

Country: Iraq



Committee: World Health Organization (WHO)

Agenda Item: Uncontrolled use of technology and digital obesity

Iraq is a country in Western Asia. It borders with Turkey in the north, Iran in the east, Kuwait in the southeast, Saudi Arabia in the south, Jordan in the southwest and Syria in the west. It is a federal parliamentary republic with Baghdad as its capital and largest city. Today, Iraq is one of the important countries of the Gulf with its strategic location in the Middle East and its oil reserves. Iraq once (before the war) had the third largest oil reserves in the world, after Saudi Arabia and the United Arab Emirates. After the war with America and the occupation, there were significant decreases in production. However, it maintains its place in the natural reserve ranking. Iraq was ruled under the dominant power of the United Kingdom for many years. With the complete withdrawal of the United Kingdom from the Middle East in 1971, the United States began to be the leading power in this region. The USA, which increased its influence in the Middle East after the Cold War, has a special political interest in Iraq. Iraq, like all Gulf countries in the Middle East, is developing rapidly. [Wikipedia]

Technology is not overused in Iraq and there are also electricity bans. The electricity ban caused by the inability to pay the electricity bills in 2014 (which is also thought to be illegal electricity leaks), protests and lawsuits, was completely lifted in 2019. However, until 2019, there was a separate ban that prevented internet access in the interim months. As a result of the general meetings, it was stated that these electricity and internet bans should be lifted. The minister agreed to this on the condition of enacting new laws and ensuring that they are punished if they are not complied with. Iraq has not yet come out of difficult times, but at least internet access is not restricted anymore. Investigations are still ongoing about illegal electricity leaks. Iraq is a rich country in terms of minerals and oil due to its structure, but animal husbandry is not very developed. As a result, the country is moderately poor as there are few livelihoods and therefore electricity and internet are not used much in the country. Due to this situation, there is no digital obesity in the country.

Digital obesity literally means that we spend too much time on the internet and social media platforms, such as when we gain weight in over-nutrition, and disrupt our responsibilities and duties. As a solution, to prevent this, we must set a limit for ourselves, we must first fulfill our duties. It won't hurt us much to limit ourselves to social media in our free time, but spending time on the internet where we should do our responsibilities leads us to digital obesity. If you have already been digitally obese, then you should now set yourself a ban and fix whatever you are failing. Professor doctors' advice is that children and adults, young and old, all limit their time to look at the screen. Remember, the less you look at the screen, the more successful you will be in your life. We should do our best to reduce overuse, for example, we should plan our day by making a schedule for ourselves, first look at the duties and responsibilities, and then the internet. 67% of people spend an average of 9.43 hours per week on social media living without a schedule, and 4.12 hours on fulfilling their responsibilities. By preventing this, we should live in a planned way and not look too much at social media.

## RESOURCES

<https://en.wikipedia.org/wiki/Iraq>

[https://www.bbc.com/turkce/haberler/2010/06/100629\\_iraq\\_electricity](https://www.bbc.com/turkce/haberler/2010/06/100629_iraq_electricity)