The YMCA of Middle Tennessee strives to strengthen the foundation of our community through its Christian mission to help people grow in mind, body and spirit.

Since 1875, the YMCA has left an indelible mark on the communities it serves with its dedicated programming in healthy living, youth development and social responsibility.

The YMCA of Middle Tennessee has grown to become the 6th largest Association in the U.S., with 30 centers and 328 program locations in 11 counties.

**WHO WE SERVE**

Through programs focused on healthy living, disease prevention, youth development and community outreach, the YMCA serves all of Middle Tennessee as both a health facility and a community resource.

While the YMCA of Middle Tennessee serves people of all ages, faiths, races, backgrounds and abilities, regardless of their socio-economic circumstance, the Y administers various programs to particular populations that include: Latino and Black youth, youth with disabilities, underserved youth, survivors of breast cancer, people in recovery, seniors and many other program-specific populations.

In 2011, the Y worked to give 332,456 people—nearly one third of them children—the opportunity they needed to learn, grow and thrive through $14,500,000 in financial assistance.

**WHY WE SERVE**

1. **HEALTHY LIVING**
2. **YOUTH DEVELOPMENT**
3. **SOCIAL RESPONSIBILITY**

With a 37% child obesity rate, a 33% adult obesity rate, 10% diabetic or pre-diabetic rate (adults), 75% of children receiving free or reduced price lunches, and evident achievement gaps in ethnic and minority students in Middle Tennessee, the Y is invested in actively engaging its members and the broader community in improving our health and wellness.

**WHAT WE DO**

**DIABETES PREVENTION/OBESITY**: helps youth and adults make lifestyle and behavior changes that reduce the risk of diabetes. Through a series of three 12-week sessions, program participants receive guidance from YMCA personal trainers, nutrition experts and other wellness professionals to increase their level of physical activity, eat healthier and practice other healthy lifestyle habits with the aim of reducing the prevalence of obesity and diabetes in the community.

**Y LATINO ACHIEVERS (YLA)**: helps Latino youth gain a strong sense of self while they are provided with resources to achieve higher education. The program primarily serves Latino youth (ages 13 to 24), supporting them to achieve academic excellence in High School, access to higher education and scholarship opportunities, ACT preparation, career identification and preparation, and leadership development. The goal of YLA is to increase the number of Latinos successfully entering college.

**RESTORE MINISTRIES**: offers Christian-inspired small group classes and professional counseling services, both nationally and internationally, to inspire lasting positive change in the areas of grief, relationship issues, career problems, addictions or other challenges with the aim of improving mental health and decreasing depression or anxiety.

**THE MISSING PIECE**

**What We Want To Know**

- What prevents people in our community from participating in diabetes prevention programs?
- What are the barriers that prevent Latino youth in South Nashville from accessing Y programming?
- How can the evaluation protocol for the Y’s youth engagement and achievement gap programs be improved?
- How can data collection for programmatic activities be improved upon across multiple YMCA sites?

**OUR MISSION**: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.