Munch for Mito Fact Sheet

Learn, share and make a difference.

What is mitochondrial disease (mito)?

Mitochondrial disease is a rare, complex, and often life-threatening genetic disorder that affects how the body produces energy.

Mitochondria, the “powerhouses” of our cells, create the energy we need to live. When they don’t work properly, the body’s organs and systems can fail.

Mito can affect anyone, at any age. There’s currently no cure, but research is bringing new hope.

Key facts:

- **1 in 200 Australians carry genetic changes that can cause mito.**
- **Around 1 in 5,000 live with a life-threatening form of the disease.**
- **Every 6 days, a baby is born in Australia who will develop mito.**
- **Mito can affect many organs, the brain, heart, muscles, liver, and more.**

What the Mito Foundation does:

The Mito Foundation is the only Australian organisation dedicated to supporting people affected by mitochondrial disease and driving progress towards a cure. We;

- Fund research into diagnosis, treatments and cures.
- Provide essential support through the Mito Helpline and community programs.
- Lead education and advocacy to improve care and awareness.
- Build community connection through events like Munch for Mito, The Bloody Long Walk and Light Up for Mito.

Why Munch for Mito matters

Your Munch helps fund vital research, raise awareness and provide support to families impacted by mito. Whether it’s a cuppa, bake sale or picnic, every Munch fuels hope, one bite at a time.

Thank you for hosting or attending a Munch for Mito. Your kindness and effort help bring hope to families living with mitochondrial disease.

MUNCH FOR MITO