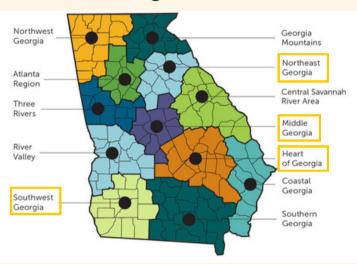


## Georgians Receiving Insightful Telenutrition Services (GRITS)

### **Program Goals**

- 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)
- 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 Hea

ating on a Budg Immunity Diabetes Malnutrition Brain Health Heart Health
Fad Diets
Bone Health
Emotional Eating
Kidney Health

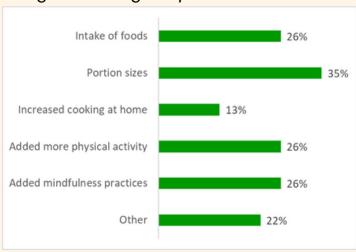
### **Outcome Highlights**

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

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!
- Heart of GA
MNT Client

Average knowledge improvement across group education sessions: 2%

Figure 1. Changes reported after MNT

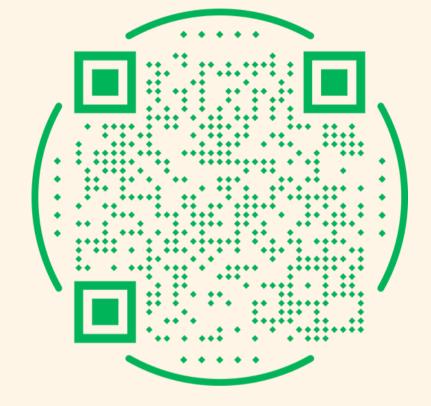


For more information on GRITS or Open Hand services, contact Laura Samnadda, Director of Nutrition Services: Isamnadda@openhandatlanta.org



### Georgians Receiving Insightful Telenutrition Services (GRITS)

Learn more about our program here:



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