

## 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

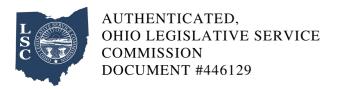


implements it.

(5) Frequency: The AAA-provider agreement shall obligate the provider to provide nutrition	on
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.