

**Country: Federal Republic of Germany**

**Committee: WHO**

**Agenda Item: Uncontrolled use of technology and digital obesity**

Germany, officially the Federal Republic of Germany, is a country in Central Europe. It is the second-most populous country in Europe after Russia, and the most populous member state of the European Union. Germany is situated between the Baltic and North seas to the north, and the Alps to the south; it covers an area of 357,022 square kilometers, with a population of over 84 million within its 16 constituent states. Germany borders Denmark to the north, Poland and the Czech Republic to the east, Austria and Switzerland to the south, and France, Luxembourg, Belgium and the Netherlands to the west. The nation’s capital and most populous city is Berlin and its main financial centre is Frankfurt; the largest urban area is the Ruhr.

Digital obesity and uncontrolled use of technology have had harmful effects on many people in our country. Especially in terms of health problems. As a result of looking at the screen too much, people have eye health problems. It causes not only eye problems but also many physical and psychological problems. Many people in our country have done scientific research on this issue and have reached these results. People are so used to it that they can sometimes stare at the screen for 10-18 hours continuously or intermittently, and they do it involuntarily. Although digital obesity and uncontrolled use of technology may be seen as a minor problem, it is actually a very big and dangerous world problem. There are many people in our country who have this problem.

We have to find new ways to solve this problem. For example, providing free support to people who need psychological and physical health care because of this problem. Or, by directing these people to new skills or activities, to make them give up this addiction. And with many solutions like this, we have to free people from this addiction. Of course, technology should be used, but too much of everything is harmful, too much technology is harmful. We must transfer people who are not aware of this addiction to the necessary places. As Germany, we will do our best to solve this problem. In addition, there is no doubt that we will take part in both scientific and social research to solve this problem.