**Country:** Australia

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

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

**Australia**, officially the **Commonwealth of Australia**, is a [sovereign](https://en.wikipedia.org/wiki/Sovereign_state) country comprising the mainland of the [Australian continent](https://en.wikipedia.org/wiki/Australia_%28continent%29), the island of [Tasmania](https://en.wikipedia.org/wiki/Tasmania), and numerous [smaller islands](https://en.wikipedia.org/wiki/List_of_islands_of_Australia). Australia is the largest country by area in [Oceania](https://en.wikipedia.org/wiki/Oceania) and the world's [sixth-largest country](https://en.wikipedia.org/wiki/List_of_countries_and_dependencies_by_area) having a population of nearly 26.5 million. Australia is the oldest, flattest, and driest inhabited continent, with the least fertile [soils](https://en.wikipedia.org/wiki/Soil). It is a [megadiverse country](https://en.wikipedia.org/wiki/Megadiverse_countries), and its size gives it a wide variety of landscapes and climates, with [deserts](https://en.wikipedia.org/wiki/Deserts_of_Australia) in the center, tropical [rainforests](https://en.wikipedia.org/wiki/Forests_of_Australia) in the north-east, [tropical savannas](https://en.wikipedia.org/wiki/Tropical_Savannas) in the north, and [mountain ranges](https://en.wikipedia.org/wiki/List_of_mountains_in_Australia) in the south-east.

**Digital obesity** is using excessive amount of digital information and technology, which can lead to negative health consequences such as decreased physical activity, poor sleep quality and mental health issues like anxiety and depression. **Uncontrolled use of technology** can be defined as spending uncontrolled amount of technology which can lead to problems like social isolation, decreased productivity and physical health problems.

Many organizations around the globe have tried finding a solution to uncontrolled usage of technology and digital obesity, one example is the **World Health Organization (WHO)** which has developed guidelines for physical activity, sedentary behavior, and screen time for children and adolescents. These guidelines recommend that children and adolescents engage in at least 60 minutes of moderate to vigorous physical activity per day, limit sedentary screen time to less than two hours per day, and prioritize healthy sleep. Another example is **the Digital Wellness Lab**, **a global research initiative led by the University of Southern California's Center for Body Computing.** The lab focuses on developing technologies and interventions to promote digital wellness and address digital obesity, including apps and tools to help people monitor and reduce their screen time and improve their sleep. Furthermore, several technology companies have introduced features and tools to help users monitor and manage their device usage and reduce their screen time. For example**, Apple** introduced a Screen Time feature in its iOS operating system that allows users to set limits on their device usage and track their screen time, and Google introduced a Digital Wellbeing feature in its Android operating system with similar capabilities, also **Kaspersky** developed an app (Kaspersky Safe Kids) that is available for all Android, İOS and Windows operating systemswhich can monitor and limit screen time along with content usage.

**Australian government** has taken steps to promote healthy lifestyles and address related issues such as sedentary behavior and screen time. Like WHO **the Australian Department of Health** has developed guidelines for physical activity and sedentary behavior, which include recommendations for limiting screen time and increasing physical activity levels. Additionally, the government has invested in various programs and initiatives to promote physical activity, healthy eating, and overall health and wellbeing. These efforts may indirectly address digital obesity by encouraging people to adopt healthier habits and behaviors.

As a solution, we can develop regulations for social media platforms like **YouTube, Instagram, Twitter,** etc. to display informative videos about digital obesity and uncontrolled usage of technology.