

Guidance for Reporting Nutrition Education Data

Authority:

Elderly Nutrition providers are required to submit data on the number of Nutrition Education Sessions provided for both congregate and home-delivered meal participants. This guidance provides clarification on what a Nutrition Education Session is and how they should be counted and reported to the California Department of Aging (CDA). Section 339 (J) of the Older Americans Act (OAA) and the California Code of Regulations (Title 22, Section 7638.11 below) specifies the requirements for providing Nutrition Education to ENP participants.

Section 339 (J) provide for nutrition screening and, where appropriate, for nutrition education and counseling.

Title 22 Section 7638.11 (a) Nutrition education shall be provided a minimum of four (4) times per year to participants in congregate and home-delivered meal programs. Nutrition education for congregate sites is defined as demonstrations, presentations, lectures or small group discussions, all of which may be augmented with printed materials. Printed material may be used as the sole nutrition education component for the home-delivered meal participants, as well as in conjunction with a congregate meal nutrition education presentation.

The November 2004 Reporting Requirements for Title III and VII provided by the Administration on Aging defines Nutrition Education as follows:

Nutrition Education (1 session per participant) – 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 dietician or individual of comparable expertise.

Policy Guidance

The following guidelines have been developed to clarify what a Nutrition Education session is and how Nutrition Education sessions should be reported to CDA.

Congregate

- Nutrition Education is counted as one session per participant. For example, if there were 50 people attending a congregate nutrition education session, this would be counted as 50 sessions, not as one session.

Home-delivered meal

- Nutrition Education is counted as one session per participant as the definition indicates. For example, if there were 50 people receiving home-delivered meals that were provided with printed material on Nutrition Education, this would be counted as 50 sessions, not as one session.
- Printed material may be used as the sole nutrition education component for the home-delivered meal participants. However a menu that has been annotated to include caloric counts and sources of various nutrients could not be counted as Nutrition Education.