



If you are passionate about health,  
here are areas you can become an advocate for :

- Equal access to quality health care
- Reduce the number of households living in poverty
- Hold the diet industry accountable for wild and untrue claims
- Better access to healthy foods
- Less accessibility to processed, convenience foods
- Increase outdoor time in schools
- Improve access to community activities
- Start a community cooking class
- Improve walkability / bikeability in city planning

Given the negative body talk we've been exposed to since childhood, it's inevitable for us to have issues with our body image - even if we are not fat... And while our own personal body image issues are real and valid, recognize that they are not equivalent to the fatphobia and size discrimination fat people face on a regular basis... People say a lot of fatphobic things all the time - often without meaning to - when they express their insecurities about their non-fat bodies. This is harmful and it needs to stop.

Fat female work candidates are judged as the least suitable for jobs. This holds implications for their success rate in the hiring process and their unemployment levels.

Microaggressions against fat people are so pervasive and normalised in modern society that people, even fat people, may not recognise them as stigmatising at all. The sometimes ambiguous nature of microaggressions means that the target may be unsure of the intent or underlying meaning, wondering if that person was actually stigmatising them or not, making it difficult to respond.

Most people who want to change their weight are actually trying to change the way they are treated, but our bodies are not the source of how we are treated - people are.



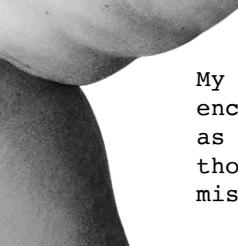
# F A T

Charcoal + graphite

drawings by MURZO

[www.murzoart.com](http://www.murzoart.com)





My goal with the F A T project is to encourage people to stop using weight as an excuse to stigmatize and isolate those who fail to meet (very often misperceived) ideals of health.

Our cultural ideology of beauty-as-personal-responsibility contributes to a world in which all bodies are public property, open to criticism, compliment, or mockery, at all times.

There is no line drawn between the faux perfection of models in ads and the real bodies of women going about their lives - we are all expected to strive for the impossible, no matter what it takes, and when we refuse, our subversion is punished by social censure.

Some of the things besides diet and exercise that can affect weight:

- age
- stress
- genetics
- smoking
- sleep habits
- heavy metals
- family history
- economic status
- air conditioning
- toxicity exposure
- viruses / bacteria
- industrial chemicals
- environmental chemicals



Over time, the Western body ideal has transformed, influenced by biological, historical, and cultural factors. What has remained the same is women's pursuit of the current ideal.

Body dissatisfaction has become so common in girls and women it has been called „normative discontent“. In other words, in our culture, many view it as normal or typical for women to reject or hate their bodies.

Preventative care helps patients avoid catastrophic health problems, but it's not always accessible to fat patients, whether because of issues with doctors, issues with technology, or both. Fat patients have been refused medical screenings, such as Pap smears, mammograms, and colonoscopies, that are considered routine and vital for thin patients.

Fat people often struggle to find facilities that will perform the screenings and are told they cannot fit in the machines.

The need for hospital equipment that can accommodate fat people has grown, and some imaging devices are now available. This equipment is not available everywhere, however, and sometimes patients are referred to their local zoos.

Obesity rates are split 50/50 between genders, but 80% of bariatric surgeries are performed on women.

By changing the farming system, capitalism first removed traditional protections against starvation, and then pushed many previously self-sufficient people into an economic niche where they aren't paid enough to eat well.

Once the next generation gets out of poverty and into the middle-class, they become prime targets to live the obesogenic life that fuels the capitalistic system (chemicals, stress, air-conditioning, metabolic disturber foods, etc).

#### Body Mass Index (BMI)

- The BMI was introduced in the 1830s by a mathematician
- It was a quick and easy way to measure the degree of obesity in the general population (not in individuals)
- It ignores waist circumference that indicates visceral fat linked to health risks
- It does not account for the relative proportions of bone, muscle and fat
- The medical insurance industry lobbies for the continued use of the BMI to keep associated profits high.

