**Country:** Switzerland

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

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

Switzerland is a landlocked country located in central Europe. It shares borders with Germany to the north, France to the west, Italy to the south, Austria and Liechtenstein to the east. The country is known for its stunning mountain ranges, including the Alps and the Jura mountains. It also has numerous lakes, including Lake Geneva and Lake Zurich. The country has a population of approximately 8.5 million people, with the majority living in urban areas. The country has four official languages: German, French, Italian, and Romansh. The country is famous for its cheese, chocolate, and watches, as well as for its banking and finance industries. The country is home to several multinational corporations, including Nestle, Novartis, and Credit Suisse. Switzerland has joined the UN (United Nations) at 10 September 2002

Uncontrolled use of technology means using technology too much, which can be bad for you. It can lead to problems like addiction, less productivity, and being alone. Digital obesity means having problems because of using technology too much, like not sleeping well, gaining weight, and feeling sad. According to a study by Common Sense Media, teenagers in the US spend an average of 7 hours and 22 minutes per day on screens for entertainment, not including time spent for school or homework. In a survey of 1,000 adults in the UK, 34% reported that they feel anxious if they don't have access to the internet or their digital devices.

Switzerland has launched a big campaign to tell people how to use technology in a healthy way, and to let them know about the risks of using too much technology. The Swiss government has made some rules to help limit technology use in certain places, like schools, and to make sure workers get enough time away from technology. The Swiss Society of Pediatrics has given advice to parents and doctors on how to make sure kids use technology in a healthy way, like not letting young kids use screens too much, and setting limits for older kids. Many schools in Switzerland are teaching kids how to use technology responsibly and safely, and to balance their time with other activities.

Grand Challenges Canada (which is funded by the Government of Canada) funds water filter and water treatment infrastructure innovations because they solve a grand challenge in global health. To date, through the Stars in Global Health program, Grand Challenges Canada has funded 58 projects in water hygiene and sanitation (WASH) which encompasses 30 water innovations including filters. Grand Challenges Canada uses a systems approach to fund innovations in this space, where consideration of the entire value chain and process regarding water purification takes place. This involves factors such as the manufacturing process, distribution, after-sales service, user feedback, product design, etc.

 Grand Challenges Canada has supported innovators that are identifying solutions to solve this problem at various levels, such as the community, family, and individual level.