



January 2023 NAAFA Newsletter

## Body Positivity Coverage Lags Way Behind Weight-Loss Stories

by Les Luchter



*Content warning: Discussion of intentional weight loss in the news*

Late last year, NAAFA [released](#) our first [survey of national news coverage](#). The report has generated a lot of interest from the media, including this piece that originally appeared in the 12/29/2022 edition of MediaPost's Marketing Daily. The original article can be found [here](#).

With New Year's Day coming up, you can expect to see lots of stories in the media about making resolutions to diet and lose weight.

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## Video of the Month



Enjoy these New Year's wishes from the members of the NAAFA Board of Directors.

Indeed, year-round, media coverage of "larger bodied people" is almost 120 more times likely to focus on diet and weight loss than on weight stigma, bias or discrimination, according to just-released research from the National Association to Advance Fat Acceptance (NAAFA).

That statistic is so staggering that we decided to do our own small part toward evening the score.

So we Zoomed in with Tigress Osborn, board chair of the 53-year-old nonprofit, who admitted she was actually surprised by the research: "I knew it was bad out there in the media, but to see those numbers in black and white in front of me really drove home how much work we still have to do."

[Click Here to Read More](#)

*Author bio: Les Luchter is president of LL Communications, which provides writing, editing and consulting services. A former public relations agency executive, Les has also been editor-in-chief of Cable Marketing magazine and managing editor of Marketing Communications magazine. Visit his website at [lcom.biz](http://lcom.biz).*

<https://youtu.be/-OcJwAUyQkw>

## Quick Links

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

[Facebook Main Members Community](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)

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## Fundraiser For #EqualityAtEverySize

***Thank you all for your generosity! Giving Tuesday kicked off our End-of-Year Fundraising. Between the FB and IG campaigns, plus donations through our website, we have raised our goal of \$10,000.***

Your investment in NAAFA will support new technology and training, which will help us reach thousands more people of all sizes to engage them in the important work of ending size discrimination.

To continue supporting NAAFA's efforts in #EqualityAtEverySize, go to [naafa.org/give](https://naafa.org/give). You can give a one-time donation or become one of our



monthly recurring donors. Whether your donation is \$5 or \$500 or \$5,000, your generosity is appreciated!

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



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

*Content warning: This series covers topics that some may find sensitive, 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. February's topic will be "A Fat Body Gets Dressed". **These sessions are not recorded, so you will need to be present to participate.**

The Unlearning Series: Rewriting the Fat Body is for fat people and fat-positive folx of all sizes.

This webinar is presented via Zoom, in English, and with English auto-captions by Otter.ai. If you will need ASL interpreting, please register no later than 2/6/23 for us to arrange for ASL Interpreting by Pro Bono ASL.

Speaker bio:

Vanessa Chica Ferreira (she/her) is an NYC educator, poet, playwright, fat activist/model, co-editor, and producer for RoblesWritesProductions Inc., and founder of theWORDbox. She co-wrote and performed in a 3 woman play titled "Live Big Girl" which debuted at The National Black Theatre. Her work can be found in The BX Files "Contemporary Poetry from the Bronx" Anthology, "The Abuela Stories Project" The Acentos Review, and "Great Weather For Media" Anthology.

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For more info visit [www.vanessachica.com](http://www.vanessachica.com)

Go to [naafa.org/virtualevents](http://naafa.org/virtualevents) to register for this workshop.

**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 folk who identify as fat**. (Ages 16+) Next gathering is 1/27/23, 5:30 - 7:30 PDT

Each month has a theme. The theme for January is #FatAnimals. Here's what you can expect:

1. Introductions - Name, pronouns, location (learn the First Peoples of your location at [native-land.ca](http://native-land.ca))
2. Themed discussion about #FatAnimals
3. Themed game - Fat Animal-themed Et Cetera! (Winner will choose next month's theme!)
4. Open social time

Themed dress is totally encouraged! (But not required.)

You must RSVP at [naafa.org/virtualevents](http://naafa.org/virtualevents)

## **Anti-Racism Resources** *compiled by Darliene Howell*

This month we are discussing various perspectives on the practice of Land acknowledgements. These are written or verbal statements recognizing and honoring those who are indigenous to the places we live and work. We will look at the history of land acknowledgements, consider concerns about the "optic allyship" of this practice, and suggest a variety of actions that can be taken in addition to land acknowledgement.

In 2021, NAAFA adopted the practice of asking our virtual event hosts and guests to share the names of the indigenous peoples whose land they are on while participating in our programming. We also encourage participants to



become aware of whose land they are on. If you do not know whose land you are on, you can go to [Native Land Digital](#) and enter your city and state for more information. NAAFA is committed to increasing our support of indigenous individuals and organizations, and we continue to explore ways to do so.

## HISTORY

When European settlers arrived in what is now known as the United States, it was already inhabited by people. People who believed the land to be sacred and an inherent part of their lives. Colonizers believed these people to be uncivilized and less than, rather than being honorable and worthy. Europeans' history in coming to live in North America is fraught with atrocities committed against Native people. Treaties made with Native nations have been broken whenever it was to our benefit to do so, and Native sovereignty was often ignored "for the public good". If we are not descendants of the peoples who initially inhabited the land we are on, the land we now inhabit is stolen land.

Remembering what we have done to Indigenous people is one of the reasons why land acknowledgments are made: to remember how we have come to live on stolen land.

[Honor Native Land: A Guide and Call to Acknowledgment](#) - U.S. Department of Arts and Culture

[Why Land Acknowledgments Matter](#) - sapiens.org

[Indigenous Land Acknowledgement, Explained](#) - Teen Vogue

[Indigenous Artists Tell Us What They Think of Land Acknowledgement](#) - Vice

[Land acknowledgments meant to honor Indigenous people too often do the opposite – erasing American Indians and sanitizing history instead](#) - The Conversation

## RECOGNITION

Is a statement of "I live on the land of the [name of a Native nation]" enough? Without some type of action, it becomes "[optic allyship](#)". Recognition is a good

starting place, but action to support indigenous communities is even better.

[A Guide to Indigenous Land Acknowledgment](#) - Native Governance Center

[From acknowledgement to action](#) - Ecotrust

[A Self-Assessment](#) - Native Governance Center

## ALLYSHIP IN ACTION

Here are some suggestions to help you explore how you can deepen your support of indigenous communities in addition to land acknowledgements.

- Pay a voluntary land tax or "real rent" - If nothing's in place, start one!
  - [Voluntary Land Taxes](#) - Native Governance Center
  - [Start an Honor Tax](#) - The Honor Tax Project
  - ['Symbolic rent': Seattle residents pay reparations to Native American tribe](#) - Reuters
- Stay actively informed and involved by attending events or advocating with governmental agencies as issues arise
  - [Native America Today](#)
  - [Native News Online](#)
- Volunteer at or give to nonprofits such as these that support Native people or find a local nonprofit that supports the local Native community
  - [NDN Collective](#)
  - [Native American Rights Fund \(NARF\)](#)
  - [Indigenous Women Rising](#)
  - Find a local nonprofit by going to [Great Nonprofits](#) and using their search bar to enter "Native American" and your city and state to find an organization close to you

## NAAFA Chronicles #84

*Content warning: Use of language may be triggering.*

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 84th newsletter from [August 1987](#).

The NAAFA Chronicles reflect a piece of fat acceptance/fat activist history. In the August 1987 issue you will find: Achievement awards, an employment study, activism letters and updates, the need for an Executive Director, volunteering 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.*

December 2022: With the help of Pamela Mejia, Head of Research and Principal Investigator for the Berkeley Media Studies Group, NAAFA provides a one-year review of fat bias in national news coverage. (See related article in this issue.)

<https://naafa.org/mediastudy>

December 6, 2022: Evette Dionne's book of essays, *Weightless*, deals with her life as a fat black woman, changing the conversation about fatness.

<https://www.nyjournalofbooks.com/book-review/weightless-making-space-my>

December 9, 2022: Quizzify discusses the harm caused by "wellness" programs to employees with eating disorders and how it opens up the employer to liability. However, the article ends with a recommendation of yet another "wellness" program. Huh?

<https://www.quizzify.com/post/new-year-new-weight-loss-challenge-think-again>

December 14, 2022: Rachel Millner, Psy.D, talks about how the trauma therapy field adds to the traumatization of fat people by adding to weight stigma.

<https://www.rachelmillnertherapy.com/blog/874947-how-the-trauma-field-is-traumatizing-higher-weight-people>

December 17, 2022: Ragen Chastain revisits the myth that fat people cannot be healthy by reviewing the study (second link) that the media was relying upon in the latest wave of anti-fat articles.

<https://weightandhealthcare.substack.com/p/does-this-study-really-say-you-cant>  
<https://doi.org/10.1093/eurjpc/zwaa151>

January 2023: Volume 12 of *Fat Studies* is now available. The subjects for this issue are Fat Food Justice and Fat Femininities.

<https://www.tandfonline.com/toc/ufts20/12/1?nav=toCList>

January 10, 2023: Content creator and model Remi Bader took Ozempic (semaglutide) for health issues. When she stopped taking the drug, she gained double the weight she had lost.

<https://people.com/health/remi-bader-says-she-gained-double-the-weight-back-after-stopping-weight-loss-drug-ozempic>

January 11, 2023: The American Academy of Pediatrics updates their guidelines for treating fat children by recommending surgery and medications for children as young as 12.



<https://www.cnn.com/2023/01/09/health/childhood-obesity-treatment-guidelines-wellness>

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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: [pr@naafa.org](mailto:pr@naafa.org)

Newsletter Content Editors: Darliene Howell and Tigress Osborn

Newsletter Layout Editor: Bill Weitze

***Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.***

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