TOO FAT TO FIT: Examining Fat, Fear and the Role of Size Acceptance

Presenters:
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NEGATIVE STEREOTYPES ABOUT FAT

- Lazy
- Unhealthy
- Dirty
- Out of control
- Asexual
- Hypersexual
PRESENTATION ROAD MAP

- Impact
- The Myths of Fatness, Choice & Health
- Health At Every Size ("HAES")
- Fat Activism/Size Acceptance
- Resources
“American culture is engaged in a pervasive witch hunt targeting fatness and fat people”

-Marilyn Wann, *The Fat Studies Reader*
IMPACT

Why don’t I have any sales this month??
IS FAT A CHOICE?
ISN’T FAT UNHEALTHY?
THE MYTH OF FAT AND HEALTH

Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005-2012.

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Abstract
The United States Equal Employment Opportunity Commission has proposed rules allowing employers to penalize employees up to 30% of health insurance costs if they fail to meet 'health' criteria, such as reaching a specified body mass index (BMI). Our objective was to examine cardiometabolic health misclassifications given standard BMI categories. Participants (N=40 420) were individuals aged 18+ in the nationally representative 2005-2012 National Health and Nutrition Examination Survey. Using the blood pressure, triglyceride, cholesterol, glucose, insulin resistance and C-reactive protein data, population frequencies/percentages of metabolically healthy versus unhealthy individuals were stratified by BMI. Nearly half of overweight individuals, 29% of obese individuals and even 16% of obesity type 2/3 individuals were metabolically healthy. Moreover, over 30% of normal weight individuals were cardiometabolically unhealthy. There was no significant race-by-BMI interaction, but there was a significant gender-by-BMI interaction, F(4,64)=3.812, P=0.008. Using BMI categories as the main indicator of health, an estimated 74 936 678 US adults are misclassified as cardiometabolically unhealthy or cardiometabolically healthy. Policymakers should consider the unintended consequences of relying solely on BMI, and researchers should seek to improve diagnostic tools related to weight and cardiometabolic health.
HEALTH AT EVERY SIZE

• Intuitive eating
• Pleasurable activity
• Self-acceptance
FAT ACTIVISM/SIZE ACCEPTANCE

Fatspiration #153: YOUR BODY/WEIGHT IS NOT A REASON TO PUT YOUR LIFE ON HOLD.

FAT! SO?

LOVELY
CUTE
RAVISHING
FINE
HOT
PERFECT

SEXY

S6XY

Size 20

The greatest crime of a fat woman is that she dares to take up space.
FAT ACTIVISM/SIZE ACCEPTANCE RESOURCES

- Shapely Prose (blog) http://kateharding.net/
- NAAFA website http://www.naafaonline.org
Thank you!