



Ohio Administrative Code

Rule 173-4-08 Older Americans Act nutrition program: nutrition education.

Effective: January 29, 2022

(A) "Nutrition education" means an intervention targeting consumers and caregivers that uses information dissemination, instruction, and training with the intent to support food, nutrition, and physical activity choices and behaviors (related to nutritional status) in order to maintain or improve health and address nutrition-related conditions.

(B) Requirements for every AAA-provider agreement for nutrition education paid, in whole or in part, with Older Americans Act funds:

(1) General requirements: The AAA-provider agreement is subject to the requirements in rule 173-3-06 of the Administrative Code for every AAA-provider agreement paid, in whole or in part, with Older Americans Act funds.

(2) Approved content: The provider shall provide education content that meets the following requirements:

(a) A licensed dietitian has approved it as promoting better health.

(b) It is consistent with the "Dietary Guidelines for Americans."

(c) It is accurate, culturally sensitive, regionally appropriate, and considerate of personal preferences, including a consumer's needs interests and abilities (including literacy level).

(d) It supports food, nutrition, and physical activity choices and behaviors in order to maintain or improve health and address nutrition-related conditions.

(3) Education format: The provider may provide education in person, through remote formats (including video, audio, or online), or through the distribution of materials. The provider shall use a format that is culturally sensitive, regionally appropriate, and considers personal preferences,



including a consumer's needs and abilities.

(4) Approved evaluation methodology:

(a) The provider shall implement a methodology for evaluating the effectiveness of its nutrition education that has the AAA's approval before the provider implements it.

(b) The provider shall retain records of all evaluations that it completes using the methodology in paragraph (B)(4)(a) of this rule.

(5) Frequency: In the AAA-provider agreement, the AAA shall require the provider to provide nutrition education according to one of the following three options:

(a) The provider offers nutrition education two times per year.

(b) The provider offers nutrition counseling according to rule 173-4-07 of the Administrative Code instead of nutrition education within a particular county.

(c) A combination of paragraphs (B)(5)(a) and (B)(5)(b) of this rule.

(6) Special requirements for congregate dining projects: If the AAA-provider agreement requires the provider to offer nutrition education through a congregate dining project, the provider shall comply with the following:

(a) The provider shall offer nutrition education in group sessions.

(b) For each unit of service, the provider shall record each consumer's name (e.g., in a list); the service date and duration of service; the educational topic; the service units; the instructor's name; and the instructor's signature attesting to the accuracy of the record.

(7) Special requirements for home-delivered meal projects and congregate dining projects based in restaurants and supermarkets: If the AAA-provider agreement requires the provider to offer nutrition education through a home-delivered meal project or congregate dining project based in restaurants or



supermarkets, the provider shall retain a record to show the number of consumers who received the approved content, the service date, the topic of the approved content, and the provider's signature.

(C) Units: A unit of nutrition education is one nutrition education session per consumer whether provided in person, through remote formats (including video, audio, or online), or through the distribution of materials.