The Scale Back Alabama (SBA) School program is one way for schools to promote a healthy school environment. The program meets federal recommendations to provide wellness opportunities for school staff and engage the community.

Any K-12 school, public or private, in Alabama is eligible.

The program is not for students. It is intended for adults affiliated with the school so that they have a healthy influence on the students.

Get parents involved! By being a school public weigh-in site, parents and community members can participate (especially in rural areas!).

**BECOMING A SBA SCHOOL IS EASY! HERE ARE THE STEPS:**

- Your school will need a coordinator to get started. Sign up at www.scalebackalabama.com under the Coordinators Wanted tab.
- Schools that decide to be a weigh-in site, whether it’s a public or private site, must register at least 3 teams of 2.
- All school coordinators that register with SBA are automatically enrolled in the SBA School program. There are no extra forms to complete!
- SBA Schools receive special recognition on the website and are entered into a school drawing for prizes that promote good nutrition and physical activity habits for the students. These prize drawings are in addition to the team and individual drawings for cash prizes.
- If your school does not have a coordinator and doesn’t wish to be a weigh-in site, check the SBA website for a public weigh-in site in your area so school teams don’t miss out on the fun! Be sure to let us know your school teams are using a public site so it’s still eligible for prizes.
- Reminder - Students are not allowed to participate and weight loss for students is not being encouraged.