

Scale Back Alabama 2012

Satellite Conference and Live Webcast
Thursday, December 1, 2011
11:00 a.m. – 12:30 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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www.scalebackalabama.com

Scale Back Alabama

- Started six years ago as an attempt to help Alabamians develop healthier lifestyles by eating better and being more active
- Public service effort from Alabama's hospitals and the Alabama Department of Public Health and is supported by Blue Cross and Blue Shield of Alabama

Scale Back Alabama

- Grassroots/community effort with more than 300 local coordinators in almost every county of the state

Scale Back Alabama 2012

- Program goes from January 21-27 through April 7-13
- No charge for participating
- Must be 18 years or older
- Teams of four have a goal of losing at least one pound a week per person

Scale Back Alabama 2012

- Teams go to official weigh-in sites as listed on the web page
- Successful teams are put into a drawing for monetary rewards

Scale Back Alabama School Program

- Gives school personnel the opportunity to be healthy role models for their students
- Schools with five or more teams (20 people) participating can sign up to become a Scale Back Alabama School

Scale Back Alabama School Program

- Students are not allowed to participate
- The schools will be entered into a special drawing to win Scale Back Alabama School prizes
 - Team members losing weight will also be entered into the Scale Back Alabama drawing for cash prizes