



WE'RE WORKING YEAR ROUND FOR MEN  
TO LIVE HAPPIER, HEALTHIER AND LONGER LIVES

## MOVEMBER FOUNDATION

### ABOUT THE MOVEMBER FOUNDATION

Since 2003, we've empowered millions of men and women to join the global men's health movement.

Through the moustaches grown, the connections created and the conversations generated, we've raised over \$650 million and helped fund over 1,000 breakthrough men's health programs in 21 countries.

We fund health programs (directly through the Movember Foundation and through our men's health partners) in these four focus areas.

#### **PROSTATE AND TESTICULAR CANCER**

We invest in research and health services that contribute to less men dying from prostate and testicular cancer and to improve the quality of life for those that live with the disease, both physically and mentally.

#### **POOR MENTAL HEALTH**

Mental health is an integral part of health. We invest in programs that help men and boys stay mentally healthy.

#### **PHYSICAL INACTIVITY**

We invest in solutions that encourage men to be physically active and get them to MOVE more.

### MEN'S HEALTH STATISTICS

- 1 in 7 men will be diagnosed with prostate cancer in their lifetime
- Testicular cancer is the most common cancer in young men aged 15 – 34 years
- 1 in 4 adults in the US will experience a mental health problem in a given year
- 3 out of every 4 suicides are men
- Moving on a regular basis can reduce your risk of heart disease, diabetes, and cancer by up to 50% and lower your risk of early death by up to 30%

### HOW TO GET INVOLVED

The Movember Foundation runs awareness and fundraising activities year-round, with the annual Movember campaign in November being globally recognized for its fun and innovative approach to raising money and getting men to take action for their health.

Every Movember, we challenge men to grow their moustache (and women to support it) or to make a commitment to get active and MOVE, both of which spark conversations and raise vital funds and awareness for men's health.

#### **WHAT TO DO NEXT**

- Sign up at [Movember.com](http://Movember.com)
- Choose to grow, give or MOVE
- Men start Movember 1st clean-shaven and grow moustache for 30 days (no beards, no goatees)
- Men and women take the MOVE challenge and get active every day for 30 days
- Friends and family donate to their efforts to change the face of men's health

JOIN THE MEN'S HEALTH MOVEMENT AT  
**MOVEMBER.COM**