

# **Nutrition Education and Counseling Guidelines**

November 2012

## **Nutrition Education**

- ❖ Nutrition Education, as defined by the Administration on Aging, is

“A program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information **and** instruction to participants, caregivers, or participants and caregivers in a group or individual setting *overseen by a dietitian or individual of comparable expertise*. (AoA Title III/VII Reporting Requirements Appendix-  
[www.aoa.gov](http://www.aoa.gov)).”

To be effective, programs must incorporate methods to encourage behavior change. To do so, nutrition education must be provided on a continuous basis to OAA Nutrition Program participants.

- a. Each congregate meal nutrition site shall provide nutrition education at a minimum of quarterly.
  - b. Home delivered meals shall provide nutrition education one time per year, when the required minimum nutrition risk assessment occurs.
- ❖ Nutrition Education has to go beyond providing information alone, distributing newsletters or brochures that contain nutrition information from a trusted source do not constitute nutrition education unless they are accompanied by some form of instruction to a group or individual. Instruction is defined as imparting knowledge or information.
    - a. In a congregate setting, this may include reviewing main concepts of nutrition education materials prior to the meal.
    - b. In a home setting, this may include reviewing educational materials that relate to the annual nutrition risk assessment or other relevant nutrition education topics with a homebound client.
  - ❖ Nutrition Education shall be planned and directed by a licensed dietitian who is covered by liability insurance. Under the direction of the dietitian, individuals with comparable expertise or special training ie Cooperative Extension agents or trained Meal Site Coordinators, may provide such activities. An individual with comparable expertise is defined as a person who has a Bachelor’s or Master’s degree in Home Economics, Family and Consumer Sciences, Public Health Nutrition, Health Education or Human Sciences with an emphasis in Nutrition and Dietetics.

- ❖ Nutrition education materials reviewed by the State Unit on Aging dietitian fulfill the part of the definition related to being overseen by a dietitian.
- ❖ Nutrition education topics shall be based on the needs of the participants and should be culturally appropriate. Teaching methods and instructional materials must accommodate the older adult learners, ie large print handouts, demonstrations.

## **Nutrition Education for Congregate Meals**

<b>Acceptable Nutrition Education</b>	<b>Not Allowed</b>
Nationally Recommended Older Adult Nutrition Education Programs <ul style="list-style-type: none"> <li>• Healthy Eating for Successful Living</li> <li>• Eat Better, Move More</li> <li>• Eat Smart, Live Strong</li> </ul>	Nutrition education activity <u>not</u> overseen by a dietitian.
Newsletter or Brochure with Instruction	Newsletter or Brochure
<ul style="list-style-type: none"> <li>• Educational Cooking Demo (must include information and instruction on nutrition)</li> <li>• Demo or lecture in conjunction with Senior Farm Direct Nutrition Program (SFDNP) distribution (if applicable)</li> </ul>	Cooking demonstration that doesn't include nutrition.
Table tent with instruction	Table tent without instruction
OSU Ext. program instruction	
Gardening and Cooking from the Garden programs (with a focus on nutrition)	
Field Trips (with instruction) to Farmers Markets	
Living Well with Chronic Conditions, Session 4, 5 and 6.	
Arthritis Foundation Walk with Ease with added nutritional education supplement	

## Nutrition Education for Home Delivered Meals

<u>Acceptable Nutrition Education</u>	<u>Disallowable</u>
Nutrition information and instruction related to topics identified during the annual nutrition screening.	Any nutrition education activity that is <u>not overseen</u> by a dietitian.
Newsletter or brochure with Instruction	Newsletter or brochure without instruction
Nutrition Focused multi-media (DVD, video, podcast etc.) approved by contracting dietitian or State Unit on Aging dietitian.	DVD, video, podcast

## Nationally Recommended Nutrition Education Programs

<b>Name</b>	<b>Source</b>	<b>Website</b>	<b>Description</b>
You Can! <i>Steps to Healthier Aging</i> . Eat Better/Move More part 1& 2 (2005)	U.S. Department of Health and Human Services' <i>Steps to a Healthier US</i> initiative	<a href="http://nutritionandaging.fiu.edu/index.asp">http://nutritionandaging.fiu.edu/index.asp</a> <a href="http://nutritionandaging.fiu.edu/OAN_P_Toolkit/toolkit%20update%202.7.06.pdf">http://nutritionandaging.fiu.edu/OAN_P_Toolkit/toolkit%20update%202.7.06.pdf</a>	A Community-Based Program Designed to Improve Diets and Increase Physical Activity Among Older Americans. Link to AoA <b>You Can!</b> site for downloadable materials including log books, brochures, publicity guide, and more.
Healthy Eating Successful Living in Older Adults (2007)	National Council on Aging, Model Programs Project	<a href="http://www.gndpg.org/files/Healthy_Eating_Program_7_07.pdf">http://www.gndpg.org/files/Healthy_Eating_Program_7_07.pdf</a>  <i>*program content is being modified to reflect MyPlate and 2010 DGA.</i>	Program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. The focus of this program, which uses behavior change strategies and the MyPlate food guide as a framework, is to maintain or improve participants' wellness, specifically heart and bone health, and prevent chronic disease development or progression. It is taught by lay leaders.
Eat Smart, Live Strong (2009)	United States Department of Agriculture	<a href="http://www.nal.usda.gov/fsn/ESLS/Educators/ESLSProjectOverview.pdf">http://www.nal.usda.gov/fsn/ESLS/Educators/ESLSProjectOverview.pdf</a>	Designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for FNS

Name	Source	Website	Description
	Food and Nutrition Service	The Activity Kit includes a leader's guide and four sessions designed to reinforce these behaviors. SNAP education providers can order the Activity Kit from the <a href="#">SNAP Outreach and Nutrition Education Materials Ordering Page</a> . Others are welcome to download the materials.	nutrition assistance programs. The intervention is designed to help nutrition educators working with FNS programs and in communities delivers science-based nutrition education to the growing number of low-income older adults.
Eating Smart, Being Active (2010)	EFNEP curriculum for adults developed by EFNEP staffs at Colorado State University & University of California at Davis	<a href="http://www.ext.colostate.edu/esba/">http://www.ext.colostate.edu/esba/</a>	Designed for paraprofessional nutrition educators to use when teaching low-income families with young children to learn healthy lifestyle choices. The curriculum consists of eight core lessons, each 60 to 90 minutes long, designed to be taught in order. The curriculum won a national award from the National Extension Association of Family and Consumer Sciences (NEAFCS).

### **Additional Resources include:**

[www.eatright.org](http://www.eatright.org) American Academy of Nutrition and Dietetics

[www.diabetes.org](http://www.diabetes.org) American Diabetes Association

[www.cnpp.usda.gov/Dietaryguidelines.htm](http://www.cnpp.usda.gov/Dietaryguidelines.htm) USDA website, information about the Dietary Guidelines for Americans and the RDA's for seniors

[www.my.webmd.com/nutrition](http://www.my.webmd.com/nutrition) Information about nutrition and disease

[www.aarp.org/healthguide](http://www.aarp.org/healthguide) General nutrition and wellness information for seniors

[www.health.gov/nhic](http://www.health.gov/nhic) Federal health website, general information and a calendar with monthly national health observances

[www.cdc.gov/nccdphp](http://www.cdc.gov/nccdphp) Chronic disease information

[www.cdc.gov/health/diseases.htm](http://www.cdc.gov/health/diseases.htm) An alphabetized listing of diseases and information about the diseases

<http://extension.oregonstate.edu/fcd> Nutrition and food safety resources

<http://extension.oregonstate.edu/locations.php> Location search for county extension centers in Oregon

[www.fsis.usda.gov](http://www.fsis.usda.gov) Food safety information for consumers from the U.S. Department of Agriculture

[www.oregondairyCouncil.org](http://www.oregondairyCouncil.org) Oregon Dairy Council

[www.heart.org/nutrition](http://www.heart.org/nutrition) American Heart Association Nutrition Center

## **Purchasing Nutrition Education Materials:**

[American Academy of Nutrition and Dietetics](#): Materials to purchase on food labels, sodium, smart snacking, healthy eating on a budget and fiber.

[Oregon Dairy Council](#): The materials on DASH and Activity and Eating are appropriate for seniors

[Learning Zone](#): MyPlate posters and handouts

## **Nutrition Counseling**

❖ Nutrition Counseling as defined by the Administration on Aging, is

“the provision of individualized advice and guidance to individuals, who are at nutritional risk, because of their health or nutritional history, dietary intake, medication use, or chronic illness, about options and methods for improving nutritional status, performed by a health professional in accordance with state law and policy”

❖ Nutritional counseling is a service, which may be provided. It is an important component of a nutritional care program in which a Registered Dietitian gives professional guidance to an individual as part of a physician’s treatment plan. The service includes:

a. Assessing current nutrition status

- b. Developing a written plan for appropriate behavior modifications
  - c. Reviewing the plan with the individual to ensure understanding
  - d. Planning follow-up nutrition counseling and evaluating progress toward nutrition goals.
- ❖ Nutrition projects shall maintain the following documentation of nutrition education or nutrition counseling (if provided):
- a. Documentation for congregate meals sites shall include:
    - Date of presentation or other allowable nutrition education activity
    - Name and title of presenter, author or organization providing material.
    - Topic discussed
    - Number of eligible persons participating in nutrition education activity
  - b. Documentation for home-delivered meals shall include:
    - Date of nutrition education activity
    - Topic discussed
    - Number of eligible persons participating in nutrition education activity

## **Nutrition Education Reporting**

Nutrition Education is a cluster 3 Non-registered service and requires reporting service units.

Reporting of congregate nutrition education: one unit = one session per participant.

Reporting of home delivered nutrition education: one unit = one session per participant. This will likely be one time per year per participant.

If one nutrition class is attended by 30 seniors, then 30 units must be reported. Newsletters or brochures alone cannot be reported as nutrition education.

## **Nutrition Counseling Reporting**

Nutrition Counseling is a cluster 2 Registered Service which requires unduplicated client and unit counts; reporting age, gender, rural, federal poverty level, number in household, race and ethnicity and if applicable, number of persons with high nutrition risk.

Reporting of nutrition counseling: one unit = 1 session per participant.