

Country: Israel

Committee: WHO

Agenda Item: Uncontrolled use of technology and digital obesity.



Israel is located in the Middle East, along the eastern coastline of the Mediterranean Sea, bordered by Lebanon, Syria, Jordan and Egypt. It lies at the junction of three continents: Europe, Asia and Africa. Long and narrow in shape, the country is about 290 miles (470 km.) in length and 85 miles (135 km.). Israel is one of the 10 most powerful, politically influential, and militarily strong countries in the world, according to a roundup for 2022 published by US News & World Report. The outlet also found that the Jewish state has among the strongest international alliances. The United States officially recognized Jerusalem as the capital city of Israel. Isaac Herzog has been serving as the 11th President of Israel since 2021. State of Israel's currency is the New Israel Shekel (NIS) or shekel for short. approximately 73 percent of the population is Jewish. The nation of Israel is the world's first Jewish state in two millennia. It represents for Jews the restoration of their homeland after the centuries-long Diaspora that followed the demise of the Herodian kingdom in the 1st century C.E. As such, it remains the focus of widespread Jewish immigration. Hebrew is the country's official language, Israel is positioned all over it with hostile Arab countries. Egypt, Jordan, Syria and Lebanon. Its largest industrial sectors include metal fabrication, electronics and biomedical equipment manufacturing. The diamond industry in Israel is one of the few centers for diamond cutting and polishing in the world. education in Israel; It has four education houses starting from pre-school or kindergarten level and continuing from primary and secondary level to several different types of higher education. The sun on the first Friday of September of the school year ends on the last Friday of June. In Israel, students go to school for 6 days.

The increased use of technology is associated with increased rates of obesity due to declines in physical activity and significant sedentary life style. Internet addiction is also a growing health issue associated with diminished physical activity and poor sleep quality as well as various health problems. Israel has more than 900 biotechnology and life sciences companies operating throughout the country, of which about 50 to 60 are established each year. As it can be understood from here, it is possible to access technology easily. Israel ranks 99th out of 208 countries in internet usage. Eighty-one percent of people use the internet under the borders of Israel. Israel's obesity rate is twenty-six percent, ranking 45th out of 208 countries. Today, it is known that parents offer content from phones, tablets and televisions to attract and calm their children who have not yet started to walk or talk. The addiction to tablets and computers of children who are introduced to the colorful world of the virtual world very early also manifests at an early age. This percentage shows that the problem with uncontrolled use of technology and digital obesity.

Like every problem it can be solved with spending our time with more productive ways and more importance to physical activities. We should not eat while in front of a computer, phone or tablet. Even if we eat, we should consume in a limited way. We should keep our kids distance with uncontrolled technology as much as possible. Instead of giving phone, tablet while they are eating we can have a conversation with them.

