

Worcester

UNIVERSITY OF MARYLAND LAUNCHES NUTRITION WEB SITE.

The University of Maryland College Park and Maryland Cooperative Extension announce the availability of a new Web site for families in Maryland who want to learn about eating healthy and being active. The address is www.eatsmart.umd.edu; all services on the site are free. It also has ideas on how to save on food costs and provides information on Dorchester County resources and events. One of the goals of the interactive Web site is to connect community members on the Eastern Shore with each other to improve overall community health. "This Web site 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 community," said Connie Barnett, extension educator at the Dorchester County Cooperative Extension. The Eat Smart, Be Fit, Maryland! Web site 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 e-mail at eatsmartmd@umd.edu.
