



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VITAL TO MICHIGAN'S FAMILIES

Michigan YMCA Healthy Out-Of-School Time Programs

What are Michigan YMCA Healthy Out-of-School Time programs?

Michigan YMCA Healthy Out-of-School Time programs are programs offered to school-aged youth before and after school and during the summer. They provide safe and healthy environments for youth, including physical activity, healthy meals and snacks, and support with schoolwork. These programs are offered at low or no-cost to youth in high-need areas. They are coordinated by the State Alliance of Michigan YMCAs and made possible in part with funds from the Michigan Department of Health and Human Services.

In early 2023, Altarum surveyed parents and caregivers of youth who had previously participated in a Michigan YMCA Healthy Out-of-School Time program to determine the impact these programs have on their family. A total of 363 parents and caregivers throughout the state responded to the survey.

Working parents need YMCA Healthy Out-of-School Time programs and benefit from continued funding of these programs for their children.

97%

of working parents report Michigan YMCA Healthy Out-of-School Time programs are important in helping them keep their jobs.

96%

of parents would be concerned if the Michigan YMCA Healthy Out-of-School Time programs did not have enough funding to operate in the future.

“The YMCA’s program is critical for families with working parents. The program provides safe and high quality afterschool care which engages our children and supports their social and academic growth.”

“The YMCA’s Out of School Time program has been integral in the confidence and character building of my oldest child. With each passing year, I have seen her grow and develop. I feel better knowing that she has a safe place where she will be cared for, build relationships, be active, and learn new skills consistently.”

Parents strongly support and value the licensed care provided by Michigan YMCA Healthy Out-of-School Time programs.

92%

of families have participated in Michigan YMCA Healthy Out-of-School Time programs for multiple years.

81%

of families have participated in Michigan YMCA Healthy Out-of-School Time programs for multiple years.

Parents and caregivers recognize and appreciate the key benefits the Michigan YMCA Healthy Out-of-School Time programs offer their children.



Healthy Out-of-School Time programs meet children’s health, social, and emotional needs. The percentages of parents who said these programs are “Very Important” or “Important” for their children’s needs:

	Building relationships with their peers	92%
	Keeping kids safe and out of trouble	91%
	Building positive relationships with adults	88%
	Being physically active	85%
	Avoiding excessive screen time	84%
	Receiving healthy snacks	66%
	Receiving academic support	65%

THE REACH OF MICHIGAN YMCA HEALTHY OUT-OF-SCHOOL TIME PROGRAMS

Since 2015, Michigan YMCA Healthy Out-of-School Time programs have impacted more than **104,500 youth**.

In 2022, Michigan YMCA Healthy Out-of-School Time programs reached **17,368 youth**. Before and after school programs:

- Offered an average of **42 minutes of physical activity per day**,
- Offered an average of **37 minutes of nutrition education per day**, and
- Served over **1.7 million meals and snacks**.

In 2022, summer programs:

- Offered an average of **63 minutes of physical activity per day**,
- Offered an average of **54 minutes of nutrition education per day**, and
- Served over **760,000 meals and snacks**.

In 2023, Michigan YMCA Healthy Out-of-School Time programs are expected to reach **14,948 youth** at **203** program sites.

“The YMCA’s programming has allowed both parents to work. Their reliable programming has provided an active, safe, and loving environment in which our children thrive. They prioritize children’s physical, mental, and emotional health at all times.”

Parents agree Michigan YMCA Healthy Out-of-School Time programs can contribute to improved school performance and attendance.

33% of parents agree Michigan YMCA Healthy Out-of-School Time programs improve their child’s academic performance.

29% of parents agree Michigan YMCA Healthy Out-of-School Time programs improve their child’s school attendance.

