

173-4-07

Nutrition education service.

(A) "Nutrition education service" means a service that promotes better health by providing accurate and culturally-sensitive information and instruction to consumers or family caregivers on nutrition, physical activity, food safety, or disease prevention, whether provided in a group or an individual setting.

(B) Minimum requirements for a nutrition education service in addition to the mandatory clauses under rule 173-3-06 of the Administrative Code:

(1) In general:

(a) Education materials: The provider or AAA may only provide the service if the provider ~~maintains documentation~~ retains a record to show that the AAA's LD ~~determines~~ determined that the educational materials that the provider plans to distribute:

(i) Are tailored to the consumers' needs, interests, and abilities, including literacy levels;

(ii) Contain accurate and relevant information; and,

(iii) Are written at an appropriate literacy level for the target population, with appropriate font sizes.

(b) Evaluation: The provider or AAA shall establish a methodology for evaluating the effectiveness of its nutrition education service and shall ~~maintain~~ retain records of the evaluations.

(c) The provider or AAA who is reimbursed with Older Americans Act funds shall offer to congregate nutrition programs, home-delivered nutrition programs, and providers of a restaurant and grocery meal service one of the following:

(i) A nutrition education service two times per year ;

(a) Every even-numbered year, the provider shall offer one of the nutrition-education sessions on the topic of food safety as referenced in the "Dietary Guidelines for Americans."

(b) Every odd-numbered year, the provider shall offer one of the nutrition-education sessions on the topic of the relationship between physical activity and healthy weight as referenced

in the "Dietary Guidelines for Americans."

- (ii) A system for providing a nutrition consultation service under rule 173-4-06 of the Administrative Code within an individual county; or,
- (iii) A combination of paragraphs (B)(1)(c)(i) and (B)(1)(c)(ii) of this rule.

(2) Congregate nutrition programs:

- (a) Group setting: If the provider or AAA provides the service through a congregate nutrition program, the provider or AAA shall do so in a group setting.
- (b) Records: For each service performed, the provider or AAA shall ~~document~~ record each consumer's name (e.g., attendance sheet); the service date and duration of service; the service educational topic; the service units; the instructor's name; and the instructor's signature.
- (c) Instructor qualifications: The provider may only provide the service if the AAA's LD determines that the provider meets the minimum credentials for an instructor of nutrition education based upon regulations regarding the practice of dietetics found in Chapter 4759. of the Revised Code.

- (3) Home-delivered nutrition programs and restaurant and grocery meal services: For each service ~~provided~~ a provider or AAA provides through a home-delivered nutrition program or restaurant and grocery meal service, the provider or AAA shall ~~document~~ retain a record to show the number of consumers who received the educational materials, the service date, the topic of the educational materials, and the provider's signature.

- (C) Unit of service: A unit of nutrition education service is one nutrition education session per consumer.

Effective:

R.C. 119.032 review dates: 11/30/2011

Certification

Date

Promulgated Under:

119.03

Statutory Authority:

173.01; 173.02; 173.392; Section 305 (a)(1)(C) of the Older Americans Act of 1965, 79 Stat. 210, 42 U.S.C. 3001, as amended in 2006; 45 C.F.R. 1321.11

Rule Amplifies:

173.392; Sections 336 and 339 of the Older Americans Act of 1965, 79 Stat. 210, 42 U.S.C. 3001, as amended in 2006

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