

Positive Aspects of Scale Back Alabama

- Promotes weight loss programs offered at the work site and community level
 - Habits at work may encourage sedentary habits
 - Worksite wellness can help employees put health as a priority

Positive Aspects of Scale Back Alabama

- Employees who walk during break times can think clearer and feel better
- Employers have healthier, happier employees

Positive Aspects of Scale Back Alabama

- Provides peer support
 - It is much easier to be successful in lifestyle changes when people around you are supportive and are trying to make similar changes

Scale Back Successes

- Over 40,000 participants each year for past 2 years
- In 2009
 - Nearly 700 teams (2,800 people) reported losing 10 pounds or more
 - Additional 9,700 people lost 10 or more pounds
 - Regardless of the rest of the team

Scale Back Successes

- Participants who increased their daily intake of fruits and vegetables to 2 - 4 servings daily: 51%
- Participants who increased the number of glasses of water they consumed by 1 - 3 glasses daily: 53%
- Participants who increased the number of glasses of milk they consumed: 57%

Scale Back Successes

- Participants who decreased their total cholesterol levels during SBA: 15%
- Participants who decreased their blood pressure during SBA: 14%
- Participants who increased the number of days they exercised to 2 - 3 days per week: 43%

Scale Back Successes

- **Participants who felt an increase in energy as a result of SBA: 61%**
- **Participants who strongly agreed to continuing the healthy lifestyle changes they made for at least 6 months: 61%**

Reminders

- **Scale Back Alabama is a program encouraging healthy lifestyle changes**
- **Even if weight is in an acceptable range, a person can still participate and benefit from the healthy lifestyle information that is provided**