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FOR HEALTHY LIVING
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CENTRAL CONNECTICUT COAST YMCA AWARDED GRANT TO ENSURE HEALTHY LIVING IS ACCESSIBLE TO ALL IN GREATER NEW HAVEN

Sam's Club Giving Program grant will help advance initiatives to support the health and well-being of Greater New Haven residents

New Haven, CT (November 20, 2013) – The Central Connecticut Coast YMCA received a \$65,000 grant to ensure more healthy opportunities are available to all residents in Greater New Haven, with a specific focus on increased access to these opportunities for African American/Black and Hispanic/Latino individuals and families.

YMCA of the USA (Y-USA), the national resource office for the nation's 2,700 YMCAs received funds through the Sam's Club Giving Program and is re-granting a portion to five local Ys to implement programs and strategies that prevent chronic diseases, the nation's leading causes of death and disability. The Central Connecticut Coast YMCA is excited to be one of the Ys chosen to participate.

"As a leading nonprofit committed to healthy living, the Y believes that everyone deserves to live life to its fullest regardless of where they live or who they are," said Christian Engle, Central Connecticut Coast YMCA Senior Vice President. "This grant from the Sam's Club Giving Program will help us to build our capacity to offer programs and implement strategies that help those individuals who face the greatest barriers to healthy living."

These five Ys are in underserved communities and communities of color and will work with other community-based organizations to address health disparities among African American/Black and/or Hispanic/Latino individuals and families. The Central Connecticut Coast YMCA closely coordinate with the New Haven Health Department; Yale School of Public Health CARE: Community Alliance for Research and Engagement and the City of New Haven Department of Parks, Recreation and Trees by focusing on the following:

- Coordinating and linking systems between health care providers, clinical settings and community-based organizations in predominately African American/Black and Hispanic/Latino communities to help guide individuals to prevention efforts/programs, such as the YMCA's Diabetes Prevention Program, that are proven to increase health outcomes.
- Enhancing local efforts to implement community-wide strategies that create environments rich in opportunities for healthy eating and physical activity.

This initiative supports five Ys over an 18 month grant period. The communities that have received funding include:

Central Connecticut Coast YMCA
YMCA of Metropolitan Washington
Capital District YMCA
YMCA of Metropolitan Dallas
YMCA of Metropolitan Fort Worth

New Haven, CT
Washington, DC
Albany, NY
Dallas, TX
Fort Worth, TX

The outcomes and learnings from the initiative are expected to generate leading practices that will be shared with other Ys in an effort to make a difference in improving the health and well-being of African American/Black and Hispanic/Latino individuals and families across the country.

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About the Central Connecticut Coast YMCA

The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2012, the CCC YMCA served 85,000 kids, families and adults in twenty-five towns and cities. Approximately 32,000 youth participated in child care, youth sports, summer camping and Youth in Government programs. 7,600 children took advantage of the Y's instructional swimming lessons; 34,500 youth and adults participated in health, wellness, education, physical activity and diabetes prevention programs and services. 1,700 people were served through one of our housing programs. The CCC YMCA also provided \$3 million in direct financial assistance to approximately 6,000 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622