



# UNIVERSITY OF MARYLAND

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Dear Community Service Provider:

The University of Maryland and Maryland Cooperative Extension have created a new healthy living website program for limited income women in Maryland. The ***Eat Smart, Be Fit, Maryland!*** Program is a study designed to reduce diet-and physical activity-related risks of chronic disease by increasing available health and wellness resources for participants. The goal of the program is for learners to understand how to make healthy food choices and increase physical activity levels. We invite you to visit the program website at: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu).

As a service provider, we hope that you will help us to recruit community members to use this exciting website. You can help to promote use of this website by distributing brochures and magnets, as well as by displaying posters at your organizational site. We are looking for Maryland residents to use this website and give us their feedback on the site. Users can access this site in their homes or at any public use computer lab with Internet access, such as those found in the public libraries system. Registration is required to use the website as this allows us to better understand our user population and measure the impact of this website on nutrition and physical activity behaviors in Maryland. This information also helps us to keep our funding allowing us to maintain the website.

We invite anyone to view and use this website. However, we are specifically trying to target participants who:

- Are female
- Are aged 18 years or older
- Have school-aged children living at home (between Nursery school & 8<sup>th</sup> Grade); and
- Have a household income equal to or less than 185% of the federal poverty level.

We welcome any suggestions and comments you may have on the website. For more information about the study, please call us with any questions at 301-405-2468 or email us at [eatsmartmd@umd.edu](mailto:eatsmartmd@umd.edu). We look forward to working with you! Thanks again.

Sincerely,

Amy Billing, Project Coordinator