

At NAAFA we fight for fat rights, oppose discrimination in all forms, invest in intersectional fat community, and brazenly celebrate fat joy!

February 2024 NAAFA Newsletter



Photo by Satu Vuorenmaa

Who is Actually Advocating for Fat People’s Health?

Patients’ Bill of Rights documents were created in the 1970s to help healthcare clients better understand what they could and should expect from ethical caregivers. Since then, many organizations and advocates, including NAAFA, have created Healthcare Bill of Rights documents focused on the needs of particular communities or demographic groups. The new Ob*sity Bill of Rights claims to promote better care for higher weight people, but what’s behind this push? [NAAFA Executive Director Tigress Osborn revisits NAAFA’s Healthcare Bill of Rights](#) and considers why the “obesity care” industry is forwarding a new patients’ rights narrative.

[Sign the Campaign for Size Freedom Petition!](#)



Video of the Month

Our Video of the Month is from the first edition of the 2024 NAAFA Webinar Series. Writer and performer Nikki Bailey talks about the intersections of fatness, race, and gender in television and comedy. [Check out the video here](#) and subscribe on YouTube @naafaofficial for more!



Anti-Racism Resources

Each month, we feature educational resources to support dismantling racism. These may include historical information, tools for personal reflection, or information about how to get involved. Many are introductory and are never intended to be full coverage on the complex and nuanced topics that are chosen each

month. This month, join us in [exploring resources about Eating Disorder Awareness](#).

Upcoming NAAFA Events



Fat Fridays Virtual Social Club

This monthly social event is held via Zoom and is an affinity space only for folx who identify as fat. The next gathering is on 2/23 from 5:30-7:30pm PT. Register [here](#)!



NAAFA Webinar Series: Rewriting the Story of Black Women's Bodies

On Saturday 3/2 at 10:00am PT, host Tigress Osborn will be joined by author Jessica Wilson and contributors to the book *It's Always Been Ours: Rewriting the Story of Black Women's Bodies*. Register [here](#)!

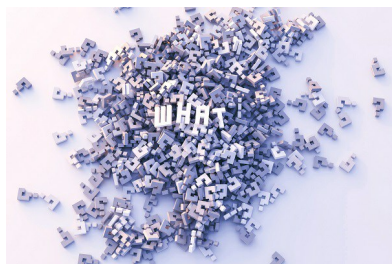
Reminders/Announcements



Happy Anniversary to the Campaign for #SizeFreedom

This month marks the 1st Anniversary of the Campaign for Size Freedom. We co-founded this effort with Solovay Law's [FLARE Project](#) and launched the campaign a year ago with [support](#) from Dove. The Campaign works to spread the word about the need for civil rights protections against body size discrimination. We support local organizers in coordinating work to outlaw height and weight discrimination. Want to make sure you always know the latest going on with our efforts? [Sign the Size Freedom petition](#) today and tell a friend!

Monthly Features



Media & Research Roundup

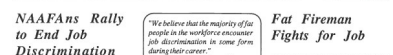
The [Media & Research Roundup](#) is a series of the latest in news and research affecting fat folx compiled by Bill & Terri Weitze.

CONTENT WARNING: Some articles featured in the *Media & Research Roundup* may refer to stigmatizing events or use stigmatizing language.



NAAFA Chronicles

The [NAAFA Chronicles](#) are electronic versions of the NAAFA Newsletter from our earlier days and reflect a piece of fat acceptance/fat activist history.



Fat people in the workforce: Their talents, their strengths, their impact was the focus of NAAFA's first anti-size discrimination rally. On September 2nd at the national Convention in Baltimore, over
—Nancy Sumner
There's a philosophical crisis in law enforcement that you can't ignore: a willing victim. If fat people allow themselves to be measured without any objection, nothing is going to happen."

After taking a physical exam at 190 lbs, Michigan resident Ed Christy, 43, was fired from an \$8 per hour position as a volunteer fire fighter. According to a recent article in the Lansing State Journal, a doctor found that Christy's 200 pounds prevented him from breathing properly. In response, Christy filed a

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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 or questions? Email us at assistant@naafa.org

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