



MANY COMMUNITIES, ONE Y

NORTH CAROLINA ALLIANCE OF YMCAs

Strengthening Communities in 2022

Youth Development



NC Ys provided **244,000+** children and teens with strong role models and a safe, supportive place to learn, grow and play.

Through Y afterschool programs, 87% of children improved in at least one **character development** indicator. NC Ys helped students build relationship skills and manage emotions, which is critical to improve academic performance, confidence and behavior in the classroom and beyond.



Healthy Living



North Carolinians in all 100 counties have access to the Y's **evidence-based health initiatives** through programs offered virtually.

More than **2.3 million** North Carolinians (nearly one in four people) are insured by Medicaid. NC Ys partner with **Medicaid insurers** Carolina Complete Health, UnitedHealthcare and WellCare to provide access to the Y's evidence-based health programs at no charge to their members.

The Y is included as a **Value-added Service** for many Medicaid managed care subscribers; this provides access to youth vouchers that can be used for sports, afterschool programs and more.

Social Responsibility

NC YMCAs provided **\$23.3 million** in financial aid for membership and programs for those in need.



Fighting food insecurity, a key social determinant of health, is a priority for the Y. NC YMCAs provided more than **1 million** meals to children, families and seniors. Thanks to generous supporters, NC Ys also provided access to **1.7 million** pounds of food, including **842,000+** pounds of health produce.

North Carolinians saved up to **15,000 lives** through blood donations at local Ys.



Both within and beyond the walls of North Carolina's nonprofit Ys, we are strengthening communities.

Seniors Swim Lessons College Preparation Cancer Survivor Support Health Screenings Diabetes Prevention

Social Connections Camp

Youth in Government Backpack Supplies Water Safety Blood Pressure Self-monitoring

Child Care Sports

Tutoring Family Time

Community Collaborations Leadership Skills Mobile Food Markets Job Training Public Policy

Volunteers College Preparation Blood Drives Food Drives Character Development



ABOUT OUR ALLIANCE

The North Carolina Alliance of YMCAs is a 501(C)3 nonprofit corporation comprised of 25 independent YMCA associations, leveraging our collective influence and expertise to strengthen North Carolina.

The purpose of the Alliance is to:

- Build capacity of all of the state's YMCAs
- Foster collaboration on statewide initiatives through effective partnerships
- Advocate on behalf of the Y's mission and cause with elected officials and stakeholders
- Coordinate communication to build consensus that ensures Ys are recognized as leaders in youth development, healthy living and social responsibility



25 Associations

112 Branches

12 Overnight Camps

1,200+ Community Collaborations: schools, health care systems, churches, other nonprofits, local government and others

3 New YMCAs in 2022, thanks to health care partnerships

Alamance County Community YMCA
Bertie County YMCA
Blue Ridge Assembly YMCA
Cleveland County YMCA
Eastern Carolina YMCA
Foundation YMCA of Wilson
Gaston County Family YMCA
Goldsboro Family YMCA
Harrison Family YMCA

Henderson Family YMCA
J. Smith Young YMCA
Randolph-Asheboro YMCA
Rowan-Cabarrus YMCA
Stanly County Family YMCA
Tom A. Finch Community YMCA
Williams YMCA of Avery County
YMCA of Catawba Valley

YMCA of Greater Charlotte
YMCA of Greensboro
YMCA of High Point
YMCA of Northwest North Carolina
YMCA of Southeastern North Carolina
YMCA of the Sandhills
YMCA of the Triangle
YMCA of Western North Carolina