



Migraine Foundation Aotearoa New Zealand

Strategic Plan – 2025/26

Review date: November 2026

Migraine Foundation Aotearoa New Zealand

Strategic Plan – 2025/26

Mission

To raise awareness of the impact of migraine disease and support people living with migraine in Aotearoa New Zealand.

Vision

To minimise the health, economic and social burden of migraine disease in Aotearoa New Zealand.

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Values/culture:

Migraine Foundation Aotearoa New Zealand Incorporated (MFANZ) is an inclusive, open, active and action-orientated organisation. We value respectful partnerships and relationships and evidence-based information. Supporting people with migraine is at the core of everything we do.



Migraine Foundation Aotearoa New Zealand

Strategic Plan – 2025/26

Strategic objectives

- Connect and support people living with migraine disease.
- Increase awareness of migraine disease and advocate for positive change.
- Create and disseminate robust information about migraine.
- Support New Zealand-focused research on migraine and collaborate with researchers in planning, recruitment and dissemination of findings.
- Build a sustainable, trusted and respected national migraine organisation.

Why do we exist?

Globally, migraine disease affects approximately 1 in 7 people and is one of the most disabling neurological conditions.

Migraine disease is estimated to affect 753,000 people in Aotearoa New Zealand.

Migraine is most common in people of working age, and is 2–3 times more common in women than men.

Migraine disease is under-researched, under-funded and under-diagnosed.

Migraine Foundation Aotearoa New Zealand exists for all people in Aotearoa New Zealand living with migraine.

We're dedicated to connecting people living with migraine, supporting positive change and ensuring our voice is heard.

Pillars of service

Support

Advocacy
&
awareness

Information

Research

Leadership &
sustainability