



Ohio Administrative Code

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

Effective: November 1, 2025

(A) "Nutrition education" means an intervention that provides consumers and caregivers with knowledge and skills to make healthy food and beverage choices.

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

(1) The AAA-provider agreement is subject to rule 173-3-06 of the Administrative Code.

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

(a) A licensed dietitian 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: 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.

(5) Frequency: The AAA-provider agreement shall obligate the provider to provide nutrition education as appropriate, based on the needs of consumers who receive meals.

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

(a) Offer nutrition education in group sessions.

(b) Report the following mandatory reporting items for each session to comply with the requirements under paragraph (B)(9) of rule 173-3-06 of the Administrative Code:

(i) Each consumer's name (e.g., in a list).

(ii) Session date.

(iii) Duration of session.

(iv) Educational topic.

(v) Instructor's name.

(vi) Unique identifier of the instructor to attest to providing the session.

(7) Special requirements for home-delivered meal projects and congregate dining projects based in restaurants and supermarkets: If the AAA-provider agreement obligates the provider to offer nutrition education through a home-delivered meal project or congregate dining project based in restaurants or supermarkets, then the following are the mandatory reporting items for the service that a provider retains to comply with the requirements under paragraph (B)(9) of rule 173-3-06 of the Administrative Code:



- (a) Number of consumers who received the approved content.
 - (b) Service date.
 - (c) Topic of approved content.
 - (d) Unique identifier of the provider to attest to providing the approved content.
- (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.