

Country: Bulgaria

Committee: World Health Organization (WHO)

Agenda Item: Uncontrolled use of technology and digital obesity

Bulgaria is a country located in Southeast Europe, known for its rich history and cultural heritage. As a member state of the European Union and the World Health Organization, Bulgaria is committed to promoting global health and well-being. The country's population is highly educated, with a literacy rate of 98% and a strong emphasis on technology and innovation.

The uncontrolled use of technology and digital obesity has become a major concern for global health, affecting people of all ages and backgrounds. Studies have shown that excessive use of digital devices can lead to physical and mental health problems, including obesity, sleep disorders, anxiety, and depression. The World Health Organization recognizes this issue as a growing public health problem and has called for action to address it.

In Bulgaria, the government has taken steps to raise awareness about the risks of excessive digital device use and promote healthy habits. The Ministry of Health has launched campaigns to educate the public about the importance of reducing screen time and engaging in physical activity. The Ministry of Education has also implemented policies to limit the use of digital devices in schools and promote traditional learning methods.

In addition to government initiatives, non-governmental organizations and private sector companies in Bulgaria are also taking action to address digital obesity. For example, the Bulgarian Association for the Promotion of Healthy Living (BAPHL) has launched a social media campaign to raise awareness about the risks of excessive digital device use and promote healthy habits. Private sector companies are also developing innovative solutions, such as wearable devices and mobile apps, to help individuals track and manage their screen time and physical activity levels.

While Bulgaria has made progress in addressing the issue of digital obesity, more needs to be done at the global level. The World Health Organization should prioritize this issue and work with member states to develop guidelines and policies to promote healthy digital habits. This could include educational campaigns, regulatory measures, and incentives for innovation in digital health technologies. By working together, we can ensure that technology is used in a responsible and healthy way to improve global health and well-being.