

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

# October 2023 NAAFA Newsletter



### Building Our Best Board

Just a few years ago, NAAFA was run by only three volunteer board members, and we weren't sure what the future held. Today, we have a full-time Executive Director who works alongside a diverse group of impressive board members and other skilled leaders. We can't wait to see what this year's board search will lead to! [Read more here.](#)

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



### Video of the Month

Our [video of the month](#) features an edition of *Tamra Talks* where Christina Chase (she/her), NAAFA's Governance Chair, joins Tamra Dozier-Garland (she/her) to discuss our 2024 Board Search. Follow us on Instagram [@naafaofficial](#)!



### Anti-Racism Resources - Decolonization

Each month we feature resources to help you understand and combat racism by learning about its history and how we play a part in it. This month we're talking about [decolonization](#).

## Upcoming NAAFA Events



### Fat Fridays Virtual Social Club

This monthly social event is held via Zoom and is an affinity space only for folks who identify as fat. The next gathering is on 10/27 from 5:30-7:30pm PT. Register [here!](#)



**NAAFA Webinar Series:  
SuperSize Travel with Unique  
Gibson (@Juicypeachesatl) &  
Jae'lynn Chaney  
(@jaebaeofficial)**

Join us on Thursday 11/9 at 2:00pm  
PT for this webinar! Register [here!](#)



**The Unlearning  
Series**

REWRITING THE FAT BODY

"Be The Poem"

Led by Vanessa Chica Ferreira

Free Virtual One-Hour Writing  
Workshop

Sunday, November 12th 2023

**The Unlearning Series**

Join this free virtual writing workshop  
led by Vanessa Chica Ferreira.  
November's theme is "Be The Poem."  
Register [here!](#)



**NAAFA Webinar Series with  
Little People of America  
(@littlepeopleofamerica)**

Join us on Thursday 11/16 at 5:00pm  
PT for a webinar with representatives  
from Little People of America.  
Register [here!](#)

**Reminders/Announcements**



**Apply to join the 2024 NAAFA  
Board!**

If you're passionate about ending size  
discrimination and want to engage in  
the planning and execution of NAAFA  
programming, events, and  
fundraising, [naafa.org/boardsearch!](http://naafa.org/boardsearch)



**Sign & Share the Petition for  
#SizeFreedom**

If you haven't already [signed the  
petition](#), please do so today! Share  
the petition with your friends and  
family and ask them to sign as well!

**Monthly Features**



**Media & Research Roundup**

The [Media & Research Roundup](#) is a  
series of the latest in news and  
research effecting fat folk 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

## Programs on Rise

Wellness and fitness programs are hot news in corporate America. More and more big companies are starting such programs for employees. Many such programs simply make exercise time and equipment available to workers, but some include weight loss programs. Some programs are available for a fee, others are paid for by the employer, and in some cases, employees are told that they must participate. Employees who prefer not to take advantage of such " perks" are often discriminated against, embarrassed, or "mooched" to participate.

by Sue Ellen Hiers (NYC)

I would like to see a change in attitudes towards fat employees. I would like to see the health center focus on empowering fat employees. The health center would be of value to me if the following changes were made:

- 1) Provide exercise equipment with seats high enough to comfortably support a fat person.
- 2) Recognize that clothes appropriate for exercise are not available to all fat people.
- 3) Recognize that because of the tremendous oppression fat people live under, we may not have position for any body measurements and the program should be designed with this in mind.
- 4) Become aware that the research on health and fitness is mixed and so refrain from advertising a diet "that works" and is "scientifically sound" if you have no long term follow-up data and cannot reference a reputable journal where the "scientific test" can be reviewed. Referring to a book put out by the company promoting the diet is hardly acceptable.
- 5) Use images of fat people in positive ways as active, valuable people.

from our earlier days and reflect a piece of fat acceptance/fat activist history.

**CONTENT WARNING: Some articles featured in the NAAFA Chronicles may refer to stigmatizing events or use stigmatizing language.**

[Click here to read the Newsletter Articles](#)

[Give to NAAFA](#)

[Click here to receive the Newsletter and special notices in your email!](#)

*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](mailto:assistant@naafa.org)

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