



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING HEALTHIER COMMUNITIES

2025

Community Health Programs Report

PRISMA HEALTHSM
THE TUOMEY FOUNDATION

Prisma Health
Tuomey Hospital

Dear Friends of the Y and the Sumter Community,

The YMCA has a long tradition of evolving to meet the most pressing needs of our community. Today, the United States faces a growing epidemic of chronic diseases that include diabetes, heart disease, and arthritis—that threaten not only individual health but the well-being of our families, neighborhoods, and economy.

As one of the nation's largest nonprofits dedicated to health and wellness, the Y is uniquely positioned to take an active role in addressing this crisis. Across the country, YMCAs and Y-USA are implementing programs and policies that:

- Reduce risk factors for chronic diseases (primary prevention),
- Prevent the onset of disease among those at high risk (secondary prevention), and
- Support individuals already living with chronic disease to regain health and thrive (tertiary prevention).

We recognize that health is shaped not only by exercise and nutrition but by access to essential resources safe neighborhoods, clean air, quality education, nutritious food, affordable housing, and reliable healthcare. It is through the support of partners like Prisma Health The Tuomey Foundation and Prisma Health Tuomey Hospital that we can remove financial barriers, ensuring every individual and family can participate fully in programs that strengthen health, resilience, and community.

In 2025, our commitment translated into action:

- We offered five impactful programs serving 180 community members—84% of whom were referred by their physicians.
- We partnered with 4 community organizations to bring programs to their employees, resident
- Our YMCA staff recruited 3 staff and participated in advanced training in preparation to relaunch Livestrong at the YMCA in 2026.

Your partnership allows the Y to extend its impact far beyond our walls. Together, we are shaping a healthier, stronger Sumter community—one program, one participant, and one family at a time. This is only the beginning. With continued collaboration, we can sustain momentum, reach more lives, and create lasting community change.

Thank you for walking this journey with us.

Respectfully,

Missy Corrigan
YMCA of Sumter, CEO

Community Health Team

Nichole Bartrug, Healthy Living Director
Liz Mitchell, Healthy Living Coordinator
Kristen Moore, Community Health Admin



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring

PROGRAM OVERVIEW

This evidence-based self-monitoring program aims to help participants better manage their blood pressure. The program emphasizes that self-monitoring and tracking of an individual's blood pressure can play a significant role in reducing one's blood pressure and improving his or her quality of life.

HOW THE PROGRAM WORKS

Your patients will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Participants will:

- Take their own blood pressure at least two times per month
- Attend two consultations a month with a YMCA Healthy Heart Ambassador
- Attend monthly nutrition education seminars

They will record their blood pressure readings using an easy-to-use tracking tool of their choice and will also be encouraged to share this tracker with you. The Y can provide options for participants who need a home blood pressure monitor.

WHO QUALIFIES

- Adults 18 years old or older
- Diagnosed with High Blood Pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk of lymphedema

PARTICIPANT SATISFACTION

Over 89% of participants say they would recommend this program.

PARTICIPANT OUTCOMES

- 22% of participants saw a reduction in blood pressure
- 54% reported better blood pressure management
- 70% reported increased awareness of triggers that elevate blood pressure
- 72% reported enhanced knowledge to develop healthier eating habits

The Blood Pressure Self-Monitoring Program can help keep your patients focused on monitoring their blood pressure. It will increase their awareness of triggers that elevate blood pressure and teach them practices that can lead to lower blood pressure. By tracking their blood pressure, your patients will have valuable information about their health they can share with you.

PROGRAM STATISTICS

Number of participants enrolled	32
Number of males/females	1/31
% age 55 and older	100%
% African American	75%
% Caucasian	25%

FUEL YOUR BODY



YFIT

PROGRAM OVERVIEW

YFIT is a health and wellness education program designed to support individuals who are taking control of their personal well-being. It is designed to help prevent and/or manage health risks by preparing individuals to make the best decision to improve overall health. The program empowers individuals by providing the tools needed to create positive wellness.

IN EACH CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor who introduces a new topic each week
- Discussion and learnings to apply in daily life
- Support and encouragement in a small group setting

WHO QUALIFIES

- Adults 18 years old or older
- Youth ages 10-17 can attend with an adult
- Optional: Physician referral to reduce or eliminate program cost

PARTICIPANT SATISFACTION

Over 95% of participants say they would recommend YFIT

PARTICIPANT OUTCOMES

- 82% making healthier food choices
- 70% decreased blood pressure
- 65% increased activity levels
- 68% improved energy levels
- 58% improved body composition

Get back to the basics of the human body with this 6-week lifestyle behavior change program intended for meaningful and permanent impact. YFIT weekly topics include: Nutrition, Exercise, Time Management, Heart Health, Reading Food Labels, The Role of Fat Cells, and Body Composition.

PROGRAM STATISTICS

Number of participants enrolled	17
Number of males/females	1/16
% age 55 or older	62%
% African American	35%
% Caucasian	60%

EMPOWERING FAMILIES



HEALTHY WEIGHT AND YOUR CHILD

PROGRAM OVERVIEW

Healthy Weight and Your Child is a 25-session evidence-based program for children with obesity. The program includes a Family Information Session followed by 25 sessions delivered over four months. The family-based weight management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight.

WHY FAMILY BASED?

Evidence shows that child weight management programs are more effective when the whole family is involved and committed to adopting healthier habits.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Referral/clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

PARTICIPANT SATISFACTION

Over 90% of participants say they would recommend this class.

PARTICIPANT OUTCOMES

- 94% healthier eating habits/choices
- 93% increased physical activity levels
- 90% increased family focused activities
- 90% increased self-esteem
- 88% eating more self-prepared meals

Healthy Weight and Your Child's curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world. Studies have shown that the program is cost-efficient and effective in reducing a child's body mass index and waist circumference, reducing sedentary behaviors, increasing physical activity as well as improving self-esteem.

PROGRAM STATISTICS

Number of families enrolled	27
Number of males/females children	4/23
Number who attended 50% or more of sessions offered	18
% African American	82%
% Caucasian	16%

EMPOWER THE MIND



StrongMIND

PROGRAM OVERVIEW

StrongMIND is a 12-week program that will take participants through three levels of exercise. The goal is to promote positive thinking habits by focusing on the present during mindful exercises.

THE 3 LEVELS

Level one: This level focuses on breathing and yoga. These practices are beneficial for focusing your thoughts on the present and relaxing the muscles.

Level two: This level focuses on aerobic fitness; primarily walking and cycling. This trains the mind and body on how to adapt certain bodily sensations experienced during exercise.

Level three: This level focuses on strength and cardio training. These exercises promote the release of endorphins in order to improve overall well-being.

WHO QUALIFIES

- Adults 18 years old or older
- Referral/clearance from a provider to participate in physical activity
- Referral/Clearance from a mental health professional

PARTICIPANT SATISFACTION

Over 96% of participants say they would recommend this program.

PARTICIPANT OUTCOMES

- 92% increased physical activity
- 89% reduced resting heart rate
- 84% improved blood pressure
- 82% increased energy levels
- 77% decreased anxiety
- 30% improved perceived mental health

This program is beneficial for those who are living with PTSD, anxiety, depression, or other mental health barriers. Each class session includes yoga, relaxation, cardiovascular or strength training exercises and the fostering of strong social relationships between participants.

PROGRAM STATISTICS

Number of participants enrolled	28
Number of males/females	9/24
% age 55 and older	83%
% African American	60%
% Caucasian	38%

MODIFIED MOVES MAXIMUM RESULTS



Enhance Fitness

PROGRAM OVERVIEW

EnhanceFitness is a proven community based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living.



IN EACH ENHANCE FITNESS CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor with special training.
- Exercises focusing on strength, cardiovascular endurance, flexibility, and balance which can help reduce the severity of arthritis symptoms.
- An atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults

WHO QUALIFIES

The program is especially beneficial for older adults living with arthritis, but is open for all who could benefit from physical activity. Physician referral/clearance required.

PARTICIPANT SATISFACTION

Over 98% of participants say they would recommend this program.

PARTICIPANT OUTCOMES

- 85% increased upper body strength
- 76% increased lower body strength
- 84% increased cardiovascular endurance
- 70% improved Balance
- 74% increased confidence
- 52% increased Flexibility

EnhanceFitness is nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging.

PROGRAM STATISTICS

Number of participants enrolled	53
Number of males/females	5/48
% age 55 or older	100%
% African American	65%
% Caucasian	35%

2025 Cohort of Healthy Weight and Your Child

Brii, and her daughter Madison agreed that they enjoyed the grocery store scavenger hunt. Brii shared that the program helped them to be more intentional when selecting foods, particularly by looking at the ingredients list.

Chris and her daughter Destiny felt the program helped them develop an achievable plan for eating less drive - thru meals. Chris shared that she was particularly excited that Destiny tried several different foods that she never would have tried prior to the class.

Alicia and her son Maven liked the physical activity component that gets the whole family involved. Alicia also shared her happiness that Maven became more willing to try new healthy foods, and together, they discovered several healthy recipes that have become new staples in their household.



The YMCA's healthy living mission is to improve community well-being by fostering of a healthy spirit, mind, and body for all. They achieve this through comprehensive



“StrongMind really helps your mind and body. When I first started and you taught me how to be aware of my body and what they body should mean to you, I was in so much pain, and there were things in my mind that shouldn’t be there. The encouragement that comes from StrongMind, helps you overcome the things in your mind. Being in StrongMind really helped my mind clear up a lot, and being with others helped me. Now I have peace, and I feel free.”

– Goldie Harper

Enhance Fitness Participants Shared:

“I have improved overall in all areas.”

“I feel great. Body is feeling better.”

“Jessica is an excellent instructor! Will take her class again.”

“Jessica is great!! I feel great about attending the class.”

These responses highlight increased confidence, improved physical health, and a positive class environment that supports continued participation.

Enhance Fitness participants report meaningful improvements in physical strength, mobility, and overall well-being. Feedback received reflects measurable progress and strong instructor satisfaction.



g healthy choices, reducing chronic disease risk, and supporting the development
ve, evidence-based programs focusing on fitness, nutrition, and wellness.



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Heart Walk[®]

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