



NAAFA Newsletter

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In This Issue

A 40th Birthday Party in the Nation's Capital

Introducing the NAAFA Size Diversity Toolkit

In Memoriam: Sherry Collins Eckert

In Memoriam: Roy Wild

Our New President Needs to Know

Media and Research Roundup

A 40th Birthday Party in the Nation's Capital

NAAFA is turning the Big Four-Oh and we plan to celebrate by honoring our history and planning for our future! As the winds of change sweep through our nation, NAAFA has chosen to celebrate and convene in the heart of our country's government, Washington D.C.

Mark your calendars to save the date and make plans to join us at the Dulles Airport Marriott Hotel, July 31 - August 3, 2009 as we gather with like minded people of all sizes for a weekend of education, advocacy and empowerment while sharing, networking, community building, and having fun!

If you have not attended a NAAFA national fund-raising convention, let us urge you to do so in 2009. We've made it easy to make your hotel reservations right now; come to our website at www.naafa.org and click on the "NAAFA 2009 Convention" Quicklink, then click on "Reservation Info". You'll be taken to the hotel's website, with our group dates and group code filled in automatically! (Of course, you can modify the dates to suit your plans.)

Our Sponsors

An ad for NAAFA's new sponsor, Friedson Bros. Boots, can be found at the end of this newsletter.

www.fineboots.com

Many people have said that their convention experience was life-changing - how will this convention change you? Join us and be part of the change for yourself, our country and the world!

Quick Links

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:: 916-558-6880

Introducing the NAAFA Size Diversity Toolkit

In 2008, NAAFA saw a need to raise awareness and to provide education and resources about size diversity to corporate America. This need motivated us to create the NAAFA Size Diversity Tool kit.

Our objective: to eradicate prejudice and discrimination in the workplace.

The NAAFA Size Diversity Toolkit brings a new case for diversity and inclusion to the front door of corporate America. Diversity and inclusion have become business imperatives for companies who want to stay and thrive in business today and in the future. No company can afford to have employees that are not fully engaged and innovative in the workplace. Size diversity needs to be added to the equation.

The toolkit provides important information to human resource professionals that will supplement existing diversity education and wellness programs. In December, NAAFA began mailing these toolkits to strategically positioned officers of America's Fortune 500 companies as well as some key learning institutions.

NAAFA's Size Diversity Toolkit has been written and compiled by some of the country's leading experts on size diversity. The toolkit contains the following:

- Industry Leading Commentary
- Business Case For Size Diversity
- Real World Examples of Size Prejudice And Discrimination
- Business Scenarios With Discussion Questions
- Glossary and Resources List

- The newly released book, *Health At Every Size: The Surprising Truth About Your Weight* by Dr. Linda Bacon, PhD, a professor, author and one of the leading researchers on the Health At Every Size perspective.

For more information, please visit www.naafa.org and click on the diversity toolkit Quicklink.

In Memoriam: Sherry Collins Eckert

by Peggy Howell

Long time NAAFA leader Sherry Collins Eckert -- fat activist, Editor and Coordinator of NAAFA's Supersize SIG, and amazingly warm and loving woman -- left us on Tuesday, December 30, 2008, following an extended illness. Our heart goes out to Don, Sherry's devoted and loving husband.

Don shared with me how much Sherry loved NAAFA and all our members. She especially loved coming to conventions, participating in the workshops and spending his money at the vendor fair. We will miss you, Sherry!

Your cards and letters would be of great comfort to Don. Please direct them to:

Don Eckert
5306 Heege
St. Louis, MO 63123

In Memoriam: Roy Wild

by Peggy Howell

It is with a heavy heart that I must report the passing of Roy Wild, a dearly loved member of NAAFA and proud FA. Roy died on Saturday, December 13, 2008 following a heart attack. He is survived by his loving wife Cathy and one son.

Cathy is happy to accept your words of support and sympathy at xxxlgbbw@aol.com but she asks that contributions be made to NAAFA in Roy's name in lieu of flowers and gifts.

Roy Wild was truly a one of a kind man and will be missed by all who had the good fortune to know him. His meeting and courting of Cathy was a story he loved to tell and we all loved to hear him share. They are an inspiration to all of us. Our thoughts and prayers go out to Cathy during this difficult time.

Our New President Needs to Know!

by Peggy Howell, NAAFA Public Relations Director

Here's a way for us to make our voices heard with the new Presidential administration about the need for change in the existing anti-discrimination laws. Just go to <http://citizensbriefingbook.change.gov/> and log in to share your views on any number of issues that concern you, or vote up or down ideas that have been shared (Here's a hint: type the word "obesity" in the search engine and check out what comes up). There are several posts already that need our "UP" votes so that they will be reviewed by the new administration. The best rated ideas will be gathered into a Citizen's Briefing Book to be delivered to President Obama after he is sworn in.

Be sure to vote "UP" on the following posts and add your own posts if you have something you want said:

- WEIGHT BIAS - The Need for Public Policy
- Stop the war on 'obesity'
- Encourage Fitness and Health But Discourage Weight Discrimination

Personally, I want the new President to know how much we need to include weight and height in the Federal anti-discrimination laws. Together, we can effect CHANGE so act today. It only takes a few minutes and could make a world of difference!

Media and Research Roundup

by Susan Conklin, Lesleigh Owen, Terri Weitze, and Bill Weitze

[Editor's Note: You'll find the latest size acceptance news, good and bad, at the NAAFA News RSS Feed at the new naafa.org]

February 19, 2008: A February 2008 *Diabetes Care* journal article reports that most teens with type 2 diabetes feel that they are about the right weight, and that their parents agree, according to researchers at the University of North Carolina at Chapel Hill. Considering the pressures on teens today, this is great news. Sadly, the researchers see size acceptance as a "problem".

<http://www.reuters.com/article/healthNews/idUSKIM95354620080219>
<http://care.diabetesjournals.org/cgi/content/abstract/31/2/227>

March 3, 2008: According to an article in the *National Post*, the weight of the child is increasingly being used as a legal weapon in custody battles. In one case, the father accused his ex-wife of encouraging weight gain in the children and asked for custody. After many years of court battles, testimonies from doctors and researchers, and diets and weekly weigh-ins for the children, the courts finally ruled in favor of the mother.

<http://www.nationalpost.com/news/canada/story.html?id=348380>

March 3, 2008: University of Buffalo researchers report that parents who reduced their children's TV and video game time also lowered their body-mass index (BMI) significantly. However, the study was not blind and did not include an analysis of any of the other factors. As Certified Health Education Specialist Virginia Dicken argues, "If you ask me, the parents basically put their kids on a diet because they knew the kids were supposed to be losing weight in this study."

<http://www.buffalo.edu/news/9197>

<http://archpedi.ama-assn.org/cgi/content/abstract/162/3/239>

March 4, 2008: According to a study in the *International Journal of Obesity* by the Rudd Center for Food Policy & Obesity at Yale University, discrimination based on size is as common as that based on race and more prevalent than discrimination based on sexual identity, disabilities, and religious beliefs. Although this study certainly does not support claims that sizeism is any worse than other forms of discrimination, as research scientist and chief author Rebecca Puhl notes, "These results show the need to treat weight discrimination as a legitimate form of prejudice." The article garners extensive media attention.

<http://www.nature.com/ijo/journal/v32/n6/abs/ijo200822a.html>

<http://abcnews.go.com/Technology/BeautySecrets/story?id=4568813>

http://www.usatoday.com/news/health/weightloss/2008-05-20-overweight-bias_N.htm

http://seattletimes.nwsourc.com/html/living/2004378760_zliv28bias.html

<http://opinion.latimes.com/opinionla/2008/07/is-fat-the-new.html>

March 4, 2008: "Go on, have another doughnut." In spite of this rather uninspired first sentence, the Associated Press article "Some Scientists Dispute Idea of Causal Link of Obesity Alone to Dangerous Diseases" positively explores some of the tensions in the scientific community as researchers grapple with increasing evidence that, for some medical conditions, weight is a symptom rather than a cause. The article concludes that, while fat isn't necessarily good, "The obesity epidemic has absolutely been exaggerated" (according to Dr. Vincent Marks, emeritus professor of clinical biochemistry at the University of Surrey).

<http://www.cbsnews.com/stories/2008/03/04/health/main3904243.shtml>

March 7, 2008: The *St. Petersburg Times* quotes NAAFA spokesperson Peggy Howell in a story about two Tampa nightclubs that cater to fat men and women. A telling quote: "For many BBWs, their lives are divided into periods: before the clubs and after. Caterpillars emerged as butterflies from cocoons, they say. Flower buds bloomed." Peggy Howell sums it up: "It's about loving their bodies as they are."

<http://www.sptimes.com/2008/03/07/Brandontimes/>

[Fun in a big way.shtml](#)

March 9, 2008: Psychologist Dina Zeckhausen (founder of the Eating Disorders Information Network) echoes the thoughts of NAAFA's everywhere in her article "Childhood Obesity and the Schools: Shame Hurts More Than Helps" for the *Atlanta Journal-Constitution*. She warns that focusing on weight in schools and singling out fat children will likely promote eating disorders and deep psychological scarring. Instead of operating from "outdated paradigms" that promote shaming ourselves into physical fitness, the Eating Disorders Information Network suggests a Health at Every Size (HAES)-based approach for schools that encourages body appreciation and satisfaction as well as students' awareness of their bodies' functions and cues.

<http://www.ajc.com/opinion/content/printedition/2008/03/09/dinaed0309.html>

March 10, 2008: NAAFA Public Relations Chair Peggy Howell is quoted in a *Wilmington (DE) News Journal* article on how companies are increasingly intruding in their employees' non-work behaviors, including being fat (which isn't a behavior). "What is our objective? Is it to be a healthier people? Or for everybody to be the same?" Howell asks. An April 17 article in *Business Week* examines the same subject.

<http://www.delawareonline.com/apps/pbcs.dll/article?AID=/20080310/BUSINESS/803100311/1003>
http://www.businessweek.com/magazine/content/08_17/b4081094075494.htm

March 11, 2008: Did your mother "doom" you to fatness by being fat herself while pregnant with you? No, according to research by Debbie Lawlor of Britain's University of Bristol and colleagues, published in the Public Library of Science journal *PLoS Medicine*. Before you jump for joy, though, the article goes on to postulate that "mothers are somehow involved in other ways, they added." Los Angeles NAAFA Chapter President Linda Ramos summed it up thusly, "We've proven it's not the way a mother eats that causes a child's fatness, but we're still hard at work on blaming them anyway."

<http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371%2Fjournal.pmed.0050033&ct=1>

March 13, 2008: Fat and fun "ceWEBrity" Leslie Hall is profiled on NPR; Hall mixes up hip hop, gem sweaters, and gold lamé into a multimedia dance party.

<http://www.npr.org/templates/story/story.php?storyId=88180688>
<http://www.myspace.com/lesliehall>

March 18, 2008: A *San Diego City Beat* article catalogues a night at San Diego's Club Catalina, a BBW club run by Kathy Hernandez. The article includes lengthy quotes from NAAFA Public Relations Chair Peggy Howell that address cultural and institutional sizeism. Writer Kinsee Morlan weaves the political with the personal as she illustrates a night at Club Catalina, and addresses the debate about the healthiness and usefulness of a "war on obesity".

http://www.sdcitybeat.com/cms/story/detail/fat_and_happy/6747/-1

March 26, 2008: Several articles cover testimony in support of the Massachusetts bill proposed by state Representative Byron Rushing to ban discrimination based on height and weight. Size rights activists Marilyn Wann and Ellen Frankel are among those who testified. The bill faces opposition from those who believe weight, unlike race, is a matter of choice. Also, a *Boston Herald* article quotes NAAFA member Deidre Everett's experiences with size-based discrimination in the workplace and discusses Ellen Frankel's experience with heightism. The article ends with an inspiring quote from Frankel: "Self-worth and self-esteem can't be measured by inches on a tape . . . or pounds on a scale."

<http://www.bostonherald.com/news/regional/general/view.bg?articleid=1082410>
<http://www.iberkshires.com/story/26605/Local-Woman-Testifies-Against-Weight-Height-Discrimination.html>
<http://dailyfreepress.com/2008/04/09/bill-would-make-weight-height-based-discrimination-illegal-in-mass>

March 27, 2008: Hypertension patients who take the weight loss drug orlistat have lower blood pressure, according to research published in the *Archives of Internal Medicine*. However, according to Dr. Karl Horvath, the lead author of the study, "Whether this will translate into reducing

your risk of heart attack, stroke, or death later on is unclear." Also, perhaps the *very slight* change in blood pressure resulted from the lessening of pressure from doctors and family members to lose weight.
<http://archinte.ama-assn.org/cgi/content/abstract/168/6/571>

March 30, 2008: Daniel Engbar's article "Shut Up about the 'Cost of Obesity'" in the *Dallas Morning News* tackles some of the misconceptions and outright misrepresentations of the work-related and health-related costs of fatness. Although candidates Obama and Clinton cited fat citizens as costing the economy a trillion dollars, the true cost if any is much less. Moreover, the real cause of loss of productivity for fat persons, Engbar concludes, are not the days of work missed or the excessive illnesses supposedly affecting fat persons *but the stress of discrimination*. As the article notes, "body image had a much bigger impact on health than body size."
http://www.dallasnews.com/sharedcontent/dws/dn/opinion/points/stories/DN-engber_30edi.ART.State.Edition1.46425b1.html

March 30, 2008: An article in the U.K.'s *Independent* by Susie Measure discusses the new movement in fashion to represent women of all sizes. Chloe Marshall competes to be crowned "Miss England" at size 16, a new girl band named "Plus" releases their first single, a new web-based magazine for large people hit 30,000 readers, and a new online blog community informally known as "The Fatosphere" mark a new trend against the recently ubiquitous size 0. The Chloe Marshall story gets some coverage in the U.S. as well.
<http://www.independent.co.uk/news/uk/this-britain/were-here-were-fat-get-used-to-it-802611.html>
<http://abcnews.go.com/Health/BeautySecrets/Story?id=4583504>
<http://www.cnn.com/video/#/video/living/2008/04/23/vanmarsh.uk.big.beauty.cnn>

March 31, 2008: The Laguna Playhouse in Laguna Beach, CA, premieres *All the More to Love*, a play billed as "a musical about the unusual people who frequent a plus-size consignment shop and their quest for love, self-respect and the deeper meaning of wearing someone else's clothes."
<http://www.playbill.com/news/article/117253.html>

April 2008: A report published in the journal *Community Dentistry and Oral Epidemiology* reveals the results of a statistical analysis of National Health and Nutrition Examination Survey (NHANES) III data. Contrary to the expectations of the researchers, led by Dorota Kopycka-Kedzierawski of the University of Rochester (NY) Department of Dentistry, children meeting their definition of "overweight" had fewer cavities and other dental diseases than the children they classified as "normal weight."
<http://www3.interscience.wiley.com/journal/119402088/abstract>

April 2, 2008: Lara Frater, blogger and author of *Fat Chicks Rule: How To Survive in a Thin-Centric World* is a guest on NPR's Brian Lehrer show along with Anna Kirkland, assistant professor of women's studies and political science at the University of Michigan and author of *Fat Rights: Dilemmas of Difference and Personhood*. They discuss discrimination against fat people from a legal standpoint.
<http://www.wnyc.org/shows/bl/episodes/2008/04/02>

April 3, 2008: In a *Reno News and Review* article titled "Fat Power," Deanna Sheffield presents a fairly positive portrayal of the message and challenges of the Fat Acceptance movement, including quotes from Peggy Howell, NAAFA Public Relations Director, Marianne Kirby, author of the blog "The Rotund" and Paul McAleer, author of "Big Fat Blog" and organizer of the Council of Fat Rights Activists.
<http://www.newsreview.com/reno/Content?oid=646683>

April 4, 2008: At the American College of Cardiology's 57th Annual Scientific Session in Chicago, Dr. Francisco Lopez-Jimenez presented Mayo Clinic research on the newly contrived issue of "Normal Weight Obesity," or the high body fat content of people with body mass index in what they consider the "normal" range. While the findings add to the increasing criticism of BMI in measuring health, the research also ascribes the usual stereotypical health issues to the presence of fat in the body.
<http://www.reuters.com/article/healthNews/idUSCOL46095120080404>

April 4, 2008: Although the weight loss drug Rimonabant (which is banned in the U.S.) produced a reduction of arterial plaque build-up, participants lost only a small amount of weight (less than ten pounds

over the course of 18-20 months, with no follow-up to determine long-term loss). Worse yet, participants showed no decrease in the progression of coronary disease (the purported primary goal of treatment), and produced a significant increase in psychiatric side effects over the placebo. This is according to research by Steven E. Nissen, MD (Cleveland Clinic Lerner School of Medicine), and others published in the *Journal of the American Medical Association*.

<http://jama.ama-assn.org/cgi/content/abstract/299/13/1547>

April 6, 2008: Researchers from the universities of Aberdeen and Maastricht have found that the amount of energy expended in our daily lives has not declined in the past twenty years, contrary to claims that the "Obesity Epidemic" is caused by a decrease in physical activity. The study, published in the *International Journal of Obesity*, also concludes that the amount of daily energy expended by people in the US and Western Europe does not significantly differ from those in modern Third World countries.

<http://www.ncbi.nlm.nih.gov/pubmed/18504442>

April 20, 2008: The TV news magazine *60 Minutes* paints a glowing picture of weight loss surgery, claiming all sorts of health benefits. The report is debunked by several bloggers.

<http://junkfoodscience.blogspot.com/2008/04/other-side-of-story-part-one.html>

<http://onemansjourney.blogspot.com/2008/04/when-did-60-minutes-stop-doing-news-and.html>

April 22, 2008: Research published in *PLoS Medicine* shows pockets of decreasing life expectancy in the U.S., especially in poorer regions of the South. The study is based on data from the National Center for Health Statistics and was led by Majid Ezzati of the Harvard School of Public Health. Although the decrease is blamed on smoking and "obesity", various effects of poverty, including sexually transmitted diseases, poorer medical care, and stress, deserve equal or greater focus.

<http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371/journal.pmed.0050066>

April 23, 2008: A study published in the June issue of *Cancer* reports that Canadian cancer survivors are more "inactive and overweight", and should therefore exercise and lose weight. The factual findings, that fat people are more likely to survive cancer than thin people, are confirmed by several other studies (see June 1 entry below, for example), but the authors' conclusion, that it's bad to be fat, is not.

<http://www.ncbi.nlm.nih.gov/pubmed/18428195>

April 23, 2008: In an MSN Money article titled "What if no one were fat?" Shirley Skeel embarks on a two-page excretion of fat-hating bile, quoting reams of trite, unproven and unlikely claims as to how the economy could be saved if fat people were eliminated. Her claims range from suggestions that "obesity" could be solved by everyone taking half a slice of pizza out of their diet each day, to a utopian prediction of a stable, affluent, low carbon impact and better-sexed world in the hands of the skinny. (See the second link below for several good responses.)

<http://articles.moneycentral.msn.com/Insurance/Advice/WhatIfNoOneWereFat.aspx>

<http://fatosphere.blogspot.com/2008/04/what-if-shirley-skeel-had-brain.html>

April 28, 2008: The *Archives of Internal Medicine* includes a report by Dr. Amy Weinstein (Beth Israel Deaconess Medical Center) and others purporting to show that women cannot be fat and fit. The higher reported risk of heart disease in active fat women is exaggerated due to the small number of women who actually developed heart disease during the course of the study. 1.7% of the "normal weight" women developed heart disease in the course of the study, versus 2.9% of women classified as "overweight". Activity level was self-reported by the participants, a notoriously unreliable method of measurement. When the results are controlled for the number of actual heart attacks in the participants, the difference between the weight groups is not statistically significant, suggesting possible weight bias in diagnosing heart disease.

<http://archinte.highwire.org/cgi/content/abstract/168/8/884>

May 2008: The *American Journal of Clinical Nutrition* releases a chilling study that charted nutritional deficiencies in postoperative recipients of gastric bypass surgeries. According to the study, supplemental vitamins

were not sufficient to compensate for these deficiencies. Perhaps most disturbingly, as Life and Wellness Coach Kelly Bliss points out, "There is no data that says there is any way to treat those nutritional deficiencies."
<http://www.ajcn.org/cgi/content/abstract/87/5/1128>

May 6, 2008: Research published in the *Journal of the American College of Cardiology* seems to indicate that being fat drastically increases one's likelihood of developing heart inflammation and ultimately cardiac failure. However, as clinical psychologist and author Deb Burgard points out, (1) since the events are so rare and the relative risk was less than 2, there were only a few more heart failure cases in the fat group, and (2) the press release itself states "When the inflammatory protein levels were included in the scientists' statistical analysis, the heightened risk from obesity disappeared." In other words, if you can treat the inflammation, wouldn't that be the solution?
<http://www.hopkinsheart.org>
<http://content.onlinejacc.org/cgi/content/abstract/51/18/1775>

May 6, 2008: It's International No Diet Day!
<http://kateharding.net/2008/05/06/happy-international-no-diet-day>
<http://www.equilibre.ca>
<http://thedartmouth.com/2008/05/06/news/nodiet>

May 11, 2008: A recent survey of 15,000 Australian women found that most expressed a deep dissatisfaction, even a dislike of and disconnection with, their bodies. This manifests in dieting, cosmetic surgery, avoiding one's reflection, and excessive drinking. Says Public Health Lecturer and NAAFA Lily O'Hara, about women avoiding the mirror, "They are afraid it might confirm their innermost fears - that their body does not meet the socially constructed ideal being portrayed by the beauty industry and now, disturbingly, by the health industry."
<http://www.thedaily.com.au/news/2008/may/11/study-finds-women-avoid-own-reflection>

May 14, 2008: A Lucien Freud painting called *Benefits Supervisor Sleeping*, showing a nude fat woman sleeping on a sofa, sells for nearly \$34 million, a record for a work by a living artist.
<http://www.theage.com.au/news/national/freud-sleeper-the-stuff-of-dreams/2008/05/14/1210764953603.html>

May 20, 2008: Law professor and NAAFA Advisor Paul Campos issues a \$10,000 "obesity" challenge in his *Rocky Mountain News* column to the author of a *Washington Post* series on fatness and life expectancy. He offers to pay the sum if a future US Census shows both declining life expectancy and rising or steady fatness rates. If life expectancy rises along with Americans' weight, as it has in the past, the *Post* writer would pay. No report on the challenge being accepted.
<http://www.rockymountainnews.com/news/2008/may/20/campos-a-10000-obesity-challenge>

May 27, 2008: According to a study by the Federal Centers for Disease Control and Prevention, the number of fat children appears to have leveled off at 32% in 2005 after rising steadily since 1980. Life and Wellness Coach and NAAFA Kelly Bliss notes that "The data was gathered EXACTLY during the time (1996 to 2006) when the fear mongers were screaming loudest about the 'terrible rise' in childhood obesity."
<http://jama.ama-assn.org/cgi/content/abstract/299/20/2401>

May 29, 2008: According to a study published in the *Journal of Consumer Research*, people who are stressed, who report low levels of self-esteem, and who encounter images and thoughts of death tend to shop more and eat more sweets. This is an especially interesting find, given how often Western popular media focus on violence, death, and other stressful events. This is also why, as nutrition researcher and NAAFA Advisor Paul Ernsberger, Ph.D., points out, scaring or shaming people into dieting doesn't work.
<http://www.journals.uchicago.edu/doi/abs/10.1086/587626>

May 29, 2008: Physically active senior citizens have significantly less disability than inactive ones, according to a Stanford University study published in the *American Journal of Public Health*. The benefits were essentially the same among fat and average-sized participants, supporting the HAES concept.
<http://www.ncbi.nlm.nih.gov/pubmed/18511724>

June 2008: A new meta-analysis of studies published in the *American Journal of Clinical Nutrition* finds that there is no significant correlation between the consumption of sugar-sweetened beverages and the Body Mass Index of the consumer.

<http://www.ajcn.org/cgi/content/abstract/87/6/1662>

June 1, 2008: Two studies demonstrate the protective effects of fat. The first, led by Dr. Ahmed A. Khattab of the Segeberger Kliniken (Germany) and published in the *American Journal of Cardiology*, finds that fat patients who had stents placed in diseased arteries had fewer adverse cardiac events (such as heart attacks) than their thinner counterparts. The second is a meta-analysis by researchers from the University of Alberta (Canada) showing that fat heart patients have lower death rates.

[http://www.ajconline.org/article/S0002-9149\(08\)00237-3/abstract](http://www.ajconline.org/article/S0002-9149(08)00237-3/abstract)
<http://www.ncbi.nlm.nih.gov/pubmed/18585492>

June 4, 2008: A *Suite 101* article by Darcy DeMarco discusses NAAFA and their work to end weight and height discrimination. The author discusses the history and purpose of the organization with quotes from Peggy Howell, Public Relations Director of NAAFA.

http://social-activism.suite101.com/article.cfm/we_come_in_many_sizes

June 11, 2008: A report from the National Center for Health Statistics shows that life expectancy continues to rise in the U.S., contrary to fears that the so-called "Obesity Epidemic" would cause a decline for the first time in decades. Mortality rates for several of the most common causes of death, including diabetes, heart disease and cancer continue to fall, while life expectancy for both men and women have increased.

<http://www.cdc.gov/nchs>

<http://www.cdc.gov/media/pressrel/2008/r080611.htm>

June 12, 2008: Researchers at the Joslin Diabetes Center claim that a 12 week weight loss program for people with type 2 diabetes showed that effective treatment for the disease should be focused on weight loss, rather than glucose control. But the researchers' own data show no long-term reduction in hemoglobin A1C levels (a measure of blood sugar), or cholesterol (except for HDL) one year after the study, and no data on weight loss maintained after the one year mark (only 7.6% of weight loss was maintained at one year).

<http://www.reuters.com/article/2008/06/12/us-diabetic-weight-loss-idUSTON27718320080612>

<http://www.liebertonline.com/doi/abs/10.1089/obe.2008.0206>

June 18, 2008: Medicare and many employer-paid health insurers are considering covering bariatric surgery to treat diabetes in patients with lower BMIs than were previously covered. This comes in spite of the lack of evidence that the surgery provides any long-term improvement or maintenance of diabetes, and the high incidence of short and long-term health complications that arise from the surgery (including death).

<http://www.reuters.com/article/2008/06/18/us-obesity-diabetes-medicare-idUSN1837771620080618>

June 20, 2008: The findings of a recent study led by Paul Komesaroff, MD, PhD of Monash University in Melbourne were presented at the annual meeting of the Endocrine Society in San Francisco. The study finds that there is a pervasive social stigma to fat which leads to discrimination. The stigma negatively affects the fat person's physical and mental health, and personal identity. [The first March 4 entry above describes similar research results.]

<http://www.cbsnews.com/stories/2008/06/19/health/webmd/main4196904.shtml>

<http://www.ncbi.nlm.nih.gov/pubmed/18684133>

June 23, 2008: In the Germany Health Interview and Examination Survey for Children and Adolescents (KiGGS) of the Robert Koch Institute, researchers found a significant disparity between the actual and self-perceived weight of adolescents. The study also found that the adolescent's self-perceived weight (too fat, too thin, etc.) was a far more accurate determinant of their mental health and quality of life than their actual weight.

<http://www.sciencedaily.com/releases/2008/06/080620120006.htm>

<http://www.aerzteblatt.de/int/article.asp?id=60382>

June 26, 2008: Cindy Hsu of CBS reports on fitness instructors and

doctors who promotes the concept of exercise for health, rather than a specific weight-loss goal. While the article stops well short of HAES by advocating dieting and claiming that the process will still result in weight loss, it does focus on the physical and mental health benefits of exercise outside of any attempts to lose weight.

<http://wcbstv.com/health/weight.loss.plus.2.758224.html>

June 29, 2008: A study led by Dr. Brad Metcalf from the Peninsula Medical School in the UK shows that the amount of exercise children get does not significantly affect their weight. Exercise did show many health benefits for the children, including improvements in blood pressure, cholesterol, triglycerides and insulin resistance. The researchers conclude that while exercise may not affect a child's BMI, it should be encouraged for the many benefits it does provide.

http://www.eurekalert.org/pub_releases/2008-10/tpco-rcf101008.php

<http://adc.bmj.com/cgi/content/abstract/adc.2007.135012v1>

July 7, 2008: In *Newsweek*, journalist Jerry Adler revisits the issue of charging heavy passengers extra for airline tickets based on their weight. Despite a questionable exploration of body fat as a fuel source and quotes from anti-fat professor Laurie Zoloth of Northwestern University, the article also quotes Peggy Howell of NAAFA, Rebecca Puhl, and Steve Blair to illustrate the increased discrimination against fat people and the "substantially genetic" (Zoloth) factors that determine a person's weight. The author concludes that the fat should not be charged extra for their tickets.

<http://www.newsweek.com/id/143790>

July 1, 2008: Although researchers have found that "normal" weight non-smokers incur higher lifetime medical costs than fat ones, the Japanese Ministry of Health institutes a law to reduce waistlines and rein in medical costs. Companies and local governments are now required to measure the waistlines of all persons between the ages of 40 and 74. Critics say that, under the government's criteria, more than half of all Japanese men will be considered overweight, and the campaign will encourage overmedication, ultimately increasing medical costs.

<http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371%2Fjournal.pmed.0050029&ct=1>

<http://www.nytimes.com/2008/06/13/world/asia/13fat.html>

July 7, 2008: "Larger patients seek less lecturing, better healthcare." Pat Lyons, RN, co-founder of the NAAFA-sponsored Women's Health Passport project, is extensively quoted in this online article. "Multiple groups of health care providers have demonstrated biases and prejudices against overweight adults," says Rebecca Puhl, Ph.D., director of research and anti-stigma initiatives at the Rudd Center for Food Policy & Obesity at Yale University. Although larger patients visit the doctor more often, they tend to get less preventive care.

<http://www.medicalnewstoday.com/articles/114160.php>

July 18, 2008: For many, WALL-E is a charming tale of a robot driven by the need to clean up after thoughtless humans and his search for the girl he loves. But some fat activists are not amused. WALL-E depicts future humans as a group of obese gluttons who never leave their padded floating arm chairs. As Marilyn Wann told the *Sunday Telegraph*: "It's the classic stereotype that fat people are stupid, smelly, lazy, disgusting and out of control."

<http://www.telegraph.co.uk/news/newstopics/howaboutthat/2291254/WALL-E's-'fattist'-satire-angers-fat-pride-groups.html>

July 14, 2008: Researchers are saying being hungry may make you happy. The mechanism is the hormone ghrelin, which seems to make lab mice more alert, clear-headed and (possibly) more cooperative. Commenting on the research, NAAFA advisor and nutrition researcher Paul Ernsberger, PhD, of Case Western Reserve University says, "When rodents are hungry, they increase their level of exploration and activity. Ultimately, they will run frantically in every direction searching for food. What I don't get is how they can call the little critters 'happy'."

<http://www.livescience.com/health/080714-hunger-happy.html>

<http://www.nature.com/neuro/journal/v11/n7/abs/nn.2139.html>

July 8, 2008: Geoffrey Cannon, author of *Dieting Makes You Fat*, has declared war on the slimming industry, according to an article in *The Independent*. Mr. Cannon recognizes that no calorie-controlled diet works, restricting what you eat will make you fat, and yo-yo dieting can

cause depression, high blood pressure and high cholesterol levels. Unfortunately, in the end his book offers, you guessed it, advice on how to lose weight. So close, and yet so far.

<http://www.independent.co.uk/life-style/health-and-wellbeing/features/a-big-fat-lie--the-nutrition-expert-who-says-diets-actually-cause-weight-gain-861880.html>

July 19, 2008: At the 12th Annual BBW Network's Vegas Bash, the first annual BBW Achievement Awards were presented by Cher Rue to JoAnn Bellemore, founder and organizer of the BBW Network's Vegas Bash and NAAFA's own Peggy Howell. Both award winners have long been involved in the size-acceptance community, speaking out against discrimination, and we congratulate both on this well-deserved recognition.

July 21, 2008: New research by Michigan State University refutes commonly held stereotypes that fat workers are lazier, more emotionally unstable, and harder to get along with than their "normal weight" colleagues. With the findings, employers are urged to guard against the use of weight-based stereotypes when it comes to hiring, promoting or firing.

<http://gom.sagepub.com/cgi/content/abstract/33/4/392>

July 28, 2008: As is common in the US, parts of the UK often have a policy of denying knee replacement surgery on the grounds of obesity. Now a small study published in the *Annals of the Rheumatic Diseases* finds that there is no justification for denying obese patients knee replacement surgery. The long term improvement in physical function is striking when set against the decline in those who did not have the surgery. <http://ard.bmj.com/cgi/content/abstract/ard.2008.093229v2>

July 28, 2008: A study by the Physical Activity and Weight Management Research Center at the University of Pittsburgh shows that one hour per day of exercise is needed to sustain weight loss. This supports the set point theory, that the more you vary from your set point weight, the harder your body fights to get back to it. As life coach and fitness trainer Kelly Bliss put it, "The data shows again that long term significant weight loss goes against human physiology, so let's embrace weight loss fully! Are they nuts?"

<http://archinte.ama-assn.org/cgi/content/short/168/14/1550>

July 31, 2008: The Los Angeles City Council has passed an ordinance prohibiting construction of new fast food restaurants in an area inhabited by 500,000 low-income people - essentially food zoning. The Council claims this will create more food choices, not fewer. Apparently they also feel poor people, like children, are less capable of free choice. While it may be true that food options in low-income neighborhoods could be better, it is unclear how these restrictions will make these areas more attractive to sit-down restaurants and grocery stores.

<http://www.slate.com/id/2196397>

August 1, 2008: The NAAFA Los Angeles chapter's Linda Ramos and Lesleigh Owen are interviewed for *Plus Model Magazine*.

<http://www.plusmodelmag.com/General/plus-model-magazine-article-detail.asp?article-id=218317294>

August 2, 2008: "Obesity Epidemic"? That's so 2007. These days "Obesity Apocalypse" is the favorite term. A study led by Youfa Wang of the Johns Hopkins Bloomberg School of Public Health and published in *Obesity* predicts that all Americans will be fat by 2048 if present trends continue. Law professor and NAAFA Advisor Paul Campos debunks the research and the subsequent media frenzy in the blog entry linked below.

<http://www.nature.com/oby/journal/v16/n10/full/oby2008351a.html>
<http://www.lawyersgunsandmoneyblog.com/2008/08/obesity-apocalypse>

August 10, 2008: NAAFA demands that billboards in Cincinnati (Ohio) that target fat children be removed, citing research that shows that the billboards are likely to do more harm than good.

http://www.wcpo.com/news/local/story.aspx?content_id=42a089fd-4f1b-4615-b1bd-12fabd10ebe2

August 10, 2008: A *New York Times* guest entitled "Honey I Plumped the Kids" proposes that the "obesity epidemic" could be reversed if women lost weight before they conceived and ate a balanced diet pregnant. Responding to the implication that pregnant women should diet, nutrition researcher Paul Ernsberger points out that the best way to make a fat

child is to *restrict* the food intake of the mother. This induces a "famine response" and babies are born prepared to face scarcity.

<http://www.nytimes.com/2008/08/10/opinion/10Judson.html>

August 11, 2008: Alert the media: You can be fat and fit, according to two studies published in the *Archives of Internal Medicine*. The first shows that about half of "overweight" and a third of "obese" people have normal levels of blood pressure, cholesterol, triglycerides and blood sugar. And one in four "normal" weight people have *two or more* of these risk factors. A second study showed that, among "obese" people, visceral fat (fat in the abdominal cavity as opposed to under the skin) was the same whether or not that person was insulin-resistant (a precursor to type 2 diabetes).

<http://archinte.ama-assn.org/cgi/content/abstract/168/15/1617>

<http://archinte.ama-assn.org/cgi/content/abstract/168/15/1609>

August 12, 2008: NAAFA's own Frances White appears on KPIX-TV with Mike Sugarman talking about different types of exercise that she does. As usual, Frances was clear and concise and did a great job.

August 15, 2008: Research finds that weight loss surgery (WLS) does not cure obstructive sleep apnea even when it results in weight loss. Worst yet, most patients people thought their sleep apnea was resolved after their weight loss and only a few still used CPAP. The study was led by Christopher J. Lettieri, MD, of the Walter Reed Army Medical Center and published in the *Journal of Clinical Sleep Medicine*.

<http://www.aasmnet.org/Articles.aspx?id=1027>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2542489>

August 15, 2008: An article in *Newsweek* lists five financial costs of fatness, including lower wages for fat folk, higher medical costs, and higher fuel costs. But the lower wages are due to discrimination *against* fat people, not due to fatness itself. Plus, some studies show *lower* lifetime medical costs for fat people. And since fat people make less money, we're less likely to buy expensive gas guzzling vehicles, so the argument that we use more fuel is weak. Besides, what about the costs of trying to be thin: gym memberships, overpriced diet food, anxiety, etc?

<http://www.newsweek.com/id/153309>

August 16, 2008: *New York Times'* article on weight loss camps questions the high cost and exploitation of the children attending these camps, but not the failure rate. The article reports a two-thirds failure rate, which is bad enough. However, in a 2006 study, only 5% of the campers continued to lose weight - in other words, the same failure rate of all diets.

<http://www.nytimes.com/2008/08/16/business/16camp.html>

<http://linkinghub.elsevier.com/retrieve/pii/S1550728906007325>

August 16, 2008: If David Rodgers of the Local Government Association has his way, fat children in the UK would be removed from their homes because of their weight, as reported in *The Times*. As a voice of reason, Conservative Party Member Andrew Lansley suggests "It might be better to help the parents provide better nutrition for their child rather than breakup the family."

http://www.timesonline.co.uk/tol/life_and_style/health/article4543279.ece

August 18, 2008: In a lengthy article on MSNBC.com, the complications, risks and ineffectiveness of WLS are outlined and discussed, with the ultimate conclusion that WLS is not the "miracle cure" it purports to be. For once, the media recognizes that there are some things worse than being fat.

<http://www.msnbc.msn.com/id/26076054>

August 22, 2008: Beginning in January 2009, Alabama state employees will be required to receive medical screenings for several conditions, including BMI. If you are too fat and exhibit other negative health factors you have a year to "get in shape" or pay \$25 a month for insurance that is otherwise free. NAAFA responded in a CNN interview with Frances White, and wrote to the proper officials providing documents supporting NAAFA's objection to this action.

<http://www.webmd.com/diet/news/20080825/alabama-obesity-penalty-stirs-debate>

<http://groups.yahoo.com/group/naafanews/message/274>

August 24, 2008: *Buffalo News*' article "Living Large" makes a lot of good points regarding fat acceptance, but is still unable to make that final leap. Despite some good information from people like Kate Harding, the conclusion is the same old theme of you can control your weight through calorie restriction and exercise.

<http://www.buffalonews.com/incoming/article113003.ece>

August 26, 2008: *SF Weekly* carried a wonderful article about Marilyn Wann and her campaign to send 1,000 fat cranes to the Japanese Government. In Japanese legend, someone who folds this number of birds will be granted a wish. Marilyn's wish is for bodily peace throughout the world including Japan, where a new law requires companies and local governments to measure the waistlines of their employees and enforce strict guidelines for the employee's waist size.

<http://www.sfweekly.com/2008-08-27/news/fat-is-beautiful-activist-marilyn-wann-protests-japan-s-thinness-law>

August 29, 2008: Dominic Lawson, in an excellent opinion piece in *The Independent*, points out that obesity statistics are spun for political purposes. The final statement sums it up perfectly: "... we should still treasure the freedom to grow into shapes which reflect our own pleasures, rather than the requirements of conventional wisdom or the box-ticking desire of officialdom for a lower national average waistline." Hear, hear!

<http://www.independent.co.uk/opinion/commentators/dominic-lawson/dominic-lawson-dont-believe-obesity-figures-ndash-theyre-spun-for-a-purpose-912216.html>



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