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Thin was a great 102 minute documentary about females admitted to the Renfrew Treatment Center in Florida for eating disorders. It focused on four females aged 15 to 30 years of age.

In some cases the body becomes an obsession leading to recalcitrant eating behaviors as evidenced by the increase in anorexia nervosa and bulimia in the past thirty years (Brumberg, 1997). Alisa's trigger was induced by her pediatrician stating that she was fat to her mother at 7 years of age. Girls presently start monitoring their bodies at nine or ten years of age, instead of the teen years in either the 1920s or the 1950s (Brumberg, 1997). The movie, *Thin*, also portrays that dieting is more habitual and intense now than in the 1920s or the 1950s (Brumberg, 1997). Brittany started restricting her diet the moment she left the facility. Her situation was also dire (Greenleaf, Petrie, Carter, & Reel, 2009) compared to the other three focused females because she had already sustained liver damage. Also Brittany's mother had an eating disorder and they had practiced "chewing" food in the past without swallowing. Shelley needed support to drink Resource, because it had been induced in her peg. Shelley also had purging issues from her peg leading to its removal. Polly began purging when she was released from Renfrew for her misdeeds.

Alisa elicited the "bad body fever" discussed in *The Body Project*. According to Brumberg (1997), "bad body fever" is a continuous internal commentary that constitutes a powerful form of self-punishment" (p. 196). Alisa had a distorted body image. After the artist traced her smaller than perceived outline, Alisa wrote many derogatory words on her outline prior to writing "help me" on it.

Brumberg also discussed that girls who regularly exercise in gyms and studios and those who participate in organized sports should be physically stronger than girls in the Victorian era. Greenleaf, Petrie, Carter, and Reel (2009) assert that “female athletes are a group particularly at risk for developing eating disorders or engaging in unhealthy behaviors to control their weight” (p. 489). I am unsure whether cheerleading contributed to Brittany’s eating disorder; however, cheerleaders can be really nasty about female differences particularly overweight.

References

Brumberg, J. J. (1997). *The body project: An intimate history of American girls*. New York: Vintage.

Greenleaf, C., Petrie, T. A., Carter, J., & Reel, J. J. (2009). Female collegiate athletes: Prevalence of eating disorders and disordered eating behaviors. *Journal of American College Health, 57*(5), 489-495.

Home Box Office (Producer), & Greenfield, L. (Director). (2006). *Thin* [Motion picture]. U.S.A.