



CELEBRATE



IMPACT

CHANGING THE FACE OF MEN'S HEALTH



20 YEARS OF IMPACT



A movement of

6,886,128

people

**NEARLY
\$1 BILLION**

invested across men's
mental health and suicide
prevention, prostate cancer
and testicular cancer

Ignited

BILLIONS

of conversations about
men's health

**OVER
1,320**

men's health
projects funded

Dive deeper by
visiting the Movember
Impact Hub

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MENTAL HEALTH AND SUICIDE PREVENTION



AUD \$336 million
invested into
437 mental health
and suicide
prevention projects

OUR MENTAL HEALTH MISSION IS DRIVEN BY ONE GOAL:

to break down stereotypes around masculinity and rebuild our understanding of what it is to 'be a man'. To do that, we fund community-based, early-intervention programs to strengthen social connections, encourage men to talk openly, and build skills, resilience and networks and outlets for men to lean on in tough times.

SPOTLIGHT

PARTNERING WITH THE AFL TO IMPROVE YOUTH MENTAL FITNESS

Harnessing the power of sport, we've partnered with the AFL to deliver our flagship youth mental health program, Movember Ahead of the Game (AOTG).

AOTG is a mental health literacy and resilience program that educates young players, and umpires (aged 12 to 18 years) and their parents, coaches, and club volunteers on the importance of mental health.

Teaching them how to spot the signs of poor mental health, how to talk about mental health challenges, and how and when to seek help. The mental health literacy component is backed by 5 years of scientific evidence.

We will be:

- Delivering to 60,000 Aussie players, parents and coaches
- Partnering with community, sport and mental health organisations across Australia (16 engaged to date)
- Australia-wide, with 5 states and territories already locked in



AUD \$630 million
invested into
865 prostate
cancer projects

We've spent over 18 years immersed
in prostate cancer research. Our
weapons of choice? Innovation,
collaboration and investing quickly in
what works. We're working towards a
world where less men die from prostate
cancer. But it's not just about a cure
– it's also about quality of life.

PROSTATE CANCER





AUSSIE SCIENTISTS AT THE CUTTING EDGE OF PROSTATE CANCER CARE

Movember-funded scientists at Peter MacCallum Cancer Centre in Melbourne have led ground-breaking discoveries using prostate specific membrane antigen (PSMA). PSMA is a protein that's present on the surface of nearly all prostate cancer cells, but not commonplace on normal tissue. This makes PSMA the perfect candidate for prostate cancer scans and treatments.

PET PSMA SCANS

- Identifies cancerous cells as small as 2-3 mm anywhere in the body
- Accurately stages the disease in 92% of newly diagnosed patients, compared with 65% of men who underwent conventional scans

- First ever scan performed at Peter Mac in 2014
- The scan, previously costing \$1,000 and only available privately, is now Medicare funded for Australians

LU-PSMA TREATMENT

- A new class of incredibly precise prostate cancer medicine
- Allows targeted radiation on cancer cells the size of a grain of rice
- Minimises damage to healthy tissue
- Movember are working with the Australian Government, the Australasian Association of Nuclear Medicine Specialists (AANMS), and advisory groups to help get this treatment available through Medicare

“

PSMA therapy not only improves the longevity of life for men living with prostate cancer, but it also greatly benefits their quality of life. Movember invested in both PSMA imaging and theranostics at an early stage, when few others foresaw the value. Now it's changing global practice.

”

PROFESSOR MICHAEL HOFMAN,
Nuclear Medicine Physician and Director of Prostate
Cancer Theranostics and Imaging Centre of Excellence
(ProSTIC) at Peter MacCallum Cancer Centre



SPOTLIGHT



TESTICULAR CANCER

Testicular cancer is the most common cancer among young men. And while survival rates are better than good for most men, treatment can lead to long-term side effects that can have a huge impact on a man's quality of life. Our focus is to get these guys back to living life fully by investing in biomedical research, clinical quality, health services, care and education.

AUD \$12 million
invested into
25 testicular
cancer projects



GETTING INTO THE NUTS & BOLTS OF TESTICULAR CANCER

Nuts & Bolts is a Movember website that provides free digital resources, information and support for men with testicular cancer.

- Nuts & Bolts has reached 129,475 users
- More than 176,070 sessions have been completed
- 95% of Nuts & Bolts users felt they learned something from visiting the site
- 83% of men who used the Nuts & Bolts website said they felt like they belong to a bigger group of men on a similar journey to them after visiting

For more info, check out
nutsandbolts.movember.com



NEW IMPACT STRATEGY

HEALTHIER MEN, HEALTHIER WORLD

We've come a long way. But the problems we aim to solve are big and complex. Still, too many men are living with poor health or dying too young. And that impacts men – and their families, communities, and society on the whole.

MAKING MEN'S HEALTH A PRIORITY

- While three quarters of suicides in Australia are by men, only 1 in 3 people who speak to a health professional about mental health issues is a man
- 67% of male deaths and 62% of healthy years of life lost can be attributed to just five preventable risk factors

By focusing on the root causes of men's ill health, we can improve men's health more broadly. And by changing men's behaviours, evolving norms of what it means to 'be a man', and by improving the systems and settings that men interact with, we can improve men's health and create generational change and healthier societies.

CELEBRATE HOW FAR WE'VE COME

Share the positive impact you've helped create with family, friends and your community with these photos and videos celebrating 20 years of Movember.

[DOWNLOAD HERE](#)



MOVEMBER®



UNITED WE MO

Your support helps us
change the face of men's
health. Join us as we
continue to change the game.

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