

# NAAFA 'XTRA

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426

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212 776-8120

## Top Doctors Say Ideal Weight Charts Are Wrong ...

### Fat may keep you fit, study finds

Newhouse News Service

WASHINGTON—The lean and hungry look is all the rage with joggers and cardiologists, but a startled federal researcher reports a little fat may help you live longer.

In a review of 17 long-term health studies, Dr. Reubin Andres of the National Institute on Aging found that in no instance were death rates higher among the obese—even those 30 per cent over the ideal weight.

In fact, several of the studies showed that people who were at or slightly below their ideal weight had a higher mortality rate at every age than those who were moderately overweight, Andres said in a report.

"There's no question that obesity is associated with diseases that shorten life—diabetes, high blood pressure, hyperlipidemia [elevated blood fats and cholesterol] and heart disease. . . . It's shocking to get these [new] results," Andres said.

ANDRES, A PLEASANTLY plump redhead, says his review of all long-term studies that included data on weight, age and mortality had been undertaken to test the results of a 1950s survey of 5 million Americans who owned life insurance—the first to link obesity with higher death rates.

That earlier work, which never had been duplicated, indicated that at any age over 40, death rates increased proportionately with obesity—those 10 per cent overweight had a 10 per cent higher mortality rate, those 20 per cent overweight had a 20 per cent higher death rate, and so on.

But in none of the 17 studies conducted since then, according to Andres' research, does the association between obesity and shortened life expectancy hold true.

The original life insurance study may have been flawed, Andres said, because at the time it was conducted, obese people were required to pay higher premi-

ums. Thus, only those overweight individuals who most desperately needed insurance—those in poor health—may have been willing to pay the price.

"THERE ARE SOME indications that some personality types that are found among the obese tend to live longer, and there is a possibility that there are fewer suicides, fewer instances of schizophrenia [among the most severe of mental illnesses] among the obese.

"One can speculate that one survives illness better if you are obese," he says, noting that in cancer or cancer therapy patients often suffer extreme weight losses for which the obese are better prepared.

"There's something about being obese that's funny, that's good for you," Andres says. "We have to question what we're doing when we advise people to lose 10 pounds—unless they have some clear-cut medical problem such as diabetes, high blood pressure or heart disease."

1. CHICAGO SUN-TIMES 7/4/79

## SCIENCE'S GOOD NEWS FOR BIG EATERS:

THERE'S GOOD NEWS for fat people. You'll probably live longer than your skinny friends.

People have always assumed that being overweight was bad for you, but recent studies show that fat people live as long or longer than lightweights.

"In the studies I have seen recently, and in my own research, figures indicate there is a benefit in being pudgy," Dr. Reubin Andres, a researcher for the National Institute on Aging, told the Examiner.

### Studies

"The traditional view has always been that being fat meant dying early, but I think people should take a more relaxed view towards being overweight."

This doesn't include those people who are extremely

## Fat people live longer

By RICK GILL

obese, but studies show that if you are only 20 or 30 percent above the "normal" weight for your height, there is no reason to worry.

### Relaxed

"We're still not sure why this seems to be the case," Reubin said. "It might be that when fat people become ill their store of fat helps nourish them through the

hard times. Some people also say that fat people tend to have a more relaxed personality, and that this helps them live longer. I tend to doubt this idea, however."

However, Dr. William Kannel, a faculty member at the University of Boston School of Medicine, is more cautious in his view of the fat problem.

### Symptoms

"It is probably O.K. to be

a little overweight if you don't get the accompanying symptoms such as high blood pressure," Kannel told the Examiner. "But the fact is that most fat people do have these symptoms, so the theory doesn't really hold.

### Sloppy

"Few people get fat without the adverse effects.

"But if you can be fat without the usual problems, that's fine, as long as you don't mind the buttons popping off your shirt, looking sloppy and having people look down on you," he added.

2. NATIONAL EXAMINER 8/21/79

# Chubbies may have last laugh

By SUSAN FOGG  
Newhouse News Service

The lean and hungry look is all the rage with joggers and cardiologists, but a startled federal researcher reports a little fat may help you live longer.

In a review of 17 long-term health studies, Dr. Reubin Andres of the National Institute on Aging found that in no instance were death rates higher among the obese — even those 30 percent over the ideal weight.

In fact, several of the studies showed that people who were at or slightly below their ideal weight had a higher mortality rate at every age than those who were moderately overweight, says Andres in a nutrition conference report at the National Institutes of Health.

"THE RESULTS HAVE been most surprising," he said.

"There's no question that obesity is associated with diseases that shorten life — diabetes, high blood pressure, hyperlipidemia (elevated blood fats and cholesterol) and heart disease . . . It's shocking to get these results."

Andres, a pleasantly plump redhead, said his review of all long-term studies that included data on height, age and mortality, had been undertaken to test the results of a 1950s survey of five million Americans who owned life insurance — the first to link obesity with higher death rates.

That earlier work, which had never been duplicated, indicated that at any age over 40, death rates increased proportionately with obesity — those 10 percent overweight had a 10 percent higher mortality rate, those 20 percent overweight had a 20 percent higher death rate, and so on.

**BUT IN NONE** of the 17 studies conducted since then, according to Andres' research, does the association between obesity and shortened life expectancy hold.

Andres said the original life-insurance study may have been flawed because, at the time it was conducted, obese people were required to pay higher premiums. Thus, only those overweight individuals who most desperately needed insurance — those in poor health — may have been willing to pay the price.

The relationship between being overweight and a greater risk of heart disease in men 40 to 55 is known.

"Could obesity be associated with good variables, such as smoking less, that would reduce mortality?" Andres said. "Unfortunately, the studies don't bear this out."

**THERE ARE SOME** indications that some personality types that are found among the obese tend to live longer, and there is a possibility that there are fewer suicides, fewer instances of schizophrenia among the obese.

"One can speculate that one survives illness better if you are obese," he says, noting that in cancer or cancer therapy, patients often suffer extreme weight losses for which the obese are better prepared.

"There's something about being obese that's funny, that's good for you," Andres says. "We have to question what we're doing when we advise people to lose 10 pounds — unless they have some clear-cut medical problem such as diabetes, high blood pressure or heart disease."

## Obesity not as dangerous for elderly

Being overweight is less dangerous after you're 65 than it was when you were younger.

In fact, some experts feel obesity after 65 may even protect some heart patients.

Overly-high blood fat levels — a common cause of heart trouble — tend to decrease after 65, reports Dr. Edwin L. Bierman, professor of medicine at the University of Washington in Seattle.

### Survive

Blood fat level is most frequently a heart attack factor around the age of 50, he says.

In older patients — 65 and beyond — Dr. Bierman feels there's no need to change diet to lower blood fat levels.

Dr. Reubin Andres of the National Institute on Aging said he had found heart patients over 65 who are overweight are more likely to survive than those who are underweight.

4. MIDNIGHT GLOBE  
10/3/78

## Fat healthy, doctor claims

VANCOUVER, British Columbia (AP) — Recent studies show fat people live longer than lean people, says Dr. Reubin Andres of the National Institute of Aging in Baltimore.

Andres told a medical convention last week that research in the United States, Great Britain and Europe contradicts the popular view of a direct relationship between obesity and mortality.

He said it's probably better for the elderly to be a little above their normal body weight.

5. SPOKESMAN-REVIEW  
(Spokane, WA)  
2/5/78

# Obesity m

By Susan Fogg  
NEWHOUSE NEWS SERVICE

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In fact, several of the studies showed that people who were at or slightly below their ideal weight had a higher mortality rate at every age than those who were moderately overweight, says Andres in a nutrition conference report at the National Institutes of Health.

6. THE ANN ARBOR NEWS (MI) 7/1/79

# Can being overweight make you live longer?

By Susan Fogg  
Newhouse News Service

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"One can speculate that one survives illness better if you are obese," he says, noting that in cancer or cancer therapy patients often suffer extreme weight losses for which the obese are better prepared.

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3. DETROIT FREE PRESS 7/9/79

7. SAN FRANCISCO EXAMINER 7/10/79

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## Millions of fat Americans are still getting a raw deal from life



William Fabrey



Pat Swift says a big fashion mar-  
ket is being neglected.

FAT PEOPLE are not quite  
the jolly sorts society think  
they are. For up to 60 million  
Americans, being of ample  
stature creates all kinds of  
problems, according to the  
National Association To Aid  
Fat Americans.

The truth is fat Americans  
have to battle with a long-  
standing string of injustices  
and discrimination, says Wil-  
liam Fabrey, founder and na-  
tional president of the as-  
sociation.

They have difficulty get-  
ting jobs worthy of their ex-  
perience and capabilities, are  
discriminated against over  
college admissions, are  
caught up in a humiliating  
fashion market and socially  
their lives can be disastrous.

"Perhaps the most serious  
problem is employment,"  
says Fabrey. "Many em-  
ployers don't want to hire fat  
people. Some use the excuse  
their insurance rates will be  
adversely affected if fat peo-  
ple are on their staffs.

"Others are concerned  
about their public image. And  
still another excuse is that fat  
is supposedly ugly and most  
employers want staff to be  
average or pleasant to look  
at."

A recent study by the  
Maryland Commission on Hu-  
man Relations says there is a

"clear pattern the obese are  
penalized by lower pay, in-  
equitable hiring standards,  
relegation to non-contact pub-  
lic positions and other dis-  
tinctive treatment, not based  
on job-related criteria."

Fabrey adds: "Our society  
tends to think a fat person is  
slower, weak, lazy, smelly  
and somehow stupid. We deny  
such a stereotype. Fat people  
are people and should be con-  
sidered on their merits."

But NAAFA officials say  
one of the most important  
needs toward changing soci-  
ety's attitudes is to change the  
way fat people feel about  
themselves.

One encouraging sign for  
fat people is that they are  
beginning to have the choice  
of fashions that don't look like  
tents.

Pat Swift, who runs a New  
York City model agency,  
says: "There is a large mar-  
ket out there that designers  
have let go by the wayside. If  
larger women were taught to  
look good and how to dress,  
they would improve their im-  
age 100 percent."

### Entire town is dieting

NATCHITOCHEE, La. — The state  
will contribute \$40,000 to put the  
16,000 residents of this east-central  
Louisiana town on a diet, but Gov.  
Edwin Edwards says he'd "just as soon  
die 10 years earlier" as give up  
traditional Cajun gastronomical de-  
lights.

Natchitoches, the oldest town in the  
Louisiana Purchase territory and the  
state's first capital, has been chosen for  
an experiment in longevity and diet by  
nutritionist Dr. Nathaniel Pritikin. But  
Pritikin shouldn't be surprised if the  
residents are less than thrilled about  
the selection.

The year-long study is intended to  
prove that a proper diet could cut the  
city's death rate by 10 percent, but if  
Natchitoches residents sport the same  
attitude as their governor, the experi-  
ment could be on shaky ground.

9. COLUMBUS CITIZEN-  
JOURNAL (OH) 1/24/80

**FAT  
CAN BE  
BEAUTIFUL**

Submitted by:

1. Audrey Smith
2. NAAFA office
3. Karen Benson
4. Diane Bagchi
5. Douglas Zimmer
6. Sherry Kessler
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**Stunning new medical evidence shows you're not really overweight if you're only 15 to 20 percent heavier than your "ideal" weight — and some experts even say it's O.K. to be up to 35 percent heavier!**

That's because those height-weight tables distributed by Metropolitan Life Insurance Co. — and widely used by doctors — are all wrong, experts have discovered in a series of studies.

By **STUART WILK**

In fact, say the experts, you'll actually live longer if you're quite a bit heavier than your so-called perfect weight as shown on the famous tables.

"There's something about being moderately overweight that's good for you," said Dr. Reubin Andres, clinical director of the prestigious National Institute on Aging.

Dr. Andres did an exhaustive review of 17 long-term health studies — and came up with these "shocking" findings:

"Several of the studies show that people who were at or slightly below their ideal weight (as shown on the Metropolitan tables) had a higher mortality rate at every age than those who were moderately overweight.

"None of the studies show shortened life expectancy for persons who are up to 20 percent overweight. Some show no shortened life expectancy for those up to 30 percent overweight!"

Dr. Andres cautioned that obesity is "devastating" for people with serious medical problems such as diabetes, high blood pressure and a high cholesterol level. But if you don't have such problems, there's no reason to worry about being slightly overweight, he declared.

A Harvard University researcher, Dr. Carl C. Seltzer, Ph.D., concluded that the data on which the Metropolitan tables are based — published by the Society of Actuaries in 1959 — is completely off-base.

"The insurance companies claim that your mortality rate increases proportionately to how much overweight you are.

"I analyzed the Society of Actuaries' own figures and showed that this isn't true," said Dr. Seltzer, an honorary research associate.

"Doctors and insurance companies have been following these guidelines put out by Metropolitan and this has needlessly instilled fear into millions of Americans — causing them to worry needlessly about being overweight when they really aren't.

"Unless you are grossly overweight, there is no more than an average risk."

Renowned nutritionist and author Dr. Neil Solomon — formerly assistant professor of psychiatry at Johns Hopkins Medical School — flatly told *THE ENQUIRER*:

"The Metropolitan height-

weight tables are a lot of bunk! I have found that being overweight by about 15 percent, using the tables as your guideline, will actually help you live longer.

"That's a startling statistic — and it should put at ease millions of Americans who thought they were too fat."

Other experts agree that Metropolitan's tables are totally unrealistic.

"If most people got right down to the Metropolitan figures they would actually be underweight, unhealthy and more susceptible to illness and disease," said Dr. Frank W. Barr, diplomate of the American Board of Bariatric Medicine.

Typical of the studies analyzed by Dr. Andres was a 14-year Northwestern University survey of 1,233 people.

In that project, researchers

## Leading Doctors Say . . .

# Your 'Extra' Pounds Are Good for You

found people with the lowest mortality were 25 to 35 percent overweight, said Dr. Alan R. Dyer, Ph.D., associate professor of community health and preventive medicine, who co-authored the study with Dr. Howard A. Lindberg and two other experts.

Another study was the famous Framingham Heart Study sponsored by the National Heart, Lung, and Blood Institute.

This showed that the lowest death rates were among men and women aged 40 to 59 whose average weight was 15 to 20 percent over their ideal weight shown on the Metropolitan tables.

The Society of Actuaries is just completing a new study — and will publish a report next year listing ideal weights that are at least 10 pounds higher than those now shown on the Metropolitan tables.

Metropolitan and other top life insurance companies say they plan to revise their charts upward accordingly.

But even after the chart

weights are increased, they'll still be too low, according to experts.

The following tables are

based on a 20 percent increase over the figures shown on Metropolitan's current charts:

**MEN (ages 25 and over)**  
Weight in Pounds According to Frame (in Indoor Clothing)

HEIGHT		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
(with shoes on, 1-inch heels)	Feet Inches			
5	2	134-144	142-155	151-169
5	3	138-148	145-160	155-173
5	4	142-151	149-163	158-178
5	5	145-155	152-167	162-182
5	6	149-160	156-172	166-187
5	7	154-164	161-176	170-193
5	8	158-169	166-182	176-199
5	9	163-174	170-187	181-204
5	10	168-180	175-192	186-209
5	11	173-185	180-198	191-215
6	0	178-190	185-204	197-221
6	1	182-194	190-210	202-227
6	2	187-200	194-216	208-233
6	3	192-205	200-222	214-239
6	4	197-210	206-228	218-245

**WOMEN (ages 25 and over)**  
Weight in Pounds According to Frame (in Indoor Clothing)

HEIGHT		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
(with shoes on, 2-inch heels)	Feet Inches			
4	10	110-118	115-128	125-143
4	11	113-121	118-132	127-146
5	0	115-125	121-136	131-150
5	1	119-128	125-139	134-154
5	2	122-132	128-143	138-157
5	3	126-136	132-146	142-161
5	4	130-139	136-151	145-166
5	5	133-143	139-156	150-170
5	6	137-148	144-162	155-175
5	7	142-152	149-167	160-180
5	8	146-157	154-172	164-185
5	9	151-162	158-176	169-190
5	10	156-168	163-181	174-196
5	11	161-173	168-186	179-202
6	0	166-178	173-191	184-208

(For girls between 18 and 25, subtract 1 pound for each year under 25.)

10. NATIONAL ENQUIRER 8/7/79

## 'Fat Power' group fires salvos at 'Fatso'

By United Press International  
**FAT LIP FOR 'FATSO'**: The National Association to Aid Fat Americans — which, with its buttons reading "Fat Power" and "Fat Pride," is sort of an anti-defamation league for the hefty — has landed hard on **Anne Bancroft's** new movie "Fatso." Says the NAAFA board of directors in Bellerose, N.Y., "portions of the movie . . . and especially its title, are offensive to fat people, in portraying them as stereotyped compulsive overeaters who respond to life's problems only by eating everything in sight." But they're fairly nice to the star, **Dom DeLuise**. The board says his performance "partly redeems the film" — but they add "NAAFA regrets that the movie was ever made."

11. DELAWARE COUNTY  
DAILY TIMES (PA)  
2/25/80

(Rosalie Radcliffe reports that even her small-town paper, THE CHAPEL HILL NEWSPAPER (NC) picked up this UPI release, which has brought NAAFA unprecedented publicity.)

## 'Fat power' against film

Dom DeLuise, crying over his no-fun reducing diet in advertisements for the film "Fatso," isn't the only one who's upset. The Anne Bancroft movie, which stars DeLuise as a bulky neurotic who handles low moments with high caloric intake, has drawn the wrath of the National Association to Aid Fat Americans.

The Bellerose-based agency, an anti-defamation league for the hefty that distributes "Fat Power" and "Fat Pride" buttons, charges that portions of the movie, and especially its title, are "offensive to fat people in portraying them as stereotyped compulsive overeaters who respond to life's problems only by eating everything in sight."

A slightly overweight movie buff who saw the movie this weekend in Hewlett disagreed. He said the movie, while mainly a comedy, has a serious message that defends heavy people. "In the end, DeLuise explains to his family that they must love him for what he is—and what he is is someone who is happiest when he is eating," the buff said. "If anyone should complain," the buff said, "it's the people who run the concessions where the movie is showing. Practically nobody was buying popcorn or candy."

12. NEWSDAY (NY) 2/26/80

(Oh, yeh—not when we were there.)

Read on...

**HOW SWEET IT IS:** Don't see "Fatso" if you're fat. Unless you want to get fatter. Don't know what it is about the 20th Century-Fox film that's doing it, but theater owners are reporting that candy sales have tripled during the run of the **Dom DeLuise** comedy.

13. DAILY NEWS (NY) 2/28/80  
(Marilyn Beck's column)