

# 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    |

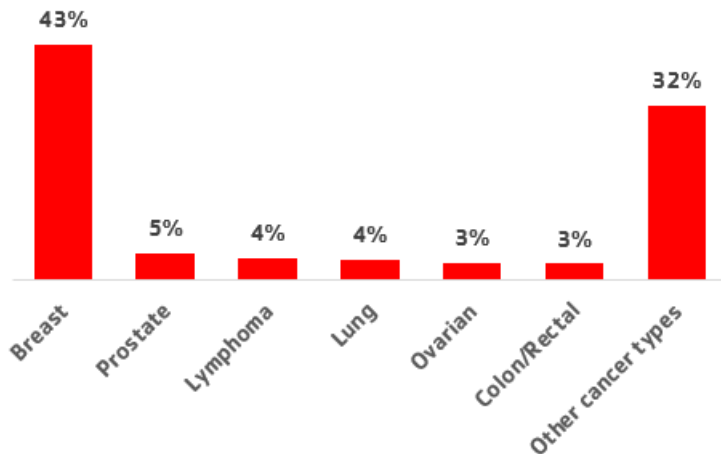
Participant data collected via quarterly survey  
Attendance based on data collected in REDCap



LIVESTRONG®

FOUNDATION

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



## PROGRAM IMPACT:

LIVESTRONG at the YMCA has 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*

## 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% |
|-----------------|----|

### 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%  |

## LIVESTRONG® at the YMCA National Footprint

For a complete list of sites,  
visit: [ymca.org](http://ymca.org)

