

173-4-08

**Older Americans Act nutrition program: nutrition education.**

- (A) "Nutrition education" means a service that promotes better health by providing consumers or caregivers with accurate and culturally-sensitive information and instruction on nutrition, physical activity, food safety, or disease prevention.
- (B) In every AAA-provider agreement for nutrition education paid, in whole or in part, with Older Americans Act funds, the AAA shall include the following requirements:
- (1) General requirements: In the AAA-provider agreement, the AAA shall include the requirements in rule 173-3-06 of the Administrative Code for every AAA-provider agreement paid, in whole or in part, with Older Americans Act funds.
  - (2) Approved education materials: The provider shall distribute education materials that the AAA's licensed dietitian has approved as promoting better health by providing consumers or caregivers with accurate and culturally-sensitive information and instruction on nutrition, physical activity, food safety, or disease prevention and as being tailored to consumer's needs, interests, and abilities (including literacy levels).
  - (3) Approved evaluation methodology:
    - (a) 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.
    - (b) The provider shall retain records of all evaluations that it completes using the methodology in paragraph (B)(3)(a) of this rule.
  - (4) Frequency: In the AAA-provider agreement, the AAA shall require the provider to provide nutrition education according to one of the following three options:
    - (a) The provider offers nutrition education two times per year.
    - (b) The provider offers nutrition counseling according to rule 173-4-07 of the Administrative Code instead of nutrition education within a particular county.
    - (c) A combination of paragraphs (B)(4)(a) and (B)(4)(b) of this rule.
  - (5) Special requirements for congregate dining projects: If the AAA-provider agreement requires the provider to offer nutrition education through a congregate dining project, the provider shall comply with the following:
    - (a) The provider shall offer nutrition education in group sessions.

(b) For each unit of service, the provider shall record each consumer's name (e.g., in a list); the service date and duration of service; the educational topic; the service units; the instructor's name; and the instructor's signature attesting to the accuracy of the record.

(6) Special requirements for home-delivered meal projects and congregate dining projects based in restaurants and supermarkets: If the AAA-provider agreement requires the provider to offer nutrition education through a home-delivered meal project or congregate dining project based in restaurants or supermarkets, 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) Units: A unit of nutrition education is one nutrition education session per consumer.

Replaces: 173-4-07

Effective:

Five Year Review (FYR) Dates:

---

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, 70 Stat. 210, 42 U.S.C. 3001, as amended by the Older Americans Act Reauthorization Act of 2016; 45 C.F.R. 1321.11 (October, 2015 edition).  
Rule Amplifies: 173.392; Sections 214, 331, 336, and 339 of the Older Americans Act of 1965, 79 Stat. 210, 42 U.S.C. 3001, as amended by the Older Americans Act Reauthorization Act of 2016.  
Prior Effective Dates: 03/05/2009, 07/12/2012.