



TOGETHER, WE BUILD STRONGER COMMUNITIES

NC Alliance of YMCAs
ncymcas.org

2024 IMPACT

OUR REACH

821,000 children, teens, adults and seniors found social connection, community and well-being as YMCA members.

28 YMCA associations, **112** branches and **12** overnight camps dedicated to physical and mental well-being for all.

1,600 collaborations with hospitals/health care organizations, schools, governments, insurance partners, nonprofits, churches and others.

Youth Development



606,000 children and teens cared for in safe, supportive programs.

390,000 children benefited from before/after school programs and summer day camps, which allowed parents to work with peace of mind, knowing their kids were engaged in fun, enriching and growth-focused activities.

2 million meals and snacks nourished children at Y programs, enabling them to learn, grow and thrive.

Healthy Living, Mental Health and Well-Being



93% of YMCAs expanded or launched teen programs to support mental health, providing a safe space for connection, personal growth and well-being.

400 staff certified in Youth Mental Health First Aid, equipping them to recognize when teens may need support from mental health professionals.

144 teens referred to mental health experts for further support, underscoring the vital role Y staff play in ensuring help is available when it's most needed.

Evidence-based Health Programs



In an innovative pilot bundling Y membership with evidence-based programs:

74% of participants met their health goals.

96% of Healthy Weight and Your Child participants achieved positive outcomes with **60%** decreasing their BMI and **40%** slowing their BMI.

6.5% average weight loss achieved for YMCA Diabetes Prevention Program participants, significantly lowering their risk of developing diabetes and its serious health complications.

Social Responsibility



100% of NC YMCAs supported Hurricane Helene relief through donations, either critical supplies or money. Local Ys provided housing for first responders and charging stations and showers for those without electricity and clean water.

403,000 pounds of food donated, including **168,000** pounds of fresh produce to fight food insecurity and nourish children, adults and seniors.

\$32.5 million raised to connect under-resourced neighbors to the Y and its programs.

35,500 volunteers made a meaningful impact in their communities by generously giving their time and support at the Y.

1,300 lives were saved through blood drive donations.

The Y in North Carolina

The North Carolina Alliance of YMCAs is a 501(C)3 nonprofit corporation comprised of the 28 independent nonprofit YMCA associations serving North Carolinians. The Y's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Alamance County Community YMCA
Bertie County YMCA
Cleveland County YMCA
Eastern Carolina YMCA (New Bern)
Foundation YMCA of Wilson
Gaston County Family YMCA
Goldsboro Family YMCA
Harrison Family YMCA (Rocky Mount)
Henderson Family YMCA
J. Smith Young YMCA (Lexington)
New River YMCA (Jacksonville)
Randolph-Asheboro YMCA
Rowan-Cabarrus YMCA
Stanly County Family YMCA

Tom A. Finch Community YMCA (Thomasville)
Williams YMCA of Avery County
YMCA Blue Ridge Assembly (Black Mountain)
YMCA of Catawba Valley
YMCA of Greater Charlotte
YMCA of Greater Spartanburg (Polk County)
YMCA of Greensboro
YMCA of High Point
YMCA of Northwest North Carolina
YMCA of South Hampton Roads (Northeastern NC)
YMCA of Southeastern North Carolina
YMCA of the Sandhills
YMCA of the Triangle
YMCA of Western North Carolina