



February 2023 NAAFA Newsletter

Big Announcement Coming Soon!



Watch your email for more details . . .

Attention NYC NAAFA Supporters

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Video of the Month



When thinking of the civil rights movement in the U.S., we need to remember the



On February 28th at 10am EST, the New York City Council Committee on Human Rights will hear testimony on INT-0209, An Act Banning Weight and Height Discrimination in New York City. Introduced by Council Member Sean Abreau and co-sponsored by 29 additional members of the Council, this bill will ban size discrimination in employment, housing, and public accommodation. If you are willing to testify regarding discrimination in one of these areas, please contact our Advocacy Chair, Tegan Lecheler, at tegan.lecheler@naafa.org. Testimony can be completed in person or virtually. Written testimonies are also accepted by the Council until 72 hours after the hearing.

Join us on the steps of NYC City Hall at 9am EST for a rally co-sponsored by NAAFA, FLARE (Fat Legal Advocacy Rights and Education Project), and RWDSU (Retail Workers and Department Store Union). We will also host a pre-rally gathering for sign-making and fat community fun the night before the hearing. Details coming soon!

Scholarship News

courage and determination of fat Black women to fight white supremacy and countless attempts to circumvent Black people from exercising their Constitutional rights. One of those women was Fannie Lou Hamer, whose testimony at the 1964 Democratic Committee convention showed that determination even when faced with physical abuse and being forced from her home. We owe so much to Black Americans for fighting to free everyone from tyranny. We honor Fannie Lou Hamer, the multitudes of others that fought beside her, and those that continue to fight. <https://youtu.be/agBzy3ATja0>

Quick Links

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

[Facebook Main Members Community](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

DR. PAUL ERNSBERGER
RESEARCH SCHOLARSHIP



Applications now being
accepted for the 2023/24
academic year.
Deadline is 6/1/23

naafa.org/scholarship2023 naafa

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List

Join our fight.

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**2023 Dr. Paul Ernsberger Research Scholarship
Applications are now being accepted for the
2023/24 academic year.
Filing deadline is 6/1/23.**

For specific information about the scholarship and
how to apply, go to naafa.org/scholarship2023

**2022 Paul Ernsberger Research Scholarship
Award Update - Samantha Turner**



Since receiving funding from NAAFA, I have been able to complete my dissertation proposal and successfully defend it to my committee. I then submitted my proposal to the UMass Chan Institutional Review Board (IRB) and received IRB approval. I immediately began data collection, which was the primary use of NAAFA funds. With these funds, I have been able to pay for outreach to 3,000 US-based pediatricians to survey them about their knowledge, attitudes, and beliefs about weight stigma. Survey responses have

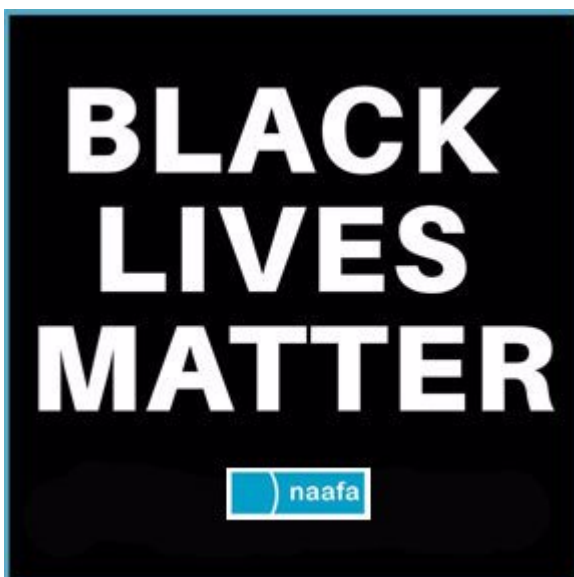
begun coming in, and once I reach my target sample size of about 90 participants, I will begin to analyze the data. A second email will be going out within weeks to the same 3,000 physicians to increase participation, also thanks to NAAFA funding.

Dr. Ernsberger was committed to the liberation of fat people, which undoubtedly includes the elimination of stigma and bias associated with body size. Unfortunately, healthcare providers are a significant and consistent source of stigma for children in large bodies. Though the ideas of weight stigma and weight bias are slowly garnering more attention from the healthcare sphere, significant improvement has yet to be made. My study aims to discover why there has not been change around the stigma faced by children from their healthcare providers, by gaining insights from the healthcare providers directly. I am aiming to uncover what pediatric healthcare providers themselves think about weight stigma: their attitudes, beliefs, and motivations to make change. By better understanding the current status of pediatric healthcare providers' attitudes and beliefs, we can better create targeted interventions that reduce weight bias in healthcare, and thereby reduce the stigma associated with being in a large body as a child.

For dissemination of my findings once my study has been completed, I would love the opportunity to present these findings at national or international meetings, such as the International Weight Stigma Conference, or the Annual Meeting of the American Public Health Association.

Black Lives Still and Always Matter

by Tigress Osborn, NAAFA Board Chair



George Floyd was murdered by police in Minneapolis on May 25, 2020. In the days and weeks that followed, people took to the streets across the United States and around the world to protest Mr. Floyd's murder and the long history of violence directed at Black people and Black communities by police in the United States. As calls for change swept the world, businesses and organizations -- many of whom had never publicly addressed systemic racism or police violence -- began

aligning themselves with the phrase Black Lives Matter. As a civil rights organization, we at NAAFA felt that it was important to put out a statement, too.

When NAAFA drafted our own Black Lives Matter [statement](#) that summer, we were a small board (only three of us) and we were working with a new group of volunteers -- the Future of NAAFA Committee -- who had formed after our 50th Anniversary Conference the summer before to help us create a path for NAAFA in the organization's second half-century. Our statement in 2020 urged fat community, especially white and other non-Black people, to examine their own views about race and to educate themselves about white supremacy. We asked people to think about how anti-fatness and anti-Blackness are linked. We asked our fat community and allies to be allied with racial justice community by giving time and money to Black-led organizations doing important anti-racism work.

Our 2020 BLM statement made a clear declaration of our opposition to racism (the statement was literally titled "NAAFA Opposes Racism"). But we made the same mistake in our statement that many other groups made at the time by not delineating what *we* would *do* culturally or systematically as an organization. We asked y'all to change without telling you how *we* would change. We knew we wanted to back our statement up with action, and we did follow our statement with action that changed NAAFA for the better and, I believe, made NAAFA more welcoming to Black people and more oriented to centering Black people and other People of Color in our work. I believe our actions have also made it more clear to people of all racial backgrounds that fat liberation work must include work for racial justice. But looking back from the vantage point of 2023, I wish we'd been clearer about the *what* and *how* of showing our commitment to BLM.

[Click to read more](#)

Anti-Racism Resources *compiled by Trevor Kezon*

This month we're highlighting how some of the organizations we've partnered with in the past are celebrating Black History Month by sharing resources that educate, enrich, and promote allyship while centering black voices. You can find more resources on the [NAAFA website](#).

- This year [ASDAH](#) is celebrating Black History Month by centering the history of Black Fat people and Black Fat politics, creating a comprehensive Black Fat Syllabus that will be available for a suggested donation. Follow ASDAH on Instagram or on their Facebook page to see



the Black Fat historical figures they spotlight. They are also hosting an educational event, Anti-Blackness & Anti-Fatness 201 presented by Mary Senyonga. Ph.D. on February 24th. You can register at asdah.org/events.

Drag Story Hour is celebrating Black History Month by [sharing different ways to celebrate Black voices](#) with the kids in your life and teaching your kids about [inclusivity and anti-racism](#). They also featured a

story hour spotlighting Black Voices featuring Stormie Daie. You can watch it on Youtube [here](#).

- **[Right To Be](#)** has several upcoming training sessions for intervening and allyship, including **Bystander Intervention to Stop Police Centered Violence and Anti-Black Harassment** ([February 28th](#) & [March 27th](#)) and **Bystander Intervention for Youth: How to Show up for Others** ([February 22nd](#)). You can register and see other offerings [here](#). Right To Be's workshops are offered on a rotating basis each month so there's always an opportunity to educate yourself in effective allyship and how to respond to, intervene in, and heal from harassment.

Upcoming Events

Presented by NAAFA
[@naafaofficial](#)



Hosted by Bree
[@breeishelpfulaf](#)

FAT FRIDAYS VIRTUAL SOCIAL CLUB

Free Event!

Affinity space only for folx who identify as fat
Every 4th Friday of the month
Themed conversation and games
Themed dress encouraged but not required
Open discussion following themed activities
Optional info exchange & Discord server

NEXT GATHERING:
2/24, 5:30-7:30PM PT
THEME: FAT LOVE

RSVP at breeishelpfulaf.com/fat-fridays


 Fostering fun and friendship
among fat community.

An affinity space for fat folx only.

Join Us at Fat Fridays Virtual Social Club! Event Is Free!
Presented by NAAFA and hosted by Bree ([@BreeIsHelpfulAF](#)).

The Fat Fridays Social Club is held via Zoom and is an affinity space **only for folx who identify as fat**. (Ages 16+) Next gathering is 2/24/23, 5:30 - 7:30 PDT.



Each month has a theme. The theme for February is #FatLove. For more information and to RSVP, go to naafa.org/virtualevents



The Unlearning Series

REWRITING THE FAT BODY
Led by Vanessa Chica Ferreira

Free Virtual One Hour Writing
Workshop
Sunday, March 12th 2023
2pm PT/3pm MT/4pm CT/5pm ET
Registration is required
ASL is available upon request

The Unlearning Series: Rewriting the Fat Body
Led by Vanessa Chica Ferreira

Sunday, March 12, 2023 at 2pm PT/3pm MT/4pm CT/5pm ET

Content warning: This series will include topics that some may be vulnerable to, including exploring negative feelings (our own and others).

Description of Event:

The "Unlearning Series" is a generative writing workshop, open to participants of all ages, sizes, and abilities. Participants will be led through writing prompts and activities to encourage inner and outer reflection on topics related to fat bodies. **These sessions are not recorded, so you will need to be present to participate.**

For more information and to register, go to naafa.org/virtualevents

NAAFA Chronicles #85

Content warning: Language in historical newsletter may be triggering.

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 85th newsletter from [September 1987](#).

The NAAFA Chronicles reflect a piece of fat acceptance/fat activist history. In the September 1987 issue you will find: The annual convention report, excerpts from the presidential address by Eileen M. Lefebure, excerpts from the founder's address by William J. Fabrey, excerpts from the keynote address by Alice Ansfield, and more!

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

Media and Research Roundup

by **Bill and Terri Weitze**

Content warning: Some articles may use stigmatizing language.

January 17, 2023: In an NPR interview, Aubrey Gordon reviews some of the myths about fat people from her book *You Just Need to Lose Weight and 19 Other Myths About Fat People*.

<https://www.npr.org/2023/01/12/1148169767/anti-fatness-keeps-fat-people-on-the-margins-says-aubrey-gordon>

January 17, 2023: A person, one who considers themselves a fat ally and activist, fat shamed their girlfriend and asks for advice. Heather Logan's response is forthright and heartfelt, without any fluffy glossing over of just how wrong and cruel fat shaming is.

<https://www.autostraddle.com/you-fat-shamed-your-beautiful-girlfriend>

January 18, 2023: Elyse Resch and Evelyn Tribole, co-authors of *Intuitive Eating: A Revolutionary Anti-Diet Approach* (1995), explain their understanding of intuitive eating, the science behind it, why it should be weight neutral, and their experiences as registered dietitians using intuitive eating in their practices.

<https://www.nytimes.com/2023/01/18/well/intuitive-eating.html>

January 21, 2023: Ragen Chastain pushes back against claims that the new guidelines for pediatric weight management interventions will decrease eating disorders. (See related item, 1st Jan 24 entry.)

<https://weightandhealthcare.substack.com/p/testing-the-claim-that-pediatric>

January 22, 2023: Rachel Goode studies eating disorders among Black women, who are often left out of this type of research. Goode is trying to break the stereotypes that lead to Black women not receiving correct and/or earlier diagnosis.

<https://www.dailytarheel.com/article/2023/01/university-rachel-goode-feature>

January 23, 2023: While eating disorders are often suffered by adolescences and young adults, it appears that the disorder can occur (or reoccur) among perimenopausal and early postmenopausal women, usually due to body dissatisfaction.

<https://consumer.healthday.com/eating-disorders-2659268792.html>

<https://doi.org/10.1097/GME.0000000000002141>

January 23, 2023: Tenor Limmie Pulliam stopped performing for 12 years because of the body shaming he experienced, despite having a magnificent voice. Now he's back and determined to claim the career in classical music he deserves as a black man in a larger-sized body.

<https://www.nytimes.com/2023/01/23/arts/music/limmie-pulliam-opera-body->

[shaming.html](#)

January 24, 2023: Using the weight loss surgery (WLS) of a 15-year old as a starting point, *USA Today* shows its bias while professing to present both sides in the argument for and against drug and surgical interventions for children, following the American Academy of Pediatrics' (AAP) publication of their new guidelines. The second link is a *New York Times* opinion piece which strongly opposes the new guidelines. The third link is ASDAH's Opposition to AAP's guidelines.

<https://www.yahoo.com/lifestyle/weight-loss-drugs-surgery-kids-110004480.html>

<https://www.nytimes.com/2023/01/26/opinion/aap-obesity-guidelines-bmi-wegovy-ozempic.html>

<https://asdah.org/aapstatement>

January 24, 2023: The pros and cons of semaglutides, such as Ozempic and Wegovy, used to attempt weight loss are outlined. See related item, Feb 2 entry.)

<https://news.yahoo.com/are-new-weight-loss-drugs-really-an-obesity-game-changer-191524256.html>

January 24, 2023: Esther Rothblum and Brandie Solovay appear on *Reset with Sasha-Ann Simmons* to talk about the lack of protection from employment discrimination experienced by fat people.

<https://www.wbez.org/stories/why-is-it-still-legal-to-fire-someone-for-being-fat/328df85b-d8b1-44eb-9e91-b93dfd3f037f>

January 25, 2023: A recent study of patients between the ages of 18 and 34 years who have had WLS finds a significantly higher risk of death due to suicide, accidents and cirrhosis of the liver. In contrast, patients who have WLS later show a reduction in mortality from all causes and reducing deaths related to cardiovascular disease, cancer, and diabetes when compared with matched participants with severe obesity.

<https://medicalxpress.com/news/2023-01-year-significant-reduction-death-bariatric.html>

<https://dx.doi.org/10.1002/oby.23646>

January 28, 2023: The desire to lose weight prior to a wedding can lead to a long term eating disorder. Kelsey Herbers shares her personal experience with this.

<https://www.nytimes.com/2023/01/28/fashion/weddings/wedding-diet-eating-disorder.html>

February 2023: Alisa Michele shares how a doctor's comments when she was 6 years old led to years of disordered eating, and her fear that the new AAP guidelines will lead to more of the same for today's children.

<https://theabilitytoolbox.com/american-academy-of-pediatrics-childhood->

[obesity-guidelines](#)

February 1, 2023: A doctor talks about the problem of healthcare physicians fat shaming patients, the harm it can cause, and how focusing on weight often means ignoring symptoms of serious conditions.

<https://www.washingtonpost.com/wellness/2023/02/01/doctors-fat-shaming-fat-phobia>

February 2, 2023: The semaglutide drugs, touted as effective for weight loss, are expensive and for the most part not covered by insurance and Medicare. Insurance companies are questioning the effectiveness of the drugs, which have serious side effects. Ironically, these same companies do cover weight loss surgery.

<https://news.yahoo.com/weight-loss-drugs-soar-popularity-010041360.html>

February 9, 2023: Marley Blonsky has reclaimed her childhood love of biking. As a fat bicyclist, she is faced with many questions and obstacles, which she deals with through her blog All Bodies on Bikes and the nonprofit organization of the same name.

<https://momentummag.com/founder-of-all-bodies-on-bikes-marley-blonsky-wants-to-shatter-cycling-stereotypes>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <https://naafa.org>

Comments: pr@naafa.org

Newsletter Content Editors: Darliene Howell and Tigress Osborn

Newsletter Layout Editor: Bill Weitze

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