

Alabama In Motion: The Development Of A Web-based Program



Spring 2012, Volume 3, No. 1
A Peer Reviewed Journal of the
Center for African American Research & Policy

Alabama in Motion: The Development of a Web-Based Program Management Application for Alabama Residents to Fight Against Obesity

Kinnis Gosha¹
Morehouse College

Joshua Ekandem
Clemson University

This paper introduces the problem faced by the Alabama Cooperative Extension Service (ACES) Office and their program entitled, "Alabama In Motion." The program encourages an active, healthy lifestyle for Alabama residents by providing a system which tracks the amount of exercise done and the amount of pounds lost. The program allows for individuals, teams or schools to register. There were many problems encountered by the ACES office due to having a manual paper-based system. These problems were eliminated with the construction of the database-driven, online program management tool.

Introduction

The prevalence of diabetes, asthma, and obesity are high in Alabama. This leads to premature death, illness, and lost workdays and productivity. The United States showed a steady increase of obesity from 12.0% in 1991 to 17.9% in 1998. This steady increase was observed in all states; in both sexes; across age groups, races, and educational levels; and occurred regardless of smoking status (Mokdad, Serdula, Dietz, Bowman, Marks and Koplan, 1999). As for Alabama adults, 63 percent are overweight or obese and 60 percent do not meet recommended guidelines for physical activity. In addition, between 14 and 35 percent of the children in Alabama are overweight. In addition to being unhealthy, being obese is also expensive. In the United States, the total cost attributable to obesity amounted to \$99.2 billion dollars in 1995. Approximately \$51.64 billion of those dollars were direct medical costs (Wolf and Colditz, 1998). Alabama's share of this cost came out to around \$1.32 billion. As for diabetes, Alabama leads the is amongst the leaders in the nation in the incidence of diabetes cases per year (Backalar, 2009).

The 2005 Dietary Guidelines and the newly revised food guide pyramid, MyPyramid, advise at least 60 minutes of physical activity for youth and at least 30 minutes for adults most days of the week. To achieve these goals, members of the Alabama Cooperative Extension Office (ACES) created Alabama in Motion. Alabama in Motion serves as an easy and fun way to burn fat, lose weight, ward off heart disease and diabetes, strengthen bones and muscles, reduce

¹ Correspondence regarding this article should be directed to Kinnis Gosha via email at kgosha@morehouse.edu

[DOWNLOAD HERE](#)

This paper introduces the problem faced by the Alabama Cooperative Extension Service (ACES) Office and their program entitled, Alabama In Motion. The program encourages an active, healthy lifestyle for Alabama residents by providing a system which tracks the amount of exercise done and the amount of pounds lost. The program allows for individuals, teams or schools to register. There were many problems encountered by the ACES office due to having a manual paper-based system. These problems were

eliminated with the construction of the database-driven, online program management tool.

[DOWNLOAD HERE](#)

Similar manuals:

[Special Offer!! - Tymoos Stardust - Layered PSD File Absrtact Ideal For Magazine Covers, Websites Or Wallpapers](#)

[Flower Reflected In Dewdrops On A Spiderweb](#)

[Dewdrops On A Spiderweb](#)

[Spider Web - Everglades - Florida - USA](#)

[Spider Web Araneus Marmoreus Germany](#)

[Spider Web With Dewdrops](#)

[Spider Web And A Red Colored Leave Denali Nationalpark Alaska USA](#)

[Spider In A Spider Web In A Autumnal Colored Beech Forest](#)

[Spider Web Germany](#)

[Spider Webs Germany](#)

[Orb Web Spider Araneus Ceropegus = Aculepeira Ceropegia - Slovenia](#)

[Web](#)

[Web](#)

[Spider Web With Dewdrops](#)

[Spider Web European Garden Spider Araneus Diadematus](#)

[Green Mossy Stairs And Door With Cobwebs, Draw Works Henrichenburg, Westphalian Industry Museum, Waltrop, Channel, Dortmund Ems Channel, Museum, Industry Museum, Route Of The Industry Culture, NRW](#)

[Spider Web Lower Austria](#)

[Spider Web](#)

[Spider Web](#)

[Spider Web](#)

[Spider Web](#)

[Spider Web With Dew Drops In An Autumn Forest](#)

[Spider Web On A Twig In An Autumn Forest](#)

[Spider Web on Leaves In An Autumn Forest](#)

[Spider Web With Dew Drops, North Rhine-Westphalia, Germany](#)

[Spider Web With Dew Drops, North Rhine-Westphalia, Germany](#)

[Dew Drops In Spiders Web, North Rhine-Westphalia, Germany](#)

[Dew Drops In Spiders Web, North Rhine-Westphalia, Germany](#)

[Dew Drops In Spiders Web, Rhineland-Palatinate, Germany](#)

[Garden Spider On Web](#)

[Garden Spider On Web](#)

[Drops Of Water In Spider Web](#)

[Spiders Web Early In The Morning](#)

[Spider Web With Dew Drops](#)

[Spider Web With Dew Drops](#)

[Linen Curtain Panel Web](#)

[Spiderweb With Dewdrops - Cross Orbweaver - Cross Spider - European Garden Spider Araneus Diadematus](#)

[World Wide Web](#)

[Web](#)

[Hoarfrost On A Shoot With Spiderwebs In The Morning Backlight](#)

[White Frost On An A Little Shrub With Rests Of A Spiders Web In Morning Light](#)

[Cobweb In Hoar Frost](#)

[Cobweb Of Garden Spider Araneus](#)

[Spiderweb With Dewdrops - Cross Orbweaver - Cross Spider - European Garden Spider Araneus Diadematus](#)

[Spider Web With Dew Drops](#)

[Spider Web With Dew Drops](#)

[Dew Drops In A Cobweb In Early Morning](#)

[Funnel-web Spider, Funnel-web Spider In Its Nest](#)

[European Garden Spider Araneus Diadematus In Web Between Fir Trunks Picea Abies](#)

[European Garden Spider, Cross Spider Araneus Diadematus In A Cobweb](#)