



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

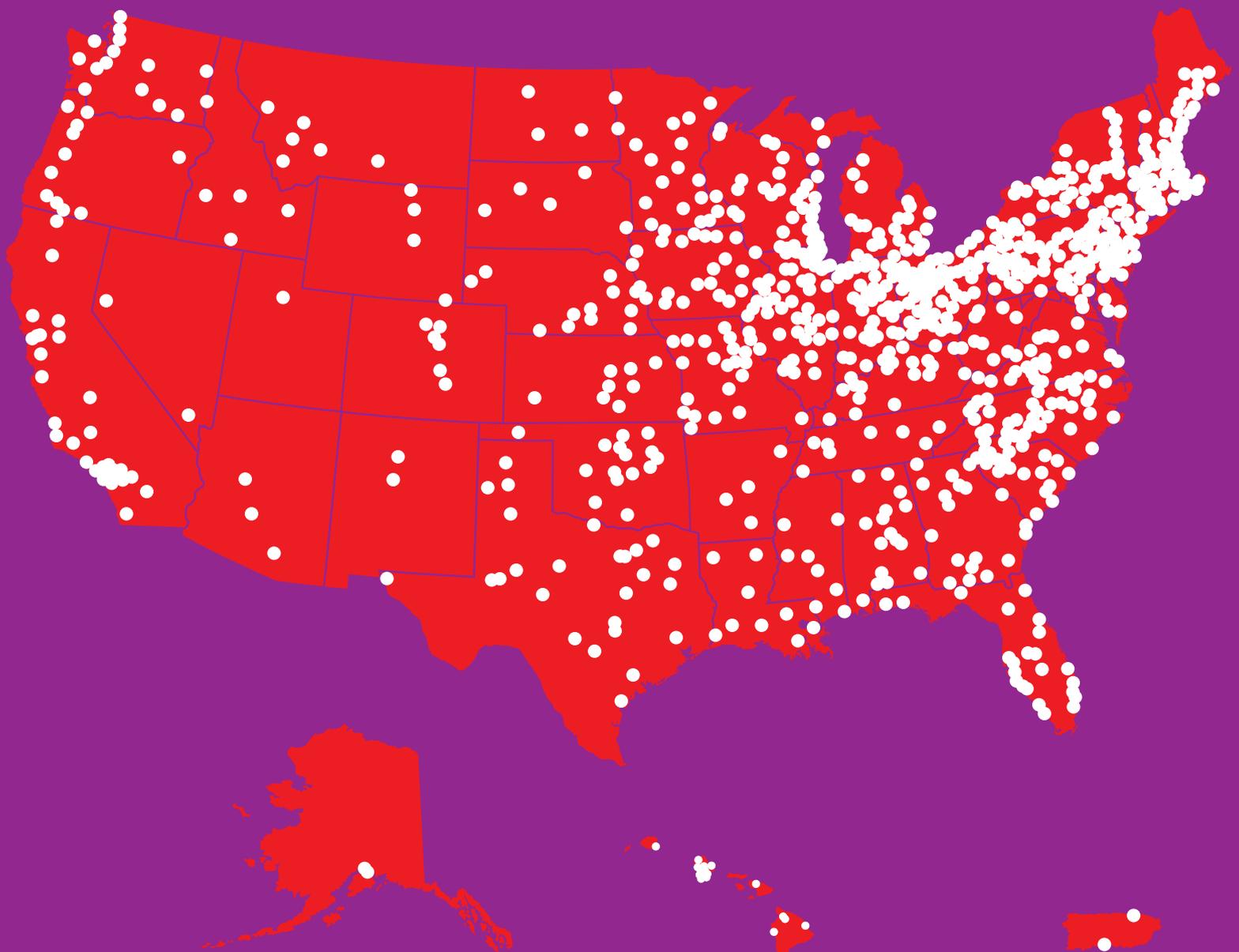
FOR EVERY PERSON & THE COMMON GOOD

Overview of the Y in the United States
YMCA OF THE USA



STRENGTHENING COMMUNITY IS OUR

The nation's 2,700 YMCAs serve 22 million people in 10,000 communities and are spread across all 50 states, plus the District of Columbia and Puerto Rico.



● = YMCA

ALASKA

HAWAII

PUERTO RICO

CAUSE

The Y is the nation's leading nonprofit **committed to strengthening community through youth development, healthy living and social responsibility.** We believe strong communities are possible only when we invest in our kids, our health and our neighbors.

Across the country, people are concerned about the quality of life in their communities. Issues such as unemployment, chronic disease, educational disparities, poverty, negative youth behaviors and stress on families affect the strength of communities. To bring about meaningful change, individuals need ongoing support, encouragement and connections to others—all of which the Y provides in abundance.

The Y has the **long-standing track record and on-the-ground presence necessary to address the nation's most pressing social issues** related to youth, health and community life. With a mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all, we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



OUR AREAS OF FOCUS

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

The Y believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. Through the Y, **more than 9 million youth** today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

At the Y, we recognize that effective youth development requires a holistic approach focused on achieving certain social-emotional, cognitive and physical milestones. Youth need positive role models, and they need to feel physically and emotionally safe to thrive. To ensure youth realize their potential to become active, engaged and thriving members of society, the Y **nurtures their development from birth to career** through programming, experiences and supports.

PROGRAM HIGHLIGHTS

- **Camp**—Exciting, safe communities for young people to explore the outdoors, build confidence, develop skills and make lasting friendships and memories, so they can grow as individuals and leaders.
- **Child Care**—Safe, nurturing environments for children to learn, grow and develop social skills, so parents can go to work knowing their kids are still with people who care about their development and well-being.
- **Education & Leadership**—Knowledge, character development, guidance and encouragement to help children learn and realize their potential.
- **Swim, Sports & Play**—Positive, fun activities that build physical and social skills, so children develop a lifetime appreciation for active living.

SIGNATURE PROGRAM

Statistics show that a large number of children from low-income environments reach kindergarten unprepared and continue to fall behind in school, unless they receive intentional support. This is known as the Achievement Gap. The Y's **Achievement Gap Signature Programs** are designed to improve academic outcomes for these children at key educational stages: early learning, summer learning and afterschool. YMCAs offer the programs at more than 260 sites nationwide.

STORY OF IMPACT

NOURISHING THE DEVELOPMENT OF CHILDREN

Charlie, age 8, struggled with behavioral issues. Throughout the day, his parents would give him sugary snacks, leaving him to crave the proper nutrition needed to support his unique youth development journey.

After becoming involved with the food program at the Sterling-Rock Falls YMCA in Illinois, Charlie received the holistic support he was lacking, and the results quickly followed. His physical appearance changed and so did his behavior, helping Charlie successfully meet critical developmental milestones.

Charlie is not alone in his struggle. In fact, 16 million children in the United States live in households that struggle to put healthy, nutritious meals on the table. According to

the U.S. Department of Agriculture (USDA), more than 21 million children receive free or reduced-cost meals through the National School Lunch Program, but only 3.2 million of these kids continue to receive meals through the USDA's Summer Food Service Program.

The Y believes all children deserve the opportunity to learn, grow and thrive—and nothing is more fundamental to this opportunity than consistent access to healthy meals. That is why we have collaborated with Walmart Foundation and hundreds of other partners to serve millions of meals to thousands of children each year through the USDA's Child Adult Care Food Program for afterschool meals and Summer Food Service Program for summer meals. Charlie and





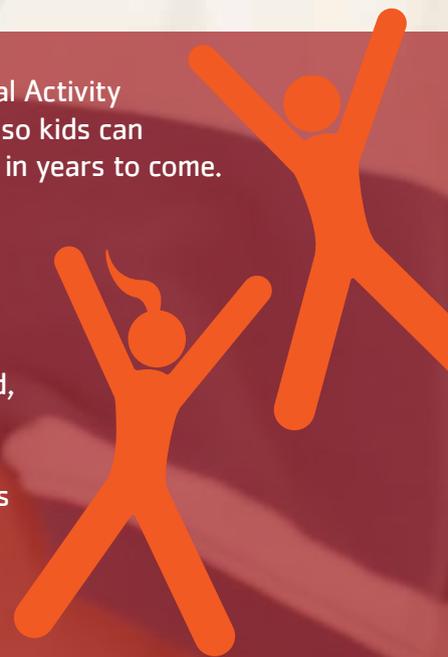
other youth from ages 5 to 18 participate in the Y's Year-Round Food Program at thousands of sites across the country to get their "fill of food and fun." They receive nutritious meals and snacks, and enjoy recreational and learning activities to keep their bodies and minds active.



YMCA of the USA (Y-USA), the national resource office for YMCAs, awards \$5.5 million in grants per year, funded by partners, to help Ys build the proper infrastructure and supports needed to implement a successful USDA meal program. Y-USA staff offer technical assistance and guidance on how to effectively offer meal programs that reach more kids, offer more nutritious options, align

with Healthy Eating and Physical Activity standards and are sustainable, so kids can continue to access these meals in years to come.

Charlie is now happier and healthier. Because of his participation in the Y's Year-Round Food Program, his behavioral issues have subsided, allowing him to concentrate on important things—like volunteering to lead his school's martial arts activity.



OUR AREAS OF FOCUS

HEALTHY LIVING

Improving the nation's health and well-being

The Y is a leading community-based network committed to improving America's health. We harness our vast network to **help the nation battle chronic disease and improve individual and community health** through programs that promote wellness, reduce risk of disease and help people reclaim their health. The result is a country that increasingly values health such that individuals and families make healthy choices and live in communities that support those choices.

At the Y, we are helping lead the transformation of health care from a system largely focused on treatment of illnesses to a collaborative community approach that emphasizes well-being, prevention and health maintenance. We are particularly focused on **three critical social issues affecting our communities**: high rates of chronic disease and obesity, needs associated with an aging population and health inequities among people of different backgrounds.

SIGNATURE PROGRAM

Diabetes affects 30 million people in the U.S., but 86 million more Americans have prediabetes and are at risk for developing diabetes. The **YMCA's Diabetes Prevention Program** helps adults take steps to reduce their risk for developing the disease. The program is based on National Institutes of Health research that showed modest weight loss (5 percent to 7 percent) and increased physical activity (up to 150 minutes per week) can reduce the number of new cases of type 2 diabetes in adults by 58 percent, and by 71 percent in adults over the age of 60.

PROGRAM HIGHLIGHTS

- **Chronic Disease & Injury Prevention**—Evidence-based programs that address key social needs including childhood obesity, diabetes prevention, falls prevention, cancer survivorship, arthritis management and blood pressure management.
- **Family Time**—Bringing families together to have fun and grow, so they can strengthen their own relationships and make connections with other families.
- **Health, Well-Being & Fitness**—Resources and guidance to maintain or improve health and wellness, so we all can live our best lives at every age.
- **Sports & Recreation**—Healthy lifestyle activities that bring together people with shared athletic and recreational interests, because lifelong rewards come from teamwork, friendly competition and exercise.

STORY OF IMPACT

TAKING ON THE DIABETES EPIDEMIC

Monique Wright-Williams watched her mother die from diabetes-related illnesses at age 69. She did not want her children to endure the same heartache. Having been diagnosed with prediabetes, she signed up for the YMCA's Diabetes Prevention Program at the YMCA of Greater Syracuse. The program helped her get active, lose weight and avoid becoming one of the nearly 2 million Americans diagnosed with diabetes every year.

Monique is one of more than 39,000 people served by the YMCA's Diabetes Prevention Program, an evidence-based program based on National Institutes of Health research. The program has been shown to reduce the number of new cases of type 2 diabetes by 58 percent—for roughly 75 percent less than the cost of similar programs delivered in a health care setting.

The scope of the diabetes epidemic is alarming. Nearly 30 million Americans have diabetes. Another 86 million Americans have prediabetes—and only 10 percent of them know they have it, making the epidemic particularly dangerous and expensive. Decreasing the number of cases of type 2 diabetes through programs like the Y's not only saves lives, but also reduces the \$176 billion in direct medical costs associated with diabetes every year.

The YMCA's Diabetes Prevention Program employs a lifestyle intervention approach that once was thought to be too expensive. However, the YMCA of Greater Indianapolis, in conjunction with Indiana University, refined the approach so that the program could be delivered by non-medical professionals at a much lower cost.



YMCA of the USA (Y-USA) has a long history of using funds to bring successful local programs to national scale. After the Indianapolis Y showed good results, the Centers for Disease Control and Prevention (CDC) worked with Y-USA to fund the program at the YMCA of Greater Louisville. Based on positive results in those two cities, the CDC and United Health Group provided funds to expand the program to 18 additional communities. Eight more foundations, corporations, organizations and government agencies then became supporters of the program, including the JPB Foundation, which invested \$10 million to scale the program nationally. More than 200 YMCAs in 43 states are operating the program in more than 1,400 locations. It continues to expand every month.

After Monique completed the program, she continued eating healthy and staying active. In fact, she extended her efforts by forming a weekly running group to support others. Like Monique, the Y wants to extend our work to improve the nation's health through programs like the YMCA's Diabetes Prevention Program and help more individuals make healthy choices in communities that support those choices.



OUR AREAS OF FOCUS

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The Y has been listening and responding to our communities' most critical social needs for **more than 160 years**. Whether helping people develop new skills through education and training programs, welcoming and connecting diverse demographic populations through global services or advocating for the common good, the Y fosters the care and respect all people need and deserve. We believe communities are strongest when all people have an opportunity to participate, connect and thrive.

At the Y, we understand that the desire to belong and help others is human nature, and everyone has something of value to contribute. Often, people just need to be motivated to act, and the Y has the credibility and expertise to be a catalyst. To foster social connectedness, strengthen support networks and encourage investment in communities, both locally and globally, the Y **activates resources and engages people from diverse populations** for individual and collective action.

SIGNATURE PROGRAM

Togetherhood® invites YMCA members to extend the impact of the Y by identifying and leading service projects in their communities. The program addresses the social isolation, disconnectedness and lack of civic participation found in communities across the U.S. By working together in small groups, Y members forge new friendships and increase their own well-being while meeting local needs. More than 330 YMCAs are engaging thousands of members through the program, continually planning new projects and expanding to more neighborhoods.

PROGRAM HIGHLIGHTS

- **Advocacy**—Collaborations with policymakers, community leaders and private and public organizations to advance the Y's cause of strengthening community through youth development, healthy living and social responsibility.
- **Global Services**—Support to welcome, celebrate, educate and connect diverse demographic populations in the U.S. and around the world, so that all people can reach their full potential and our changing communities are united and strong.
- **Social Services**—Training, resources and support to empower our neighbors to make positive change, bridge gaps and overcome obstacles, so that everyone has the chance to learn, grow and thrive.
- **Volunteerism & Giving**—Voluntary contributions of time and treasure that fund, support and lead the Y's critical work, so that we can reach more people and do more good.

STORY OF IMPACT

WELCOMING AND SUPPORTING NEWCOMERS

When Nguyet arrived in Boston from her native Vietnam with her teenage daughter, Minh, they did not know English and had very little money.

The first year was very difficult; Nguyet had trouble finding work and putting food on the table. She finally found a job, only to lose it three months later when the company downsized. The silver lining: That's how she discovered the YMCA of Greater Boston's International Learning Center.

As a laid-off worker, Nguyet received a voucher for English classes and a skills-training program. After completing the courses, Nguyet applied for a temporary

position as a file clerk at Tufts Medical Center. She got it. Not only that, it developed into a full-time job as a human resources coordinator.



Nguyet and Minh are among the more than 41 million foreign-born individuals living in the U.S. today, more than at any other point in our nation's history. Nearly one-quarter of U.S. children live in immigrant families. In order to adapt and thrive, immigrants need integration support and opportunities to become productive, self-reliant and connected to their communities—because the obstacles they face are considerable.



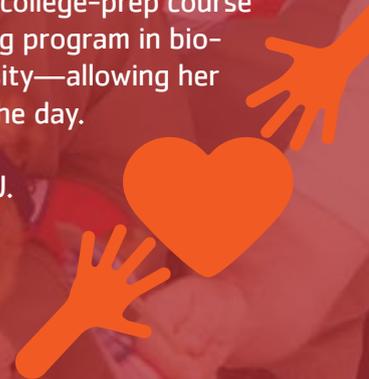
Consider that immigrants are far more likely than natives to drop out of high school (30 percent versus 8 percent) and to have less than a ninth grade education (18 percent versus 1 percent). Immigrants account for 20 percent of the nation's low-wage workers. More than half of all immigrant children live in low-income families.

The Y is working to reverse these trends by fostering supportive and welcoming communities for all. U.S. YMCAs offer integration pathways for immigrants through programs and services focused on key areas of need: language and education, health and well-being, citizenship and civic engagement, economic integration and employment, and community development. They partner with YMCAs worldwide and utilize technical and

financial assistance from YMCA of the USA to strengthen their ability to engage, advocate for and serve immigrant populations.

This kind of support has made all the difference for Nguyet and Minh. After completing a college-prep course at the Y, Nguyet enrolled in an evening program in biomedical technology at Boston University—allowing her to continue working full time during the day. Minh also is thriving, having earned a bachelor's degree in business from BU.

Nguyet says she and her daughter are grateful to the Y “for giving us an opportunity to build a new life in America.”



**THE Y IS A DIVERSE
ORGANIZATION
OF MEN, WOMEN
AND CHILDREN
JOINED TOGETHER
BY A SHARED
COMMITMENT
TO STRENGTHEN
COMMUNITY.**



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