

NO	Information Sources	Data Sources	Data Title	Data Topic	Component of Transtheoretical Model	Component of Transtheoretical Model	Media Type
1	Government /Local government agencies	Seoul Food Life Support Center	[Ministry Of Food and Drug Safety] Healthy Eating Practice Guide for Single Seniors	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	leaflet
2	Government /Local government agencies	Seoul Food Life Support Center	Healthy Meal Management for Seniors	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Video
3	Government /Local government agencies	Seoul Food Life Support Center	Nutrition Index for Enhancing Health and Dietary Habits in Older Adults - Balanced	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Video
4	Government /Local government agencies	Seoul Food Life Support Center	Nutrition Index for Enhancing Health and Dietary Habits in Older Adults - Practice	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Video
5	Government /Local government agencies	Seoul Food Life Support Center	Nutrition Index for Enhancing Health and Dietary Habits in Older Adults - Moderation	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Video
6	Government /Local government agencies	Seoul Food Life Support Center	Senior Nutrition Index: A Step Toward Healthier Eating!	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news

7	Government /Local government agencies	Seoul Food Life Support Center	How to Manage Chronic Diseases in Older Adults and Stay Healthy?	Dietary information for Chronic Disease Management	Contemplation	Nutrition and Safety domain	Card news
8	Government /Local government agencies	Seoul Food Life Support Center	How Can Older Adults Stay Healthy During the Summer?	Methods for Elderly Health Management in Summer	Contemplation	Nutrition and Safety domain	Card news
9	Government /Local government agencies	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 1	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video
10	Government /Local government agencies	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 2	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video
11	Government /Local government agencies	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 3	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video
12	Government /Local government agencies	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 4	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video
13	Government /Local government agencies	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 5	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video
14	Government	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 6	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video

	/Local government agencies Government							
15	/Local government agencies Government	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 7	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video	
16	/Local government agencies Government	Seoul Food Life Support Center	Soft Diet by Food Group for the Elderly – Cooking Tips and Stories 8	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video	
17	/Local government agencies Government	Seoul Food Life Support Center	Introducing the Healthy Eating Practice Guide for Seniors.	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
18	/Local government agencies Government	Seoul Food Life Support Center	A Positive Change Begins with the Consumer Expiration Date	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
19	/Local government agencies Government	Seoul Food Life Support Center	How to Choose and Take Health Supplements for the Whole Family	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
20	/Local government agencies Government	Seoul Food Life Support Center	Here's How Older Adults Can Manage a Healthy Diet	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
21	Government	Seoul Food Life Support Center	Accurate Dietary Information for Older Adults	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	

	/Local government agencies Government							
22	/Local government agencies Government	Seoul Food Life Support Center	Healthy Eating for Older Adults	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
23	/Local government agencies Government	Seoul Food Life Support Center	Staying Healthy Through Seasonal Changes : Protect Yourself from Colds	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
24	/Local government agencies Government	Seoul Food Life Support Center	A Healthy Meal Guide for Older Adults Using Processed Foods	Methods of healthy Dietary Practices	Preparation	Nutrition and Safety domain	Card news	
25	/Local government agencies Government	Seoul Food Life Support Center	Healthy Meal Guide for Older Adults – Soft Diet	Dietary Information for Dysphagia	Precontemplation	Nutrition and Safety domain	Card news	
26	/Local government agencies Government	Seoul Food Life Support Center	Seniors, This Is the Smart Way to Enjoy Snacks! "Healthy Meal Guide for Older Adult"	Information on healthy eating habits	Precontemplation	Nutrition and Safety domain	Card news	
27	/Local government agencies	Seoul Food Life Support Center	Need Special Nutritional Care? Check Out Special Dietary Foods!	Dietary Information for Dysphagia	Contemplation	Nutrition and Safety domain	Card news	
28	Government	Seoul Food Life Support Center	Home Visiting Health Care Program - (Nutrition Management for Older Adults)	Methods of healthy Dietary Practices	Preparation	Nutrition and Safety domain	Power point	

	/Local government agencies							lecture material
29	Government /Local government agencies	Seoul Food Life Support Center	Home Visiting Health Care Program – (Management of Chronic Diseases and Physical Activity in Older Adults)	Dietary information for Chronic Disease Management	Contemplation	Nutrition and Safety domain		Power point lecture material
30	Government /Local government agencies	Seoul Food Life Support Center	Meal Service Management Guidelines for Older Adults	Methods of healthy Dietary Practices	Preparation	Nutrition and Safety domain		Manual /Guidebook
31	Government /Local government agencies	Seoul Food Life Support Center	Personalized Meal Management Guide for Older Adults (Use of Processed Foods)	Information on healthy eating habits	Contemplation	Nutrition and Safety domain		Card news
32	Government /Local government agencies	Korea Health Promotion Institute	AI, IoT-Based Health Management Program for Older Adults	Dietary monitoring by a mobile app for diabetic patients	Action	Nutrition and Safety domain		Mobile APP / Website
33	Government /Local government agencies	Korea Health Promotion Institute	[AI, IoT-Based Health Management Program for Older Adults] Educational Content for Participants	Information on healthy eating habits	Precontemplation / Contemplation	Nutrition and Safety domain		Card news
34	Government /Local government agencies	Korea Health Promotion Institute	Development of a Nutrition-Focused Hypertension and Diabetes Education Program for Patients Referred Between Clinics and Public Health Centers	Food selection skills for managing chronic diseases	Maintenance	Nutrition and Safety domain		Power point lecture material
35	Government	Korea Health Promotion Institute	Development of a Customized Integrated Management Program to Improve Dietary Intake in	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain		leaflet

	/Local government agencies		Older Adults with Chewing and Swallowing Difficulties in Preparation for an Aging Society					
36	Government /Local government agencies	Korea Health Promotion Institute	Development of a Health Promotion Empowerment Program and Follow-Up Care Strategy for Frail Older Adults	Food selection skills for managing chronic diseases	Maintenance	Nutrition and Safety domain	Power point lecture material	
37	Government /Local government agencies	Korea Health Promotion Institute	Alcohol Reduction Education for Older Adults	Information on healthy eating habits	Precontemplation	Nutrition and Safety domain	Infographic	
38	Government /Local government agencies	Korea Health Promotion Institute	Health Education Media for Older Adults	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
39	Government /Local government agencies	Korea Health Promotion Institute	Capacity Building for Remote Health Care Providers in Elderly Care under the 2021 Home Visiting Health Program	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Power point lecture material	
40	Government /Local government agencies	Korea Health Promotion Institute	Dietary Guidelines Video for Koreans (Guidelines on Food and Nutrient Intake)	Information on healthy eating habits	Precontemplation / Contemplation	Nutrition and Safety domain	Video	
41	Government /Local government agencies	Korea Health Promotion Institute	Educational Materials for the Traditional Korean Medicine Health Promotion Program 1	Food selection skills for managing chronic diseases	Action	Nutrition and Safety domain	leaflet	
42	Government	Korea Health Promotion Institute	Meal Assessment and Planning Based on the Korean Dietary Reference Intakes (KDRIs)	Methods of healthy Dietary Practices/ Food selection skills for managing chronic diseases	Preparation, Action	Nutrition and Safety domain	Power point	

	/Local government agencies							lecture material
43	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	Safe Purchasing and Consumption Guidelines for Health Supplements	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
44	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	Summer Health Management for Older Adults	Methods for Elderly Health Management in Summer	Contemplation	Nutrition and Safety domain	Card news	
45	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	How to Manage Chronic Diseases in Older Adults and Stay Healthy	Dietary information for Chronic Disease Management	Contemplation	Nutrition and Safety domain	Card news	
46	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	In the Age of 100, Let's Learn About Senior-Friendly Foods and Eat Right!	Dietary Information for Dysphagia	Precontemplation	Nutrition and Safety domain	Card news	
47	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	Personalized Meal Management Guide for Older Adults (Using Processed Foods)	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news	
48	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	How to Safely Take Health Supplements for Eye Health	Information on healthy eating habits	Precontemplation / Contemplation	Nutrition and Safety domain	Card news	
49	Government	Ministry of Food and Drug Safety/Food Safety Korea	2019 Cooking Guide for Individuals with Chewing and Swallowing Difficulties	Dietary Information for Dysphagia	Contemplation	Nutrition and Safety domain	Manual /Guidebook	

	/Local government agencies						
50	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	Food Intake Guide for Older Adults with Swallowing Difficulties	Dietary Information for Dysphagia	Contemplation	Nutrition and Safety domain	Manual /Guidebook
51	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	Dear Seniors, Is It Difficult for You to Chew and Swallow Food?	Dietary Information for Dysphagia	Contemplation	Nutrition and Safety domain	Video
52	Government /Local government agencies	Ministry of Food and Drug Safety/Food Safety Korea	5 Food Safety Guidelines for Older Adults	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Poster / leaflet
53	Government /Local government agencies	Ministry of Agriculture, Food and Rural Affairs	Healthy Meal Management for Older Adults (Sharing Happiness Through Healthy Eating: Nutrition and Eating Habit Education)	Information on healthy eating habits	Precontemplation / Contemplation	Nutrition and Safety domain	Video
54	Government /Local government agencies	Ministry of Agriculture, Food and Rural Affairs	Making Tomato Sobagi for Older Adults with Hypertension (Sharing Happiness Through Healthy Eating: Nutrition and Eating Habit Education)	Long-term dietary plan for chronic disease management	Preparation	Nutrition and Safety domain	Video
55	Government /Local government agencies	Ministry of Agriculture, Food and Rural Affairs	Stir-Fried Yeoju and Beef for Older Adults with Diabetes (Sharing Happiness Through Healthy Eating: Nutrition and Eating Habit Education)	Long-term dietary plan for chronic disease management	Preparation	Nutrition and Safety domain	Video
56	Government	Ministry of Agriculture, Food and Rural Affairs	Making Guljuk (Soft Rice Porridge with Oysters) for Older Adults with Chewing and Swallowing Difficulties	Practical training on meal methods for patients with dysphagia	Preparation	Nutrition and Safety domain	Video

	/Local government agencies		(Sharing Happiness Through Healthy Eating: Nutrition and Eating Habit Education)				
57	Government /Local government agencies	Korea Disease Control and Prevention Agency	[Prevention and Management of Cardiovascular and Cerebrovascular Diseases] Know Your Numbers: Protect Your Heart and Brain	Dietary information for Chronic Disease Management	Precontemplation	Nutrition and Safety domain	Poster
58	Government /Local government agencies	Korea Disease Control and Prevention Agency	Standard Educational Protocol on Food Allergies, Anaphylaxis, and Asthma in Older Adults	Dietary information for Chronic Disease Management	Precontemplation	Nutrition and Safety domain	Power point lecture material / Video
59	Government /Local government agencies	Korea Disease Control and Prevention Agency	Clinical Practice Guidelines and Educational Materials for Patients (the General Public) on Hypertension	Dietary information for Chronic Disease Management	Contemplation	Nutrition and Safety domain	leaflet
60	Media search engines	Academic thesis from RISS	Effectiveness of Nutrition Education Using a Booklet for Older Adults with Diabetes : Focusing on Personalized Daily Caloric Needs and Food Group Servings	Dietary information for Chronic Disease Management/ Long-term dietary plan for chronic disease management	Contemplation / Preparation	Nutrition and Safety domain	Booklet
61	Media search engines	Academic thesis from RISS	Development and Evaluation of a Nutrition Education Program for Senior Health Leaders in the Daejeon Region	Methods of healthy Dietary Practices	Preparation	Nutrition and Safety domain	Power point lecture material
62	Media search engines	Academic thesis from RISS	Development and Evaluation of a Nutrition Education Program for Low-Income Older Adults : Focusing on the Daejeon Region	Information on healthy eating habits/ Methods of healthy Dietary Practices	Contemplation / Preparation	Nutrition and Safety domain	Power point lecture material
63	Media search engines	Academic thesis from RISS	Development and Evaluation of a Nutrition Education Program Using the Senior Nutrition	Information on healthy eating habits/ Methods of healthy Dietary Practices	Contemplation / Preparation	Nutrition and Safety domain	Power point

			Index: A Study of Older Adults in Welfare Facilities in the Jeonbuk Region				lecture material
64	Media search engines	Academic thesis from RISS	A Study on the Effectiveness of Public Health Center Nutrition Education for Older Adults with Hypertension: Focusing on Individualized Caloric Education	Dietary information for Chronic Disease Management	Preparation	Nutrition and Safety domain	Power point lecture material
65	Media search engines	Academic thesis from RISS	Effectiveness of a Tailored Home-Based Nutrition Education Program for Older Adults with Hypertension and Diabetes: Focused on Rural Areas of Ganghwa County, Incheon Metropolitan City	Dietary information for Chronic Disease Management	Contemplation	Nutrition and Safety domain	leaflet
66	Media search engines	Academic thesis from RISS	Effectiveness of a 4-Week Public Health Center Nutrition Education Program for Older Adults with Diabetes: Focusing on Personalized Daily Caloric Needs and Food Group Servings	Dietary information for Chronic Disease Management/ Long-term dietary plan for chronic disease management	Contemplation / Preparation	Nutrition and Safety domain	Power point lecture material
67	Media search engines	Article from Korean Medical Database and Kmbase	Evaluation of the Effectiveness of Nutrition Education for Adults Aged 50 and Older with Hypertension	Dietary information for Chronic Disease Management/ Long-term dietary plan for chronic disease management	Contemplation / Preparation	Nutrition and Safety domain	Booklet
68	Media search engines	Article from Korean Medical Database and Kmbase	Development of Nutrition Education Materials for Proper Nutritional Management in Older Adults	Information on healthy eating habits	Precontemplation / Contemplation	Nutrition and Safety domain	Booklet
69	Media search engines	Article from Pubmed	The development of a mobile u-Health program and evaluation for self-diet management for diabetic patients	Dietary monitoring by a mobile app for diabetic patients	Action	Nutrition and Safety domain	Mobile APP / Website
70	Academic societies and associations	The Korean Dietetic Association	Personalized Dietary Information for Older Adults	Information on healthy eating habits	Precontemplation / Contemplation	Nutrition and Safety domain	Infographic
71	Academic societies and associations	The Korean Dietetic Association	[Nutrition Education Program for Older Adults] Healthy Meals for a Long and Healthy Life	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Card news

72	Academic societies and associations	The Korean Dietetic Association	[Nutrition Education Program for Older Adults] Confident and Healthy Eating, Even at Ninety!	Information on healthy eating habits	Contemplation	Nutrition and Safety domain	Power point lecture material/Educational charts
73	Academic societies and associations	The Korean Society of Lipid and Atherosclerosis	Understanding Dyslipidemia and Atherosclerosis – Vascular Health Management in Older Adults	Dietary information for Chronic Disease Management	Precontemplation	Nutrition and Safety domain	Video

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