




MOVEMBER®

PRESS KIT



Men's health is in crisis. Globally, men are dying 6 years earlier than women, and for largely preventable reasons.

As the leading charity tackling mental health, 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 recognised for its fun, disruptive approach to fundraising and the unique ways it prompts men to take action for their health.

Since 2003, more than 5 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.

LET'S CHANGE THE FACE OF MEN'S HEALTH





**MENTAL HEALTH
AND SUICIDE
PREVENTION**

25-35
YEARS

Suicide is the leading cause
of death for New Zealand
men aged 25-35 years old

3
OUT OF 4

Suicides in
New Zealand
are men

**PROSTATE
CANCER**

#1

Prostate cancer is the
most commonly diagnosed
cancer in New Zealand men

MORE THAN
13,500

men living with or
beyond prostate
cancer in New Zealand

**TESTICULAR
CANCER**

YOUNG
MEN

Testicular cancer is the
most common cancer in
young New Zealand men

NEARLY
800

Kiwi men
are living with
the disease.

**THE
FACTS**

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 face-deep in the movement.



GROW A MO

Upper lip at the ready? Great news. But even if you can't grow a showstopper, don't worry: the worst moustaches start the best conversations.



MAKE A MOVE

Move this Movember by running or walking 60km over the month. That's 60km for the 60 men we lose to suicide each hour, every hour across the world. Do it as a team with friends or colleagues, or go solo.



HOST A MO-MENT

Rally a crew and do something fun. Host a virtual pub quiz, or a game of music- or sports-themed bingo – get creative. Hosting is all about having a good time for a good cause.



HOW TO GET INVOLVED



We invest in country- and culture-specific health projects and collaborate on game-changing solutions to address the men's health crisis. Uniting the best researchers and sharpest minds, each groundbreaking project exists to help men live happier, healthier, longer lives. None of it would be possible without the donations of our legendary supporters.

MENTAL HEALTH AND SUICIDE PREVENTION

Man Enough

Suicide is the leading cause of death for NZ men aged 25-35. Alarming new research suggests that some men choose to take their own life rather than appear 'weak' by asking for help. 'Man Enough' is a two-part documentary series – a social awareness campaign funded by Movember and hosted by TVNZ reporter Matt Chisolm. 'Man Enough' will highlight some of the programs in which Movember NZ has invested, while aiming to get to the bottom of New Zealand's male suicide crisis, to effect real social change and hopefully save lives. The documentary airs on TVNZ in October 2020.

PROSTATE CANCER

Oranga Tū

A kaupapa Māori research project funded by Movember and conducted with the Auckland University of Technology and the University of Otago. Through the kaupapa Māori approach, Māori leadership, voice and direction, we aim to support men and their whānau affected by prostate cancer to stay healthy and connected to the places, people, and activities that matter to them. The overarching aim is to contribute to system-level change in health service provision through education.

TESTICULAR CANCER

True North Testicular Cancer

An online support tool for men diagnosed with testicular cancer. The site is designed to connect men with a supportive community of others experiencing a similar journey, and to equip them with the information they need to rebuild confidence during and after treatment. Our vision for True North Testicular Cancer is to ensure that every man experiencing the disease knows he has support, and, most importantly, a great chance of getting back to living a happy, healthy and full life.





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.](#)

