

XXIX TecMUN

World Health Organization

XXIX TecMUN
28, 29 y 30 de abril





XXIX TecMUN

HORARIO DE SESIONES

Lunes 28 de abril

Registro	8:00 – 9:00 hrs
Ceremonia de Inauguración	9:00 – 10:00 hrs
Receso	10:00 – 10:30 hrs
Primera Sesión	10:30 – 12:30 hrs
Receso	12:30 – 13:00 hrs
Segunda Sesión	13:00 – 15:00 hrs
Comida	15:00 – 16:00 hrs
Tercera Sesión	16:00 – 18:00 hrs

Martes 29 de abril

Panel de Discusión	8:00 – 9:30 hrs
Receso	9:30 – 10:00 hrs
Cuarta Sesión	10:00 – 12:30 hrs
Receso	12:30 – 13:00 hrs
Quinta Sesión	13:00 – 15:00 hrs
Comida	15:00 – 16:00 hrs
Sexta Sesión	16:00 – 18:00 hrs

Miércoles 30 de abril

Séptima Sesión	8:00 – 10:00 hrs
Receso	10:00 – 10:30 hrs
Octava Sesión	10:30 – 12:30 hrs
Receso	12:30 – 13:00 hrs
Novena Sesión	13:00 – 14:30 hrs
Comida	14:30 – 16:00 hrs
Ceremonia de Clausura	16:00 – 17:30 hrs



XXIX TecMUN Sr.
Agenda

"Sólo en las manos del hombre está el destino de la humanidad"

Secretario General: Aldo Adrián Acosta Medina

ASAMBLEA GENERAL

Subsecretaría General: Carla Denise Paucic Osorio

Asamblea General Plenaria

Presidente: Zajari Almaraz Quintana

- A) Infracción radical egipcia en contra de migrantes refugiados sirios como forma de represión y crímenes dentro de éste y otros países de Medio Oriente.
- B) Inestabilidad política y enfrentamientos militares dentro de Sudán del Sur, resultante de tensiones étnicas, culturales y diplomáticas.

Primera Comisión en Desarme y Seguridad Internacional

Presidente: Juan Ramón Díaz Maldonado

- A) Acuerdos entre la OTAN y la Federación Rusa en busca de la paz y regulación de armamento peligroso en Medio Oriente.
- B) Consolidación del régimen establecido en el Tratado para la Proscripción de las Armas Nucleares en América Latina y el Caribe.

Tercera Comisión en Asuntos Sociales Culturales y Humanitarios

Presidente: Gabriela Zaragoza Meza

- A) Convenio del Consejo de Europeo sobre prevención y lucha contra la violencia de mujeres y la violencia doméstica.
- B) Violación de los derechos humanos dentro de las cárceles de América Latina.

Alto Comisionado de las Naciones Unidas para los Refugiados

Presidente: Uriel Trejo Pecero

- A) Desplazamiento de grupos congoleños a Uganda debido al conflicto M23, medidas para la protección de estos grupos y posible erradicación del conflicto.
- B) Medidas de protección a refugiados centroafricanos y resolución al conflicto de la República Centroafricana.

Office of the High Commissioner for Human Rights

President: Juan Carlos Velázquez Quiroz

- A) Solutions to an Arising Cultural Hegemony and Talibanisation within Indonesia.
- B) Banditry and insecurity Hindering Humanitarian Efforts in Timbuktu and Fellow Malian Cities.



Office of the Special Representative of the Secretary-General for Children and Armed Conflict

President: Andrea Cuéllar Medina

A) The Recruitment of Child Soldiers in Darfur, Sudan by the Rebel Sudan Liberation Army.

B) Intimidation and Abduction of Children by Maoist Groups in India for their Recruitment.

CONSEJO ECONÓMICO Y SOCIAL

Subsecretaria General: Paola Rodríguez Escobedo

Comité Contra el Terrorismo

Presidente: Héctor Palafox Prieto

A) Disminución de la violencia dentro del territorio libanés provocada por el grupo de Hezbollah.

B) Creación de una resolución para los posibles enlaces entre las protestas civiles en Egipto con grupos de agitadores o terroristas.

Commission on Crime Prevention and Criminal Justice

President: Gil Zárate Santiago

A) Espionage Activity between Countries and Their Repercussion on Sovereignty.

B) Thailand Violations to International Law towards Military Activity in Cambodia, Modern Irredentism and Measures to Avoid It.

Programa de las Naciones Unidas para el Medio Ambiente

Presidente: Nelly Elizabeth Marín Vargas

A) Medidas para prevenir y reparar los daños causados por los desechos humanos en el lago victoria en África.

B) Consecuencias para el medio ambiente por las posibles violaciones del Tratado de Prohibición Completa de Ensayos Nucleares.

Commission on the Status of Women

President: Karla Andrea Hernández Andrade

A) Domestic Violence and Sexual Assaults Against Women in Fiji and the Islands in the Pacific.

B) Eradication of Abortion and Female Infanticide in China and India.

World Health Organization

President: Melanie Vértiz Jiménez

A) Possible Solutions to the Increasing Levels of Obesity in Urban Settings and Its Multiple Repercussions on Health.

B) Potential Positive Use of Genetically Modified Foods and Their Impact on the Prevention of Diseases and the Eradication of Poverty and Malnourishment.



Oficina de las Naciones Unidas contra la Droga y el Delito

Presidente: Mariana Ceja Bojorge

- A) Extensión de la distribución de nuevas drogas como el Krokodil.
- B) Tráfico de mujeres entre Europa Occidental y Rusia.

AGENCIAS ESPECIALIZADAS Y ORGANISMOS REGIONALES

Subsecretaria General: María del Carmen Salas Alvarez

Council of Europe

President: Valeria Fernanda Valencia Flores

- A) Attacks Perpetrated within Council Borders by Active Terrorist cells.
- B) Racial Crimes Committed against European Ethnic Minorities.

League of Arab States

President: Moisés Romero Guzmán

- A) Needed Actions to Enhance Public Security due to Transgressions by Extremist Paramilitary Groups in the Arab Region.
- B) Course of Actions Towards the Reduction of Oil and Gas Dependence on Persian Gulf Countries with Oil Based Economies.

North Atlantic Treaty Organization

President: Iván Gilberto Martín Enciso

- A) Consequences of ISAF's Withdrawal from the Islamic Republic of Afghanistan in 2014 after the Country's Democratic Elections.
- B) NATO-Russian Federation Plans in order to Achieve Peace in Middle East with Special focus in the Islamic Republic of Afghanistan, the Islamic Republic of Iran and the Syrian Arab Republic.

Security Council

President: Emiliano Reyes Pardo

- A) Violations of the International Humanitarian Law by Seleka Elements within the Central African Republic.
- B) Peace Implementation in Liberia following their Civil Conflict regarding the Influence of the United Nations Mission in Liberia

Weapons of Mass Destruction Commission

President: Emilio González Rentería

- A) Possible Nuclear Breakout regarding Iran's Nuclear Fuel Facilities.
- B) Course of Action towards the Control of Improvised Nuclear Devices and their Assembly by Terrorist Groups.

International Court of Justice

President: Marco Antonio Casas Moreno

- A) Jurisdictional Immunity of the State regarding Post World War II Proceedings (Germany vs Italy).
- B) Belgian Arrest Warrant of April 2000 (Democratic Republic of Congo vs Belgium).



Delegados,

Siempre pensé en la importancia de esta carta, de este último discurso, de esta despedida. Al escribirla sólo pienso en la manera correcta de englobar todo lo que TecMUN me ha enseñado, lo que espero que les enseñé a ustedes , y las altas expectativas que tengo de todos los presentes. Como sé que es imposible lograrlo en su totalidad, a través de palabras y en tan poco tiempo, tendré que conformarme con darles sólo los aspectos que considero más importantes de la experiencia que ha significado TecMUN para mí. Quiero platicarles que soy una persona que genuinamente cree en las corazonadas y, hasta el momento , nunca me han fallado. Una de esas corazonadas se llama TecMUN.

Gracias a esa corazonada fui delegada, moderadora, vicepresidente, presidente y ahora subsecretaria, y por fin, 13 años después de mi primer contacto con TecMUN, entiendo por qué la vida puso esto en mi camino. Les puedo decir que este modelo es parte fundamental de lo que soy hoy y quiero invitarlos a que encuentren algo, como lo ha sido TecMUN para mí, que les de identidad y fuerza para levantarse todos los días y hacer lo que desean. La gente con pasión hace mejor las cosas, la gente con pasión es exitosa y cambia al mundo.

Aquí voy de nuevo, hablando del éxito, como siempre lo hago. Para mí, la clave del éxito se encuentra en hacer las cosas con coraje y entrega, pero sobre todo, la clave está en confiar en uno mismo. Créanme que todo lo que necesitan para ser aún más grandes en la vida ya lo tienen, ya les fue otorgado. Ustedes tiene la máquina perfecta para lograr todo lo que se propongan, su única limitante, escúchenme bien, es su mente. Lamentablemente, uno suele darse cuenta de esto hasta que es llevado al límite y hasta que sólo cuenta consigo mismo. Es por eso que me gustaría ahorrarles unas cuantas decepciones y garantizarles que ustedes son los dueños de su destino.

Yo no me dirijo a ustedes como futuros líderes del planeta, sino como líderes actuales del mundo, porque el desempeño que han tenido estos tres días lo demuestran. Tengo la certeza que el universo está mejorando por personas como nosotros, con hambre de cambiar el orden actual, empezando por cambiarnos a nosotros mismos. Porque nosotros no tenemos miedo a equivocarnos, nosotros únicamente tememos a quedarnos con los brazos cruzados mientras todo se queda igual.

Claro es, que necesitamos la suma de fuerzas para cambiar los problemas globales que nos aquejan; por lo cual es indispensable que aprendamos a escuchar, dialogar, alzar la voz y sobre todo, a ceder. Y esto es algo que sí se aprende en tres días y que se aplica para toda la vida, así es que vayan y aplíquenlo día con día.

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Les deseo lo mejor,

Paola Rodríguez Escobedo

Subsecretaria General para el Consejo Económico y Social para el XXIX TecMUN



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Dear delegates,

I cannot believe my last TecMUN is already here. And as I write this letter I remember the little things that made me want to become part of this amazing event: the acquaintances, the opportunities of learning new things about realities so distant from mine, the laughs, the friendships and every moment of joy this model has given throughout this past two years.

Two years ago, I participated as an inexperienced delegate in the Security Council who had absolutely no clue of what was going on in the room –if any of you feel this way at any given time during the following three days, please feel free to approach me and I will do my best to guide you through this process-. Throughout these two years I have felt proud of being part of such a big model –we are the top fifth in Mexico and the oldest! Can you believe it? - and I have developed a deep love for what we do. On the other hand, there have been moments on which I have doubted deeply my own capability to guide the amazing delegates that participate in our model. It has been a long way since I first had a placard that said “delegate” on it and it was definitely a ride full of ups and downs that, however, gave me the opportunity to learn things that go beyond the academic. I will like to tell you about one of the biggest things TecMUN taught me and I hope that you can later tell me about the ones you learned.

In the first place, I learned that sometimes not even your biggest effort will bring you the results for which you were waiting. I do not say this as to leave you down and break all your expectations; I write this because of a tendency I have observed in many of the people I love and a tendency of my own. I refer to our natural desire of trying to make things better and later giving up because all the things one has done are not nearly enough to solve all the issues that affect our surrounding. Being part of Model United Nations requires being a dreamer, an idealist, but also knowing that there are things that are way beyond our control, whether that means a certain commercial agreement between two countries that works as an obstacle for a resolution or the attitude of a certain delegate that stops the workflow within a committee. What I mean with all of this is that we are to make our absolutely best while trying to work with these obstacles until we have nothing left to give; if that works, we can move on and continue with a new activity; however, if that is not enough, there is always the opportunity to try again. By this I do not mean that one should become obsessed with a certain activity that may be impossible, rather than one should work hard until one is ready to let go of that goal. The last part is not as easy as it sounds and its process can come in so many different forms; for example, one may know that he is ready to move on because he has found out that that goal was not his passion, another may discover his lack of skills required for that given goal, and so on.

What I want you to do for the next three days is to give your best, I assure you I will do it as well, while trying to match your own personal passions with our work, because I know that only self-motivated people are destined to succeed. I do not want you to ameliorate our

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realities, I want you to become authors of new ones that will assure the wellbeing of our kind all around the globe. I want delegates who are willing to go far beyond the limitations that have been given to them and who can imagine new ways of solving problems that have affected millions of people and for which no solution has been found.

I trust you to be all those things and more.

With my kindest affection,

Melanie Vértiz Jiménez.

President of the World Health Organization





World Health Organization

Since the creation of the United Nations Organizations, the establishment of a World Health Organization was discussed by the diplomats involved; therefore, it was officially established in 1948. It took over the operations of the International Classification of Diseases (ICD) which was previously known as List of Causes of Death and had worked since the 1850s. Its Headquarters are located in Geneva, Switzerland and six regional offices were established in Washington (region of the Americas), Copenhagen (European Region), Cairo (Eastern Mediterranean Region), Brazzaville (African Region), New-Deli (South-East Asia Region), and in Manila (Western Pacific Region). All 193 members of the UN are part of this organization. Nowadays, it is managed by Dr. Margaret Chan who was appointed Director-General in 2006.

It is important to mention that the WHO is founded through the assessed contributions from Member States and voluntary contributions; the former represents 28 percent of the total contributions and the latter makes up 72 percent.

Some of its most important achievements have been:

- In 1952, the first successful polio vaccine - Dr. Jonas Salk (US)
- In 1967, the first heart transplant – Dr. Christiaan Barnard (South Africa)
- In 1974, adopting the first resolution devoted to bring basic vaccines to all children in the World. The onchocerciasis control program.
- In 1977, the first Essential Medicines List was written.
- In 1979, the eradication of smallpox.
- In 1983, the Institute Pasteur (France) identified HIV.
- In 1998, the Global Polio Eradication Initiative was established.
- In 2003, the Severe Acute respiratory Syndrome was controlled. Framework Convention on Tobacco Control.
- In 2004, the Global Strategy on Diet, Physical Activity and Health was adopted.



- In 2005, the International Health Regulation was revised.

The core functions of this organization are as follows:

- “1. Providing leadership on matters critical to health and engaging in partnerships where joint action is needed;
2. Shaping the research agenda and stimulating the generation, translation and dissemination of valuable knowledge;
3. Setting norms and standards, promoting and monitoring their use.
4. Articulating ethical and evidence-based policy options;
5. Providing technical support, catalyzing change, and building sustainable institutional capacity;
6. Monitoring the health situation and assessing health trends.” – (WHO)¹

Topic A. Possible Solutions to the Increasing Levels of Obesity in Urban Settings and Its Multiple Repercussions on Health.

Obesity is defined as the excess of body adiposity. It is mainly measured according to the Body Mass Index, which is obtained by dividing a person’s mass by his height squared. From 19 to 24 is considered to be normal BMI; above 25 is considered overweight and above 30 it is obesity. However, this index can change for different ethnic groups. Obesity has been an important problem of our contemporary societies; although, its history began hundreds of years ago. During the time of the Industrial Revolution, the average body size increased due to the need of stronger soldiers and workers. Years before, the Body Mass Index distribution of the population was “underweight”; the emerging growth of the economy allowed it to move towards “normality”. Progressively, height and weight increased in developed countries. In 1727, Thomas Short researched for the first time the causes and treatments for this disease while developing the first monograph on the subject.

In the XIX century, William Wadd wrote "Cursory Remarks on Corpulence of Obesity Considered as a Disease"; its publication turned the subject into a matter of public interest and popularized



“dieting” among the society. It was clear that the eating habits and, more importantly, the access to food had changed in the last year; nonetheless, poverty was still common even in developed countries and it remained that way until the first decades of the XXth century. A century later, bigger discoveries were made related to obesity; the relationship between the hypothalamic syndrome, basophilic pituitary cancer, diabetes and obesity were extensively studied by scientists. In addition, obesity was detected as a major cause for cardiovascular diseases and in 1968, the first gastric bypass was successfully performed. Nowadays, as obesity increases, so does the number of people interested in finding solutions for this problem. And in the XXI century a historical record was “achieved”, the number of overweight adults surpassed the number of those who were underweight. By 2000, 65% of the population in the United States of America had a BMI above 25 and 30% were considered obese.

Additionally, it was estimated that the global food production reached the 2,600 kilocalories per capita and that it would increase to 3000 kilocalories by 2030. However, there is no equal access to food in the world and the gap between the rich and the poor expands.

Important Facts on Obesity

According to the World Health Organization Database, we find that:

- Worldwide obesity has almost doubled in the last 34 years
- 65% of people live in countries where obesity kills more people than underweight
- Obesity is the fifth leading risk for global health
- In 2008, over 10% of the world population was obese.
- Obesity causes 44% of the diabetes cases in the world, along with 23% of the cardiovascular diseases. In addition, many types of cancer and musculoskeletal disorders are attributed to this disease.
- 40 million children suffer obesity
- Many countries have to face bigger problems while trying to eradicate poverty and malnutrition and obesity at the same time.



The World Health Organization and Obesity

In 2004, during the World Health Assembly, the WHO Global Strategy on Diet, Physical Activity and Health was adopted. This document supported the Millennium Development Goals and its main objectives were to reduce the risk of non-communicable diseases used by inactivity and unhealthy dieting; along with increasing the overall awareness about this issue, encouraging the implementation of regional action plans worldwide and monitoring scientific data to evaluate progress. During the making process multiple delegations, organizations, representatives of the civil society and private entities were consulted in order to assure the efficiency of said plan. It involved non-communicable diseases such as obesity and malnutrition. In 2001, non-communicable diseases were accountable for 60% the annual global deaths and 47% of the burden of disease. Most of these deaths and diseases were closely related to high blood pressure, tobacco use, obesity, high concentrations of cholesterol and lack of physical activity. In addition, many types of cancer have been attributed to these risk factors. Initially, non-communicable diseases were less likely to occur in developing countries due to economic reasons; however, in previous years, unhealthy habits and behaviors associated to these diseases have widespread in some of the poorest neighborhoods. Some of the main factors that have increased the risk for non-communicable diseases in different communities are as follows:

1. Elevated consumption of energy that surpasses the necessary amount for daily activities
2. Ingestion of nutrient-poor foods that are high in sugars and carbohydrates. Some of the poorest communities are in greater risk due to the fact that nutrient-poor products are often less expensive than healthful foods.
3. Lack of recreation spaces destined to physical activity and infrastructure designed for pedestrian access.

Developing countries face a double threat: while non-communicable diseases increase; infectious



diseases continue affecting the lives of many. It is of great importance to ameliorate the health situation of said countries if we seek to improve their Economy and life conditions.

Using Domestic Law in the Fight Against Obesity

It is important for nations to make use of their legislative power in order to regulate the accessibility and availability of food products. The three main regulatory approaches are using pricing controls, restricting the supply of certain products and mandating labeling requirements.

It is important to consider the activities and agreements of the World Trade Organization while adjusting domestic law in order to avoid sanctions. The Sanitary and Phytosanitary Agreement (SPS Agreement) was developed in order to supervise the regulatory measures taken by the delegations, since commercial blockage could be easily excused with Sanitary reasons.

Childhood Overweight and Obesity on the Rise

Childhood obesity is one of the most serious public health challenges of the 21st century. The problem is global and is steadily affecting many low and middle-income countries, particularly in urban settings. The prevalence has increased at an alarming rate and it is defined according to the WHO growth reference for school-aged children and adolescents. Globally, in 2010 the number of overweight children under the age of five, was estimated to be above 42 million, of which, close to 35 million, were living in developing countries.

Overweight and obese children are likely to stay obese into adulthood and more likely to develop non-communicable diseases like diabetes and cardiovascular diseases at a younger age. Obese adolescents are more likely to have low self-esteem, which may impact on other aspects of their lives, such as their social relationships and competency at school. Overweight and obesity, as well as their related diseases, are largely preventable. Thus, the WHO Member States in the 66th World Health Assembly have agreed on a voluntary global NCD target to halt the rise in diabetes and



obesity.

What are the causes?

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases, being overweight is caused by a medical condition such as a hormonal problem. A physical exam and certain blood tests can rule out the possibility of a medical condition as the cause for obesity. Another cause of childhood overweight and obesity is an energy imbalance between calories consumed and calories expended.

Global increases in childhood overweight and obesity are attributable to a number of factors including:

- A global shift in diet towards increased intake of energy-dense foods that are high in fat and sugars but low in vitamins, minerals and other healthy micronutrients;
- A trend towards decreased physical activity levels due to the increasingly sedentary nature of many forms of recreation time, changing modes of transportation, and increasing urbanization.

Societal Reasons for the Childhood Obesity Epidemic

WHO recognizes that the increasing prevalence of childhood obesity results from changes in society. It is mainly associated with unhealthy eating and low levels of physical activity, but the problem is linked not only to child behavior but also, increasingly, to social and economic development and policies in the areas of agriculture, transport, urban planning, environment, food processing, distribution and marketing, as well as education. The problem is societal and therefore it demands a population-based multisectoral, multi-disciplinary, and culturally relevant approach.



General recommendations:

- Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts;
- Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats;
- Control the intake of sugars; and
- Be physically active - accumulate at least 60 minutes of regular, moderate- to vigorous-intensity activity each day that is developmentally appropriate.

The Role of Parents

The promotion of healthy diets and regular, adequate physical activity are major factors in fighting the childhood obesity epidemic. By making healthful foods and beverages available at home and providing, supporting and encouraging opportunities for physical activity, parents can influence their children's behavior. Simultaneously parents are advised to live and promote a healthy lifestyle because child behavior is often shaped by observation and adaptation.

Suggestions for the promotion of healthy nutrition at home

For infants and young children:

- Exclusively breastfeed;
- Avoid the use of added sugars and starches when feeding formula;
- Accept the child's ability to regulate energy intake rather than feeding until certain portions are consumed;
- Assure the appropriate micronutrient intake needed to promote optimal linear growth.

For children and adolescents:



- Provide healthy breakfasts;
- Serve healthy school snacks to children (whole-grain, vegetables, fruits);
- Promote intake of fruits and vegetables;
- Restrict the intake of energy-dense, micronutrient-poor foods (e.g. packaged snacks);
- Restrict intake of sugars-sweetened soft drinks;
- Ensure opportunity for family meals;
- Limit exposure to marketing practices (e.g. limit television-viewing);
- Teach children to resist temptation and marketing strategies;
- Provide information and skills to make healthy food choices;
- Involve children in the food preparation process.

The Role of Schools

The promotion of healthy diets and physical activity in school is essential to fight the childhood obesity epidemic. Because children and adolescents spend a significant time of their young lives in school, the school environment is an ideal setting to acquire knowledge and skills about healthy choices and to increase their physical activity levels.

Suggestions to promote healthy diets in schools

- Provide health education to help students acquire knowledge, attitudes, beliefs and skills which are needed to make informed decisions, practice healthy behaviours and create conditions that are conducive to health;
- Provide school food programmes to increase the availability of healthy food in schools (e.g. breakfast, lunch and/or snacks at reduced price);
- Have vending machines only if they sell healthy options like water, milks, juices, fruits and vegetables, sandwiches and low-fat snacks;
- Ensure that food served in schools adheres to minimum nutrition standards;



- Provide school health services for students and staff of the school to help foster health and well-being as well as prevent, reduce, monitor, treat and refer important health problems or conditions for students and staff of the school;
- Use school gardens as a tool to develop awareness about food origins;
- Promote parental involvement.

Suggestions to promote physical activity in schools

- Offer daily physical education classes with a variety of activities, so that the maximum number of students' needs, interests and abilities are addressed;
- Offer extracurricular activities: school sports and non-competitive school programmes (e.g. active recess);
- Encourage safe, non-motorized modes of transportation to school and other social activities;
- Provide access to adequate physical activity facilities to students and the community;
- Encourage students, teachers, parents and the community to become physically active.

Food intake and energy balance

People gain weight only if they have an unbalanced energy intake. This means the input of food in the system is greater than the output. Research of energy balance is based on self-reports regarding the diet, physical activity, food production and consumption. Based on that research, among the US population (one of the countries with the highest rates of obesity worldwide) there has been an increased energy intake over the last years. The caloric intake in the population has been 2000 kcal/day over the past 20 years. Most of the population bases regular diets on sweet beverages and energy-dense foods (low cost products), which displaces the consumption of fruits and vegetables. Physical activity plays a role for reducing these high



rates. In 2000 the Centers for Disease Control and Prevention estimated that only 30 percent of the American population performs adequate physical activity, another 30 percent performs it insufficiently, and the 40 percent is sedentary. Limited physical activity in schools or at home is determinant factors for this problem; for example, the average American teenager spends 30 hours per week watching television. This last activity is also related with the reduced consumption of fruits and vegetables and the high intake of snack foods, as they are commonly promoted on TV commercials. Energy balance is achieved only through regular physical activity and healthy dieting; nevertheless, medical supervision is always necessary to assure the success of said measures. Even losing reduced amounts of weight (such as the equivalent to 5% of the total body mass) can bring important health benefits.

Effects of Obesity in Society

A few extra pounds on a person's body may seem harmless; however, obesity threatens all aspects of life. Its effects on health range from cardiovascular diseases to reproductive and memory malfunctions. It decreases life expectancy and quality while it increases individual, national and global health costs.

High blood pressure: As additional fat tissue requires nutrients and oxygen to live, blood vessels require more blood to supply all the parts of the body and the heart works harder to achieve it. This increases the pressure in the arteries and makes blood transportation more complicated for the vessels.

Diabetes: Even moderate obesity increases the risk for diabetes (between people with a BMI of 22 and people with a BMI of 35, there is 93% more chance of becoming diabetic in the latter) as it creates insulin resistance and progressively elevates blood sugar. Diabetes is currently incurable and its repercussions on human health and quality of life are vast.

Cardiovascular diseases: Adiposity can narrow the arteries producing low blood flow which can lead to angina, heart attacks and strokes.

Orthopedic problems: overweight can create serious problems for joints and bones in our body,



most commonly in our hips and knees; under normal conditions, knee and hip problems can be solved through the artificial replacement of the joints; however, for obese patients the risk of the prosthetic joints collapsing are noticeably higher.

Sleep apnea: When the excess of body mass pressures down on the lungs during the night, breathing disorders occur, such as snoring. This can provoke sleep interruption and sleepiness during the day.

Cancer: obesity increases the risk of different types of cancer, such as colon, breast, gallbladder, uterus ad prostate.

Psychosocially speaking, obese people can commonly feel alienated as the current standards of beauty revolve around excessive thinness. Obese people often have lower incomes and fewer romantic relationships. In addition, discrimination to obese people is common. All these factors make obese eople more susceptible to depression.

In terms of economy, obesity-related diseases represented costs worldwide of 1,573,000,000 dollars in 2012. This is extremely alarming due to the fact that this highly preventable disease is the main cause of some of the diseases with the most expensive treatments. Additionally, as a large part of the countries' budget that is destined to Health is being used to solve obesity-caused illnesses, less resources are being used to treat communicable diseases that, if eradicated, would increase the overall quality of life among the society. Obesity also affects the efficiency of the governments through the incapacity of obese young people to participate in the militia.

Psychological Aspects of Obesity

Even when obesity is strongly related to physical aspects, psychological factors are widely involved in the development of this disease. Obese people tend to gain weight progressively due to psychosocial factors on their environment that affect them. Most of the eating disorders that lead to obesity have a psychological origin as most of them are used as coping mechanisms for stress and sadness.



Binge Eating Disorder: it refers to recurrent episodes of overeating, especially when contrasted to the normal amount of food ingestion in a determined period of time, it can be diagnosed when it has happened at least 2 times a week for six months.

Night Eating Syndrome: it is defined by eating a large percentage of the daily calorie intake after the evening meal which can lead to morning “anorexia”, insomnia and distress.

Most obese patients have at least once tried losing weight with unsuccessful results, which can lead to frustration, hopelessness and learned helplessness. Low self-esteem can be both a cause and an effect of obesity and it provokes unhealthy behavior such as drug abuse and self-sabotage.

Insulin resistance and obesity

Over the last few years there have been different studies that challenge our preconceived beliefs on obesity. As stated above in this document, obesity can be caused by an excess of eating and a lack of exercise and it can lead to insulin resistance (which later leads to diabetes). However, there is a vast possibility that insulin resistance is rather a cause than a result of obesity. Insulin resistance refers to the progressive condition of our body cells being resistant to the hormone insulin, which makes the pancreas work harder in order to regulate our sugar intake. According to these studies, eating processed sugars can lead to develop this condition and become obese (with all its previously mentioned repercussions).

You role as delegates in the World Health Organization

The WHO deals with extremely important topics which, if solved properly, can save the lives of millions and increase the quality of life of our societies. It is in our best interest for you to debate widely about this topic and find the key elements to be regarded. We strongly recommend you to go further to what is basic about the topic and what has been debated before, for there are still many factors involved that have not been completely addressed in the past. We urge you to devote yourselves in your role as delegates because the health situation of many depend on your resolutions and proposals now.



Consulted Sources

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Topic B: Potential Positive Use of Genetically Modified Foods and their Impact on the Prevention of Diseases and the Eradication of Poverty and Malnourishment.

Background

Genetically modified foods are those whose DNA material has been altered in a way it would not occur naturally; for example, mixing DNA characteristics of a certain organism with those of another. Nowadays, GM crops have been useful to increase the overall production through their resistance to plant diseases and herbicides. Most genetic modifications are currently used in plants; however, in the future different animal species of human consumption may be modified in order to elevate production rates and avoid diseases. The use of GM crops represents an ongoing debate with many points of view. Some countries have changed their trade policies in order to avoid the entrance of GM crops and their growth within their borders. However, many benefits can be provided for societies if GM crops are used properly and under the adequate regulations.

The first genetically modified product to enter the market was a delayed-ripening tomato in the United States in the mid 1990s. Since then, maize, wheat and rice have been commonly grown through modern developments of biotechnology internationally. Many other vegetables and fruits have been modified, tested and released over the last decade and scientists continue to explore the multiple possibilities for genetic modification, its effects and repercussions on human health and on the environment. Nowadays, it is estimated that over 4% of the total arable lands worldwide are occupied by GM crops.



Biotechnology

Biotechnology is currently defined as the application of in vitro nucleic acids techniques, including the combination of DNA and direct injection of nucleic acid into cells or fusion of cells from different taxonomic families that overcome traditional and natural methods of breeding. [FAO/WHO]

Biotechnology is not only used for agriculture but for many aspects of life development, for example medicine. However, genetic modification of organisms for food production is one of its main areas of interest and one of the most controversial also. It can be used to increase production and avoid the negative effects of floods and draughts for the growth of the crops; yet, its effects are still to be studied in order to avoid pollution and negative effects for the human health.

The importance of Genetically Modified Foods.

Despite the great improvements that agriculture and food production in general have experienced in the last decades, the increasing population in the world requires more food than ever before in order to avoid famine among the poorest communities. It is estimated that, in order to be able to meet the necessities of the future population, maize and rice production will have to duplicate in the next thirty years.

Additionally to this, climate change plays a major role in the food production panorama, since it can produce droughts and damaging storms that can affect dramatically the growth of crops. Thus, it is necessary to develop new types of crops that are more resistant to this phenomena and that will withstand the adversities caused by global warming and climate change.

Nowadays, 85% of the soybeans and 35% of the corn planted in world are from genetically modified seeds. As many of them decrease the need of pesticides and herbicides, their production cost lowers and the profits they generate are higher, which definitely brings benefits to the farmers.



Nevertheless, farmers have decided to grow corn over other necessary cereals such as wheat, which inflates the general price of the latter.

The Codex Alimentarius Commission

The **Codex Alimentarius Commission** (CAC) is an intergovernmental body established by the World Health Organization in 1963 that seeks to provide a guide for all nations regarding food standards. Its main work regarding GM foods has been the ongoing debate about the labeling of this products and their appropriate naming (Genetically Modified or Genetically Engineered). It also has two main objectives: protecting human health and ensuring fair trade practices among the delegations. Taking into consideration these two goals can produce problems, for none of them is to be prioritized over the other in order to maintain a balance.

Labeling: Some countries have decided to establish measures in which labeling is mandatory for those products obtained through genetic engineering. Its main concern is to maintain the consumers well-informed about their purchases as to assure that they make a conscious decision about their food intake.

Traditional Methods against Biotechnology

GMFs offer a competitive advantage over those products obtained through traditional breeding methods since the latter are often unstudied before being marketed and the former have to go through rigorous processes of examination. Nevertheless, traditionally bred foods have more acceptance in the general population due to preconceived beliefs that state that natural changes in the organisms bring no harm to the consumers. Those beliefs can be mistaken, especially if we consider that in traditional breeding the farmers are unaware of which part of the genetic material of the plant is being altered and how it will affect its nature.

The Codex Alimentarius Commission has established the following areas to be assessed in GMOs:



- Toxicity
- Allergenicity
- Specific Components
- Stability of inserted gene
- Nutritional effects
- Unintended effects

Many unintended effects have also characterized traditionally bred products in the past, due to the instability that unconscious genetic modification can bring.

Many communities are against the use of GMOs and have been reluctant to their introduction into local markets. It is important to emphasize the need of wide spreading the benefits in order to promote social acceptance. A great debate about the ethical implications of these practices is common and it involves greatly the human interaction with nature. Moreover, most people are not against biotechnology entirely (for example they accept easily the newest developments of biotechnology in medicine), but specifically against genetically modified foods.

Allergenicity

Allergies are defined as hypersensitivities to a certain organism that trigger the immune system in various ways; such as intolerance, rashes and bloating. The most common allergies are those produced by proteins of animal origin: soy, nuts and wheat. It is highly important for biotechnologists to consider the allergenicity of the organisms to be modified since the allergenic factors in an organism can easily be transmitted to another endangering the lives of the people.

Most of the times when genes of a different organism are introduced into another, new proteins are created. As some of these proteins have never been part of the human diet, there is no way to assure that the population will have negative reactions before it is ingested during the testing. Nevertheless, thinking that GMOs will definitely develop allergies for the general population is



erroneous, as only isolated cases exist every time a new GM food is put in the market. Actually, the possibility of a GMO causing allergens is just the same of those products grown traditionally. Moreover, new proteins are not always created, for sometimes the modifications involve the suppression of enzymes or other biological characteristics. It is important to mention that GMOs represent an advantage to traditional methods in this regard since they are extensively tested before being accepted in the market.

GMO-caused contamination

Even though GMOs are strictly regulated around the globe, many unauthorized crops have been planted in different territories causing major contaminating effects on the soil and surroundings. This is extremely alarming for it shows that the regulatory measures are not completely efficient and the lack of supervision of the crops can lead to problems that create bigger perils for the population. It is in the World Health Organization's interest to avoid any kind of environmental repercussion provoked by the growth of illegal GMOs.

Illegal plantation can derive from the mandatory labeling of GM crops; since many farmers lose profits due to this measures they decide to grow unauthorized crops in order to obtain bigger profits.

Genetically modified foods in developing countries

The potential use of GM crops to solve certain problems more common in developing countries such as famine and poverty has been greatly discussed since the introduction of said crops. Nevertheless, it is important to mention that, despite the decrease on the use of pesticides and herbicides, GMO have not proved to yield considerably bigger amounts of product when used. Thus, it is extremely relevant to promote scientific research that is not only focused on improving resistance, but is also focused on bringing better economic benefits to each population.



In the particular case of the African continent, many farmers have protested against the use of new technologies within their fields and have demanded the government to ban the entrance of genetically modified seeds. They have argued the inefficiency of GMOs to help improve their unfortunate situation with food supply and their negative effect on the environment and the economy. Most African farmers believe that their traditional methods, after centuries of being practiced and tested by the population, yield better results even when the conditions are not ideal. Even though it is relevant to be comprehensive of the population's situation and, more importantly, its beliefs and demands, there are bigger problems to address. Developing countries often have high levels of famine and starvation due to a reduced food production. Starvation causes millions of deaths every year and it is a major obstacle for development in general. Thus, the debate regarding GMF implementation in developing countries seems to get even more complex as ethical issues and new points of view arise.

Bt Cotton in India

With the arrival of Bt Cotton (a genetically modified variation of cotton destined to reduce the use of insecticides through its reinforced resistance to pests), policymakers around the globe announced the success of GMOs as it increased production levels and presented great advantages. However, its success was ephemeral and its repercussions have been tragic especially in India, where multiple farmer suicides (approximately 209) were attributed to the economic pressures derived from the growth of Bt Cotton.

GM crops currently on the market

The most common types of GMOs in the market include herbicide and insect resistant maize, soybean and cotton. In 2004, it was estimated that 81 million acres were cultivated with varieties of GMOs for commercial use. United States is the number one grower of GM foods in the world; however, it is one of the countries that restricts the most the entrance of said products into its



territory.

Your Role as Delegate of the World Health Organization Regarding this Topic

Poverty is a big problem in our world nowadays, we urge you to find proposals that will help solve this problem while considering the controversial use of genetically modified foods. The World Health organization widely encourages the implementation of GMOs in the world; however, regulations are to be created in order to avoid potential problems and health hazards. We urge you to seek for solutions that will take into consideration the opinions of all Members as to create a better situation for all people. It is in our best interest to provide better opportunities for developing countries and to ameliorate the overall life quality in the world.

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Operative Clauses

- Accepts
- Affirms
- Approves
- Authorizes
- Calls
- Calls upon
- Condemns
- Congratulates
- Considers
- Deplores
- Designates
- Emphasizes
- Encourages
- Expresses in appreciation
- Further proclaims
- Further recommends
- Further requests
- Further resolves
- Notes
- Proclaims
- Reaffirms
- Recommends
- Regrets
- Resolves
- Solemnly affirms
- Strongly condemns
- Supports
- Urges

Preambulatory clauses

- Affirming
- Alarmed by
- Approving
- Aware of
- Conscious of
- Confident
- Contemplating
- Deeply concerned
- Deeply disturbed
- Desiring
- Emphasizing
- Expressing its appreciation
- Expressing its satisfaction
- Fully aware
- Alarmed
- Further recalling
- Guided by
- Having adopted
- Having considered
- Having examined
- Having studied
- Keeping in mind
- Noting
- Reaffirming
- Realizing
- Welcoming
- Having Heard
- Believing