$$\alpha = \frac{1}{\Omega_i} \int_{\Omega_i} \mathrm{H}\left(\phi\right) \mathrm{d}\Omega \qquad \text{where} \qquad \mathrm{H}\left(\phi\right) = \left\{ \begin{array}{lll} 1 & \text{if} & \phi > 0 \\ 0 & \text{if} & \phi \leq 0 \end{array} \right.$$