



# OHIO YMCAs

## DID YOU KNOW?

At the YMCA, we're for healthy living, youth development, and social responsibility. Ohio YMCAs are in 165 diverse communities around the state, and serve 1.6 million Ohioans, both children and adults.

Did you know we are the largest early and out of school-time learning provider in the state? Did you know Ohio YMCAs reach the most pre-diabetic Ohioans with the CDC-recognized evidence-based diabetes prevention program (YDPP) in the state? And that we teach more kids how to swim than any other institution, which are lessons in safety, healthy living, and self-confidence?

## IMPACTING OVER 165 COMMUNITIES

### YOUTH DEVELOPMENT

YMCAs provide children under age six with critical early learning and school age kids with safe, dependable places to grow before and after school. Our early childhood and after school programs are crucial supports for working parents and ensure that our children are classroom ready.

<b>Infant/toddler care (0-3 years)</b> .....	2,187
<b>Preschool (3-5 years)</b> .....	6,670
<b>School age care (6-12 years)</b> .....	18,881
<b>Day camp</b> .....	21,944
<b>Resident camp</b> .....	40,660

### HEALTHY LIVING

The Y provides a supportive environment for families of all backgrounds, ages, and abilities where people can meet their health and well-being goals through exercise, nutrition, and chronic disease programs.

<b>YMCA members</b> .....	1,598,786
<b>Members under age 18</b> .....	593,304
<b>Members over age 65</b> .....	188,089
<b>Youth swim lessons</b> .....	68,499

### SOCIAL RESPONSIBILITY

Part of the Y mission is to give back to our communities, and help everyone, regardless of income, be a member of the YMCA family. From the volunteers who give their time and energy to support our mission, to the amount of scholarship we give to families who cannot afford a membership, we strive to fulfill our responsibility to our communities every day.

<b>YMCA volunteers</b> .....	29,656
<b>Contributions to support the Ys</b> .....	\$29,395,445
<b>Financial assistance Ys give to low-income families</b> .....	Over \$23,581,139



# SUPPORTING OUR COMMUNITIES, ONE PERSON AT A TIME

## YOUTH DEVELOPMENT

A lot of people can relate to Aliea. She and her husband work hard. Aliea attends college, and they are raising two little boys, Ali and Musa. Like so many parents, Aliea faced the dilemma - how do you afford good child care? Aliea knows that "completing my degree will help me better provide for my family and having reliable child care is essential to that goal."

The Y was just what her family needed. The YMCA offers child care scholarships for families like Aliea's. Parents can work or continue their educations without sacrificing quality, loving care for their children.

"Since my children have been attending the Y child care center, I have noticed how much they've learned." Ali, 2½, is speaking more clearly, identifying colors, and singing songs. His imagination is taking off too - he is always playing make believe. His younger brother, Musa, 1½, is learning to follow directions and his vocabulary is expanding.

Still, it is not just their academic development that is growing. They have come to love their teachers and are interacting well with children their own ages. Mom is pleased to say, "Both of them have learned about caring for others and sharing. They love playing with the teachers and other children."

## HEALTHY LIVING

He was exercising several times a week, following the instructions from popular cooking programs by preparing meals with organic choices and olive oil. Unfortunately, David did not see the benefits, despite his efforts. He struggled with his weight, ultimately learning that he was pre-diabetic and had high blood pressure.

David talked to a staff member at the YMCA about the YMCA Diabetes Prevention Program and appreciated the encouragement he received to try something new. Just weeks later, David was monitoring food labels, using a daily food log, and on track to a successful outcome. "I didn't have to start from "ground zero," but the program helped me put the pieces together," shared David.

In December, David's physical and medical tests proved how much his commitment to better health had paid off. Not only did he lower his high risk counts across the board, but his overall body weight went down by more than 21%.

Today, David continues to maintain his new, healthy regimen of diet and exercise and remains diabetes free.

## SOCIAL RESPONSIBILITY

My son Wesley and I have appreciated the help we have received from the scholarship for the membership and summer day camp fees at the YMCA. I have peace of mind knowing when I bring my child to the Y, he is safe and learning the things that will make him a better person.

Most people come to the Y for the fitness aspects, and we do too, but once there, there is so much more to the place than equipment, the gym, and the pool. There is companionship, guidance, friendliness, and much more at the Y.

Because of the Y, Wesley has matured into a kind, comical, religious, and fantastic young man. The structure, discipline, guidance, and friendship he has gotten from everyone at the Y helped so much. Being a single parent, it was nice to see the impact the Y has made in shaping Wesley. I like the young man he is becoming and it is thanks to the Y.