NO	Information Sources	Data Sources	Data Title	Data Topic	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

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Government    A	Card news
A coal government   Center   Summer?   Methods for Elderly Health government   Center   Summer?   Management in Summer   Contemplation   Safety of Safety	Card news
government Center Summer? Management in Summer Contemplation Safety of agencies  Government  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients government  agencies  Government  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking with dysphagia  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients  government  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients  government Center Tips and Stories 2 with dysphagia  Preparation Safety of Safety	Card news
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9 /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking government agencies Government  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking government  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking government Government  /Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking government Government Government Government Genter Tips and Stories 2 with dysphagia  Nutrition Safety of Safety	
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/Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients Preparation Safety of agencies	
10 Preparation Government Center Tips and Stories 2 with dysphagia Safety capacies	
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/Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients Nutritic	n and Video
government Center Tips and Stories 3 with dysphagia Safety c	omain
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/Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients Nutritic	n and Video
government Center Tips and Stories 4 with dysphagia Safety c	
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/Local Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients  Nutrition  Preparation	n and Video
government Center Tips and Stories 5 with dysphagia Safety c	omain
agencies	
Seoul Food Life Support Soft Diet by Food Group for the Elderly – Cooking Practical training on meal methods for patients Nutritic 14 Government Preparation	
Center Tips and Stories 6 with dysphagia Safety c	Video

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

	/Local government agencies						
22	Government /Local government agencies	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	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	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	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	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						lecture
	government						material
	agencies						
	Government		Home Visiting Health Care Program				Power
29	/Local	Seoul Food Life Support	(Management of Chronic Diseases and Physical	Dietary information for Chronic	Contemplation	Nutrition and	point
23	government	Center	Activity in Older Adults)	Disease Management		Safety domain	lecture
	agencies		Activity in Older Addits)				material
	Government						
30	/Local	Seoul Food Life Support	Meal Service Management Guidelines for Older	Methods of healthy Dietary Practices	Preparation	Nutrition and	Manual
30	government	Center	Adults	Methods of healthy Dictary Fractices	rreparation	Safety domain	/Guidebook
	agencies						
	Government						
31	/Local	Seoul Food Life Support	Personalized Meal Management Guide for Older	Information on healthy eating habits	Contemplation	Nutrition and	Card news
31	government	Center	Adults (Use of Processed Foods)	mornation on nearing eating habits	Contemplation	Safety domain	cara news
	agencies						
	Government						
32	/Local	Korea Health Promotion	Al, IoT-Based Health Management Program for	Dietary monitoring by a mobile app for diabetic	Action	Nutrition and	Mobile APP
32	government	Institute	Older Adults	patients	71011	Safety domain	/ Website
	agencies						
	Government		[AI, IoT-Based Health Management Program for				
33	/Local	Korea Health Promotion	Older Adults	Information on healthy eating habits	Precontemplation	Nutrition and	Card news
	government	Institute	Educational Content for Participants	mermanen en meantry eating maste	/ Contemplation	Safety domain	cara mem
	agencies						
	Government		Development of a Nutrition-Focused Hypertension				Power
34	/Local	Korea Health Promotion	and Diabetes Education Program for Patients	Food selection skills for managing chronic	Maintenance	Nutrition and	point
	government	Institute	Referred Between Clinics and Public Health Centers	diseases		Safety domain	lecture
	agencies						material
35	Government	Korea Health Promotion	Development of a Customized Integrated	Practical training on meal methods for patients	Preparation	Nutrition and	leaflet
33		Institute	Management Program to Improve Dietary Intake in	with dysphagia	-1	Safety domain	

	/Local		Older Adults with Chewing and Swallowing				
	government		Difficulties in Preparation for an Aging Society				
	agencies						
	Government		Davidonment of a Health Bromotion Empowerment				Power
36	/Local	Korea Health Promotion	Development of a Health Promotion Empowerment Program and Follow-Up Care Strategy for Frail Older Adults	Food selection skills for managing chronic	Maintenance	Nutrition and	point
30	government	Institute		diseases	Maintenance	Safety domain	lecture
	agencies		Older Addits				material
	Government						
37	/Local	Korea Health Promotion	Alcohol Reduction Education for Older Adults	Information on healthy eating habits	Procontomplation	Nutrition and	Inforgraphic
51	government	Institute	According Reduction Education for Order Addits	mornation on healthy eating habits	Trecontemplation	Safety domain	imorgrapine
	agencies						
	Government						
38	/Local	Korea Health Promotion	Health Education Media for Older Adults	Information on healthy eating habits	Contemplation	Nutrition and	Card news
30	government	Institute	Treater Education media for Grace Madrie	e.matien en neattij eatting nazite	contompiation.	Safety domain	
	agencies						
	Government		Capacity Building for Remote Health Care Providers				Power
39	/Local	Korea Health Promotion	۱ ' '	Information on healthy eating habits	Contemplation	Nutrition and	point
	government	Institute		, ,	•	Safety domain	lecture
	agencies						material
	Government						
40	/Local	Korea Health Promotion	Dietary Guidelines Video for Koreans	Information on healthy eating habits	Precontemplation		Video
	government	Institute	(Guidelines on Food and Nutrient Intake)		/ Contemplation	Safety domain	
	agencies						
	Government	Korea Health Promotion					
41	/Local	Institute		Food selection skills for managing chronic	Action	Nutrition and	leaflet
	government		Medicine Health Promotion Program 1	diseases		Safety domain	
	agencies	Kanaa Haalib Daamata		Mathematica (Incalibe Distance Described)			
42	Covernment	Korea Health Promotion Institute	Meal Assessment and Planning Based on the	Methods of healthy Dietary Practices/	Preparation,	Nutrition and	Power
<del>4</del> ∠	Government	institute	Korean Dietary Reference Intakes (KDRIs)	Food selection skills for managing chronic diseases	Action	Safety domain	point

	/Local						lecture
	government						material
43	agencies 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	/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		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						
	Government	Ministry of Food and					
50	/Local	Drug Safety/Food Safety	Food Intake Guide for Older Adults with	Dietary Information for Dysphagia	Contemplation	Nutrition and	Manual
30	government	Korea	Swallowing Difficulties	Dietary information for Dyspriagia	Contemplation	Safety domain	/Guidebook
	agencies	Korea					
	Government	Ministry of Food and					
51	/Local	Drug Safety/Food Safety	Dear Seniors, Is It Difficult for You to Chew	Dietary Information for Dysphagia	Contemplation	Nutrition and	Video
<i>3</i> 1	government	Korea	and Swallow Food?	Dictary information for Dyspriagia		Safety domain	Viaco
	agencies	Rorea					
	Government	Ministry of Food and					
52	/Local	Drug Safety/Food Safety	5 Food Safety Guidelines for Older Adults	Information on healthy eating habits	Contemplation	Nutrition and	Poster
	government	Korea	3 rood safety suitaennes for state riduits	information on ficultity cating habits	contemplation	Safety domain	/ leaflet
	agencies	Noted					
	Government		Healthy Meal Management for Older Adults	Information on healthy eating habits			
53	/Local	Ministry of Agriculture, Food and Rural Affairs	(Sharing Happiness Through Healthy Eating:		Precontemplation / Contemplation		Video
	government		Nutrition and Eating Habit Education)			Safety domain	
	agencies						
	Government		Making Tomato Sobagi for Older Adults with				
54	/Local	Ministry of Agriculture,	Hypertension	Long-term dietary plan for chronic disease	Preparation	Nutrition and	Video
	government	Food and Rural Affairs	(Sharing Happiness Through Healthy Eating:	management	•	Safety domain	
	agencies		Nutrition and Eating Habit Education)				
	Government		Stir-Fried Yeoju and Beef for Older Adults with				
55	/Local	Ministry of Agriculture,	Diabetes	Long-term dietary plan for chronic disease	Preparation	Nutrition and	Video
	government	Food and Rural Affairs	(Sharing Happiness Through Healthy Eating:	management		Safety domain	video nain
	agencies		Nutrition and Eating Habit Education)				
		Ministry of Agriculture,	Making Guljuk (Soft Rice Porridge with Oysters) for	Practical training on meal methods for patients		Nutrition and	
56	Government	ent Food and Rural Affairs	Older Adults with Chewing and Swallowing	with dysphagia	Preparation	Safety domain	Video
	FOOD and Rural Allairs	Difficulties	wiii i uyspi iagia		22.00, 000		

	/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
			Effectiveness of Nutrition Education Using a Booklet	Dietary information for Chronic			
CO	Media search	Academic thesis from	for Older Adults with Diabetes	Disease Management/	Contemplation	Nutrition and	Daaldat
60	engines	RISS	: Focusing on Personalized Daily Caloric Needs and	Long-term dietary plan for chronic disease	/ Preparation	Safety domain	Booklet
			Food Group Servings	management			
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	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	Nutrition and	Power

			Index: A Study of Older Adults in Welfare Facilities in the Jeonbuk Region A Study on the Effectiveness of Public Health Center				lecture material Power
64	Media search engines	Academic thesis from RISS	Nutrition Education for Older Adults with Hypertension: Focusing on Individualized Caloric Education	Dietary information for Chronic Disease Management	Preparation	Nutrition and Safety domain	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	Artide 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		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	
70	Academic societies and associations	The Korean Dietetic Association	Personalized Dietary Information for Older Adults	Information on healthy eating habits	Precontemplation / Contemplation		Inforgraphic
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	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

Power