



THE MOVEMBER FOUNDATION

IS THE GLOBAL CHARITY RAISING FUNDS AND AWARENESS FOR MEN'S HEALTH.

WHEN IT COMES TO THEIR HEALTH, TOO MANY MEN DON'T TALK, DON'T TAKE ACTION AND DIE TOO YOUNG. WE WANT TO HELP MEN LIVE LONGER, HEALTHIER AND HAPPIER LIVES THROUGH INVESTING IN FOUR KEY AREAS: PROSTATE CANCER TESTICULAR CANCER, POOR MENTAL HEALTH AND PHYSICAL INACTIVITY.

SINCE 2003, WE'VE EMPOWERED OVER 5 MILLION 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 £388 MILLION AND HELPED FUND OVER 1,000 BREAKTHROUGH MEN'S HEALTH PROGRAMMES IN 21 COUNTRIES.



HOW TO GET INVOLVED

The Movember Foundation runs awareness and fundraising activities year-round, with the annual Movember campaign in November being globally recognised 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 and women to support a moustache 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.

- Men and women sign up at [Movember.com](https://www.movember.com)
- Choose to Grow, Give or MOVE
- Men start 1st Movember clean-shaven and grow only a moustache for 30 days
- Women and men commit to MOVE and complete 30 days of physical activity
- Get friends and family to donate to change the face of men's health

As a global charity, the Movember Foundation is uniquely positioned to catalyse innovation and foster collaboration across multiple markets and disciplines to deliver on the outcomes we seek to achieve. We're one of the largest non-government investors in research and quality of life initiatives in the world. We endeavour to fund initiatives that impact the global population regardless of where one lives.

MEN'S HEALTH STATS

- 510,000 men die each year from suicide around the world; that's almost one every minute
- The incidence of men diagnosed with testicular cancer had doubled over the past 50 years
- More than 1.1 million cases of prostate cancer were recorded globally in 2012
- Around 1 in 4 men in the developed world are not sufficiently physically active. Physical inactivity is a key risk factor for cardiovascular diseases, cancer and diabetes, and is one of the ten leading risk factors for death worldwide

VISIT [MOVEMBER.COM](https://www.movember.com)
GROW, GIVE OR MOVE AND SPREAD THE WORD #MOVEMBER

