

WHAT IS THE MOVEMBER FOUNDATION?

WHAT

The **Movember Foundation** is the leading global organization committed to changing the face of men's health.

We achieve this by challenging men to grow moustaches during Movember (the month formerly known as November) to spark conversation and raise funds and awareness for men's health issues, specifically prostate cancer, testicular cancer and mental health problems.

The Movember community has raised over \$550 million to date and funded over 800 **programs** in 21 countries. This work is saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems.

Meaningful strides have been taken toward achieving our goals, but there is more work to be done. We're committed to raising vital funds and awareness to improve the lives of men and their families.

HOW

- » Men and women sign up at **Movember.com**
- » Men start November 1 clean-shaven and grow a moustache, and only a moustache
- » Raise funds and awareness for men's health
- » **Women** participate the same way as men, except they don't have to grow a moustache

SUPPORT

THE CAUSES AND PROGRAMS THAT MOVEMBER SUPPORTS:

Prostate Cancer:

For men diagnosed and living with prostate cancer, we seek to improve their physical and mental health, and reduce mortality.

In the US, the Movember Foundation funds world-class research and patient navigation programs through:

- » **True NTH**
- » **Global Action Plan (GAP)**
- » **Prostate Cancer Foundation**
- » **LIVESTRONG Foundation's Cancer Navigation Services**

Testicular Cancer:

For men diagnosed with testicular cancer, we seek to improve their physical and mental health, and reduce mortality.

In the US, the Movember Foundation funds have supported:

- » **Global Action Plan (GAP)**
- » **LIVESTRONG Foundation's Cancer Navigation Services**

Mental Health:

We are working closely with an expert health and well-being organization that has provided strategic advice on the US mental health landscape. This will lay the groundwork for the mental health initiative Movember will be funding this year. Through research and external audits, mental health was identified as an area of great need and little funding. We are excited to announce the specific organizations we'll be working with in this area and the programs we'll be funding in 2015.

Details about the more than 800 programs in 21 countries that Movember has funded can be found **here**.

WHY

- » 1 in 2 men will be diagnosed with cancer in their lifetime
- » 1 in 7 men will be diagnosed with prostate cancer
- » Testicular cancer is the most common cancer in males between the ages of 15 and 35
- » More than four times as many men as women die by suicide in the U.S.
- » The average life expectancy for American men is almost five years less than women (presently 76 compared to 81)



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