



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **COMMUNITY IS OUR CAUSE**

**2013 Community Benefit Report  
YMCA OF GREATER ST. LOUIS**

St. Louis, Missouri



## How much does the YMCA receive because we are a charity?

### ANNUAL SUPPORT

Amount

#### Gifts

General Contributions	\$ 513,108
Annual Campaign Revenue	\$ 1,692,275
United Way/Community Chest	\$ 1,661,152
Foundation Grants	\$ 282,121
Endowment Transfers to Operations	\$ 810,000
Other	

**Total Gifts** \$ 4,958,656

#### Government Dollars

City, Local	\$ 1,513,999
State	\$ 826,845
Federal	\$ 122,758

**Total Government Dollars** \$ 2,463,602

#### Volunteer Hours

Program Volunteers	\$ 2,652,122
Policy Volunteers	\$ 46,190

**Total Volunteer** \$ 2,698,312

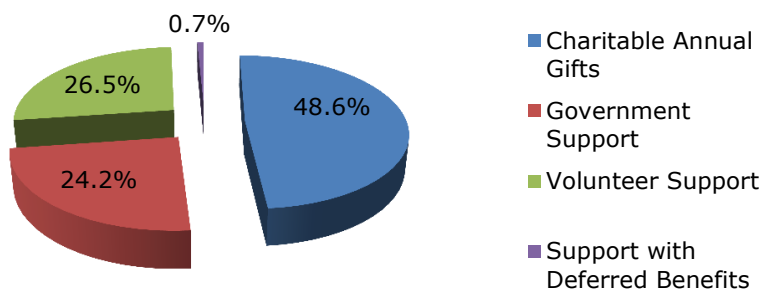
**Total Contributed Support** \$ 10,120,570

#### Support with Deferred Benefits

Endowment Gifts	\$ 14,402
Capital Campaign Gifts	\$ 61,690

**Total Deferred Benefits** \$ 76,092

**GRAND TOTAL SOURCES** \$ 10,196,662

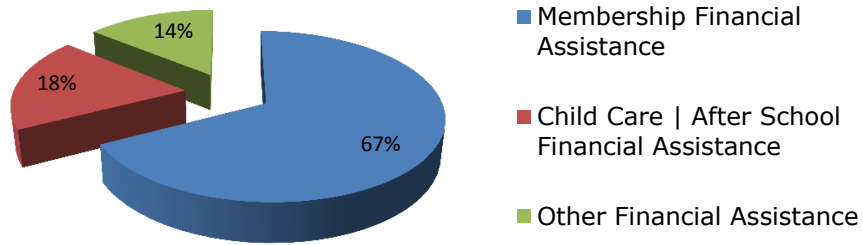


## How Much We Give Back Because We Are A Charity?

### COMMUNITY ASSISTANCE

#### Direct Financial Assistance

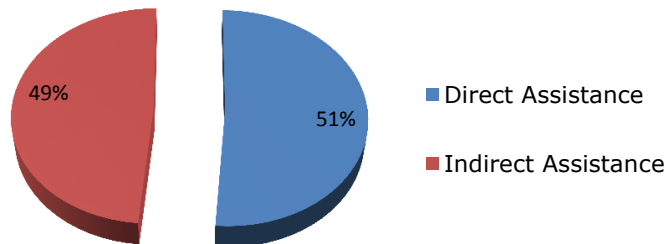
Health and Well-Being	\$ 1,464,324.00
Child Care   After School Financial Assistance	\$ 400,770.00
Other Financial Assistance	\$ 306,722.00
<b>Total Financial Assistance</b>	<b>\$ 2,171,816.00</b>



#### Indirect

Facilities used by Community Groups   Nonprofit Orgs	\$ 563,789.00
Outreach/Support To Other Community Groups	\$ 215,055.00
Community Outreach Programs	\$ 977,597.00
International Work/Support	\$ 102,000.00
Other Community Support	\$ 201,756.00
<b>Total Indirect Assistance</b>	<b>\$ 2,060,197.00</b>

**Total Assistance \$ 4,232,013.00**



## Non-Monetary Data

### Accessibility to the whole community

Total # of Members served:	147,235
Total # of Program Participants served:	56,805
Total # Under the Age of 18:	76,107
Number Enrolled in Child Care   Afterschool Programs:	5,493
Total # of YMCA staff   Full- and Part-Time	4,761
Total # of Community-wide Events in 2013:	534
Total # of Community-wide Participants in 2013:	142,472

### Community support

Total Number of Volunteers:	5,244
Total Program Volunteers:	4,791
Total Policy Volunteers:	453
Total Hours Volunteers Served:	133,250

*The Y has partnered and collaborated with the following organizations and entities:*

<b>Alzheimer's Assn</b>	<b>Lions Club</b>
<b>American Diabetes Association</b>	<b>LiveSTRONG</b>
<b>American Lung Association</b>	<b>Missouri Botanical Gardens</b>
<b>American Red Cross</b>	<b>MOPS</b>
<b>Boys &amp; Girls Clubs</b>	<b>Premium Outlet Mall</b>
<b>Chambers of Commerce</b>	<b>Rotary Club</b>
<b>Chiropractic (Balanced Body, Perez)</b>	<b>School Districts (private &amp; public)</b>
<b>Churches -- all denominations</b>	<b>Special Olympics</b>
<b>City Fire Departments</b>	<b>SSM Centers</b>
<b>Community Colleges</b>	<b>SSM Karen Weidinger Fdn</b>
<b>County Libraries</b>	<b>United Health Care</b>
<b>Food Pantries</b>	<b>United Way</b>
<b>Forest Park</b>	<b>Various Banks</b>
<b>Girl Scouts/Boy Scouts</b>	<b>Various City Entities</b>
<b>HearUSA</b>	<b>Various Restaurants</b>
<b>Hospitals (Mercy, Christian, etc)</b>	<b>Veteran's Association</b>



## **BEING THERE FIRST HAND IMPRESSIONS**

### ***Diabetes Prevention - Judy B.***

I decided to participate in the Diabetes Prevention Program because I am considered pre-diabetes and I have a family history of diabetes. I did want to start eating better and become more active, so I thought this Program would be a good place to start, with the benefit of potentially lowering my risk for developing diabetes. The Program has been a real eye-opener for me and has set me on the path of healthy eating and becoming more physically active. I have lost my goal weight, and participate in activities I enjoy to keep myself physically active in the limited time I have to exercise. I have more energy and physically feel so much better.

The Program has taught me to be aware of what I am eating and to reduce the fat in my diet. The Program's constant emphasis on healthy eating and daily physical activity has kept me on track and is one of the reasons I have reached my goal weight & am currently maintaining that weight. I think the Program works because it brings together those who share the same health concerns and ultimate goal. In weekly sessions we share our thoughts and ideas, and what works for us. The support from both the participants and the Program Coordinator have been a tremendous help to me in reaching my weight and activity goals. The success stories of the group members provide the motivation to stick with the Program to ultimately reach our goals.

The program has taught me that I can still eat out and make healthier choices, and that "no time to exercise" is just an excuse – that it is possible to reach your ultimate physical activity goal by setting aside just 15 minutes a few times every day.

I highly recommend the Program to anyone who is at risk for diabetes. If you really want to reach your goals and are serious about what you have to do to get there, the Program would be beneficial. I went into the Program determined to get healthier and am well on my way. I don't think that would have happened without the Program and the support it provides. The Diabetes Prevention Program gives you the tools, knowledge and support you need to begin working toward a healthier you.

Judy B.

Pre-program HbA1c = 6.0%

Post-program HbA1c = 5.4%

Lost 13% of her starting body weight.

**Our Promise: To strengthen the foundations of community.**

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