

Commission: **Health**

Session : **7<sup>th</sup> Zonal MUN-2024**

Sponsors : **Australia, Brazil, Cuba, Central African Republic, Estonia, People's Republic of Korea (N), India, Mauritius, Syria, Ukraine**

**QUESTION OF: FINDING SOLUTIONS FOR THE PREVENTION AND MANAGEMENT OF DIABETES AND OBESITY.**

The General Assembly,

Deploring the fact that in 2022, more than one billion people were obese and that since 1990, obesity had quadrupled among children and adolescents in the world,

Noting with deep concern that 537 million adults were living with diabetes in 2021 and that the number is predicted to rise to 783 million by 2045,

Deeply disturbed by the fact that economic growth and industrialisation have led to lifestyle changes that favour convenience over health, such as increased availability of high calories food,

Stressing that the risk of diabetes and obesity increases because of sedentary lifestyles and lack of physical exercise,

Acknowledging the socio-economic impacts of diabetes and obesity, including the strain on healthcare systems, the loss of productivity, and the exacerbation of poverty and inequality,

1. Requests government to provide subsidies to private sectors (clinic) to support research and development on diabetes and obesity;

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2. Adopts advocacy for policy change by increasing taxation of sweetened beverages;
3. Further requests all governments to legislate so as to ensure that their food industry makes healthy sustainable foods at locally affordable prices;
4. Instructs ministries of education in all countries to include a module on healthy lifestyle in the school curriculum so as to make all students understand the importance of such a lifestyle early on;
5. Demands essential healthcare frameworks to guarantee early detection, conclusion and treatment of diabetes and obesity through the arrangement of open and reasonable programs, normal well-being check-ups, and coordinate care administrators;
6. Urges member states to put pressure on all governments to provide an assessment of the extent to which they are implementing globally recommended policy for obesity prevention and for tackling diabetes;
7. Strongly recommends the employer to provide training on stress management such as meditation and may also provide them with counselling services and to also ensure that they are not burdened with too much work;
8. Further invites international health organisations and neighbouring countries to share expertise and resources in managing obesity and diabetes;
9. Suggests member states to vote for simple legislation which can have substantial impacts on creating awareness about diabetes, obesity and all related diseases that it can cause;

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10. Further proclaims that individuals from more deprived backgrounds face greater challenges in making healthier lifestyle choice, and that deprivation and low socioeconomic status are closely associated to heightened risk of obesity as stipulated by Data from the Health and Safety Executive which show that in 2014 in the most deprived quintile compared to the least, obesity was 13% and 50% higher for men and women, respectively;
11. Directs member states to work out policies to lower the food content of trans fatty acids and the content of salt where strong evidence revealed that trans fatty acids increase the risk of CHD.
12. Encourages states to fortify universal corporation and collaboration within the trade of best practices, sharing of information in order to reduce the promotion of unhealthy food.