\_are\\_you\\_calling\\_fat/](http://www.boston.com/news/globe/living/articles/2007/09/17/who_are_you_calling_fat/)

September 17, 2007: More Campos news: Paul Campos (NAAFA Advisory Board member and University of Colorado law professor) debates Kelly Brownell (director of the Rudd Center for Food Policy and Obesity at Yale University) in the *Los Angeles Times* every day this week. Brownell and Campos both agree that diet and activity levels can be improved, but disagree on whether it is necessary to invoke an "obesity" scare to do so.

<http://www.latimes.com/news/opinion/la-op-dustup17sep17,0,109330.story?coll=la-opinion-center>

September 18, 2007: Research by Dr. Ronald Sigal of the University of Calgary and colleagues at the University of Ottawa found that moderate exercise lowered blood sugar in patients with type 2 diabetes. Weight training was just as good as aerobic exercise, and benefits were independent of weight loss. The study was published in the *Annals of Internal Medicine*.

<http://www.annals.org/cgi/content/summary/147/6/357>

September 19, 2007: "Big Bellies Make for Big Business" says the headline of Fox 5's (Washington, DC) story on businesses such as Voluptuous Woman Company and Amplestuff who cater to fat people. Cathy Grinel of NAAFA's DC chapter is featured.

<http://www.myfoxdc.com/myfox/pages/Home/Detail?contentId=4406443&version=2&locale=EN-US&layoutCode=VSTY&pageId=1.1.1>

September 25, 2007: Young fat women have a much higher chance of suffering serious anxiety and depression later in life as their thin counterparts, according to research published in the *International Journal of Obesity* and authored by Dr. S. Kasen of the Department of Psychiatry at Columbia University and colleagues. Not stated by researchers is the possibility that the anxiety and depression are caused by fat hatred rather than fat itself.

<http://www.nature.com/ijo/journal/v32/n3/abs/0803736a.html>

<http://medjournalwatch.blogspot.com/2007/10/distressed-victims-of-war-on-obesity.html>

September 26, 2007: A commentary in the *Journal of the American Medical Association* admits the existence of healthy fat people. While the commentary promotes weight loss surgery, which NAAFA opposes, it also states "Since there does appear to be a population who are obese without associated health conditions (so-called healthy fat), some clinicians are skeptical that patients should be considered eligible for surgery based solely on their BMI."

<http://jama.ama-assn.org/cgi/content/short/298/12/1442>

October 1, 2007: NAAFA is mentioned favorably in a health and fitness article in the *Boston Globe* by Judy Foreman. Titled "Let the post-diet era begin", the article quotes NAAFA Public Relations Director Peggy Howell as saying, "far healthier to accept who you are and get on with your life than to be obsessed with what goes into your mouth." Another great quote is from Dr. Lee Kaplan, director of the weight center at Massachusetts General Hospital: "Dieting is like holding your breath. You can do it, but not for long."

[http://www.boston.com/yourlife/health/articles/2007/10/01/let\\_the\\_post\\_diet\\_era\\_begin](http://www.boston.com/yourlife/health/articles/2007/10/01/let_the_post_diet_era_begin)

October 7, 2007: Gina Kolata, a writer who has taken on the diet industry herself, reviews Gary Taubes's book *Good Calories, Bad Calories* in *The New York Times*. While the book does a good job showing how expert after expert espoused the idea that eating fatty foods causes heart disease, despite essentially no evidence for this position, Taubes swings in the other direction and declares that a diet high in fat and protein and low in carbohydrates is the best. There doesn't seem to be much evidence for that position either, which makes Taubes no better than the experts he attacks.

<http://www.nytimes.com/2007/10/07/books/review/Kolata-t.html>

October 15, 2007: A University of Pittsburgh study in the *Archives of Surgery* finds 6 percent of those undergoing weight loss surgery died within five years. Dr. Bennet I. Omalu, of the University of Pittsburgh, and colleagues also found an excess of deaths due to heart disease and suicide as compared with the general population. The researchers analyzed data on all bariatric operations performed on Pennsylvania residents between 1995 and 2004.

<http://archsurg.highwire.org/cgi/content/abstract/142/10/923>  
<http://junkfoodscience.blogspot.com/2007/10/jfs-special-latest-research-on-actual.html>

October 19, 2007: Journeyman Pictures posts a video looking at the size acceptance movement. Featured: the 2004 NAAFA Convention in Newark, New Jersey, including the demonstration in New York City, NAAFA Board of Directors member Marilyn Wann, and NAAFAs and musicians Kristie and Roy Agee.

<http://www.youtube.com/watch?v=YDakFfLQDF4>

October 23, 2007: NAAFA's own Marilyn Wann is interviewed for an article in *Reason* magazine's website (although they spelled her name wrong). "Our doctors have the same superstitions that everyone else has," Wann says. "They act on them in ways that are not scientific."

<http://www.reason.com/news/show/123151.html>

October 24, 2007: Women are 16 times more likely than men to report weight discrimination in the workplace, according to a Michigan State University-led study. The study is featured in the October issue of *Journal of Vocational Behavior*.

[http://eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?\\_nfpb=true&\\_ERICExtSearch\\_SearchValue\\_0=EJ783008&ERICExtSearch\\_SearchType\\_0=no&accno=EJ783008](http://eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=EJ783008&ERICExtSearch_SearchType_0=no&accno=EJ783008)

October 29, 2007: Women with a high hip-to-waist ratio appear to score higher on intelligence tests and have more intelligent children than their thinner peers, say University of Pittsburgh and University of California at Santa Barbara researchers William Lassek and Steven Gaulin. The research is published online by the journal *Evolution and Human Behavior*.

<http://linkinghub.elsevier.com/retrieve/pii/S1090513807000736>

October 31, 2007: A World Cancer Research Fund (WCRF) report says that there is "convincing" evidence that excess body fat can cause six different types of common cancers, including those affecting the breast, bowel, and pancreas. However, it appears that confounding factors such as getting older and weight cycling were not corrected for. Commented Paul Campos, "The recommendation that people try to maintain a BMI of below 22 [on the lean side of the "normal" range] is about as rational as recommending that people try to maintain an age of under 30." [The link below is to an in-depth analysis by health reporter and NAAFA Board of Advisors member Sandy Szwarc.]

<http://junkfoodscience.blogspot.com/2007/11/jfs-exclusive-whats-evidence-cancers.html>



November 5, 2007: NAAFA member Deidra Everett gets tattooed and talks about fat acceptance on cable network TLC's Miami Ink. Deidra has been auctioneer for the Not So Silent Auction at the NAAFA Convention for several years.

November 5, 2007: The founder and former president of Metabolife pleads guilty to federal charges of making false statements to the FDA. Specifically, he lied about the fact that Metabolife's ephedra-containing diet pills triggered thousands of complaints from customers who had experienced adverse effects.

<http://www.usdoj.gov/usao/cas/press/cas71105-Metabolife.pdf>

November 7, 2007: Following on the landmark 2005 study showing that "overweight" people live longer than "normal" weight people (as defined by body mass index), Katherine Flegal of the Centers for Disease Control and Prevention (CDC) and colleagues publish research in the *Journal of the American Medical Association* showing (among other things) that the "obese" (heavier than "overweight") had a higher death rate from heart disease but a *lower* death rate from cancer than those of "normal" weight, contradicting the aforementioned WCRF report. The "overweight" had a lower death rate from both heart disease and cancer, as well as lower death rates overall.

<http://jama.ama-assn.org/cgi/content/abstract/298/17/2028>

[http://www.washingtonpost.com/wp-dyn/content/article/2007/11/06/AR2007110601436\\_pf.html](http://www.washingtonpost.com/wp-dyn/content/article/2007/11/06/AR2007110601436_pf.html)

<http://www.tnr.com/politics/story.html?id=b9d157fe-5673-4e7f-bd21-1c08d7543ef1>

November 13, 2007: NAAFA's Kelly Bliss is interviewed in a relatively fat-positive article in *The New York Times* on optimizing exercise for fat people. Kelly recommends tight, stretchy undergarments to minimize bouncing during a workout.

<http://www.nytimes.com/2007/11/13/health/nutrition/13well.html>

November 15 and 17, 2007: Two overviews of trials of weight-loss drugs add to concerns that the obesity treatment rimonabant (formerly Acomplia) may boost the risk of depression and anxiety. The papers, published on the 17th in *The Lancet* and online on the 15th by the *British Medical Journal* (BMJ), follow a decision in June by an advisory panel to the US Food and Drug Administration (FDA) that voted against marketing rimonabant in the United States on safety grounds.

[http://afp.google.com/article/ALeqM5isxN6LA6y0qVcR7wsSkCvTsFK\\_vg](http://afp.google.com/article/ALeqM5isxN6LA6y0qVcR7wsSkCvTsFK_vg)

<http://linkinghub.elsevier.com/retrieve/pii/S0140673607617218>

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2128668>

November 20, 2007: New York City NAAFA member and fitness instructor Sandy Schaffer is in the papers again, quoted this time in an article in the *Morning Sentinel* (Maine). Although the article was on another woman's weight loss, Sandy spoke about how fat people are stigmatized, and about her own journey toward self acceptance.

<http://www.newsobserver.com/business/story/690232.html>

November 22, 2007: A BBC investigation shows that the British government overestimated the future cost of fatness by at least 10 billion pounds (roughly 20 billion US dollars). Said professor David Spiegelhalter, a statistician from Cambridge University, "It shows how important it is to scrutinise any report that comes out about health issues especially making long term projections."

<http://news.bbc.co.uk/2/hi/health/7106219.stm>

November 2007: BBC Radio and PRI examine size acceptance in France in part IV of a radio series on fatness in the world. The program features fat fashion model Velvet D'Amour, who has been modeling in Paris for 12 years.

<http://www.theworld.org/?q=node/14066>

November 28, 2007: A CDC report shows that rates of "obesity" did not increase between 2003-2004 and 2005-2006 (the last year for which data are available). The data were taken from the National Health and Nutrition Examination Survey (NHANES).

<http://cdc.gov/media/pressrel/2007/r071128.htm>

December 1, 2007: NAAFA's own Marilyn Wann interviews actor, writer, and photographer Leonard Nimoy for *Smith* magazine. (See book review elsewhere in this newsletter.)

<http://www.smithmag.net/2007/12/01/full-on-with-leonard-nimoy/>

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