



2022 *Impact Report*



YMCA OF THE TRIANGLE

The YMCA of the Triangle has the long-standing track record and on-the-ground presence necessary to address our community's most pressing issues. We understand the core of a strong, diverse, vibrant, equitable and inclusive community comes from everyone's desire to belong, to help others and to contribute.

We invite you to read this snapshot of the accomplishments our YMCA made in 2022 with your support.

NEXT PAGE >

Youth Development

At the Y, we believe all children have potential.

That's why we're focused on meeting the social, emotional and academic needs of our young learners so they can grow into the changemakers of tomorrow.

Our programs take a holistic approach to education with a deep understanding of the cognitive, physical and social development of children and a focus on supporting their families.



Every youth activity at the Y includes a **social emotional learning opportunity**—that is more important than ever.



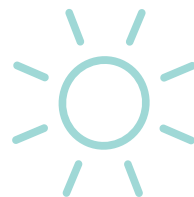
89,000+ young people developed skills though inclusive, healthy, active environments led and encouraged by positive role models.

- School Programs
- Summer Day Camps
- Overnight Camps
- Teen & Civic Engagement Programs
- Swim Lessons & Sports Leagues

Summer Day Camp Counselor Julian describes the impact of the YMCA on young campers and in his own life.



YMCA SUMMER DAY CAMP



40+ locations across the Triangle provided a safe place for **14,581+** children to make friends, be included and gain confidence. **YMCA Day Camps** provided assistance with food insecurity and combating summer and COVID-learning interruptions.



OVERNIGHT CAMPS

In 2022, **7,555** young people attended our three, premiere overnight camps to learn skills, build character, gain confidence and have fun.

All three camps are led by highly qualified, trained counselors who were often campers and young leaders themselves.

- **YMCA Camp Kanata** in Wake Forest is located on 150 acres of woods, lakes and trails in Wake Forest.
- **YMCA Camp Sea Gull** and **YMCA Camp Seafarer** located on the North Carolina coast in Arapahoe focus on seamanship.



CAMP EXCEL (formerly Camp High Hopes)

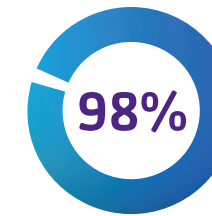
1,671 children participated at locations in Wake and Durham County.

The program included full-day supervised care, healthy breakfast/lunch/snacks, swim lessons, and an hour of academic support each day led by certified teachers.

In 2022, 149 children ages 4 -5, participated in the **YMCA Camp Excel** Kindergarten Readiness Program in Durham and Wake Counties:

22% gain in identifying letter sounds
26% gain in performing school routines
28% gain in identifying numbers

YMCA SCHOOL YEAR PROGRAMS
Y Learning, After School Programs and Track Out Camp help kids build skills, learn healthy habits and receive academic support to bridge the education gap.



of camper parents surveyed agreed that **Camp Excel** improved their child's **social emotional learning**.

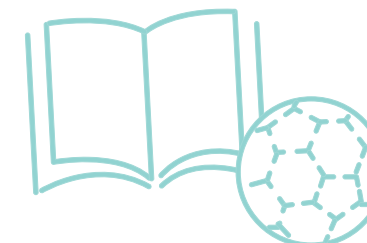
YMCA POWER SCHOLARS ACADEMY

In 2022, the YMCA of the Triangle piloted the five-week summer-learning program for students in grades 1 – 5 at two Wake County elementary Schools to combat summer learning loss. The program focuses on math, literacy and enrichment.

• In 2022, **108** students were enrolled in Power Scholars with a 98% attendance rate

- Students gained **2 months** of literacy
- Students maintained math performance and did not experience the normal summer slide

*Based on STAR Literacy and Math assessments



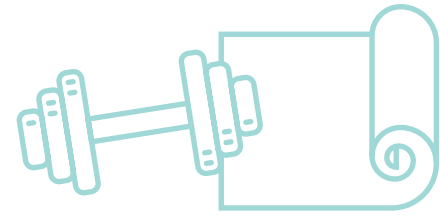
Healthy Living



A healthy community is a strong community.



At the Y, we strive to provide a sense of belonging and hope to those who struggle with their well-being by designing health programs that strengthen the spirit, mind and body.



96,900+ YMCA Members

had the opportunity to get strong, improve their health, lower stress and improve energy by being part of a supportive Y community.

Through innovative in-person and virtual programs, we were able to **address health disparities and remove financial barriers to wellness.**



Y HEALTH MEMBERS

1,257 Y Health Members (formerly known as Medical Members) enrolled through participation in **LIVESTRONG at the YMCA, Moving for Better Balance and Blood Pressure Self-Monitoring.**

After the birth of her second child, Mary Kathryn struggled to keep pace with her energetic youngsters.

She and her husband researched a number of healthy living programs and Mary Kathryn decided to enroll in the **YMCA Weight Loss** program.

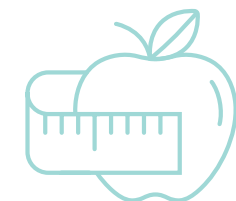


74% of Medical Members met their health goals in 2019-22.

Pre-pandemic **88M** Americans were prediabetic. Today, **96M** are prediabetic.

Children 8 - 10 years old on average gained **30 pounds** during the pandemic. Pre-pandemic, the average weight gain was 5 pounds per year.

The YMCA is addressing chronic disease with prevention care through evidence-based programs such as **Diabetes Prevention (DPP), YMCA Weight Loss and Healthy Weight and Your Child.**



Social Responsibility

Our YMCA is on a constant equity, inclusion and improvement journey. We are dedicated to fully serving and including the many unique and diverse communities that are part of our seven-county service area.



OUR DIVERSITY, EQUITY AND INCLUSION STATEMENT

To fulfill our Mission and purpose of strengthening our community for all, the YMCA of the Triangle is committed to being a multicultural, anti-racist and inclusive organization, fully leveraging our collective resources and impact to address social inequities.



In 2022, the Diversity, Equity and Inclusion Department continued to build infrastructure to lead us to operationalize this work.

2022 marked the second year of the Boys and Young Men of Color (BYMOC) program with 20 Black boys and young men as part of a YMCA of the USA initiative designed to improve outcomes and impact for boys and young men of color.

The Clarence E. Lightner YMCA Achievers program introduces teens in grades 6 – 12 to adults of color who guide them through experiences that prepare them for life after high school. Through civic engagement, community service projects, and academic enhancement programs, students make new friends, learn healthy lifestyle choices and prepare for their future.

Today, **89** teens participate.

Ebony grew up with changemaker parents who educated, volunteered and advocated to make their community a better place. She carries that baton as an attorney and YMCA Advisory Board Member.



In 2022, we began a major investment in our YMCA facilities and in the environment through a series of energy-conservation efforts to improve the quality of our spaces and the environmental footprint of our facilities. In February 2023, we reached 50% completion.

- Energy efficient lighting upgrades to be implemented at most Y facilities
- Water efficiency upgrades
- Improved air quality monitoring for our staff and members

5,000+ individuals receive food assistance each month through YMCA volunteer-led programs.

In 2022, the YMCA of the Triangle was announced as a partner of the Food Bank of Central & Eastern North Carolina.

As of March 2023, the Y distributed **732,876** pounds of food through YMCA Food Hubs.



9,000+ individuals partnered with us and became active Changemakers across the region by volunteering in YMCA programs.



2022 ANNUAL WE BUILD PEOPLE CAMPAIGN

Individuals, Corporations, Foundations

\$9,889,897

Earnings from the YMCA's Endowment

\$567,564

Federal grants for Y educational support programs

\$1,357,939

Total invested in the community

\$11,815,400



20,000+ Lives Impacted



YMCATriangle.org

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YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.