



Alabamians Lose 146,451 Pounds

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In January, more than 7,500 four-member teams registered at weigh-in sites across the state to participate in Scale Back Alabama 2010, the state's annual weight-loss competition. Throughout the course of the ten-week program, more than 30,000 participants were guided with weekly health tips and motivational messages with the end result being a total statewide weight loss of 146,451 pounds.

"The Ultimate Crew," from Tuscaloosa County, won the grand prize of \$1,000 per team member. The first-place team members included Debrah Hobson, Twilene Jefferson, Debbie Lancaster and Warren Henderson. In second place, winning \$500 per team member, was "Tom, Chris, Todd, Charles" from Jefferson County, and "MCJT4" of Lee County took the third-place prize of \$250 per team member.

In addition to the grand prize winners, individual winners were selected. All individual winners had to have lost at least 10 pounds during the 10-week period. Those eligible for the team prize drawing had to be on a team in which all four team members lost at least 10 pounds. A list of all winners is posted on the Web site, www.scalebackalabama.com.

"One of the primary goals of the health reform legislation was to provide health coverage to more people," said Donald Jones, Scale Back Alabama Chairman. "However, all the health insurance in the world won't take the place of our own personal responsibility to be healthy. It's been estimated that the effects of obesity are similar to 20 years of aging. We've got to break the cycle in Alabama and develop healthy habits; that's what Scale Back Alabama is all about."

Donald Williamson, MD, State Health Officer, echoed Jones' comments stating that an overweight or obese person who eliminates 5 to 15 percent of his or her total body weight can reduce the risk factors for several diseases, particularly heart disease. He added that weight loss can result in lower blood pressure, lower blood sugar, and improved cholesterol levels.

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.

Statistics from Scale Back Alabama 2010:

Total number of people participating – 31,212

Total pounds lost statewide – 146,451 pounds

Number of teams on which all people lost 10 pounds – 573

Total number of individuals that lost as least 10 pounds – 7,745