



Dorchester County  
Public Schools  
Every Child A Success!

# SUPERINTENDENT'S UPDATE

Diana L. Mitchell., Ed.D., Superintendent

DATE: November 17, 2017

## Dorchester County Public Schools Third Grade Students Learn About Type 2 Diabetes Prevention

November is National Diabetes Month and University of Maryland Eastern Shore Dietetic Interns Jacqueline Longworth and Shawnee Sweeney are teaching DCPS third graders about how to prevent Type 2 diabetes. Students learn about choosing a healthy meal by using MyPlate and increasing fruit and vegetable consumption. The importance of regular physical activity is also stressed. Learning these lifestyle habits at a young age are the building blocks for a successful and healthy life.

All third grade students receive a take-away bag with Type 2 Diabetes prevention information, coloring pages, and a pedometer. The take-away bags are provided in partnership with Choptank Community Health.

