

Committee: Health
Question: Obesity
Author: Malaysia

In the last decades, globalisation has made people change their eating habits. Fast food chains keep on developing at a high pace everywhere in the world as they provide us with a convenient service suitable to our lifestyle. However, we have to be aware of the consequences that this new trend can lead to.

Malaysia has suffered a rapid industrialisation, urbanisation and nutritional transition, this has involved adverse impacts on society and we are concerned about the severe health situation obesity has created. Our country is multiplying its efforts to pursue policies and to enforce measures to avoid and to prevent excess weight and harmful nutritional habits. In 2009, the government of Malaysia initiated a new campaign, “10,000 steps a day” whose objective was to counteract an inactive lifestyle.

According to the OMS in 2014 more than 1900 million adults (39% of the world population) suffered from excess weight with 600 million of them (13% of the world’s population) who were obese. Between 1980 and 2014 obesity had more than doubled. This is why Malaysia believes that for the sake of public health worldwide, all the countries should seek solutions in order to put a stop to this dietary disaster. It is important to encourage regular exercise and to make people aware of the problems caused by obesity through education. Moreover, some of the diseases associated to obesity are diabetes, cancer and heart diseases and not all the countries have the resources to face them.

On the one hand, in order to solve this issue, Malaysia proposes a ban on the sales of certain food products and a tax penalty for franchises that sell products with a high content of carbohydrates. On the other hand, it aims at promoting and supporting companies that have healthy fast food on offer, since in this globalised world, restaurants providing a rapid service are essential especially in big cities. Indeed, having the opportunity to choose a healthy menu will increase the chances of keeping fit and in good health. Moreover, joint action to fight against excess weight is needed because the trend is on the rise and becoming more globalised.

For the well-being of our citizens, for the reduction of health costs that obesity implies, to make sure that the money saved for the treatment of obesity and other related diseases goes to medical research for other diseases, we should end this epidemic. Our responsibility is to ensure the welfare of the world population.