

TAKING ACTION, CHANGING ODDS

LIVESTRONG® AT THE YMCA
FACT SHEET: FEBRUARY 2023



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

LIVESTRONG® at the YMCA is an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA.

DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Held in YMCA "Wellness Centers"
- Evaluation includes Functional and Quality of Life assessments before and after participation
- Facilitated by YMCA-certified Instructors

WHO QUALIFIES?

Any adult 18 years old or older who is living with or beyond cancer treatment.

I needed this program to reclaim my life. From the first interview, I was welcomed by people who seemed to genuinely care about my success. Getting to know my group members was an ongoing inspiration, and I found myself in awe of their courage and determination.

-Participant, YMCA of Greater Waukesha

BY THE NUMBERS

Number of participants	83,432
Average session attendance for participants who attend at least 6 sessions	17.6
Number of states delivering the program	42
Number of Y associations offering the program	307
Number of program sites	374

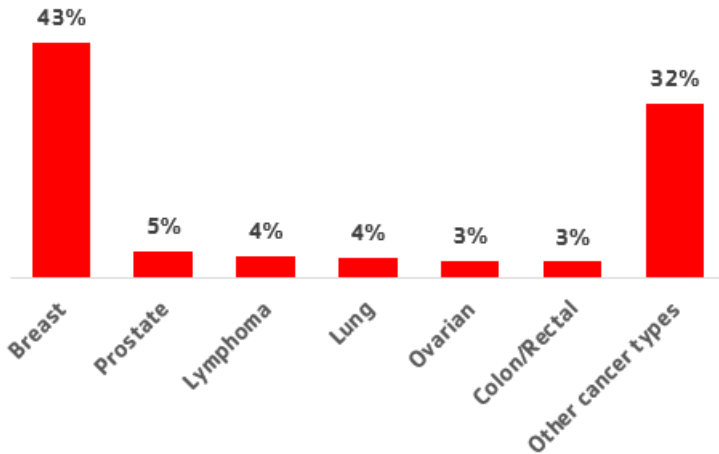
Participant data collected via quarterly survey
Attendance based on data collected in REDCap



LIVESTRONG®

FOUNDATION

NEARLY HALF OF LIVESTRONG AT THE YMCA PARTICIPANTS IDENTIFY AS HAVING BREAST CANCER



PROGRAM DEMOGRAPHICS

RACE

White or Caucasian	73%
Black or African American	9%
A race not listed here	2%
Asian	<1%
Prefer not to answer	<1%
Native Hawaiian/ Other Pacific Islander	<1%
American Indian/Alaska Native	<1%

ETHNICITY

Hispanic/Latino	5%
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AGE

18-24	<1%
25-44	8%
45-64	46%
65+	46%

Average Age 62

SEX

Female	77%
Male	19%

REFERRAL SOURCE

Doctor/Other Health Care Professional	31%
Family/Friend/Word of Mouth	17%
Y Staff Member/Volunteer	15%
Cancer Awareness or Support Org/Event	3%
Other	6%
Poster/Flyer/Event at the Y	2%
Poster/Flyer at Medical Center	2%
Media/Marketing	2%

PROGRAM IMPACT:

LIVESTRONG at the YMCA has to proven to:

- Help survivors **MEET OR EXCEED** the recommended amount of physical activity
- Help survivors **SIGNIFICANTLY INCREASE** their cardiovascular endurance
- **IMPROVE** cancer survivors' overall quality of life and **DECREASE** their cancer-related fatigue

Irwin ML, Cartmel B, Harrigan M, et Al. Effect of the LIVESTRONG at the YMCA Exercise Program on Physical Activity, Fitness, Quality of Life, and Fatigue in Cancer Survivors. Cancer 2017; 123: 1249-58

LIVESTRONG® at the YMCA National Footprint

For a complete list of sites, visit: ymca.org

