



NAAFA Newsletter

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

Summer 2007

In This Issue

[Calendar of Events](#)

[Stop The Bullying!](#)

[NAAFA on MySpace](#)

[2007 Convention in Review](#)

[Contagious? Outrageous!](#)

[The O Words](#)

[Activist Bettye Travis Dies](#)

[Thinner Than Thou Review](#)

[NAAFA Five-Year Plan Progress](#)

[Research and Media Roundup](#)

Calendar of Events

Pool Party and Cookout, Chicago NAAFA, Saturday, August 18, 2007, groups.yahoo.com/group/TheChicagoChapterofNAAFA

Hot! Hot! Hot! Pool Party, Capital NAAFA, Saturday, August 18, 2007, www.capitalnaafa.org

Chapter Meeting, NAAFA Los Angeles, Saturday, August 18, 2007, groups.yahoo.com/group/naafa

Dinner and a Movie, Capital NAAFA, Saturday, September 15, 2007, www.capitalnaafa.org

Water Aerobics and Luncheon, Chicago NAAFA, Sunday, September 16, 2007, groups.yahoo.com/group/TheChicagoChapterofNAAFA

Beach BBQ & Picnic, NAAFA Los Angeles, Saturday, September 22, 2007, groups.yahoo.com/group/naafa

Autumn Leaves Picnic, Capital NAAFA, Sunday, September 30, 2007, www.capitalnaafa.org

Chapter Meeting, Rocky Mountain NAAFA, Date TBA, groups.yahoo.com/group/rmnaafa

Chapter Meeting, New York City NAAFA, Date TBA, groups.yahoo.com/group/NYC-NAAFA

Chapter Meeting, SF Bay Area NAAFA, Date TBA, groups.yahoo.com/group/sfba-fat-hub

In the afterglow of the NAAFA Convention in Chicago, the latest affront to fat people was released: the idea that fatness is contagious. In this issue we present a brilliant rebuttal of that idea, along with information on NAAFA's new "Stop The Bullying" campaign, Convention highlights, a great essay by Marilyn Wann, and the return of the Media and Research Roundup (backlog edition).

Stop The Bullying! NAAFA Launches Campaign to Protect Fat Children



In a July 12 press conference at NAAFA's 2007 Convention, NAAFA called on the media, government, health care professionals, and educators to reassess their "War on Childhood Obesity." (The complete text of the press release is available at <http://naafa.org>) NAAFA spokesperson Peggy Howell said, "In the process of trying to fix children's physical health, they are destroying their mental health."

In the July edition of *Psychological Bulletin*, a new study by Yale University and the University of Hawaii at Manoa states that children who report teasing, rejection, bullying and other types of abuse because of their weight are two to three times more likely to report suicidal thoughts. The lead author of the study, Rebecca M. Puhl of Yale's Rudd Center for Food Policy and Obesity, said "These kids are facing stigma from everywhere they look in society, whether it's media, school or at home." (See related story at <http://health.yahoo.com/news/177292>, with fat rights activist Lynn McAfee quoted.)

Responding to criticism that fat children must be shamed into losing weight for the good of their health, NAAFA's press release states "a healthy lifestyle is not governed by weight loss but by a balanced approach that includes regular exercise, healthy eating choices, emotional support, and mental happiness. We challenge all concerned parties to embrace this approach and help build up the next generation instead of taking them down."

In related news, NAAFA received a call for help the previous night from a widowed mother; the authorities came into her home unannounced with an order to remove her child because the child is fat. When the mother tried to resist, they threatened to arrest her, throw her in jail and take her other children from her as well. Once they had taken her child, she tried to go visit and comfort the child, but they would not allow her to do so. When she tried to call her child, they would not allow her to do so, nor would they allow her child to call her.

As of July 13, the authorities have been compelled to return the child to her home because the appropriate action had not been taken prior to their removing her. Ms. Howell said, in a subsequent statement, "This does not mean that she is safe. They may now begin the process all over again and once again remove her from her home."

NAAFA on MySpace

In April 2007, thanks to NAAFA Member Darliene Howell, NAAFA entered the world of MySpace at myspace.com/naafa. Our page now has over 400 friends (and growing), most of whom are not yet NAAFA members. For those of you who don't know what My Space is all about, it is a community of web pages where you can meet, add,



National NAAFA Convention, July 9-13, 2008, Los Angeles, www.naafa.org (details to come)

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and communicate with "friends" who are other people who have MySpace Pages. Once you have created a My Space page and added friends, you can communicate with them through e-mails, bulletins that go out to all your friends at once, or through the comment boards where you can post special graphics or plain text comments for your friends and their visitors to read. So stop by <http://www.myspace.com/naafa> and make friends with NAAFA.

2007 Convention in Review

by Peggy Howell, NAAFA
 Public Relations Chair



It seems to me that every year the National NAAFA Convention continues to get better and better. It's not easy to choose just one or two things that make it such a special event to attend. Perhaps it's the openness of the people that attend that binds you together for years to come. Maybe it's the security of knowing that it's a safe haven for people of size where you can truly be yourself without even the thought of *not* being accepted because of your size. Or it could be that you learn more about yourself and others like you, which makes you more confident and helps you more clearly understand what you can do to help build confidence in others. Whatever the reason for you as an individual, NAAFA has been providing a place for each of us to "blossom" into the beautiful people we are, no matter what our size.

NAAFA's annual national convention, in addition to being a social and educational function, serves as a fund raiser so that this essential organization can continue to thrive. Through this fund raising event and the ongoing donations of people with vision, NAAFA continues to fight to end discrimination against people of size! Each year the annual convention is held in a different city around the country. This year we came together in Chicago (actually Rosemont, IL) at the O'Hare Crowne Plaza from July 10 to 15, 2007.

For the first time, NAAFA held a concurrent conference with 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. This combined convention allowed us to have some of the best workshops ever. There truly was something for everyone.

We were so blessed to have brilliant luncheon speeches from awesome women in the size acceptance movement like Lily O'Hara, a professor at the University of the Sunshine Coast in Queensland, Australia and Deb Burgard, Clinical Psychologist, author and Childhood Eating Disorders Specialist. These wonderful women are incredibly inspiring. And Lily won the free package for next year so now she has to come back!

Now please don't entertain the misconception that because NAAFAns are advocates and activists that we don't know how to party. That could not be further from the truth! The convention began with a fantastic tour of Chicago and our "trolley car" driver turned out to be an admirer of big women. How lucky could we get? Every year the "early bird tour" is incredible. If you've never taken one, be sure to try it next year when we go to Los Angeles! The rest of the week included swim parties, luncheons, dances, a grand Saturday night dinner, a vendor fair and a nightly hospitality suite where we could relax, play games and make new friends.

The Event Coordinators, Carla DenHartog and Cecilia Morreo, and the hospitality coordinator, Diana Morreo, along with a multitude of selfless, hard working volunteers did an outstanding job. My heartfelt thanks to every person that contributed their time and energy toward making the convention a "huge" success (pun intended). See you all next year in Los Angeles, CA, July 9-13, 2008.

Fat Is Not Contagious!

A study calling fat "contagious" caused a stir in the media in late July 2007. NAAFA finds the report released on July 25 by the *New England Journal of Medicine* flawed. The researchers took data from an existing study whose focus was not on weight and size (the same study just used to report that diet soda is just as bad for you as regular soda), did some data mining, and presented selected results tailored to support their own prejudices. None of their statistics are standard. This is one more attempt to create hysteria, hatred, fear, and prejudice toward fat people.

As an example of the misinformation, this report stated, "The fact that the increase in obesity during this period cannot be explained by genetics" However, more and more legitimate research is finding the genetic link to size. Studies by Dr. Albert Stunkard of the University of Pennsylvania showed that:

- 70 percent of the variation in peoples' weights may be accounted for by inheritance, meaning weight is more strongly inherited than nearly any other condition, including mental illness, breast cancer or heart disease.
- There is a clear relation between the body mass index (BMI) of biologic parents and the weight class of adoptees, suggesting that genetic influences are important determinants of body fatness.
- There is no relation between the body-mass index of adoptive parents and the weight class of adoptees, suggesting that childhood family environment has little or no effect on body size.
- Identical twins have nearly identical body mass indexes, whether they have been reared apart or together.

Bob Schwartz, author of *Diets Don't Work*, found that by putting his thin clients on weight-loss diets, they gained weight. Maybe we should take a closer look at the influence of weight loss dieting. Quite possibly when thin friends go on diets with their fat friends to lend their support, they end up gaining weight. It has already been proven that pounds lost plus additional pounds are regained after one has stopped the severe restrictions of weight loss dieting in more than 95% of dieters.

Says NAAFA Board of Advisors member Paul Ernsberger, Ph.D. (nutrition researcher at the Case Western Reserve School of Medicine), "All it shows is that thin people tend to exclude fat people from their social networks. It proves that there is social discrimination." NAAFA believes that this report encourages even further discrimination against fat people. It's time to stop the discrimination now!

The O Words

by Marilyn Wann, NAAFA Board of Directors
Member and Fat Rights Agitator

Is the word "obesity" acceptable to use in a medical context? Not to me. For me, acceptance of the term "obesity" means that I'm essentially not allowed to purchase health insurance. The concept of "obesity" is a direct threat to my health. Luckily, this is no problem, as I'm healthy. But then . . . how is it possible that I should be so healthy, given that I'm "morbidly obese"?



Some argue that "obesity" merely describes a category of weight/height ratio, and does not imply a disease or any particular cause. But the word "obese" is used in this culture, in both popular and scientific realms, to equal disease and cause.

Earlier this year, I was doing an interview for a documentary for Israeli TV. The host (who herself had a mountain of weight issues) looked straight at me and said, "You're not obese." I assured her that according to the arbitrary and meaningless cutoff point picked out of thin air by various authority figures, I am, indeed, "obese" at a BMI (height/weight ratio) of 46. She resisted believing me because she didn't perceive me as being all of the things she holds in her definition of "obese." My impression of her understanding of the definition is that "obese" people are seriously unhealthy, inactive, possibly immobile, and perhaps not quite human.

The urge to define categories based on weight is in part motivated by the urge to define fat people as "other," or outsider. You may think you're part of the minority who doesn't buy into prejudice when you use words like "obese". However, in this particular chicken/egg situation, I would argue that if our culture had no prejudice against fatness, there'd be little attention for the fat end of the bell curve in science, and the o-word might not exist.

If you believe it is futile to question or criticize certain terms that are currently in vogue ("obesity"), that's your choice. I don't share that belief, but even if I did, I couldn't in good conscience agree with any category that functions to keep people down. Especially not when children are targeted. Especially not when I recall the hell of being a fat child. Especially not when that hellish isolation is never very far from me, even now.

As long as children are targeted based on weight -- whatever word is used to describe them -- their health and happiness will also be threatened.

Fat Rights Activist Bettye Travis Dies

Former NAAFA President Bettye Travis died May 7 in an Oakland, CA hospital of complications from cancer. In an obituary in the *San Francisco Chronicle* (<http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2007/05/29/BAGBBQ2VNV1.DTL>), Ms. Travis is quoted as saying, "We were all taught to be ashamed of being fat, but we aren't buying that anymore. No matter what your size, you deserve respect. Being fat is not a crime."



Said the *Chronicle*, "In the line of duty, she battled radio shock jocks, led workshops, counseled members and fought prejudice with good humor -- once, when fellow visitors at Disneyland were pointing at and photographing her, she smiled and grabbed her own camera and began snapping pictures of the people who were snapping pictures of her, until they got the message."

Bettye was a founder and proprietor of Spun Sugar, a Berkeley store and school for candy makers and bakers. Spun Sugar was the site of many NAAFA chapter meetings in the 1990s and early 2000s. She was also the former client services director for the AIDS Project of the East Bay and a longtime activist in the civil rights and anti-war movements.

Thinner Than Thou by Kit Reed

Reviewed by Terri L. Weitze, NAAFA Membership Coordinator

This is a short review for a good book. There is so much in this book that is pertinent to what the fat community (and society as a whole) is going through today, that it is hard to describe the book without giving away too much and having to do a spoiler alert.

Some of you may remember Kit Reed's 1967 landmark short story "Food Farm", a wonderful tragicomic story involving a rebellious fat teenage girl, her controlling parents, a "fat camp", and a male pop singer who is the object of the girl's fantasy. In the end, fat acceptance wins, but all involved pay a dear price.



In her 2004 novel *Thinner Than Thou*, Kit Reed has done a fine job of capturing the nightmare of the fat community in a compelling yet humorous fashion. The story is set in an all too believable future where body obsession has become the one "true" religion and being fat is one of the greatest sins! This body obsession creates a society that is rife with all kinds of eating disorders, self-abuse, and self-hatred. One of the things I enjoyed is that the story deals with so many different forms of food and body obsessions and the different ways these types of obsession affect different people. The book pokes fun at, and warns us of, the dangers of a society that is trying to make physical beauty mandatory and standardized. I prefer books that have strong characters; and I found this book has strong, well-developed characters, as well as an engaging plot with lots of twists and turns to keep you turning those pages.

NAAFA Finishes Year One of Five-Year Plan

At last year's convention, NAAFA announced its five-year plan of growth and increased focus on activism. At the Annual General Meeting at the 2007 Convention, NAAFA Board of Directors members Jason Docherty, Carole Cullum, Frances White, and Lisa Tealer showed how NAAFA is building momentum. Last year, NAAFA refocused on its core purpose, to change perceptions about fat, and end size discrimination. To that end, we printed professional quality full color brochures, which present our message ("We come in all sizes . . . Understand it. Support it. Accept it.") as well as our core values of Advocacy, Education, and Support.

Membership over the past year has grown 18%, in response to NAAFA's lowering annual membership dues to \$15. We've hired an accountant so we can support an audited tax return in 2008. Our FLARE (Fat Legal Advocacy, Rights, and Education) Project now has three funds established: employment defense, children's advocacy, and activism. Our Size Savvy Project will identify how well businesses accommodate people of size.

Since our core purpose is civil rights for people of all sizes, social events (including those at the Convention) are used for fundraising for other programs. And, as always, we rely upon the support of our members. Since

our dues are now lower, donations are more important than ever. If you're not a member, please join, and if you are a member, please give.

Research and Media Roundup (Backlog edition, or "In Case You Missed It")

[Note: The high volume of fat-related stories and research means that we're still behind on the roundup; we'll continue catching up in the next issue.]

February 7, 2006: Diet-blot.com reveals that use of weight loss drug Acomplia (not available in the United States) in clinical trials was correlated with increased occurrence of psychosis, according to unpublished studies funded by the drug's maker, Sanofi-Aventis. On June 29, 2007, Sanofi withdrew its application for approval in the US.

http://www.diet-blog.com/archives/2006/02/07/acomplia_side_effects_the_story_you_must_read.php

June 2006: Focusing on weight actually undermines motivation for healthy lifestyle changes among people of all sizes, according to research published in the June 2006 issue of the peer-reviewed journal *Obesity*, and led by Dr. Antronette Yancey of the UCLA School of Public Health. "All groups may benefit from messages that shift the focus away from a specific target weight and associated calorie counting, and instead promote increased physical activity and healthy eating habits," Yancey said.

June 17, 2006: The British Medical Journal reports that "International Obesity Task Force has relied heavily on funding from the drug industry for a decade, despite being widely seen as an independent think tank and having ties to the World Health Organization." What's in it for the drug companies? Perhaps increased profits from increased "obesity" hysteria.

June 20, 2006: USATODAY.com publishes "Why fat jokes aren't funny", an opinion piece by Barbara D'Souza about the acceptability of abusive jokes directed at fat people. Part of the acceptability seems to be due to the perception of fatness as a temporary condition, a view shared by most fat people themselves. If we realize that fat is part of what we are, maybe we won't buy into the abuse.

http://www.usatoday.com/news/opinion/editorials/2006-06-20-fat-jokes_x.htm

July 4, 2006: A study from Group Health Center for Health Studies, published in the July 2006 issue of the Archives of General Psychiatry, reports that fat people have a 25% higher risk of developing psychiatric disorders, such as depression, bipolar disorder and panic disorder. Could this be caused by the stress of everyone telling you you're too fat?

July 24, 2006: The Agency for Healthcare Research and Quality, part of the U.S. federal government, reports that 40% of weight loss surgery patients suffer complications within six months of surgery. The most common complications included vomiting, diarrhea, abdominal hernias, infections, pneumonia and respiratory failure, as well as the leaking of gastric juices caused by imperfect surgical connections between the stomach and the intestines.

<http://sfgate.com/cgi-bin/article.cgi?file=/c/a/2006/07/24/MNGTLK4B5H1.DTL>

August 2, 2006: A telephone survey conducted by research firm Thomson Medstat reports that most fat Americans say that they have healthy eating habits, and 40% say they do vigorous exercise at least three times a week. The researchers attribute this to denial on the part of fat people, but NAAFA Board of Advisors member Paul Ernsberger, Ph.D. (nutrition researcher at the Case Western Reserve School of Medicine) counters "You can have a healthy lifestyle and still be fat. Also, if you are large, vigorous exercise can be brisk walking, because it takes more work to move a large body."

August 9, 2006: Published in the American Journal of Clinical Nutrition, Harvard researchers reviewed 30 studies published from 1966-2005 and judged that "The weight of epidemiologic and experimental evidence indicates that a greater consumption of [sugar-sweetened beverages] is associated with weight gain and obesity." Not as widely reported is that most such studies find *no such association*. This includes a 2002 report from the National Academy of Sciences' Institute of Medicine that reviewed 300 studies -- 10 times more studies than were reviewed in the AJCN study -- and concluded, "There is no clear and consistent association between increased intake of added sugars and [body weight]."

August 11, 2006: At the annual meeting of the American Psychological Association, researchers from Ohio State University present results showing that women who accept their bodies the way they are seem to be more likely to follow principles of healthy eating. In a related study by the same team, those who scored higher on measures of intuitive eating also showed higher levels of self-esteem, coping ability, optimism, and ability to deal with stressful situations. The studies were also published later that year in the Journal of

Counseling Psychology. Although the "healthy eating" group also had a lower BMI (weight/height ratio), the difference was slight.

August 19, 2006: A Mayo Clinic study published in the medical journal *Lancet* shows reduced risk of heart attack and death for "overweight" and "mildly obese" people, while the thinnest group had the highest risk. Even the fattest had no increased risk of total mortality. Researchers speculate (with no real basis) that the large people with lower risk were actually muscle-bound rather than fat.

<http://www.f1000medicine.com/pubmed/16920472>

August 21, 2006: Research firm NPD Group reports that only 24% of Americans find "overweight" people less attractive, down from 55% twenty years ago (although some both within and outside the size acceptance community are skeptical of the findings). Prominent NAAFA members Lara Frater and Marilyn Wann are quoted in media reports.

<http://www.tucsoncitizen.com/ss/body/23083>

August 22, 2006: A study in the New England Journal of Medicine is widely reported in the media to show that "Just a few extra pounds is bad for you", to quote one headline. But, as pointed out by NAAFA Board of Advisors member Paul Campos and others, closer examination of the data reveals that people who are "overweight" at age 50 and lose weight later in life have a higher risk of an early death. In fact, someone who is at "normal" weight at age 50 and *gains* weight later in life actually has a *lower* risk of early death.

http://www.rockymountainnews.com/drmn/opinion/columnists/article/0,2777,DRMN_23972_4934018,00.html

August 23, 2006: The Contra Costa Times reports that John Muir Health, which has medical centers in Concord and Walnut Creek, California, told its physician network not to order colonoscopies for patients likely to die within 5 years, which, according to them, includes all "morbidly obese" people. Commented one NAAFA member, "The last 23 years of my mom's life could have been erased if they'd had that policy in 1983."

August 30, 2006: The British Fertility Society recommends women with a BMI of 36 and over should not be allowed access to fertility treatment. The International Size Acceptance Association (ISAA) condemned the recommendation, calling it a "blatant discriminatory attitude", and pointing out that fertility treatment is allowed for smokers, who have a much higher proven health risk to mother and child than fat people.

<http://news.bbc.co.uk/1/hi/health/5296200.stm>

<http://www.size-acceptance.org/uk/>

September 2006: The American Obesity Association (AOA), set up by the weight loss industry as a "grass roots organization" in competition with NAAFA, gives up its grass roots pretensions and merges with NAASO, an obesity research association dominated by weight loss surgeons.

September 5, 2006: The Royal National Institute of the Blind says that fat people risk cataracts and age-related macular degeneration. Fatness was only one of several risk factors listed in the report, smoking being the worst, but the media focus is exclusively on fatness. Also, a closer look reveals that much of the effect of fatness is actually due to diabetes, which correlates with fatness. Thus, fatness and declining vision are both symptoms, yet fatness is treated as a disease in itself.

<http://news.bbc.co.uk/1/hi/health/5316096.stm>

http://www.rnib.org.uk/xpedio/groups/public/documents/PublicWebsite/public_healthreportp.pdf

September 5, 2006: NAAFA Public Relations chair Peggy Howell is quoted in a *Sacramento Bee* article (picked up by several other papers and web sites) on a Fat Clock web site that shows how much weight Americans are gaining. "It's utterly absurd," says Peggy, "[since] a recent study showed that focusing on diets and weight loss is actually counter-productive."

http://www.pe.com/lifestyles/healthandfitness/stories/PE_Fea_Daily_D_fatclock0906.263be3b.html

September 7, 2006: The Associated Press reports that a 5-foot-7 and 260 pound nurse named Susan Kuhnhausen strangled and killed an intruder in her Portland, Oregon home. (Oregon law permits the use of deadly force under certain conditions when defending against an intruder or burglar.) Her neighbors praised her for her courage and strength.

<http://www.nationalledger.com/cgi-bin/artman/exec/view.cgi?archive=4&num=8324>

September 11, 2006: The Court of Appeals for the 6th Circuit ruled in *EEOC v. Watkins Motor Lines* that, to constitute an impairment under the Americans with Disabilities Act, "a person's obesity, even morbid obesity, must be the result of a physiological condition." Sondra Solovay, leader of NAAFA's FLARE (Fat Legal Advocacy, Rights, and Education) Project, writes "It is profoundly disconcerting that one branch of the government views fat people as diseased, . . . while another views fat people as suffering from no medical impairment

for the purposes of civil rights protections."

www.ca6.uscourts.gov/opinions.pdf/06a0351p-06.pdf

September 13, 2006: NAAFA Board of Directors member Marilyn Wann and other San Francisco Bay Area fat rights activists are profiled in a fat-positive article on Health at Every Size (HAES). Among the highlights: Marilyn demonstrating the Yay! scale (which provides compliments instead of numbers). The Big Burlesque and Phat Fly Girls dance troupes and the Padded Lilies synchronized swim team are also profiled.

http://eastbayexpress.com/Issues/2006-09-13/news/feature_full.html

September 24, 2006: A study in the medical journal *Critical Care* shows that fatness alone is not a risk factor for organ failure or death. The real culprit is diabetes, which correlates with fatness. Study co-author Dr. David M. Mannino, from the University of Kentucky Medical Center in Lexington, and his team analyzed data on 15,408 subjects who participated in a population-based study.

<http://www.healthcentral.com/breast-cancer/index-5716-48.html>

October 2, 2006: NAAFA Board of Advisors member Paul Campos, in his column in *The Rocky Mountain News*, shows how the pharmaceutical industry wines and dines scientists in a campaign to turn fatness into a disease, one that must be cured with (can you guess?) pharmaceuticals.

http://www.rockymountainnews.com/drmn/opinion/columnists/article/0,2777,DRMN_23972_5037503,00.html

October 26, 2006: The latest social ill blamed on fat people is increased gasoline consumption. Really? Not SUVs, not ski racks, not old magazines in the back seat?

<http://www.msnbc.msn.com/id/15415446/wid/11915773?GT1=8618>

November 2006: In a review of two books by NAAFA allies (*Fat Politics: The Real Story Behind America's Obesity Epidemic*, by J. Eric Oliver, and *The Diet Myth: Why America's Obsession With Weight Is Hazardous to Your Health*, by Paul Campos) Jacob Sullum of Reason Magazine says "Lay Off the Fatties - They're not hurting anybody -- maybe not even themselves." We couldn't agree more.

<http://www.reason.com/news/show/38388.html>

November 14, 2006: [See similar item from August 22, 2006 above.] Another study (this time in the *Journal of the American Medical Association*, by a team led by Dr. Bradley Willcox of the Pacific Health Research Institute in Honolulu) looks at six risk factors in men in their 50s and how these factors relate to the men's health at age 85. Of the six factors, the press focuses on weight, of course (typical headline: "Want to live to a healthy 85? Stay trim"), even though those who would die by age 85 were only three pounds heavier than those who would be healthy. By contrast, differences in the five other risk factors (smoking, drinking, education, marital status, and diabetes) were dramatic. (Thanks to NAAFA Board of Advisors member Paul Ernsberger, Ph.D., for his analysis.)

November 15, 2006: An analysis of 130,139 patients by Benjamin Steinberg, a visiting medical student at Johns Hopkins University, found that heavier patients with clogged heart arteries have lower death rates in the short term. Mr. Steinberg stated that the heavier patients got more aggressive treatment, but NAAFA Advisor Paul Ernsberger, Ph.D., counters, "As far as I can tell they just made it up. Other studies show that fat people get *less* aggressive treatment, or get refused treatment."

November 16, 2006: Fatness is a survival advantage in dialysis patients, according to a study in *Hemodialysis International* authored by Kamyar Kalantar-Zadeh M.D. of the UCLA David Geffen School of Medicine. The author attributes the advantage to "protective reserves that may mitigate the adverse effects of malnutrition in patients."

<http://www.medicalnewstoday.com/articles/56729.php>

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