



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 YMCAs 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.

