



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CENTRAL CONNECTICUT COAST YMCA

## A Report on the Y's Community Impact

December 31, 2013

Dear Friends,

It is with great pride that I share with you the strong impact made by the Central Connecticut Coast YMCA in 2013! With a special focus on youth development, healthy living, and social responsibility, the Y served **87,000** kids, families, and adults in twenty five towns and cities including Bridgeport and New Haven.

**Character development** is at the heart of the Y's mission, and the values of caring, honesty, respect, and responsibility were modeled and taught to **32,000** youth in 2013. Through participation in programs including child care, youth sports, summer camping, and Youth in Government, character was built and positive values were reinforced.

Defined as the difference in academic performance between low-income kids and their more privileged peers, the **education achievement gap** begins early in life for many children. In 2013, the Y made great strides in closing the gap for **1,230** low-income children through our 8 school-readiness programs, 38 after-school programs and 10 summer camp programs with a special focus on developing reading and writing skills. This represents an increase of 15% in the number of children served as compared to 2012.

The Y has been teaching kids how to **swim and be safe around the water** for decades. In 2013, **7,441** children participated in Y swimming lessons and water safety education programs representing an increase of 13% as compared to 2012.

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December 31, 2013 (Continued)

Overweight, obesity, physical inactivity, and poor nutrition affect most in our community. About one in four of our neighbors are pre-diabetic, and many do not realize the serious health consequences of leading an unhealthy lifestyle. In 2013, **46,304** youth and adults participated in **health, wellness, education, physical activity** and **diabetes prevention** programs and services. This represents an increase of 34% in the number served as compared to 2012.



Chronic homelessness is a challenge faced by many families and adults, particularly in Bridgeport and New Haven. With a large team of social workers and an inventory of 415 apartments, the Y continues to serve as the largest provider of affordable and supportive housing in the state. In 2013, the Y and our partners **reduced chronic homelessness by 12%** in Bridgeport and New Haven.



As a source and resource for affordable programs and services, **\$2.8M in financial** assistance was provided to **5,691** financially disadvantaged kids, families, and adults enabling participation in important Y programs or services.



I offer my special thanks to our partners, donors, staff, and the **995** committed volunteers who donated **30,055** hours of their time to help the Y fulfill its mission which is: **To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.**

With best wishes,

David Stevenson  
President & CEO