

## TO BE RESCINDED

173-4-07

**Nutrition education service.**

- (A) "Nutrition education service" means a service that promotes better health by providing consumers or family caregivers with accurate and culturally-sensitive information and instruction on nutrition, physical activity, food safety, or disease prevention.
- (B) In addition to complying with the mandatory clauses for provider agreements described in rule 173-3-06 of the Administrative Code, a nutrition education service provider shall comply with the following requirements:
- (1) In general:
- (a) Education materials: The provider may only provide the service if the provider retains a record to show that the AAA's LD 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 shall establish a methodology for evaluating the effectiveness of its nutrition education service; but, the provider shall not utilize the methodology until the AAA's LD has approved the methodology. The provider shall retain records of all the evaluations completed using this methodology for the period of time the AAA's contract with the provider requires.
  - (c) The AAA shall require a nutrition education service provider to 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 conduct one of the nutrition-education sessions on the topic of food safety referenced in appendix three to the "Dietary Guidelines for

Americans, 2010."

(b) Every odd-numbered year, the provider shall conduct one of the nutrition-education sessions on the topic of the relationship between physical activity and healthy weight referenced in chapter two of the "Dietary Guidelines for Americans, 2010."

(ii) 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 record each consumer's name (e.g., attendance sheet); the service date and duration of service; the 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 a provider provides through a home-delivered nutrition program or restaurant and grocery meal service, the provider shall 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:

Five Year Review (FYR) Dates: 04/18/2016

---

Certification

---

Date

Promulgated Under: 119.03  
Statutory Authority: 173.01, 173.02, 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 (2015)  
Rule Amplifies: 173.392, Sections 214, 331, and 336 of the Older Americans Act of 1965, 79 Stat. 210, 42 U.S.C. 3001, as amended in 2006.  
Prior Effective Dates: 03/05/2009, 07/12/2012