How do we address fat politics?

Given the general antipathy toward fatness and fat people in our society, we take a minority position. We hold to the intersectional feminist view that bodies of all shapes and sizes are valid and have beauty. We cannot discern anything about a person's habits or character by the shape or size of their body; bodies of all shapes and sizes may be healthy and unhealthy.

We support every individual's right to use the words for their body that feel best for them. We would like to get to the point where people use "fat" as a neutral, descriptive term, like we might use "tall" or "short." As it is, we use it more as a term of defiance, much like nonheterosexual people often use the term "queer." We avoid referencing Body Mass Index (BMI), because it has no predictive or descriptive value when it comes to an individual's health. The term's historical and continued use actively harms fat people, especially those who are Black.

With the right resources and support, most of us can enhance our health, regardless of our size and shape (see Disability, above). "Health at Every Size" is a framework that aims to equip all people with tools for improving their health without regard to body size or shape. At the same time, nobody should be pressured into believing that we should constantly labor to improve our health above every other possible pastime. This belief system, known as "healthism," is used particularly against those considered "overweight," who are disparaged for failing to "get healthy" (lose weight).

Body-shaming in all forms, whether inflicted by health care providers, family members, peers, media, partners, or others, has devastating and often life-long effects on women, girls, and gender-expansive people. Alternatives to fatphobia and fat-shaming include *body-positivity*–the idea that we all have the right to enjoy and feel proud of our bodies–and *body-neutrality*– focusing more on how our bodies feel and what they can do (rather than on appearance).