



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104  
Phone 334-206-5300 Fax 334-206-5520

[www.adph.org](http://www.adph.org)

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## Scale Back Alabama announces winning teams

### FOR IMMEDIATE RELEASE

#### CONTACT:

Teresa Fair, ADPH

(334) 206-5226

Rosemary Blackmon, AHA

(800) 489-2542

Eighteen men and women from across the state won cash prizes in the grand prize team prize drawing for Scale Back Alabama participants. The participants' names were drawn from a group of 1,018 teams on which each participant lost at least 10 pounds. In addition, 40 individual winners were drawn from a list of individuals whose teams didn't reach the goal, but the individual did. More than 21,000 Alabamians participated in the 10-week program that resulted in a total statewide weight loss of 76,485 pounds.

"Losing 10 pounds is a great accomplishment and can lead to big health gains such as better blood pressure, cholesterol, and blood sugar levels to name a few," said State Health Officer Dr. Tom Miller. "Scale Back Alabama continues to help Alabamians make strides to improve their health year after year."

"The program is an important public/private partnership that results in thousands of Alabamians getting healthier each year," said Rosemary Blackmon, executive vice president/COO of the Alabama Hospital Association. "Our hospitals are proud to be a part of this exciting initiative and hope the healthy habits gained during the competition last throughout the year."

### 2016 Winners

- First Place - \$1000 each
  - The Adventures of Mad & Sad, Troy, AL
  - Plunging Waist Lines, Athens, AL
  - Scale Mess, Florence, AL
- Second Place - \$500 each
  - PT&N, Spanish Fort, AL
  - Thin it 2 Win it, Vernon, AL

- Hungry Too, Ashford, AL
- Third Place - \$250 each
  - Tons of Buns, Tuscaloosa, AL
  - The Hunger Games, Geneva, AL
  - Lab Rats, Montgomery, AL

For a complete list of individual and team winners, visit [scalebackalabama.com](http://scalebackalabama.com).

### **2016 stats**

Number of local coordinators - 558

Total teams participating – 10,826

Number of individuals participating – 21,652

Number of teams on which each team member lost 10 pounds – 1018

Number of individuals who lost any weight – 7642

Total pounds lost – 76,485

### **To download footage from the final event:**

Windows Media

<http://video1.adph.state.al.us/alphtn/ScaleBack/2016/2016ScaleBackFinal.wmv>

Real Player

<http://video1.adph.state.al.us/alphtn/ScaleBack/2016/2016ScaleBackFinal.ram>

Instructions for Downloading Files from ADPH FTP Server:

1. Open a web browser and go to <ftp://ph.state.al.us/>
2. At the login prompt enter alphtn as the username and alphtn10 as the password and hit enter.
3. You are now in the FTP folder. Your files are located there. Drag and drop the files to your computer.