



**YOUR
STORY**

**OUR
LEGACY**

**2015 ANNUAL REPORT
MASON CITY FAMILY YMCA**

YOUR STORY

“There are several programs that I see bring in people from all corners of the community, keeping kids involved, engaged and interested.”

“I was recently diagnosed with diabetes and have begun a routine where I go to the Y four times a week. This has helped me lose 40 pounds—halfway to my goal!”

“I have a pacemaker and depression, which has been a lifelong affliction. The Y is a way to help me both mentally and physically be the best I personally can be.”

“I came to the YMCA for rehab and fell in love.”

OUR LEGACY

Top 3 Health Concerns for Youth

1. Bullying
2. Healthy Diets
3. Structured, safe, or supportive living environment++

- 10 youth with special needs benefited from one-on-one counselors during Summer Day Camp
- 51 youth learned water safety and swimming skills during our FREE Swim Splash week
- After School Program grew 47% from 2014-2015 to the 2015-2016 school year
- 245 preschoolers learned and grew through Y programs, including 38 in Sugar Plum for the 2015-2016 year
- 825 individuals received financial assistance, totaling \$115,864.45

36% of adults 18 and older are overweight and 31% are obese, both figures are higher than the state average **

9.4% of adults have diabetes. The Iowa average is 8.5% **

- 712 new memberships in 2015
- Adult Sports grew in 2015, with about 23 adults playing noon basketball three times each week and 13 Pickleball players registered for indoor play at the Y.
- A support group exercise class was established for people striving to lose weight, adopt an active lifestyle and connect to others. Since December 2015, 16 participants are seeing impressive progress.

Cerro Gordo County is a designated shortage area for mental health providers. +

- In 2015, 1,058 people participated in a variety of group exercise classes, including Boot Camp, Cycling, Yoga, Pilates, Zumba and many others.
- Tai Chi joined our Group Exercise line-up in 2015, providing a soothing environment to improve balance and promote meditation and relaxation. A total of 42 participants joined Tai Chi in 2015.

Top 2 Causes of Emergency Department visits in Cerro Gordo County*

1. Injuries
2. Heart Disease

- 73 adults participated in Well-Fit in 2015.
- Well-Fit is a partnership with Mercy Medical Center North Iowa's Cheslea Creek Rehabilitation to provide up to 6 weeks of free personal training to individuals recovering from chronic illness or injury.

++Community Health Assessment Survey 2015

+US Dept. of Health and Human Services

**Community Commons Report

*IDPH Top Causes Report