

## Contents

[Join NAAFA!](#)  
[Volunteers needed!](#)  
[General Information](#)  
[Official Documents](#)  
[Information Brochures](#)  
[Book Service](#)  
[Previous Newsletter \[pdf\]](#)  
[Local Chapters](#)  
[Fat Activist Task Force](#)  
[Events and Conventions](#)  
[Special Interest Groups](#)  
[Press Room](#)  
[NAAFA Hall of Fame](#)  
[Internals and Pictures](#)  
[2002 State of NAAFA](#)  
[NAAFA confronts Airlines](#)  
[NAAFACon 2002: 1- 2- 3- 4](#)  
[Other information](#)  
[Legal Resource](#)  
[Size-related Lawsuits](#)

## NAAFA Store

[Enter](#)

## Special Interest Groups

[Super Size](#)  
[Mid-Size](#)  
[Big Men](#)  
[Singles](#)  
[Families](#)  
[WLS Survivors](#)

## NAAFA Policies

[Employment Discrimination](#)  
[Education Discrimination](#)  
[Dieting and the Diet Industry](#)  
[Physical Fitness](#)  
[Obesity Research](#)  
[Weight Loss Drugs](#)  
[Weight Loss Surgery](#)  
[Size-related Legislation](#)  
[Feederism](#)  
[Activism](#)  
[Adoption Discrimination](#)  
[Admirers](#)



## News and Action

**HOT** [NAAFA Convention: August 4-8, 2004](#) [pdf: 376k]

**NEW** [Convention Registration On-Line!](#)

[Info for Vendors](#) [pdf: 97k]

Make your hotel reservations now!  
 2004 Convention at [Newark Liberty Airport Marriott Hotel](#)  
 (discount code:naaaaa)

**NEW** [Summer 2004 NAAFA Newsletter \(Web\)](#)

[NAAFA 2004 Scholarship Essay Contest](#)

[UC-Berkeley Study: Diets Don't Work](#)  
 ( co-sponsored by NAAFA)

[FTC Issues Reference Guide on Bogus Weight Loss Claims](#)

[Junk Science About Obesity](#) ([Paul Campos](#))

[Spring 2004 NAAFA Newsletter \(Web\)](#)

[Winter 2004 NAAFA Newsletter \(Web\)](#)

[NAAFA Opposes Weight Loss Surgery for Children](#)

[Discrimination Complaint Follow-Up: Success!](#)

The San Francisco Human Rights Commission mediated in the case of dance instructor Jennifer Portnick in a complaint filed under San Francisco's "fat and short" law. See [article from SF Chronicle](#) on Jennifer Portnick's complaint and [the final outcome](#).

## Exclusives:

[Fat and Happy: In Defense of Size Acceptance](#)

*Affirming Essay*

Here's what NAAFA's Elizabeth Fisher said about Mary Ray Worley's wonderful essay: "If I had never been to a NAAFA Convention, or was on the fence about whether to go to one and I read this, it would have made my mind up. I got goosebumps when I read it because I felt exactly the same thing she did when I went to my first convention. It changed my life forever."

[The Declaration of Health Rights for Fat People](#)

*NAAFA basic position*

Lynn Meletiche, RN, longtime board member, and now liaison to NAAFA's Advisory Board, wrote this list of what should be inalienable rights for every fat person who seeks medical care.

## Discussions:

**LET'S TALK!**

[Discussion Forum](#)

## News:

### Big Fat Blog

[It's Called a Mirror](#)

A brief MSNBC piece on the Center for Consumer Freedom and "personal responsibility", the new watchword for the anti-fat...

[The Fat Business](#)

It's always seemed so simple to me: there are a lot of fat people in this country, and we...

[Fat Women Fitter Than Fat Men?](#)

This is a small study but is worth a mention: a study of 56 people awaiting WLS suggests that...

[Three Quick Questions: Hanne Blank](#)

The semi-regular Three Quick Questions is the world's shortest interview: three questions for a person in fat acceptance. This...

[The Health Crusade](#)

It's pretty clear after reading Paul Krugman's editorial in the New York Times where he stands: he's of the...

[Acceptance Catching On](#)

Sandy and Mavi sent over this article from The Clarion Ledger that suggests fat acceptance is catching on. All...

powered by feedroll

[NAAFA Board of Directors](#)  
 (May 1, '04)

["The Emperor's New Crisis" -- Sandy Szwarc](#)  
 (April 8, '04)

[Response to obesity study](#)  
 (April 30, '03)

[McDonald's obesity suit dismissed](#)  
 (January, 20, '03)

[PETA Campaign bashing, Elvis Presley Outrageous](#)  
 (October, 8, '02)

[Associated Press reports on NAAFA Convention](#)  
 (August, 9, '02)

[Convention: Dr. Dionne speech on Bariatric Ergonomics](#)  
 (August 08, '02)

[Southwest Policy poses big questions](#) (June 25, '02)

[Tolerance.org: Sizing Up Weight-Based Discrimination](#) (May 3, '02)

[NAAFA Kids Project](#) (Sep

NAAFA members, display our button on your web page with a link back here (<http://www.naafa.org>)

### Contacting NAAFA

#### Letters, calls:

NAAFA, Inc.  
PO Box 188620  
Sacramento, CA 95818  
(916) 558-6880 Phone

#### Email:

[Click Here for Contact Info](#)

#### NAAFA Yahoo Newslist:

[Click here to subscribe](#)

### Support NAAFA

[Make a Donation](#)

---

### **Before You Start Your Next Diet...**

*NAAFA basic position*

Ask yourself a few tough questions. Diets rarely work in the long run, and they can make you miserable and even ruin your health. Louise Wolfe, a former NAAFA chairperson with an advanced degree in rehabilitation counseling guides you through a number of important considerations.

---

### **Writing Successful Complaint Letters**

*How-To*

You've been treated shabbily or you're outraged over a fat-bashing commercial or feature in a magazine. You want to let those people know what they did was not right. Fact activist Carol Martzinek tells you how to go about it.

---

### **Getting the Run-Around by Airlines?**

*NAAFA basic position*

Have you been bumped from a flight? Treated badly? Made to pay extra just to be on a flight? Read Jean Soncrant and Lynn Meletiche's tips and tricks on how to make air travel tolerable.

---

### **Guidelines for Therapists who treat Fat Clients**

*NAAFA basic position*

Are you a medical professional and don't know how to deal with fat patients? Dr. Barbara Altman Bruno dispels a number of myths about fat people. Read them and help yourself and your large size patients!

---

### **Guidelines for Healthcare Providers**

*NAAFA recommendation*

Have you ever felt your healthcare provider does not understand you and your needs? Or do you run a practice or hospital and don't know how to deal with your larger patients? Here are a few simple, common-sense guidelines.

---

### **Activism P's and Q's**

*NAAFA recommendation*

Are you MAD AS HELL and won't take it anymore? The "Activism P's and Q's" will show you how activism works, what to consider, and what is most effective. A good plan and picking winnable battles is where it's at!

---

Copyright 1969-2004 NAAFA, Inc. All rights reserved.

Site managed by [NAAFA Webmaster](#) **NAAFA** is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA has been working since 1969 to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support. NAAFA needs the support of everyone who feels that size discrimination is unfair and unacceptable.

00)

[Thank You NAAFA Supporters! \(Feb 28\)](#)