ABSTRACT

THESIS: Identification of the Type and Amount of Nutrition Education provided to Title III-C Recipients of Congregate and Home Delivered Meals in Region V: Indiana, Michigan, Ohio, Illinois, Wisconsin, and Minnesota.

STUDENT: Michelle A. Bojrab

DEGREE: Master of Science

COLLEGE: Applied Sciences and Technology

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Legislation mandates that older adults, who receive Title III-C assistance should be provided with nutrition education, nutrition counseling, and other nutrition services, as appropriate, based on the needs of individuals. The amount and content of nutrition education, however, is subject to variation of state guidelines. The purpose of this study is to measure the type and amount of nutrition education being provided to congregate meal site and home delivered meal participants and to identify if special accommodations are being made for those participants with visual and hearing impairments in the states of Indiana, Michigan, Ohio, Illinois, Wisconsin, and Minnesota (Region V). The nutrition representatives for congregate meal site and home delivered meal programs within the six states were sent an e-mail questionnaire. Results showed that while majority of the states are meeting their own state guidelines, having uniformity amongst the states could strengthen the nutrition education program for older adults receiving congregate or home delivered nutrition services within Region V.