

# STRENGTHENING COMMUNITIES TOGETHER

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2023 Community Impact

**At the Y, strengthening communities is our cause.** Comprised of 25 YMCA associations and 120 branches and overnight camps, the NC Alliance of YMCAs advocates for the needs of children, families and individuals across the state. The Y is dedicated to empowering young people to reach their full potential, improving individual and community well-being, and providing support and inspiring action in our communities.

In 2023, more than **738,000** children, adults and seniors benefitted from Y membership and the opportunity to learn, improve their physical and mental well-being, build stronger bonds and become more engaged in their communities.



### Youth Development

- NC YMCAs nourished 73,700+ youth through 1,624,000+ meals and snacks at Y programs.
- NC YMCA cared for 579,000+ children and teens, providing strong role models and a safe, supportive place to learn, grow, play and be active.
- 86% of children improved in at least one character development indicator at Y afterschool programs in North Carolina, leading to improved academic outcomes and mental health.



### Healthy Living

- 725 adults and 4,500 families served by Medicaid joined the Y at no extra cost to them through their health plan, increasing their access to health and wellness, social connections and a wide range of programs.
- NC YMCAs collaborate with Medicaid insurers (Carolina Complete Health, Healthy Blue, UnitedHealthcare and WellCare) to provide value-added services at the Y, such as evidence-based health programs and youth vouchers for sports, afterschool programs and more.



### Social Responsibility

- NC YMCAs helped fight food insecurity by donating 1.7 million pounds of food, including 816,570 pounds of fresh, healthy produce through mobile markets, backpack programs for students and food drives.
- NC YMCAs provided \$28.3 million in scholarships for membership and programs so that all have access to opportunities, relationships and resources to thrive.
- NC YMCAs held 228 blood drives, enabling health care partners to save 12,700 lives.