**Country:** Ireland

**Committee:** WHO (World Health Organization)

**Agenda Item:** Uncontrolled Use of Technology and Digital Obesity

Ireland is an island in the North Atlantic Ocean, in north-western Europe. It is separated from Great Britain to its east by the North Channel, the Irish Sea, and St George's Channel. Ireland is the second-largest island of the British Isles, the third-largest in Europe, and the twentieth-largest in the world. With the Acts of Union in 1801, Ireland became a part of the United Kingdom. A war of independence in the early 20th century was followed by the partition of the island, leading to the creation of the Irish Free State, which became increasingly sovereign over the following decades, and Northern Ireland, which remained a part of the United Kingdom. Northern Ireland saw much civil unrest from the late 1960s until the 1990s. This subsided following the Good Friday Agreement in 1998. In 2020, the United Kingdom, Northern Ireland included, left what was by then the European Union Geopolitically, Ireland is divided between the Republic of Ireland (officially named Ireland), an independent state covering five-sixths of the island, and Northern Ireland, which is part of the United Kingdom. As of 2022, the population of the entire island is just over 7 million, with 5.1 million living in the Republic of Ireland and 1.9 million in Northern Ireland, ranking it the second-most populous island in Europe after Great Britain.

The uncontrolled use of the Internet, computers, smartphones and other electronic devices has dramatically increased over recent decades, exactly in 21st century. This increase is associated not only with clear and tremendous benefits to the users, but also with documented cases of excessive use which often has negative health consequences. Because of the uncontrolled use of technology, lots of information are being published and consuming too much data and information causes digital obesity.

With its combination of academic excellence, research labs, and world-leading technology companies, Ireland makes for a thriving place for deep tech – a term that refers to scientific or engineering advances. However, this is one of the reasons why the uncontrolled use of technology and digital obesity rate is high. Research commissioned last year by Deloitte shows that 90 per cent of 18- to 75-year-olds - or about three million people in Ireland - now own or have access to a smartphone, a figure which ranks among the highest in Europe. Due to these extremely high rates of internet usage in Ireland, many conferences were held, in order to spread awareness and educate kids to use the internet for the better.

Ireland thinks that health should be promoted online and offline, paying attention to how citizens usually use the internet, for which purposes, how many times, and whether this use causes concern for the user, their daily life, or those around the user. Specifically, time spent using screens seems to be a problem affecting younger populations, as almost all their usual activities are conducted using technologies which require attention and commitment to time spent on various applications on the internet. Because of this, outdoor activities and limiting the online time should be promoted.