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# Obesity Action ALERT

An E-newsletter Proudly Brought to You by the OAC

March 2013

News from the OAC

## Obesity in the News

- [OAC and Leading Obesity Groups Respond to Bariatric Surgery Cost Savings JAMA Study](#)
- [Changing Junk Food Policies May Slow Obesity Epidemic](#)
- [Response to Stress Can Fuel Childhood Obesity](#)
- [First Lady to Help State Celebrate Anti-obesity Campaign](#)
- [One Person Can Make a Difference](#)

## Your Weight Matters 2013 Convention Complete Details Released March 11th

The *Your Weight Matters* National Convention has set the mark for the premier educational event offering attendees the latest evidence-based information on weight and health.

On March 11th, the OAC

# Feature Story

## OAC Continues Tackling Weight Bias with "Bias Busters"

Weight bias is the last acceptable form of discrimination and unfortunately continues to take place each day. Thankfully, the OAC has a method to combat weight bias - "Bias Busters."



Thanks to the dedication of OAC members, the OAC tackled three entertainment-based weight bias issues recently and now we need your help to continue the fight. Let's take a closer look at these issues:

### **Joan Rivers**

TV-personality Joan Rivers recently appeared on *The Late Show with David Letterman* where she discussed her appearance at the Oscars. Ms. Rivers elaborated on her interaction with singer-songwriter Adele. Ms. Rivers then continued on by stigmatizing Adele for her physical appearance. The OAC feels Ms. Rivers' comments regarding Adele were negative and further perpetuate weight bias.

### **WWE Kids Magazine**

In a past issue of World Wrestling Entertainment's (WWE) *WWE Kids Magazine*, the publication featured imagery of an individual affected by obesity with stigmatizing language. As this publication is geared toward children, the OAC fears that *WWE Kids Magazine* is exposing children to weight bias at a young age.

### **The New York Observer**

The second issue focuses on *New York Observer* movie critic Rex Reed. Mr. Reed recently reviewed the film *Identify Thief* starring Jason Bateman and Melissa McCarthy. In Mr. Reed's review, he negatively stigmatizes Ms. McCarthy by referring to her as "tractor-sized." The OAC finds Mr. Reed's

On March 11th, the OAC will unveil ALL the details for the 2013 Convention. From Convention registration opening to the Convention program agenda posted online, all the information you need to attend this year's event will be released and available online.

To read more, [click here.>>>](#)

### **OAC Welcomes a New Supporter in Joslin Diabetes Center**

- This month, the OAC is pleased to announce a partnership with the Joslin Diabetes Center to support their Primary Care Congress for Cardiometabolic Health. As excess weight, obesity and severe obesity are all risk factors for developing type 2 diabetes, the OAC supports Joslin Diabetes Center's mission to help providers offer their patients optimal management for diabetes and all its related conditions.

To read more, [click here.>>>](#)

### **OAC Chairman's Council Welcomes Two New Members**

- This month, we are proud to welcome two new supporters at the Chairman's Council level - **Novo Nordisk** and **ResMed**. Both of these companies are new to supporting the OAC and

comments to be stigmatizing toward Ms. McCarthy and those affected by obesity.

### Take Action Now!

The OAC needs YOU to take action now! To voice your opinion regarding these issues and bust weight bias, [click here.>>>](#)

If you know of a bias issue and want the OAC to take action, email us at [biasbusters@obesityaction.org](mailto:biasbusters@obesityaction.org).

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- According to a University of Missouri - Columbus study, walking your dog 20 minutes a day, five days a week can produce an average weight-loss of 14 pounds.
  - Soft drinks account for 13 percent of a teenager's caloric intake – by far the largest source of calories in his or her diet.
  - One tablespoon of cooking oil contains 120 calories. That is roughly 6 percent of your daily calorie intake if you consume a 2,000 calorie diet.
  - The OAC has more than 4,230 fans on Facebook. Are you one of them? If not, click the below Facebook icon and become one today!
  - Swimming just 30-60 minutes three to four times per week can notably reduce your risks of stroke, heart disease, type 2 diabetes and some cancers as well as lower your resting heart rate.
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### Connect with the OAC



we are proud to highlight their contributions in making a difference.

To read more, [click here.>>>](#)

### First Day of Spring Poll

March 20, 2013 will mark the first day of spring this year. As the seasons change, there are different opportunities to get out and be active. The OAC wants to know what are some of your favorite spring activities?

To take our springtime activity poll, please [click here.>>>](#)

## Thank You!

Thank you for subscribing to the *Obesity Action Alert*, the OAC's FREE monthly e-newsletter. To learn more about the OAC or to join the Coalition as a member, please visit [www.obesityaction.org](http://www.obesityaction.org).

Thank you,  
Obesity Action Coalition

Obesity Action Coalition (OAC) • 4511 N Himes Ave, Suite 250 • Tampa, FL 33614

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