

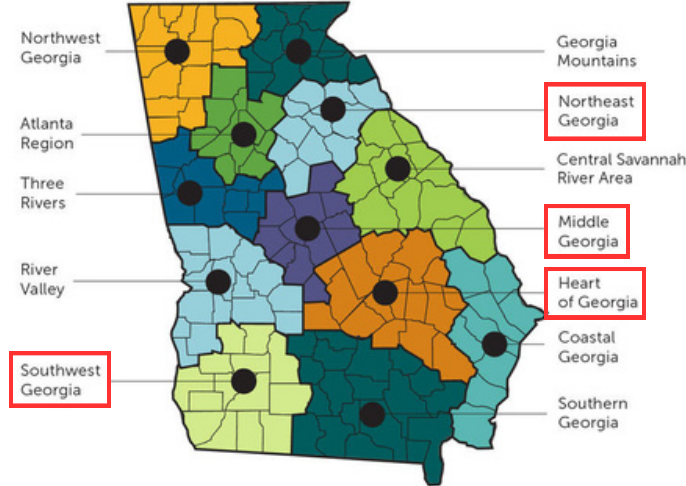
# Georgians Receiving Insightful Telenutrition Services



## GRITS Program Goals

- 1) increase nutrition knowledge among Georgia older adults by connecting those at highest nutrition risk with a Registered Dietitian Nutritionist (RDN) for Medical Nutrition Therapy (MNT)
- 2) develop and standardize virtual nutrition presentations appropriate for use in senior centers across the state.

## AAA Regions Served



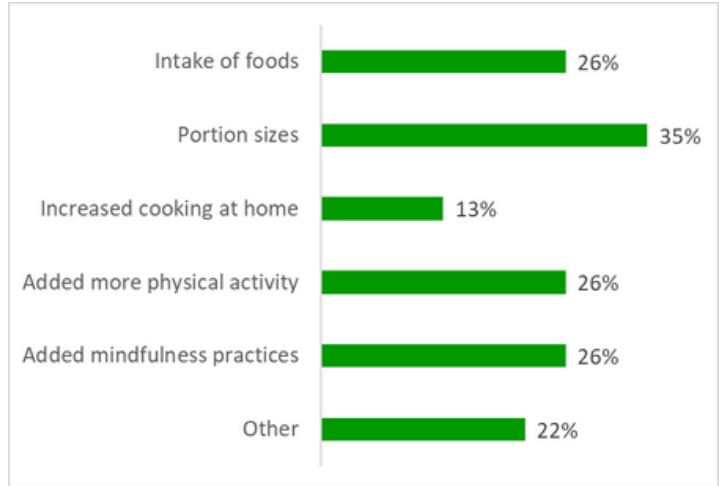
## Group Education Topics

- Eating on a Budget
- Immunity
- Diabetes
- Malnutrition
- Brain Health
- Heart Health
- Fad Diets
- Bone Health
- Emotional Eating
- Kidney Health

## Outcome Highlights

Feedback has been overwhelmingly positive with 86% of participants indicating that they'd like to continue lessons in this virtual format.

Figure 1. Changes reported after MNT



Average knowledge improvement across group education sessions: 2%

## Heart of Georgia MNT client:

“ I have been trying to find a dietitian for a long time and couldn't get a hold of anyone to help me. This has been a dream come true! ”

For more information on GRITS or Open Hand Atlanta services, contact Laura Samnadda, Director of Nutrition Services:



lsamnadda@openhandatlanta.org

This project was supported, in part by grant number 90INNU0019-01-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

# Georgians Receiving Insightful Telenutrition Services



Learn more about our program **here:**



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