



**North Carolina  
Senior Games**

## Striving for Healthy Aging



### North Carolina Senior Games

As a private, non-profit 501(c)(3) organization, North Carolina Senior Games (NCSG) is the largest Senior Games program in the country - providing year-round health promotion and wellness education activities for adults 50 years of age and better.



### Statewide Impact

- People of all ages and backgrounds continue to benefit from the “Fun, Fitness, Family, Fellowship and Friends” of North Carolina Senior Games through competition in various sports and arts activities!
- Through 52 Local Games serving all 100 counties in our state – the largest number of Local Games programs in the nation – **15,000 individuals** actively pursue “healthy aging” in the year-round programs.
- Over **5,000 volunteers** help to support the statewide network of Local Games and State Finals.
- Local Games research conducted in 2018 showed that **87% of participants** indicated NCSG was part of their regular weekly activities.
- **79%** of respondents said they were **more physically active** as a result of Senior Games.
- In addition, **88%** indicated they were **more socially active** because of Senior Games.
- Those individuals who indicated they were more physically active spent on average 6.6 hours per week involved in physical activity because of Senior Games.

### Proactive Response to COVID-19

- National leader in promoting **mental and physical health** through **creative, virtual exercise and wellness programming**.
- Partnering with Local Games, creating and implementing virtual SilverArts.
- Promoting the NCSG SilverStriders walking program to maintain health while ensuring physical distancing.



### Fiscal Responsibility

- Local Games programs generated **\$739,296** in 2018-2019.
- Across the state, with the investment of **\$108,000 in state funds**, Senior Games **leveraged** an additional **\$1.38 million** from local partners, corporate sponsorships and individual contributions in 2018-2019.
- An outside audit confirmed NCSG’s effective stewardship of resources.
- NCSG received \$175,000 in recurring state funding for over 20 years. When that funding was lost in 2014, NCSG received \$108,000 from the DHHS competitive grants for nonprofits, a reduction of \$67,000, which it maintains today.
- Senior Games has partnered with the NC Division of Aging and Adults Services since 1983 to leverage resources in order to expand health promotion programs for seniors across North Carolina.

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