



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REACHING NEW HEIGHTS

**YMCA of the USA Legislative Priorities 2019**

The Y's legislative priorities support federal investments in policies that strengthen families and communities, empower young people and improve the nation's health. The Y collaborates with national and community-based leaders to increase the resources and support that empower individuals, families and communities to learn, grow and thrive.

# YOUTH DEVELOPMENT

**We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why the Y takes a holistic approach in developing the social, emotional, academic, and physical well-being of youth and cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievements.**

**Support \$1.32 billion for 21st Century Community Learning Centers (21st CCLC), which fund engaging academic enrichment opportunities before school, after school and during the summer that inspire kids to learn, make better decisions and give parents peace of mind.**

Research shows that quality programs give students the academic, social and career-ready skills they need to succeed and can lead to improvements in attendance, class participation, class behavior and homework completion and can narrow the achievement gap. One in five YMCA afterschool programs are supported by 21st CCLC funding in partnership with schools and districts.

**Support \$120 million for the Youth Mentoring Program at the U.S. Department of Justice.**

The Office of Juvenile Justice and Delinquency Prevention (OJJDP)'s Youth Mentoring Program provides grants to youth-serving organizations to fund quality mentoring programs, grounded in evidence-based research, to improve outcomes for at-risk and high-risk youth. These funds support one-to-one and group mentoring services for vulnerable youth populations including the Y's REACH & RISE® Program, offered by 36 Ys in 32 states. Mentoring is a critical component in young people's lives, helping them make the decisions and connections that lead to opportunity.

**Support \$176 million for Titles II and V of the Juvenile Justice Delinquency and Prevention Act (JJDP).**

The JJDP promotes community-based delinquency prevention solutions and contains important policies that protect justice-involved youth and help build safe communities. Titles II and V provide funding for prevention and restorative programs offered by local youth serving organizations, like the Y, including afterschool, counseling and mentoring programs that utilize strategies known to improve long-term outcomes for teens and young adults.

**Support increased investments in Head Start, which promotes the healthy development of young children.**

Head Start prepares young children for school and life by providing a comprehensive set of services to families including education, nutrition, healthcare and more to enhance child well-being. Head Start programs also support parent involvement to strengthen families as the primary nurturers of their children. Together, comprehensive services and parental engagement ensure the cognitive, social, and emotional development of young children and prepare them for future success. There are more than 185 YMCA Head Start program sites serving families, infants, toddlers and preschoolers through Head Start or Early Head Start services.

**Support increased funding for the Child Care and Development Block Grant (CCDBG).**

CCDBG supports economically disadvantaged families by increasing the availability, affordability and quality of child care. These funds help secure early childhood and after school opportunities for children under the age of 13, providing parents the comfort of knowing their children are in safe, healthy environments while they work or pursue training opportunities. The historic \$5.8 billion increase in CCDBG funding for 2018 and 2019 is working to improve families' access to affordable, quality care and supports states and providers in implementing the new CCDBG requirements.

**Support no less than \$30 million for the Full-Service Community Schools (FSCS) program.**

The community school model promotes results-focused school-community partnerships and strategies by coordinating and integrating local services – including health, nutrition and social services – with schools at the center of the strategy, to enhance children's academic and non-academic outcomes. FSCS funds support the implementation and expansion of full-service community schools which provide comprehensive services to meet the needs of the whole child. Local YMCAs are partners in hundreds of community school efforts across the country.



# HEALTHY LIVING

**In communities across the nation, the Y is a leading voice on health and well-being. The Y believes that all people—regardless of age, income or background—should be able to live life to its fullest, healthiest potential. The Y’s reach into 10,000 communities makes it a strong partner to deliver programs that help Americans improve their overall health and well-being and prevent and control chronic disease and disabilities.**

**Support no less than \$1.68 billion for CDC’s Center for Chronic Disease Prevention and Health Promotion, which provides resources, technical expertise and program implementation at the state and community level to prevent or control chronic disease.**

These evidence-based initiatives address the nation’s leading causes of death and disability—diabetes, cancer, arthritis, heart disease, and obesity. Preventing and controlling disease drives down costs while saving lives. CDC’s Chronic Center has invested critical resources supporting the creation, implementation and/or dissemination of most of the Y’s evidence-based health interventions.

**Support \$30 million for the National Diabetes Prevention Program and \$185 million for the CDC’s Diabetes Division.**

These funds help make diabetes prevention programs available to more adults living with prediabetes and help control type 2 diabetes nationwide. National Institutes of Health research has shown that diabetes prevention programs prevent the incidence of type 2 diabetes from 58 to 71 percent, saving lives and producing enormous costs savings. As of September 2018, the Y offers this program in 1,134 sites in 40 states and has served over 62,700 individuals with prediabetes.

**Support \$50 million for CDC’s Comprehensive Cancer Program, for a deeper federal investment in evidence-based cancer survivorship programs.**

CDC supports LIVESTRONG® at the YMCA, an evidence-based physical activity program for cancer survivors. It improves physical fitness, reduces the severity of therapy side effects, develops supportive relationships and improves participants’ quality of life. Since 2007, more than 62,400 survivors in over 42 states have participated in the program.

**Support \$16 million for the Arthritis Program at CDC, which supports states and community-based organizations in scaling evidence-based programs that could help some of the 50 million Americans living with arthritis. With modest support from CDC since 2016, the Y has delivered the Enhance®Fitness program in 45 states and has served more than 27,700 individuals.** The program has been shown to result in fewer hospitalizations and cost \$945 less per participant.

**Support \$160 million for CDC’s Heart Disease and Stroke Prevention Division, \$5 million for Million Hearts and \$37 million for WISEWOMAN.**

These resources enable community partnerships in all 50 states to prevent to control heart disease and stroke and help the more than 80 million Americans living with high blood pressure. The programs support the YMCA Blood Pressure Self-Monitoring Program—an evidence-based hypertension program that trains participants to use a blood pressure cuff and encourages measurement of blood pressure. The program has served over 5,470 participants in 29 states. Outcomes show statistically significant reductions in diastolic and systolic blood pressure.

**Support \$110 million for CDC’s Division of Nutrition, Physical Activity, and Obesity (DNPAO), including resources to support the Y’s Healthy Weight and Your Child Program.** DNPAO supports and implements efforts that promote physical activity, walking, healthy eating and reduce obesity. The Division partners with YMCA state alliances to drive state and local policy and programs to improve walkability. The Y hopes this increase would support the YMCA’s Healthy Weight and Your Child, an evidence-based program that empowers 7 to 13-year-olds living with obesity and their families to reach a healthy weight and live a healthier lifestyle. Since its launch, 100 Ys have delivered the program across the country. Research shows that the program is cost-efficient, effective in reducing a child’s body mass index and waist circumference, reduces sedentary behaviors, increases physical activity and improves self-esteem.

**Support ongoing efforts to reduce racial and ethnic health disparities, including \$76.95 million for CDC’s Racial and Ethnic Approaches to Community Health (REACH) program, which establishes community-based, culturally tailored interventions to ensure healthy living opportunities for all, especially among racial and ethnic populations who have higher disease and mortality rates.**

**Support \$5 million for Drowning Prevention at the CDC’s National Center on Injury Prevention and Control.**

These funds will enhance drowning prevention activities, including working with national organizations, like the Y, to scale proven drowning prevention programs, supporting state and community drowning surveillance efforts, and supporting a national plan on water safety.

**Support increased funding for biking and walking through the Transportation Alternatives Program** in the transportation reauthorization to help ensure all American communities are walkable and bikeable.

# SOCIAL RESPONSIBILITY

**The Y has been listening and responding to our communities' most critical social needs for 160 years. Whether developing skills through education and training, welcoming and connecting diverse demographic populations through global service or strengthening communities, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.**

**Support H.R. 651, the Charitable Giving Tax Deduction Act, and other similar measures that ensure nonprofits like the Y can continue to address needs and support everyone in their communities.**

A universal, nonitemized deduction would allow all Americans to deduct charitable contributions from their income before calculating tax obligations. The Y is pleased that the charitable deduction was retained in the Tax Cuts and Jobs Act, however; the doubling of the standard deduction is decreasing the number of people who will itemize deductions and creates an unintended consequence of fewer individuals making charitable donations. The Charitable Giving Tax Deduction Act (H.R.651) is a good starting point to ensure that tax reform unlocks more charitable giving.

**Support \$1.35 billion for the Corporation for National and Community Service (CNCS).**

CNCS is the largest grant maker in support of service and volunteering. It oversees Senior Corps, AmeriCorps, VISTA, National Civilian Community Corps and the Volunteer Generation Fund. These initiatives tap the energy and talent of citizens to solve problems in their communities and many Ys nationwide draw upon these programs to meet community needs. The Y supports full funding for CNCS and continues to work with other coalitions to ensure that CNCS receives robust funding to deliver these essential services.

**Support meaningful, bipartisan deliberations on comprehensive immigration reform.**

Creating bipartisan legislative solutions that address immigration reform is imperative. The future of the nation depends on our collective ability to create meaningful opportunities for all, including new Americans and immigrants, to make social and economic contributions. America's communities are stronger and more cohesive when everyone has the opportunity to contribute and neighbors from all backgrounds work together toward a shared vision for the future.

**Support \$11 million for the National Park Service (NPS) Youth Partnership Programs at the Department of Interior.**

The Youth Partnership Programs inspire future generations to be stewards of the land through environmental education, conservation, recreation and civic responsibility. These resources have enabled partnerships between national parks and local YMCAs to create youth employment programs and provide more than 25,000 children and youth their first opportunities to attend camp or visit a national park.

**Support access to child nutrition programs.** As a leading provider of the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSFP), the Y supports efforts to increase and expand access to child nutrition programs for hungry children. To alleviate childhood hunger and meet the needs of the whole child, the Y provides healthy meals and snacks to thousands of youth alongside important afterschool and summer enrichment activities. In 2018, the Y provided more than 22 million meals and snacks to more than 570,000 youth through 5,000 YMCA year-round food program sites.

