Men’s health is in crisis. Globally, men die on average 4.5 years earlier than women, and for reasons that are largely preventable.

As the leading charity tackling mental health and suicide prevention, prostate cancer and testicular cancer on a global scale, Movember is making change happen.

In our mission to stop men dying too young, Movember funds groundbreaking health projects, – 1,250 and counting – uniting experts from all over the world to accelerate research, progress and change.

Year-round, we’re hard at work raising funds and awareness, culminating in our month-long annual moustache-growing event in the month formerly known as November. The month of Movember is globally recognized for its fun, disruptive approach to fundraising and the unique ways it prompts men to take action for their health.

Since 2003, more than 6 million Mo Bros and Mo Sisters across 20 countries have joined our global men’s health movement, helping men across the world live happier, healthier, longer lives.
Testicular cancer is the most common cancer in young men.

- On average, men die five years earlier than women in the US.

Prostate cancer is the most commonly diagnosed cancer in men in the United States.

- 1 in 8 men in the US will be diagnosed with prostate cancer in their lifetime.

Over 100 men each day take their own life in the US.

- 4 out of 5 suicides are men in the US.

MEN'S HEALTH

TESTICULAR CANCER

YOUNG MEN

PROSTATE CANCER

SUICIDE PREVENTION

MOST COMMON

THE HAIRY FACTS
It's that time of year again. Movember - the month dedicated to having fun while doing good. Every whisker, drop of sweat and get-together counts. If you can't Grow a Mo, fear not, there's more than one way to get involved in the global movement.

**GROW A MO**
Upper lip at the ready? Great news. Trucker, Regent, Connoisseur or Wisp – no matter your Mo's shape or style this Movember, your face will raise funds and awareness for men's health.

**MAKE A MOVE**
Move this Movember by running or walking 60 miles over the month. That's 60 miles for the 60 men we lose to suicide, each hour, every hour across the world. Do it as a team or go solo.

**HOST A MO-MENT**
Rally a crew and do something fun. Hosting is all about having a good time for a good cause. Whatever kind of event you plan, the secret is simplicity. It's about being together, having fun and raising important funds.

**MO YOUR OWN WAY**
A choose-your-own-adventure challenge, epic in scope and scale. You make the rules. You set the limits and chase them down. You inspire donations with sheer grit.

**HOW TO GET INVOLVED**
Where your money goes

We know men are struggling, and they need us more than ever. Now’s the time to make a stand – for our fathers, partners, brothers, sons, and friends.

With money raised by our community here in the US, Movember can continue to deliver life-changing projects and campaigns, continuing to raise awareness for some of the most significant issues impacting men’s health and helping our community live happier, healthier, longer lives.

Movember’s work has never been more important. Let’s do it for the men in our lives.
CONTACT US
If you've got questions, we've got answers. We're always here to help.
info.us@movember.com
310-450-3399

For a full list of Movember spokespeople and ambassadors available for interview, please visit the Media Room.