

ASDAH
CONFERENCE 2022

**Intersectional
Liberation:
What is
Required of the
Health at Every
Size®
Framework?**

WORKBOOK

ASDAH.ORG

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BEFORE YOU GO

Details on how to become a member, donate, and otherwise get involved in ASDAH; also includes an intention card and thank you note

ASDAH CONFERENCE 2022

WELCOME FROM ASDAH'S VISION & STRATEGY LEADER









VERONICA GARNETT, MS, RD, CC

Welcome to ASDAH Conference 2022 - *Intersectional Liberation: What is Required of the Health at Every Size® Framework?* It is a pleasure and honor to have you in attendance at ASDAH's first conference in 4 years! I and the rest of the ASDAH leadership team hope that this year's conference opens our hearts and minds to different ways of being, thinking, and doing HAES®. We are thrilled to have an amazing lineup of speakers who will challenge us, make us uncomfortable, inspire us, and ultimately help us to grow and transform. Enjoy the conference. Let's get free!

GENERAL HOUSEKEEPING

To ensure that the live conference goes as smoothly as possible, please follow these guidelines.

-  Please keep your video off and microphone muted unless asked to do otherwise.
-  To access Spanish interpretation, please select the interpretation option on the menu at the bottom of the screen.
-  To show or hide auto-captions provided by Rev, please use the Captions button on the menu at the bottom of the screen.
-  Please adhere to the ASDAH Community Agreements; details in the following pages
-  To submit a question for the Q&A portion, you can ask in chat or direct message it to Misia who has Q&A as part of their Zoom name. All questions will be saved for the end of the presentation.
-  In order to enter a break out room in-between sessions, you must self-select. You can select a room using the menu at the bottom of the screen. You are not obligated to join any break out room. You may stay in the main room and listen to fat-positive jams.

NOTES:



COMMUNITY AGREEMENTS

01

THIS IS AN ACCOUNTABLE SPACE

This is not a safe space. It is impossible to ensure 100% safety in any space. This is not a brave space. Brave spaces put an undue burden on marginalized people. They do not account for the bravery marginalized people have to engage in everyday to survive. We cannot ensure safety. We do not expect bravery. We do expect accountability.

02

ENGAGE IN CONVERSATION IN A WAY THAT IS INCLUSIVE, GENERATIVE & IMPACTFUL

Be mindful of the space you take up in conversation. Are you used to just listening and participating from the sidelines? Maybe this is an opportunity to speak up. Are you used to dominating conversations and not letting others get a word in edgewise? Maybe this is an opportunity to pass the mic. Either way be mindful of how you contribute to the conversation and co-create a space where everyone who wants a chance to speak gets to do so. Listen to understand, not just to respond. Pause & reflect before responding. And most importantly, don't be an asshole. If you wouldn't say something directly to someone face-to-face, don't type it or say it in a virtual space.

03

EMBRACE CONFLICT, DISCOMFORT, FRICTION, IMPERFECTION, NUANCE & A BOTH/AND MENTALITY

There are no perfect human beings. There is no perfect way of being, doing, and thinking. Often multiple conflicting things can be true at once. Embrace the imperfection, nuance, and multiple realities that are inherent to the human experience, knowing that conflict, discomfort, and friction may occur. These are all normal and healthy parts of an accountable space. They are signs that growth, learning and transformation are happening. Walking around on eggshells is not necessary.

COMMUNITY AGREEMENTS

04

NO RACISM, WHITE SUPREMACY, ANTI-BLACKNESS, ANTI-FATNESS, TRANSPHOBIA, QUEER ANTAGONISM, ABLEISM, HEALTHISM, AGEISM, CLASSISM, OR OTHER FORMS OF OPPRESSION

In the words of Robert Jones, Jr., "We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist." Any words or actions that are oppressive to others or deny their humanity will not be tolerated. Any hateful speech, degrading comments, or bullying is unacceptable. Expect to be called in and encouraged to hold yourself accountable.

05

KNOW THAT YOU WILL FUCK UP

As stated before, there are no perfect human beings. We are all learning. Despite our intentions being good, we will mess up. When that happens, own your impact. Be open to correction. We repeat, expect to be called in and encouraged to hold yourself accountable.

06

TAKE CARE OF YOURSELF

This space is not therapy. Although it may feel therapeutic, this is not intended to be a therapeutic space or an alternative to therapy. In this space you are not only accountable to others, you are also accountable to yourself. It is your responsibility to manage your triggers, to understand the true source of your emotions, to avoid making projections, and to take care of yourself.

COMMUNITY AGREEMENTS

07

STORIES STAY; LESSONS LEAVE

Participating in this space requires mutual respect and trust. We encourage everyone to move at the speed of trust. We expect everyone to respect privacy and confidentiality. Please do not share personal stories, private & confidential information, and other information (i.e. webinar recordings) you hear/experience/witness that folks did not consent to share outside of this space. You may not share this information without prior consent or permission. With all that said, you may share the lessons that you learn in this space widely. Whenever you share, please give proper credit to those who facilitated your learning.

08

PRIVACY & CONFIDENTIALITY CANNOT BE ASSURED

Although we hope everyone operates with integrity, ASDAH and its leadership team cannot control or preempt the actions of every individual member or participant. Therefore we cannot guarantee privacy or confidentiality. Please act accordingly

09

COMMIT TO SELF-REFLECTION & ACTION WHEN YOU LEAVE THIS SPACE

The work does not end here. We encourage you to think about how what you learn impacts your daily life and what actionable steps you can take when you leave this space.

10

ASDAH DISCLAIMER

ASDAH does not necessarily share or endorse views shared by others in this space.

SCHEDULE OF SESSIONS

01

WHAT IF I'M NEVER HEALTHY? DISABILITY JUSTICE, HEALTHISM, & HAES®

02

FATPHOBIA AS MISOGYNOIR: GENDER, RACE, AND WEIGHT STIGMA

03

DYING TO LIVE: DEATHWORK & HAES® AS PATHWAYS TO LIBERATION

04

HEALTH, POLICING, AND THE WAR ON THE BLACK FAT

05

FROM THEORY TO PRACTICE: THE NECESSITY OF COMMUNITY

06

DREAMING OF NEW WORLDS: HAES® IN THE FUTURE

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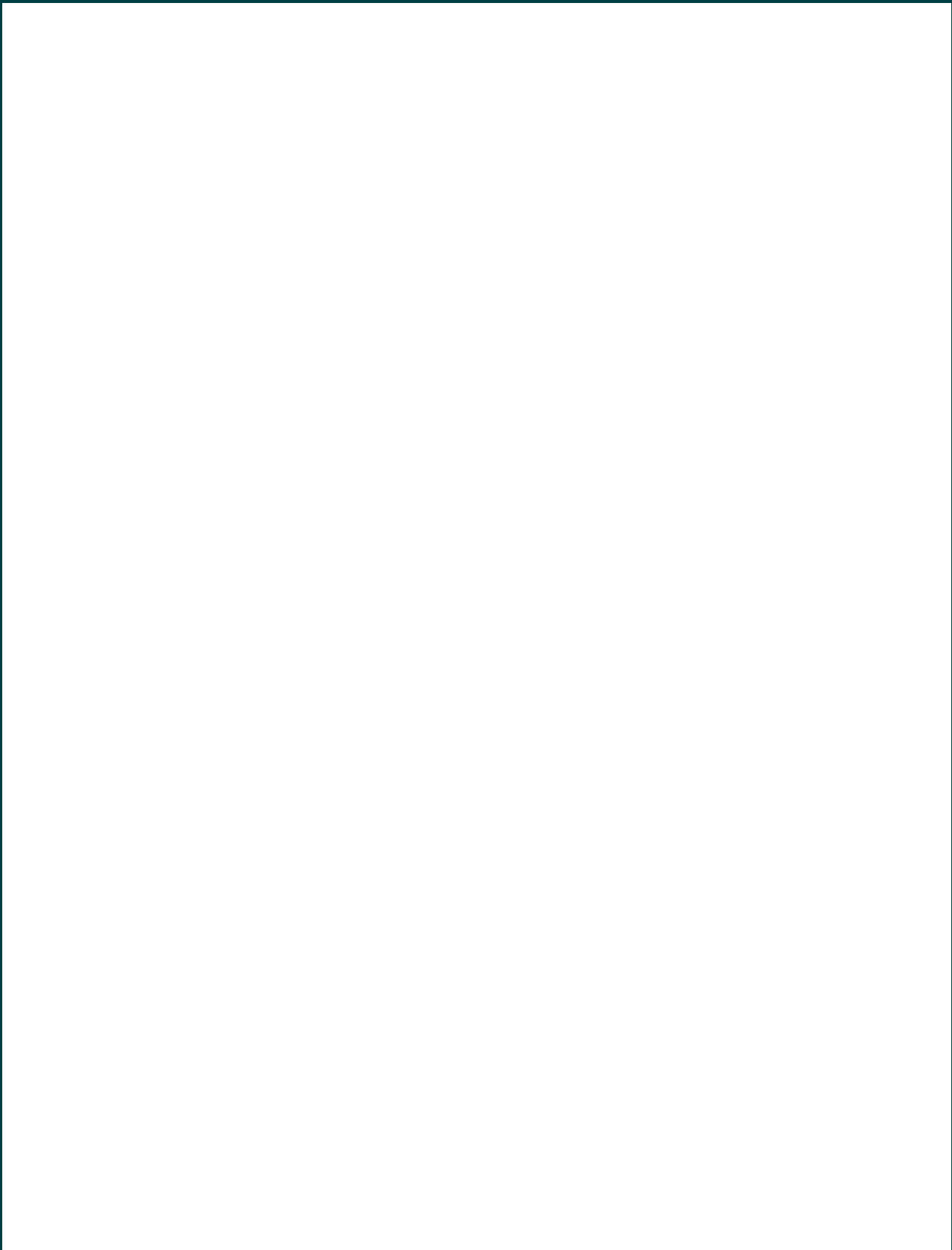
OPENING KEYNOTE WITH IMANI BARBARIN

WHAT IF I'M NEVER HEALTHY? DISABILITY JUSTICE, HEALTHISM, & HAES®

In this conversation I will highlight intersectionality and the ways diverse systems of oppression amplify and reinforce one another, and why centering and prioritizing the approaches of the historically most excluded & marginalized groups is important in developing a disability justice praxis. I will explore how healthism, an ableist concept which situates the problem of health and disease at the level of the individual, is antithetical to a disability justice praxis, but community care is not. I will impart lessons that can apply to our work now and provide a call-to-action that inspires HAES® healthcare professionals & advocates to better care for fat people of all abilities, races, and able-ness.



NOTES



REFLECTION QUESTIONS

Question 1

What I'm experiencing is...?



Question 2

What lessons from this session are you taking with you into the world?



REFLECTION QUESTIONS

Question 3

As a result of this session, what actionable steps will you make professionally or personally?



Question 4

What will you do to continue learning about this topic?



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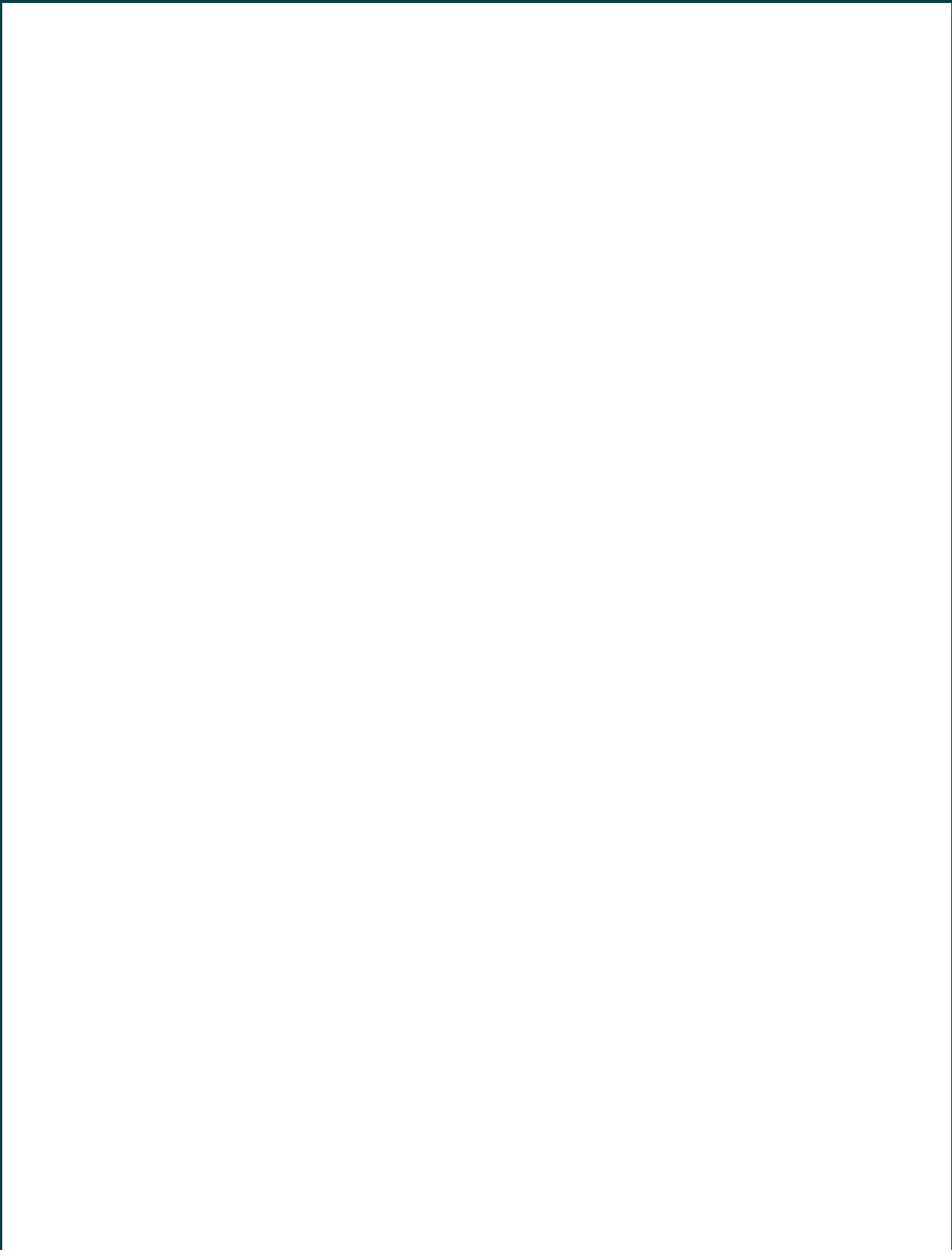
PLENARY SESSION WITH SABRINA STRINGS

FATPHOBIA AS MISOGYNOIR: GENDER, RACE, AND WEIGHT STIGMA

In this presentation, I will highlight the troubled past (and present) of fat stigma. While many believe that fatphobia is a relatively recent invention, I will underscore the centrality of slavery and race science in its perpetuation throughout the Western world. I will explain how the medical field took up the mantle of anti-fatness as a result of social and cultural shifts in thinking about race and feminine propriety in the early 20th century. I will conclude with an examination of the scientific bases of the so-called “obesity epidemic.” The presentation will be followed by a short Q&A.



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INTIMATE CONVERSATION WITH HUNTER SHACKELFORD & VERONICA GARNETT

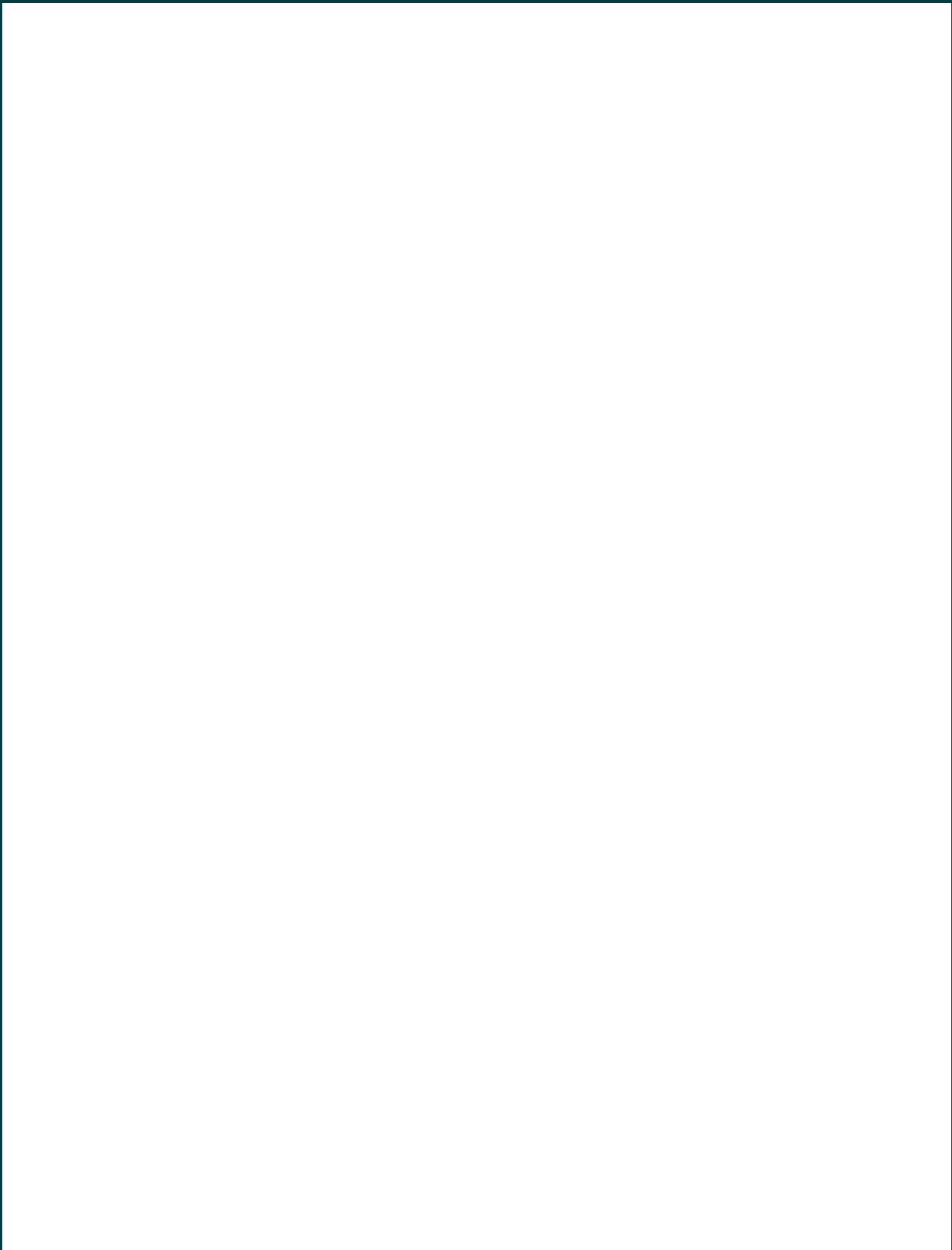
DYING TO LIVE: DEATHWORK & HAES® AS PATHWAYS TO LIBERATION

According to the Institute of Medicine, a “good death” is one that is free from avoidable distress and suffering. We know that because of racism, antifatness, ableism, healthism, and other systems of oppression, Black people, fat people, disabled people, and otherwise marginalized folks are often denied a good death. Not only are we denied a good death, but we are often denied a good life, quality medical care, and other necessary components that could foster a good death.

During this panel discussion we will explore 1) the myriad of ways to define deathwork; 2) the connection between the Health at Every Size® framework and deathwork; 3) how to create a world where people with marginalized identities can have a good death; 4) what deathwork can look like in our day-to-day lives and in our social justice organizing; 5) how to process grief and 6) the exciting new possibilities that can happen after the death of antifatness, antiblackness, diet culture, and other systems of oppression.



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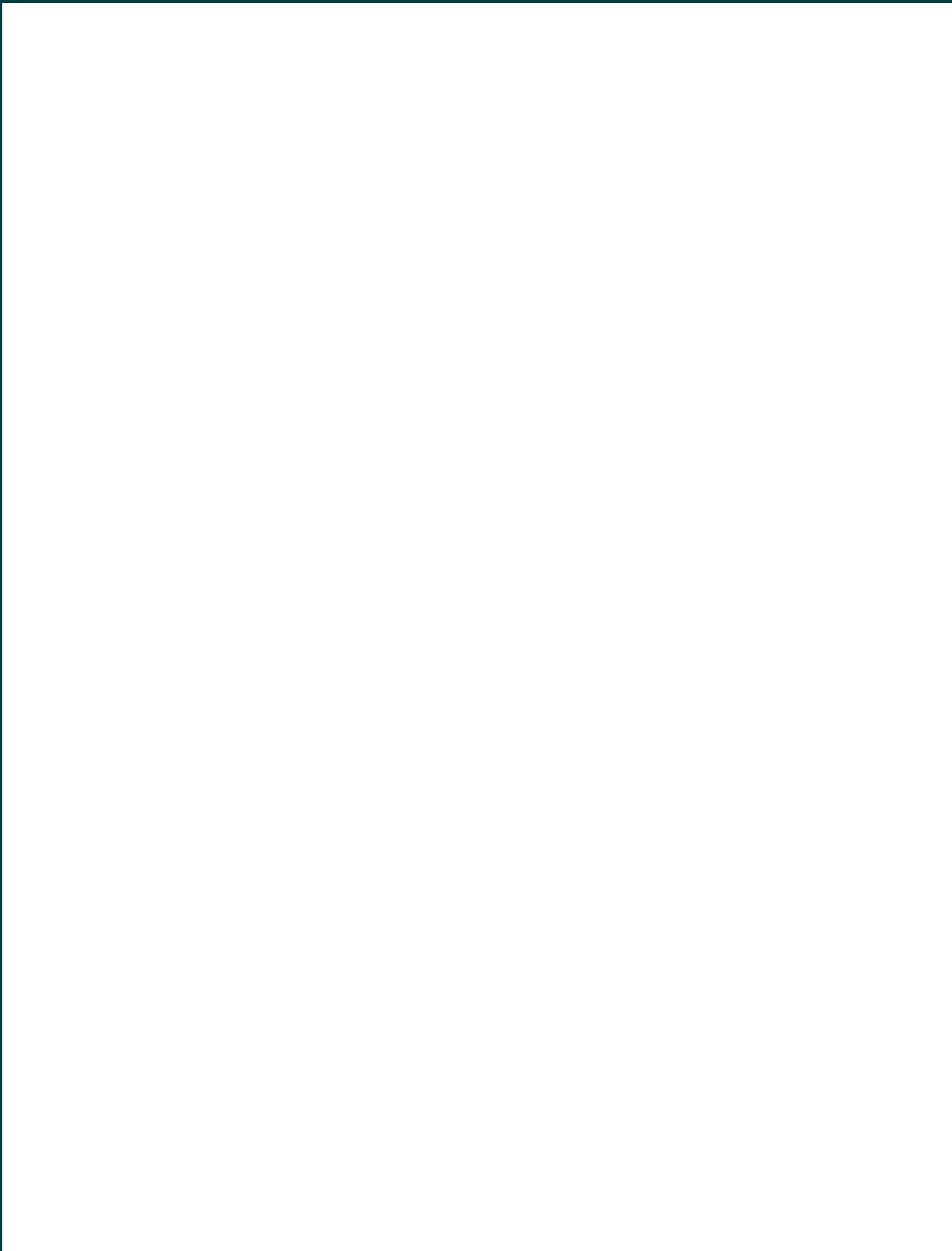
CLOSING KEYNOTE WITH DA'SHAUN HARRISON

HEALTH, POLICING & THE WAR ON THE BLACK FAT

For this presentation, I will detail the ways in which health, policing, and the so-called “ob*sity epidemic” (or war on ob*sity) all function as structures that aid in the continued subjugation of Black fat subjects. From the transatlantic slave trade, to mass incarceration, to growing anti-fat campaigns of the 2000’s, government, media, and science have all colluded to produce violent and harmful realities for Black fat subjects. This presentation will invite attendees into a deeper understanding of anti-fatness as anti-Blackness and will make clear just how much the two are indivisible from one another.



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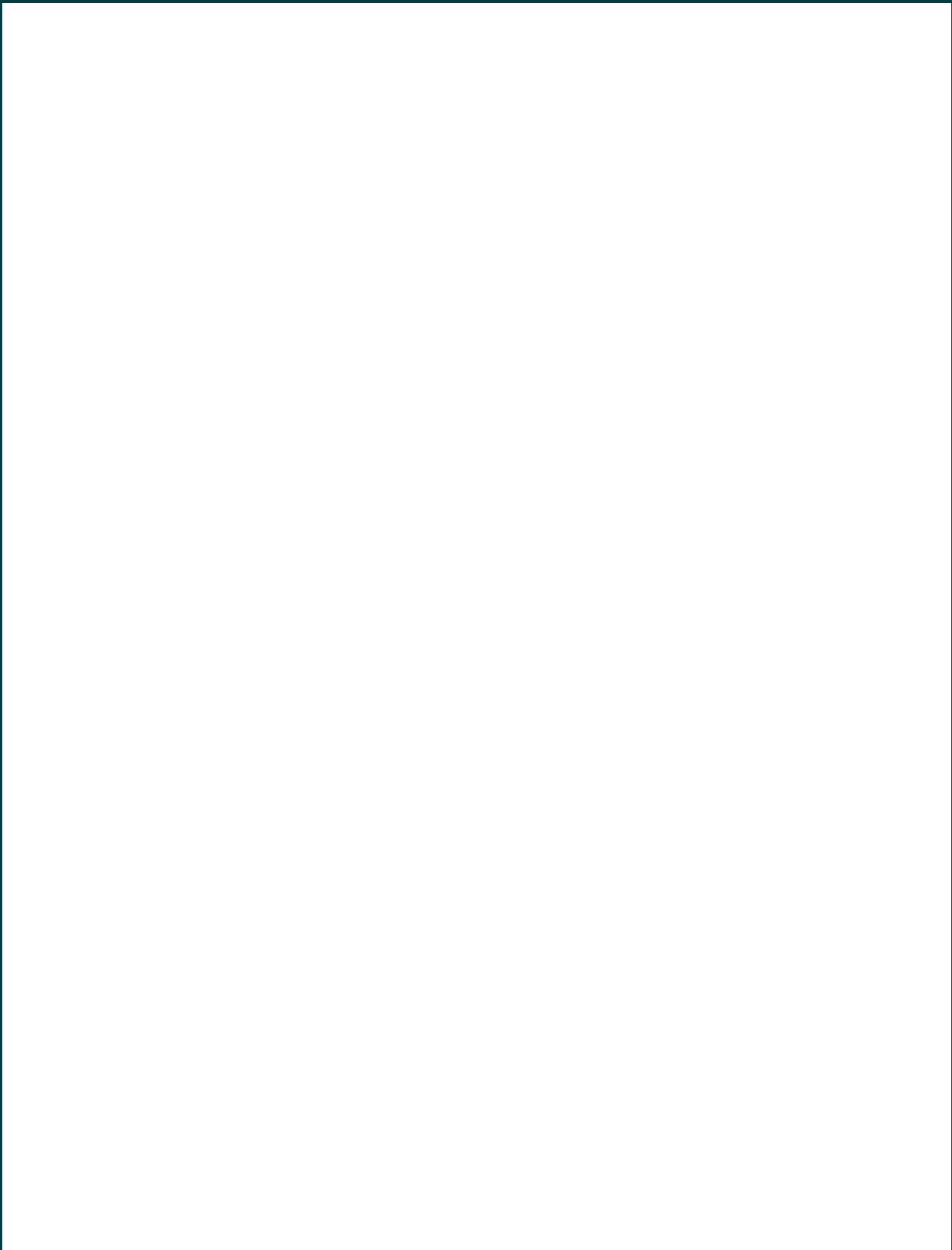
PANEL DISCUSSION WITH JOY COX, KIMMIE SINGH & AYANA HABTEMARIAM

FROM THEORY TO PRACTICE: THE NECESSITY OF COMMUNITY

M. Scott Peck, author of *The Different Drum: Community Making and Peace*, declared, "In and through community lies the salvation of the world." Over the past few months in ASDAH and the greater HAES® space, there has been an ongoing conversation about what it means to be in right relationship with oneself and others; what it means to actually be in community with others. There is this knowing that community is important, but there are challenges in defining, identifying, shaping, and nurturing community. During this panel discussion, we will explore community, what it means to be in community, how to move away from individualism toward collectivism and community, and how we can operate from a community care and love ethic. We will also explore community solutions to the issues that have been discussed throughout this year's conference.



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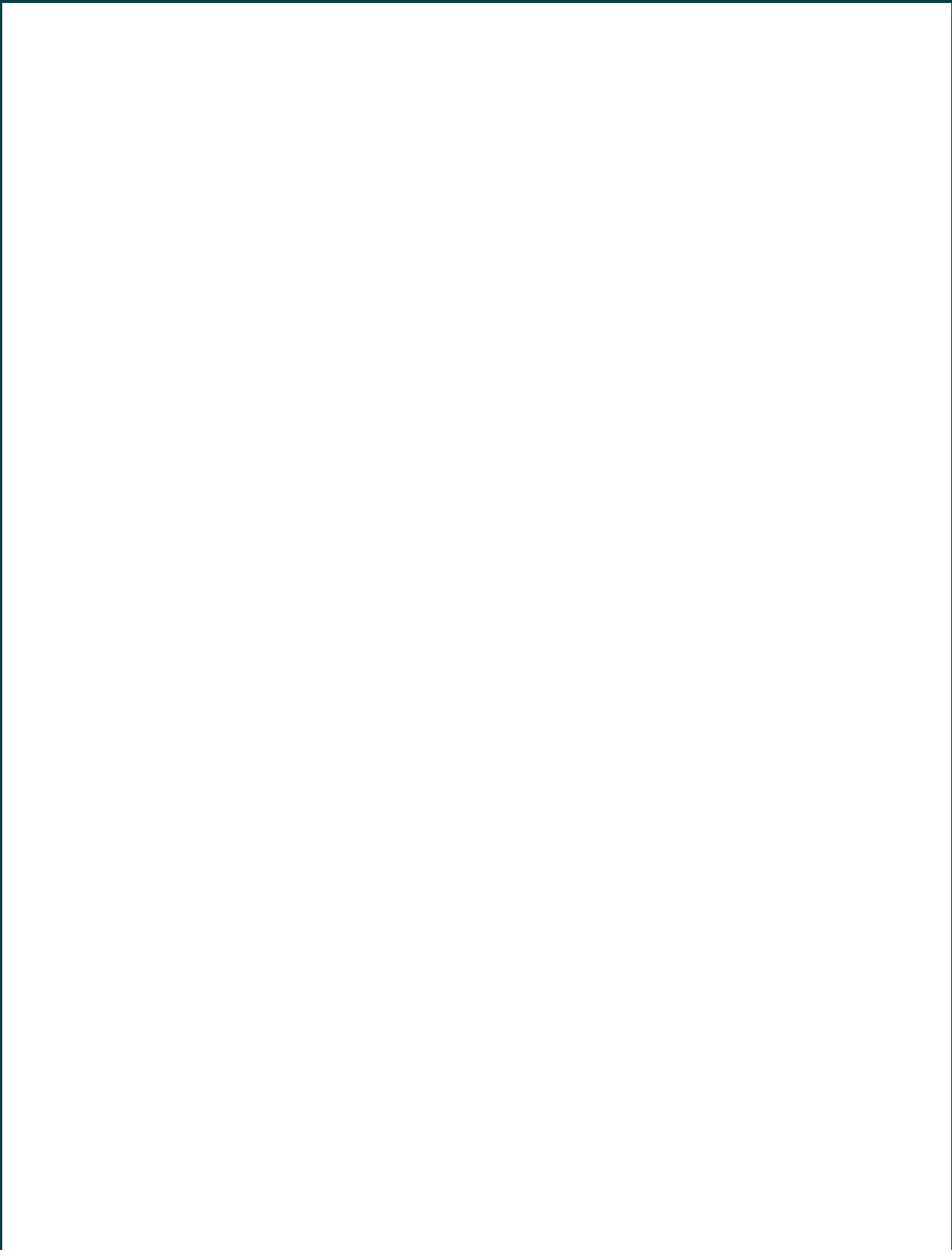
VISIONING SESSION WITH LISA MARIE ALATORRE & MISIA DENEVA

DREAMING OF NEW WORLDS: HAES® IN THE FUTURE

Sonya Renee Taylor has said, "Liberation is gonna be co-created in community with other people inside of a liberatory imagination. And if we can be there, then I believe we will win." During this visioning session, we will be just that! In community with other people inside of a liberatory imagination. As a group we will engage in experiential visioning focusing on what is possible for the future of ASDAH, how the Health at Every Size® framework of care can evolve, and what a world without fatphobia in healthcare would look like. We will close this visioning session with meditation and intention setting. We hope that after this session, attendees will be inspired to take committed action in their daily lives to co-create a free world where everybody wins.



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GLOSSARY

Abolition

An ongoing process of assessing and replacing any system that doesn't serve all of us and the commitment to eradicate and replace these harmful systems rather than incrementally reforming them; an evergreen framework for effecting change that goes beyond the tearing down, but the rebuilding that must take place by prioritizing radical imagination

Collective/Community Care

The foundation of togetherness; using our power, privilege, and resources to better the people who are both in and out of our scope of reach; seeing community members' well-being as a shared responsibility of the group rather than the lone task of an individual; the commitment to addressing interlocking oppressions and reasons for deteriorating well-being within the group while also combatting oppression in society at large with an emphasis on joint accountability and collective empowerment.

Deathwork

The act of working with the energy of death intentionally; work that we do, which covers anything that finds an ending-but also the beginnings they make room for. This generally includes working with concepts like loss, transformation, change, grief, identity, etc.

GLOSSARY

Disability Justice

A very specific framework of thinking about disability which centers intersectionality and the ways diverse systems of oppression amplify and reinforce one another; the cross-disability (sensory, intellectual, mental health/psychiatric, neurodiversity, physical/mobility, learning, etc.) framework that values access, self-determination and an expectation of difference in disability, identity and culture; Dj principles include: intersectionality, leadership of those most impacted, anti-capitalist politic and the commitment to cross movement organizing, recognizing wholeness, sustainability, commitment to cross disability solidarity, interdependence, collective access, and collective liberation

Healthism

Originally defined as the preoccupation with personal health as a primary focus for the definition and achievement of well-being; a goal which is to be attained primarily through the modification of lifestyles; Healthism is the belief system that sees health as the property and responsibility of the individual and ranks the personal pursuit of health above anything else which judges people' worth according to their health, ignores the impact of poverty, oppression, war, violence, luck, historical atrocities, abuse, and the environment, and maintains to oppressive status quo

GLOSSARY

Intersectionality

First coined and defined by Kimberle Crenshaw as a political framework which speaks to the multiple social forces, social identities, and ideological instruments through which power and disadvantage are expressed and legitimized; it is a lens or prism for seeing where power comes, collides, interlocks, and intersects AND the way in which various forms of inequality often operate together and exacerbate each other

Love ethic

First coined by bell hooks; A way of being, doing, and thinking which utilizes all of the dimensions of love--"care, commitment, trust, responsibility, respect, and knowledge"--in our daily lives; it presupposes that everyone has the right to be free, live fully and well; it is aligned with the values of honesty, openness, personal integrity, loyalty, and sustained bonds over material advancement; a political process that transforms systems of injustice such as capitalism, patriarchy, and racism; a model of relationship-oriented activism encompassing dialogue, nonviolence, interconnectedness between people and between people and nature, reflexivity, shared power, and solidarity

Misogynoir

First coined and defined by Moya Bailey as the ways anti-Black and misogynistic representation shape broader ideas about Black women, particularly in visual culture and digital spaces; the anti-Black racist misogyny that Black women experience; the dislike of, contempt for, or ingrained prejudice against black women

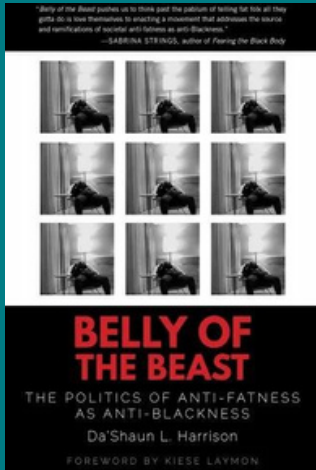
GLOSSARY

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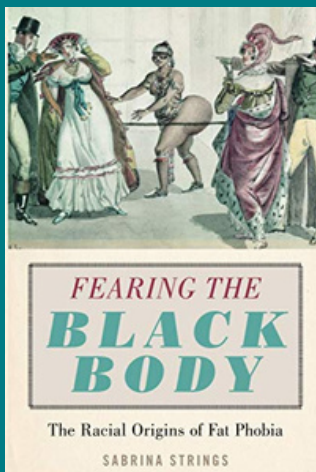
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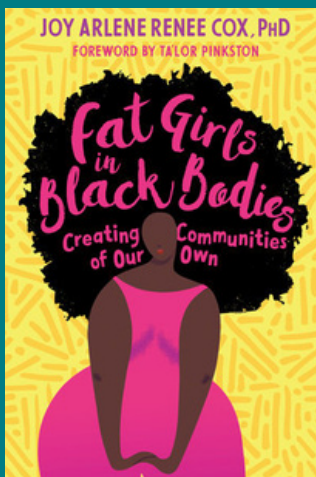
RESOURCE LIBRARY



**BELLY OF THE BEAST: THE POLITICS
OF ANTI-FATNESS AS ANTI-
BLACKNESS**

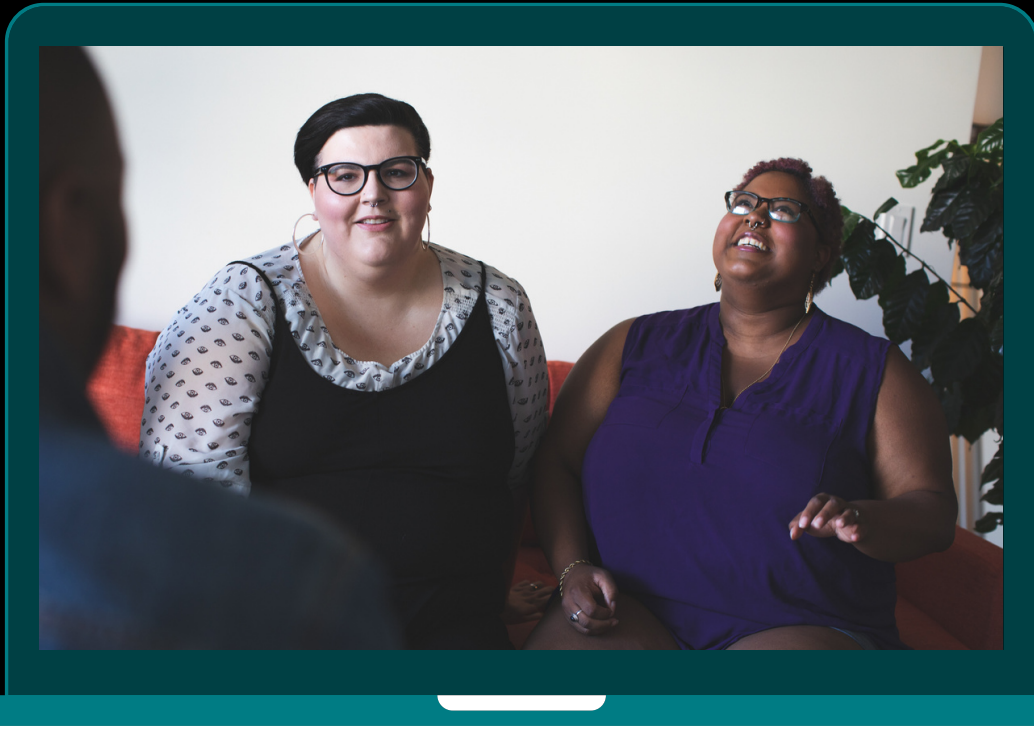


**FEARING THE BLACK BODY: THE
RACIAL ORIGINS OF FAT PHOBIA**



**FAT GIRLS IN BLACK BODIES:
CREATING COMMUNITIES OF OUR
OWN**

BECOME A MEMBER



[MEMBERS.ASDAH.ORG/JOIN-ASDAH](https://members.asdah.org/join-asdah)

DONATE



[MEMBERS.ASDAH.ORG/DONATE](https://members.asdah.org/donate)

COMPLETE THE EVALUATION



ASDAH.ORG/CONFERENCE-EVALUATION



Freedom is both an individual and collective endeavor-- a multilayered process, not a static state of being. Being free is, in part, achieved through being connected.

-

Mia Birdsong

”

**“Be careful
with each
other, so we
can be
dangerous
together.”**

-

Unknown

**Who will you be and
what will you do
when you leave this
space so that you
and those in your
community will be
free? How will you
care for yourself and
others and allow
others to care for
you so that we may
be dangerous
together?**

**THANK
YOU FOR
ATTENDING!**

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