

**Country:**Saudi Arabia

**Committee:** World Health Organisation

**Agenda Item:** Digital Obesity

Saudi Arabia is the largest country of Arabian peninsula. It has border to the Jordan, Iraq, Kuwait, Qatar, Bahrain, United Arab Emirates, Oman, Yemen, the Persian Gulf and the Red Sea. Population of the country is 36,400,820 by 2020.

Technological developments plays an important role in every day life. These developments make our life easier in different areas. These technologies not only have benefits like gaining time but also they let us reach information very easily. The excessive amount of technology use have bad consequences like sedentary behavior, poor sleep habits, unhealty eating habits and social isolation. Internet use is one of the major problems that leads people to that kind of consequences.

In Saudi Arabia, internet users are approximately 36.31 million by January 2023. Numbers were increased 539 thousand (1.5%) between 2022 and 2023. There is a digital transformation in the country which enhances customers’ experiences and improves business operations. This devolepment becomes a key factor on country’s economic development.

Over the last two decades, Saudi Arabia has witnessed a dramatic rise in its technology usage, from the adoption of the internet in the early 2000s to the growth of mobile phone usage and social media networks in the past few years. And in this rise in Saudi Arabia there are so many technolagy obesity and health problems. What we want from the UN and the who committee is to find a solution and implement it as soon as possible.