



NEWS RELEASE
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Alabamians lose almost 200,000 pounds

FOR IMMEDIATE RELEASE

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More than 40,000 Alabamians participated in Scale Back Alabama, the state's annual weight-loss competition. Led by Coach Roger Shultz, a former University of Alabama football player and a finalist on the 2008 Biggest Loser Couples Show, the event resulted in 183,135 pounds lost statewide since the beginning of January.

Bad Boys, a team of state employees from Montgomery County, won the grand prize of \$1,000 per team member. The first-place team members included Elbert Taylor, Travis Thompson, Roland Roberts, Jr., and Morris Harris.

Names of all teams on which each person lost at least 10 pounds during the contest were placed in a drawing for cash prizes and drawn live today via satellite broadcast and Webcast. In addition to the team drawings, the names of individuals who lost at least 10 pounds, even though their team members did not, were included in a separate drawing for individual prizes.

"The goal of Scale Back Alabama is to encourage healthy lifestyles," said Donald Williamson, MD, State Health Officer. "Alabama's the third most obese state in the nation, and we simply cannot continue our old habits and expect to be healthy."

Roger Shultz, who lost 164 pounds during the 2008 television contest, said "My main message throughout the contest was to 'eat less and move more.' I know; I've been there, and I realize how much better I feel now that I'm watching what I eat and exercising."

Scale Back Alabama is a 10-week contest sponsored by the Alabama Hospital Association and the Alabama Department of Public Health, with generous underwriting from Barber's Dairies and Blue Cross Blue Shield of Alabama. This year's contest was the third such contest in which teams compete to win prizes and benefit from weekly tips and lesson plans on healthy lifestyles.

"The focus of the contest is adults, particularly those in the workplace, but our hope is that their good habits will also spread to their families," said Donald J. Jones, FACHE, chairman of the Scale Back Alabama Task Force and CEO of Marion Regional Medical Center in Hamilton. "With almost every county participating, we know the message was widespread, and hopefully many Alabamians will be healthier as a result."

Other grand prize winners included:

2nd place team winner – Three Girls and a Guy, Dichelle Turner, Lynn Hammonds, Margaret Higgins and Carlos Matkins of Madison County

2nd place team winner – Pound Smashers, Dawarris Jackson, Angela Purter, Sayed Alamy and Sandra Blakely, state employees from Montgomery County

3rd place team winner – Big “Dam” Losers, Chuck Easterling, John Cochran, Scotty McNeill and Lorenzo Leneer, from Alabama Power in Wetumpka

Individual winners will be posted online at www.scalebackalabama.com.

Statistics from Scale Back Alabama 2009:

Total number of people participating – 40,772

Total pounds lost statewide – 183,135 pounds

Number of teams on which all people lost 10 pounds - 690

Total number of individuals that lost as least 10 pounds – 9,701

Average weight loss among those who lost at least 10 pounds – 14.22 pounds

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