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# Website offers family, nutrition, fitness info

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Daily Banner

COLLEGE PARK - The University of Maryland, College Park and Maryland Cooperative Extension announce the availability of a new website for families in Maryland. The website address is [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu). All services on the site are free.

This website is for Maryland residents who want to learn about eating healthy and being active. It also has ideas on how to save on food costs and provides information on Dorchester County resources and events.

According to Dr. Nancy Atkinson at the University of Maryland, "The Eat Smart, Be Fit website was developed specifically for Maryland residents after we spent months of talking with community members throughout the state

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— Connie Barnett

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to learn about their needs and wants." One of the goals of this interactive website is to connect community members on the Eastern Shore with each other to improve overall community health.

"This website supports the efforts of other health agencies in the community, and also acts as a resource for families that may not have access to information from other sources. It's a great way for County residents to get involved in their health and in their com-

munity" says Connie Barnett, extension educator at the Dorchester County Cooperative Extension.

The Eat Smart, Be Fit, Maryland! Website is part of a research study at the Public Health Informatics Research Laboratory at the University of Maryland that is being done to improve community health for Maryland residents. For more information, contact the University of Maryland by email at [eatsmartmd@umd.edu](mailto:eatsmartmd@umd.edu).