



Scale Back Alabama announces 2017 prize winners

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Eighteen men and women from across the state won cash prizes in the team grand prize drawing for Scale Back Alabama participants. In addition, the names of 40 individuals were randomly selected to win cash prizes for their weight loss of 10 pounds or more. Approximately 17,000 Alabamians participated in the 8-week program that resulted in a total statewide weight loss of 57,761 pounds.

### **2017 Winners**

- First Place – \$1,000 each
  - Hog Snatchers, Mitch Milner and Michael McKenzie, Tallassee, Ala.
  - J.P. Weis, John Weis and Paula Weis, Madison, Ala.
  - Bridgett Brantley and Heather Bryan, Andalusia, Ala.
- Second Place – \$500 each
  - 2 Walking Women, Cindy Howell and Wanda West, Birmingham, Ala.
  - Net Loss, Carol Parrish and Ann Waters, Mobile, Ala.
  - Fit 2 Figure, Quintessa Abernathy and LaWanda Sturdivant, Trussville, Ala.
- Third Place – \$250 each
  - Bobo Fatt and Chubbacca, Steve Brahm and Michael Wilke, Huntsville, Ala.
  - Thought I Told Ya, Rachel Reed and Mike Tuno, Montgomery, Ala.
  - MR Scalers, Adam Carr and Daniel Cook, Decatur, Ala.

In addition, three Alabama schools were awarded special recognition and prizes that promote good nutrition and physical activity habits for students.

### **2017 Scale Back Alabama School Winners**

- First Place – Hayden Middle School, Hayden, Ala.
- Second Place – Caldwell Elementary School, Scottsboro, Ala.
- Third Place – Pick Elementary School, Auburn, Ala.

### **2017 Statistics**

- Number of two-member teams on which both team members lost 10 pounds – 988
- Number of pounds lost among these teams – 29,544 pounds

- Number of individuals who lost at least 10 pounds, but were not on a team on which both lost 10 pounds – 3,761
- Number of coordinators – 470
- Percent of counties that participated – 94 percent

Scale Back Alabama is a free weight loss and physical activity program designed to encourage Alabamians statewide to get healthy by losing weight and having fun while doing it. The public/private partnership is sponsored by the Alabama Hospital Association, Blue Cross and Blue Shield of Alabama, and the Alabama Department of Public Health.

View the final Scale Back Alabama 2017 event at [scalebackalabama.com](http://scalebackalabama.com).

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4/5/17