



PRESS KIT



**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.

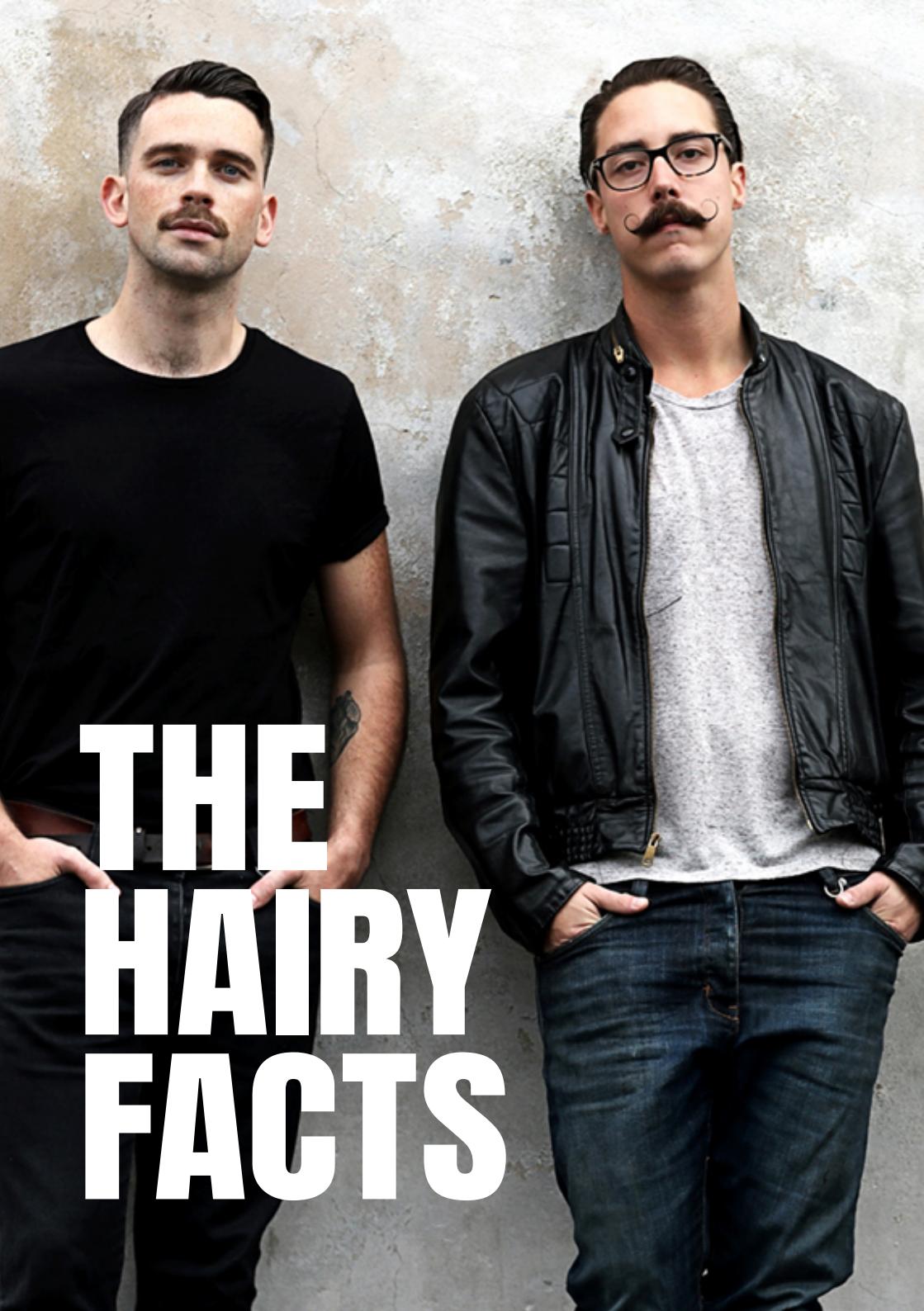
In our mission to stop men dying too young, Movember funds groundbreaking health projects, - 1,250 and counting - uniting experts from all over the world to accelerate research, progress and change.

LET'S CHANGE THE FACE OF MEN'S HEALTH

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.





THE HAIRY FACTS

MEN'S HEALTH

-5

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

PROSTATE CANCER

1 IN 8

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

MOST COMMON

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

TESTICULAR CANCER

YOUNG MEN

Testicular cancer is the most common cancer in young men.

SUICIDE PREVENTION

OVER
100 MEN

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

4 OUT OF 5

4 out of 5 suicides are men in the US.

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



**Together, we have the power
to change the world.**

You've spent the last two Movember showing your Mo off in the safety of your own home – twisting, pulling, flashing it during yet another zoom call. BUT we no longer have to hide it away. This Movember, your support will help us spark change in the US and around the world, as we take on mental health and suicide prevention, prostate cancer, and testicular cancer.

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 lifechanging 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.

WHERE YOUR MONEY GOES





CONTACT US

If you've got questions,
we've got answers.
We're always here to help.

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For a full list of Movember
spokespeople and
ambassadors available for
interview, please visit the
[Media Room](#).

