Committee: WHO

Topic: Uncontrolled use of technology and digital obesity

Country: The Kingdom of Sweden

Sweden is a country located in Northern Europe, adjoining Norway to the west and north, Finland to the east and associated with Denmark in the southwest with a population consisting of around 10.5 million indigenous. The percentage of the people who are obese due to the uncontrolled use of technology by the ages of 16 - 29 is 21.1% while by the ages of 45-65 is 40.2%. Sweden ranks 97th out of 191 countries and has a total obese rate of 20.60% (not only uncontrolled use of technology).

The creation of the World Health Organization (WHO) in 1948 to help the global public health community respond to the challenges of today and to help share a healthier future for everyone, exclusively for the people who need the most. WHO works with all Member States to attain the best standard of health and now, is dedicated staff working in 149 country offices who advise ministries of health. At the first WHO meeting organized in 2014 Tokyo, Japan and a group of experts from different parts of the world discussed the available evidence about the excessive use of the internet, smart phones and similar electronic devices. WHO is crucial by the reason of sharing a healthier future for everyone include yourselves.

Uncontrolled use of technology, especially digital devices like smartphones, tablets and computers, means that one’s not making any effort to control its usage or the negative effects that may have on a person’s health, relationships and productivity. Using technology much more than you need causes a lot of problems but, there is a problem that can change your life upside down. If the uncontrolled use of technology becomes a habit, it will be called technology addiction. During the pandemic, Sweden chose a completely different way than the other countries and it worked. While every country’s technology addiction and digital obesity percentages have gotten higher, Swedes’ percentages decreased and their Covid cases were average when we compared it with the world. What we did is, we didn’t do a complete lockdown because we knew that if people in the country stay at home for a very long time, they will get bored and spend their time with technological devices so it will increase the rate of the country. After the pandemic, the percentages increased a lot.

In conclusion, we believe that to prevent digital obesity and uncontrolled use of technology, each and every member should be a part of the development plans for the health problems that aren’t considered as important. These health problems can cause really important issues in the future. Thus, we do our best to ensure that everyone should be aware of the importance of digital obesity and the uncontrolled use of technology.