

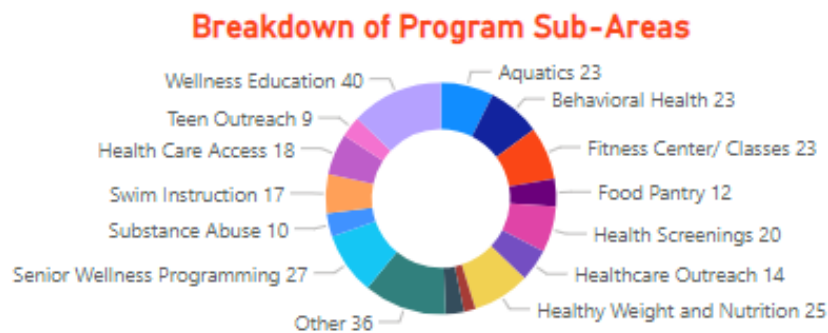
## 2022 YWCA USA Program Inventory and Impact Summary Impact Area - Health and Wellness

### About

YWCA USA is a strong network nationwide of 196 local associations. Local associations are asked yearly to provide program-level data for collective impact evaluations. In 2022, 135 (68.9%) local associations reported on their programs and impact. Impact data provided throughout recognizes those who submitted and is not the collective 196.

### Summary

The Health and Wellness Impact Area covers an array of activities and programs designed to meet community members' physical and mental health and well-being. Local associations who completed the survey were allowed to select which sub-area the program was being reported on fell into. The graph below shows programs per sub-area.



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Sixty-five associations reported having a health and wellness program, and these associations said:

- 109 programs
- Served 114,013 people
- 47.32% of people served were people of color
- 64.47% of people served were Women and Girls

Of the 135 associations reporting, ten have twelve food pantries. <sup>1</sup>Three of these associations also provide hygiene products to clients or people involved within their YWCA and community members who take an interest but are not in YWCA programs. The staggering number served by these associations is not surprising. <sup>2</sup>Move for Hunger, a non-profit based in New Jersey, reports that over 34 million Americans, including 1 in 8 children, go hungry daily.

In the 2021 YWCA National Program Inventory and Impact Survey, Health and Wellness served 80,381 individuals who were 17 years and younger. In 2022 only 15,150 individuals 17 years and younger were served through Health and Wellness Programs.

These associations, like Food Pantries across the nation, serve as a critical lifeline to low-income families by providing food and other basic commodities. <sup>3</sup>NPR's Mary Yang reported, "Donations to food banks can't keep up with rising costs." The article details how several different food pantries/ banks are struggling to keep up with the high costs of food, more people needing food, and continuing to pay for staff. The article says that less money is coming in through donations because now that the pandemic is "over," people have returned to giving to their usual causes and have left behind the food crisis many people face daily.

## Health and Wellness Trends

**Programs:** The following programs/initiatives are consistently found throughout the survey submissions for Health and Wellness:

- Behavioral Health/Substance Misuse
- Food Insecurity /Nutrition
- Health Screenings/Access
- Outreach
- Physical Health
- Wellness

**Challenges** to program delivery reported by the associations:

- Community Support

<sup>1</sup> Vogel, "Three items you didn't know some food banks distribute," <https://www.feedingamerica.org>

<sup>2</sup> Move for Hunger, "What is Hunger?" <https://moveforhunger.org/>

<sup>3</sup> Yang, "Donations to food banks can't keep up with rising costs," <https://www.npr.org/>

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- Costs of keeping initiatives like pools
- Funding
- Retaining/ Rebuilding Membership
- Space
- Staff shortages/Training for staff

**Opportunities:** The associations reported the following ideas for greater impact:

- Creating new initiatives to bring in new members/Family Events
- Going paperless to save money
- Grants/Pilot Programs
- Program Growth/ Expansion
- Relationship building with the community and funders
- Strategic Planning