**Recent Data on the Effectiveness Serving Home-Delivered Nutrition Services**

Recent data from the [National Survey of OAA Participants](https://agid.acl.gov/CustomTables/NPS/Year/) illustrates how the Home-Delivered Nutrition Programs are effectively targeting services:

* 69% of individuals served by this program are 75 years or older
* The average age of a participant is 79 years old
* More than 60% of participants indicate that a home-delivered meal provides one-half or more of their total food for the day
* 91% of participants say that home-delivered meals help them to stay in their own home
* More than 50% of all participants live alone

This program serves much more than food. It provides a safety check, and sometimes the only opportunity for face-to-face contact or conversation that day.

<https://acl.gov/programs/health-wellness/nutrition-services>