

Country: Turkey

Committee: WHO

Agenda Item: Uncontrolled use of technology and digital obesity



Turkey is located in Southeastern Europe and Southwestern Asia. European (or Balkan) Turkey is relatively small compared to the Asian part, the Anatolian Plateau, which is a large peninsula. The Republic of Turkey was founded in 1923 by Mustafa Kemal Atatürk, replacing the dynastic and theocratic Ottoman system with its Sultanates and Caliphates. The new republic was based on a secular democratic, pluralist, and parliamentary system. In 1945 Turkey joined the UN and became a member of NATO in 1952. The Republic of Turkey is a transcontinental country with a large part of its territory in Anatolia and a small part in Thrace, the southeastern extension of the Balkan Peninsula. The current population of Turkey is 86,879,274. Turkey is also known for its military forces. The TAF (Turkish Armed Forces) contributes operational staff to the Eurocorps multinational army corps initiative of the EU and NATO. Health in Turkey consists of a mix of public and private health services. In 2003, Turkey accepted the Universal Health Service.

Due to reductions in physical activity and a significantly more sedentary lifestyle, increased use of technology is linked to higher rates of obesity. Internet addiction is a rising health concern that has been linked to a variety of health issues, including decreased physical activity, poor sleep, and other issues. More and more people have become glued to their screens over the past year as the COVID-19 restrictions deprived many of a normal social life as they spend more time indoors. The intense use of technological devices can lead to both physical and social problems. Looking at the screen for a long time can cause pain and stiffness in neck muscles, impairment in body posture and eye inflammation. Technology addiction is included in the addictions list of Turkish Green Crescent (Yeşilay), a nonprofit organization fighting addictions and providing services to prevent relapse. Green Crescent Deputy Chairperson Mehmet Dinç told Anadolu Agency (AA) that technology addiction is mainly triggered by digital technologies linked to the internet due to the diverse content they offer. It is easy to go down a rabbit hole so to speak, as people waste time on various pages, videos and social media feeds. This can lead to many harmful consequences.

Turkey has produced an application to solve all these problems. The application will encourage people to do activities. On the phone screen there will be some notes for the user, such as 'Go out, eat dinner with that friend...' This application isn't available yet.