

Committee: Health Committee

Subject: Obesity

Author: Afghanistan

Obesity has become a major global health challenge due to established health risks and substantial increases in prevalence. It can be related to an unhealthy diet and to a lack of sport activities. Despite of the number of underweight people slowly going down, the number of overweight people is on the contrary still going up. The last updated fact sheet reminds us that:

-Worldwide obesity has more than doubled since 1980.

-Most of the world's population lives in countries where overweight and obesity kills more people than underweight.

Obesity has become a major problem for all societies and we should prevent the future generations from this burden. The Regional strategy on nutrition 2010-2019 and plan of action (the development of which was led by WHO, in consultation with all Member States as well as United Nations agencies, academia and civil society), was the first nutrition strategy to be developed in the Region. Afghanistan is guaranteeing that it will respect this strategy and we shall intend to do our best to help the citizens of the world to be aware of their food hygiene again.

Indeed we believe as long as people aren't paying attention to their food hygiene, the rate of obesity won't stop going up. We all know for a fact that in most of the countries it is easier than before to have access to food. Unfortunately, countries contributed to the development of the standardization of food all around the world without considering the consequences. Now that this type of feeding has become a part of our international economy, it will be harder to change the conscience of populations.

As for the Eastern Mediterranean region, statistics show us that this metabolic disorder is dramatically increasing among adults. We should remind those countries that obesity used to be a sign of wealth.

However Afghanistan recognized that obesity is a burden that needs to be stopped. The prevalence of overweight and obesity in Eastern Mediterranean countries ranges from 74% to 86% in women and 69% to 77% in men.

Afghanistan is aware of this problem as one third of the adult population in Jalalabad city is suffering from obesity.

Afghanistan is aware that obesity has become not just an issue for high-income countries but also for middle-income countries as their percentage of obesity has considerably increased.

We are concerned about the consequences of this non-communicable disease on the common health and on the economy as obesity can lead to cardiovascular diseases and two types of diabetes. We are noting with deep concern that nowadays obesity is practically inevitable as our life is sedentary.

Obesity is a problem that our country is taking very seriously. Afghanistan assures that it will do its best to reduce the rate of obesity in its own country and respect the strategies which were

adopted by the World Health Organization. Its aims is to collaborate with the other members of the United Nations to fight together against this burden and guarantee a healthy life to its population and also to the world.