

NORTH CAROLINA ALLIANCE OF YMCAS

COMMUNITY BENEFIT REPORT 2025



SEE THE IMPACT OF NORTH CAROLINA YMCAS



More than one million North Carolinians count on the YMCA to connect to resources, relationships, and opportunities to learn, grow, and thrive. Our 28 independent Ys are change agents who are improving lives and strengthening communities across the state.

Through the North Carolina Alliance of YMCAs, local Ys align and amplify their work in youth development, healthy living, and social responsibility.



2025 ALLIANCE SNAPSHOT

Our work strengthens programs, increases access, and supports communities in ways that create lasting change across the state.

753,129

Members engaged
across North Carolina

19,513

Volunteers strengthening
communities

ENGAGEMENT AT EVERY AGE



54,105

Youth built character and lifelong friendships at summer camp.

169,219

Older adults engaged in Y programs that reduce isolation and support healthy aging.



20,444

Full- and part-time employees contributed to North Carolina's workforce and local economies.

SAFETY & PREVENTION

54,507

Children developed swim skills to promote safety and prevent drowning.



26,493

Students received safe and supportive afterschool programming.

CROSS-SECTOR PARTNERSHIPS



1,434

Collaborations with schools, health systems, nonprofits, businesses, and government agencies to expand reach and maximize public investment.

COMMUNITY WELL-BEING

1.4 MILLION

Nutritious meals and snacks provided to children, reducing hunger and supporting healthy communities statewide.



YOUTH DEVELOPMENT

The YMCA helps close critical child care gaps by providing high-quality early learning that supports school readiness, healthy development, and working families.

North Carolina is facing a growing child care crisis that directly affects workforce participation and local economic stability. When several child care centers closed in 2025 in Thomasville, NC, the **Tom A. Finch Community YMCA** stepped in to fill the gap for working families. By launching a new NC Pre-K program for four-year-olds, the Y helped restore access to reliable early learning and care.

Offered Monday through Friday, with extended wraparound care available into the early evening, the program provides dependable, high-quality care aligned with the NC Pre-K curriculum through a partnership with Smart Start. In addition to classroom learning, children benefit from YMCA resources, such as free swim lessons and physical education, supporting both school readiness and healthy development while providing families with trusted, affordable care they can count on.

STATEWIDE IMPACT STATS

› 96%

Teens developed essential character skills that strengthen mental health, increase high school completion, improve college and career readiness, and support lifelong well-being.

› 545

YMCA staff were trained in Youth Mental Health First Aid to recognize signs of mental health or substance use challenges and connect teens to professional support.



Learn more at
www.myyknow.org



HEALTHY LIVING

The YMCA is strengthening social connections to reduce isolation and help older North Carolinians stay healthy, independent, and engaged in their communities.

Loneliness and social isolation are growing public health challenges for older adults, often driven by major life transitions, shrinking social networks, and increased reliance on technology. Research shows that even a one-unit increase in social connections is associated with a 29% greater likelihood of reporting good health, underscoring how meaningful relationships are a critical contributor to healthy aging and overall well-being.

The **YMCA of the Triangle** is intentionally addressing this issue by creating consistent opportunities for older adults to build meaningful connections through its THRIVE initiative. The program offers social clubs, volunteer opportunities, and 176 monthly fitness classes designed for active older adults, providing regular spaces for engagement and relationship-building. A five-month senior membership retention rate of 95.8% reflects the YMCA's role as a trusted community anchor and a vital source of connection for older adults seeking friendship, purpose, and support.

STATEWIDE IMPACT STATS

› 4,631

Adults participated in swim lessons to build lifelong safety and physical activity skills.

› 3,563

Individuals improved their health through the Y's evidence-based chronic disease prevention and management programs.



Learn more at
www.ymcatriangle.org

SOCIAL RESPONSIBILITY

By leveraging federal nutrition programs, the YMCA reduces food insecurity while strengthening health, learning readiness, and long-term community outcomes.



Learn more at
www.ymcasenc.org



Food insecurity remains a significant challenge in North Carolina, with approximately 1.6 million residents experiencing hunger, including one in five children. The **YMCA of Southeastern North Carolina** helps address this need by participating in the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP), ensuring children and families have consistent access to nutritious meals where they already live, learn, and play. In 2025, the Y provided 492,547 meals, 442,666 through these federal nutrition programs, at afterschool programs, day camps, and community sites, helping reduce barriers to food access for working families.

During the summer months, when many children lose access to school meals, the Y distributed 280,948 meals across eight sites in Brunswick, Harnett, Pender, and Sampson counties. Through partnerships with other Ys and regional Boys & Girls Clubs, staff and volunteers expanded reach and ensured children had reliable access to healthy food while school was out, supporting improved nutrition, stronger learning readiness, and greater stability for families facing food insecurity.

STATEWIDE IMPACT STATS

› **1.9 MILLION**

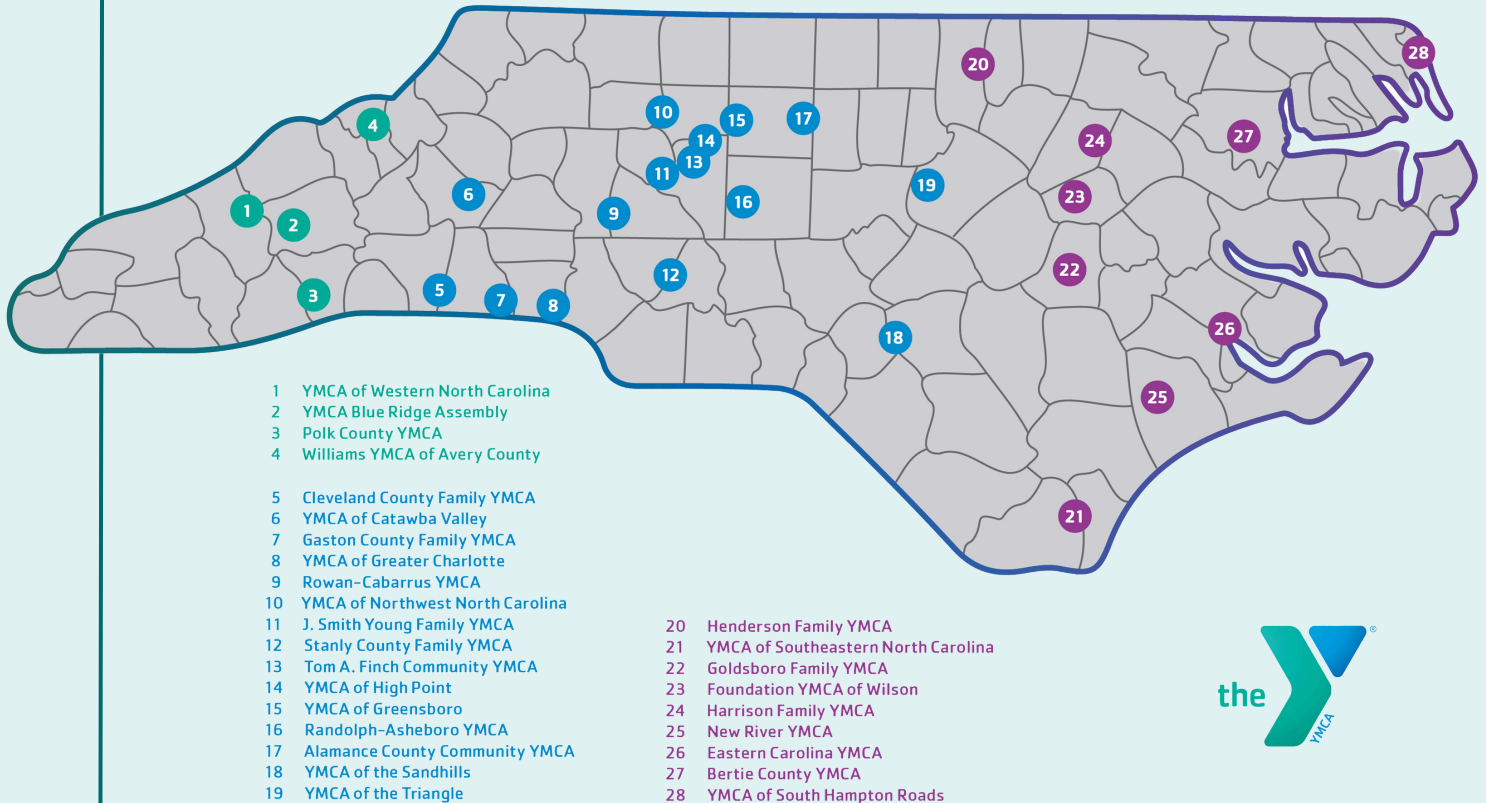
Pounds of food shared with children and families to combat food insecurity.

› **\$24.5 MILLION**

In financial assistance provided to ensure individuals and families could access YMCA programs and services.

ABOUT US

Through meaningful engagement, impactful programming, and a growing membership base, the YMCA remains a trusted partner in communities across North Carolina. Today, 28 YMCA Associations serve the state through more than 120 facilities.



FIND OUT MORE

From youth development and workforce readiness to mental health and access to essential services, the YMCA strengthens communities across North Carolina every year. The North Carolina Alliance of YMCAs brings local Ys together to advance statewide initiatives, elevate community needs, and ensure that children, teens, families, adults, and seniors have the support they need to thrive.



NORTH CAROLINA ALLIANCE OF YMCAS

801 Corporate Center Drive, Suite 200
Raleigh, NC 27607

www.ncymcas.org