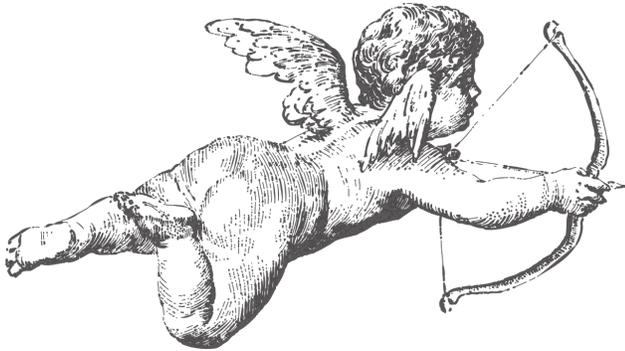


Fat Lib Glossary — The Fatness Spectrum

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Straight size — Fashion term, US W sizes 00 to 12

Plus size — Fashion term, US W sizes 14 and up

Small fat — Folks who wear a US W size 18 and under. These folks have the most amount of size privilege within the fat community and are often the only voices that get heard when discussing fatness. Most plus size models who are actually plus size fall into the small fat category (if they wear plus sizes at all). Fat representation in media at large is, with a couple of notable exceptions, all small fats.

Mid fat — Folks who wear a US W size 20 to 24. These folks have some size privilege within the fat community. It may be harder for them to find medical professionals who will take them seriously, and they may be subject to other social discrimination but don't face as much institutional discrimination as super+ fat folks

Additional reading: "Fat Privilege: Revelations of a Medium Fat Regarding the Fat Spectrum" by Michelle V Scott — <https://medium.com/@michellevscott/fat-privilege-revelations-of-a-medium-fat-regarding-the-fat-spectrum-ec70dc908336>

Lane Bryant Fat — Fat folks who can shop at plus size retailers, such as Lane Bryant which carries up to US W size 28, with no issue, coined by Roxanne Gay.

Source: This American Life, episode 589, Tell Me I'm Fat, Act 3 — <https://www.thisamericanlife.org/589/tell-me-im-fat/act-three-4>)

Superfat — Created at the 2008 NOLOSE Supersize Caucus as a word to represent the fattest folks in the community who are often looked over and disregarded when discussing fatness. It originally had no upper size limit. “‘Superfat’ was originally intended to reflect the experience of being the fattest of the fat, an experience of being denied access — to the world and to community — based on our size.” It has also been used more recently as a size designation below Infinifat, which while straying from the initial usage of the term, can designate folks who wear US W size 26 to 32.

Source: "Community origins of the term 'Superfat'" by Max Airborne & Cherry Midnight — <https://cherrymax.medium.com/community-origins-of-the-term-superfat-9e98e1b0f201>

Infinifat — Coined by Ash of TheFatLip podcast in 2016, to contrast to the focus on smaller fats in fatphobia/body liberation discourse. "Here's the thing. If a size 12 is smallfat and a size 26 is superfat, I'm still on the far, far right. In fact, I have no idea what size I even am." There's a big difference between size 26 folks who can still access clothes at all, and size 40+ folks who cannot; folks who buy 2 plane seats because 1 is uncomfortable vs 1 only fitting half your body.

Source: "Beyond Superfat: Rethinking the Farthest End of the Fat Spectrum" by Ash — <http://thefatlip.com/2016/12/20/beyond-superfat-rethinking-the-farthest-end-of-the-fat-spectrum/>

Death fat — coined by Lesley Kinzel in 2008 as a response to the BMI designation of “morbid ob*sity.” The purpose of the word was to point out the hilarity of a medical classification that says that if you weight a certain amount and are a certain height you might drop dead at any moment. It's meant to troll the trolls by “gently poking fun at strangers who would get all wrought up over their manufactured concerns about my health”.

Source: "IT WAS SUPPOSED TO BE FUNNY: Death Fat Conceptualized", by Lesley Kinzel — <http://blog.twowholecakes.com/2009/06/it-was-supposed-to-be-funny-death-fat-contextualized/>