

Founded in 1969, the National Association to Advance Fat Acceptance (NAAFA) is a non-profit human rights organization dedicated to protecting the rights of and 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 advocacy, public education, and support.

## WHY SHOULD I SUPPORT NAAFA?

Fat people are discriminated against in all aspects of daily life, from employment to education to access to public accommodations, and even access to adequate medical care. This discrimination occurs despite evidence that 95-98% of diets fail over five years and that 65 million Americans are labeled "obese". Our thin-obsessed society firmly believes that fat people are at fault for their size and it is politically correct to stigmatize and ridicule them. Fat discrimination is one of the last publicly accepted discriminatory practices. Fat people have rights and they need to be upheld!

## HOW DOES NAAFA WORK TO MEET ITS GOALS?

ADVOCACY

EDUCATION

SUPPORT

## ADVOCACY

- ▶ Fights offensive advertising and negative media representation through letter writing campaigns
- ▶ Organizes rallies and demonstrations
  - » Airlines' size discriminatory practices
  - » Commercial weight loss industry
  - » White House health care reform proposals
- ▶ Provides a national legal clearinghouse for attorneys challenging size discrimination
- ▶ Advocates and sponsors responsible research about the various aspects of being fat and shifting the national research agenda from a focus on thinness to ways to help fat people be healthy
- ▶ Represents consumers in hearings to regulate the drug and commercial weight loss industries

## EDUCATION

- ▶ Supports the Health at Every Size (HAES) campaign
  - » Medical Advisory board
  - » Sponsorship of responsible research and fat fitness programs
  - » Real perspectives on the dangers of weight loss surgery
- ▶ Disseminates information about the sociological, psychological, legal, medical, and physiological aspects of being fat
  - » Newsletter and website ([www.naafa.org](http://www.naafa.org))
  - » Annual national convention
  - » Regional discussion groups and workshops
- ▶ Encourages size-positive media relations
  - » 60 Minutes, 48 Hours, Larry King Live, The Oprah Winfrey Show, MSNBC, BBC, CBC, The New York Times, USA Today, People Magazine & many other media outlets

## SUPPORT

- ▶ Coordinates regional chapters throughout the United States
- ▶ Sponsors support groups that help with the physical and emotional aspects of being fat in today's society
- ▶ Serves as a forum where issues affecting fat people can be discussed in an unbiased setting
- ▶ Organizes social events
- ▶ Communicates the latest size acceptance information through NAAFA's newsletter and website ([www.naafa.org](http://www.naafa.org))
- ▶ Provides an opportunity for fellowship and community at the annual national convention

NAAFA's message of size acceptance and self-acceptance is often overshadowed by a \$30 billion-a-year diet industry that has a vested economic interest in perpetuating discrimination against fat people. Without active financial support from people like you, NAAFA would not exist and could not fulfill its crucial role defending your rights. While it is an uphill battle to achieve our goals, together we are making a difference.

WE COME IN ALL SIZES...

UNDERSTAND IT.

SUPPORT IT.

ACCEPT IT.