

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, or disease prevention, whether provided in a group or an individual setting.

(B) Minimum requirements for a nutrition education service:

(1) In general:

(a) Education materials: The provider may only provide the service if the provider maintains documentation that the AAA's LD determines 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 shall establish a methodology for evaluating the effectiveness of its nutrition education service and shall maintain records of the evaluations.

(c) The provider 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:

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

(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 provides the service through a congregate nutrition program, the provider shall do so in a group setting.

(b) Records: For each service performed, the provider shall document each consumer's name (e.g., attendance sheet); service date and duration of service; service topic; service units; instructor's name; and 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, the provider shall document the number of consumers who received the educational materials, service date, topic of materials, and 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:

Certification

Date

Promulgated Under:

119.03

Statutory Authority:

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