



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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2015 Scale Back Alabama winners announced

FOR IMMEDIATE RELEASE

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Eighteen men and women from across the state won the grand prizes for teams today in the cash prize drawing for Scale Back Alabama participants. Forty additional winners of individual prizes are posted on scalebackalabama.com. More than 28,000 Alabamians participated in the 10-week program that resulted in a total statewide weight loss of 79,942 pounds.

“This was the ninth year for our statewide program, which encourages healthy weight loss from better eating and exercise habits,” said Rosemary Blackmon, executive vice president of the Alabama Hospital Association.

“Scale Back Alabama is a perfect example of how the public and private sector can harness their collective talents and resources to effect major change,” said Dr. Tom Miller, Chief Medical Officer of the Alabama Department of Public Health. “Alabama must curb the dangerous obesity trend if we are ever to have a healthy population; there are just too many harmful health side effects of being overweight.”

The Alabama program, which is sponsored by the Alabama Hospital Association, the Alabama Department of Public Health and Blue Cross and Blue Shield of Alabama, has become a model for the nation and has received numerous inquiries from other states.

Winning the first place prizes of \$1,000 per team member were Robert Marion and Micah DiGrezio of Redstone Arsenal; Rockwell 3, Laurie Kilborn and Renel Spell of Spanish Fort; and the Toonies, Peter Wood and Jodi Wood of Mobile.

Second place winners of \$500 each were Angie Bragwell and Kristie Barnes of Florence; The Lean Greenes, Heather Greene and Pam Greene of Gadsden; and the i don't know team, Jeremy Tidwell and Shaun Lee of Gardendale.

Third place winners of \$250 for each team member were The Honey Cups, Lynette Hamilton and Joyce Steveson of Vincent; the No Name New Life Gals, Debra Williamson and Nikki Rickard of Florence; and Tiny Thinking Trojans, Alaine Perdue and Mary Moorer of Daphne.

Individual names were also drawn from those who lost at least 10 pounds.

In addition, more than 150 schools participated in the contest, and three schools were drawn to receive nutrition and physical activity materials/equipment. Prize-winning schools drawn were Ider High School, Ider; Vestavia Hills Elementary School, Cahaba Heights; and Dora High School, Dora.

2015 Statistics

Number of local coordinators - 526

Total number of teams participating – 14,288

Number of individuals participating – 28,576

Number of teams on which each team member lost 10 pounds – 1,154

Number of individuals who lost at least 10 pounds – 4,140

Total pounds lost – 79,942