Committee: WHO

Country: Republic of Singapore

Agenda Item(s): Uncontrolled Use of Technology and Digital Obesity

Singapore , officially the Republic of Singapore, is an [island country](https://en.wikipedia.org/wiki/Island_country) and [city-state](https://en.wikipedia.org/wiki/City-state) in [maritime Southeast Asia](https://en.wikipedia.org/wiki/Maritime_Southeast_Asia). It is located about one [degree of latitude](https://en.wikipedia.org/wiki/Degree_of_latitude) (137 kilometres or 85 miles) north of the [equator](https://en.wikipedia.org/wiki/Equator), off the southern tip of the [Malay Peninsula](https://en.wikipedia.org/wiki/Malay_Peninsula), bordering the [Strait of Malacca](https://en.wikipedia.org/wiki/Strait_of_Malacca) to the west, the [Singapore Strait](https://en.wikipedia.org/wiki/Singapore_Strait) to the south, the [South China Sea](https://en.wikipedia.org/wiki/South_China_Sea) to the east, and the [Straits of Johor](https://en.wikipedia.org/wiki/Straits_of_Johor) to the north. The country's territory is composed of one [main island](https://en.wikipedia.org/wiki/Singapore_Island), [63 satellite islands and islets](https://en.wikipedia.org/wiki/List_of_islands_of_Singapore), and [one outlying islet](https://en.wikipedia.org/wiki/Pedra_Branca,_Singapore); the combined area of these has increased by 25% since the country's independence as a result of extensive [land reclamation](https://en.wikipedia.org/wiki/Land_reclamation) projects. It has the [third highest population density in the world](https://en.wikipedia.org/wiki/List_of_countries_and_dependencies_by_population_density), although there are numerous green and recreational spaces due to advanced [urban planning](https://en.wikipedia.org/wiki/Urban_planning).

When the [compulsion](https://www.thecabinsingapore.com.sg/about-addiction/) to be connected interferes with daily life, internet addiction could be present. There are many different forms of internet addiction including cyber-sex addiction, cyber-relationship addiction, online-gaming addiction, net compulsions and social media addiction. [Internet addiction](https://www.thecabinsingapore.com.sg/internet-addiction-treatment/) is a process addiction and if left untreated, it would eventually cause major disruption in an individual’s relationships, work, mental and even physical health. A study by insurer AIA has found that Singaporeans spend 3.7 hours online per day on non-work usage – higher than the regional average of three hours – and six in 10 admit to being addicted to social networking and the internet. The research also found that the digital media habit of parents are rubbing off on their children who are not getting enough exercise as a result of the time they spend online and playing video games.

Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility and unfortunately it is increasing in prevalence in Singapore. Some actions are being taken in Singapore to prevent and control obesity. However, we live in a digital era where the nature of our lifestyles makes it near-impossible to get away from digital screens. While we celebrate the breakthroughs of technology and the convenience that digital devices bring to our lives, there is an increasing body of research pointing towards the negative effects of too much screen time on our mental and physical health. In particular, childhood obesity is one of the repercussions of excessive screen time amongst young children that we simply cannot afford to ignore due to how prevalent it has become. The link between screen time and obesity has been proven using findings from numerous research studies. Too much screen time causes a shift in a child’s lifestyle from an active to a largely sedentary one, which is the main cause of obesity.

Thus, we call all member states to tackle with this problem urgently for creating a healthy world for those especially little children who will be our future generations.