

Commission : Health
Question : Obesity
Author : Mexico

Since 1980, world obesity rate have been multiplied by 2, and now, 600 millions adults are obese and 1.9 billion are in overweight, obesity included. This disease touch also 42 millions of children that less aged than 5. We know that majority of people live in countries where obesity and overweight kills more people that undernutrition. World Health Organization showed that obesity is a problem that can be avoided.

In our country, Mexico, obesity is a major public health problem. 32.8 % of Mexicans adults are obese. According to the FAO, 7 out of 10 adults are in overweight, obesity included. This illness is increasengly costing to the State, who spends 10 billions euros per year to try to stop this illness. Obesity is also responsible of the increase of the rates of hyperglycemia and diabetes. The situation has aggravated so much, that obesity has become the first cause of mortality, with 152 deaths out of 100 000.

The causes of this large obesity rate are multiple. First of all, Mexicans could have a genetic tendency to fat ingestion. Moreover, the way of eating has changed a lot over the last years, especially because of industries like Pepsi Co or Nestle establishment. In provinces, a lot of schools don't have access to drinkable water because government has for a long while preferred to help factories establish than help schools to build an efficient drinkable water network. That's why, today, sodas are cheaper than water Mexicans drink on average 163 liters of soda per year. They have taken the habit of buying snacks in street stalls, that propose mainly meat. A Mexican also eats on average 40 % more of industrially processed dishes and eats 20 % less fruit and vegetables than 20 years ago. In short, Mexicans eat too much meat, fat, sugar, flour and salt.

Our way of eating is not the only factor. Mexicans don't do much physic activity. For example, the capital of the country, Mexico City, is not conceived for walking. The city stretches on 50 kilometers length on 50 kilometers width so inhabitants must use their car or buses. Sport halls exist but lots of Mexicans can not pay a subscription, that cost between 80 and 100 euros per month.

In order to reduce obesity rate, the government has already set up many programs to raise awareness among Mexicans, and especially young ones. They have created a comic book character that teaches children to eat properly. Mexico City has also set up a campaign in schools and social medias called "Fires of diet" which classifies food : "Green" for food that we can eat everyday, "Orange" for food that we can eat twice a week and "Red" for food that we can eat only once a month. A new program has been created to support sport practice. Gymnasiums and bicycle paths have been built, and some bicycles can be rented. Once a month, a 25-kilometers-long loop in Mexico City is crossed by a lot of inhabitants by bicycle. That permits them to exercise and discover their city again, without cars. Moreover, from now on, Mexico offers a metro ticket that costs 30 cents in some metro stations if we accept to do a little bit of exercise. In fact, users must do 10 squats. The Parliament fights against obesity too because it has recently voted with a large majority a law that taxes sugar and junk food. In fact, food industries will pay from 5 to 10 % additional taxes if products are higher than 275 calories by 100 grams and it will review their labeling and their ingredients so products will be better for your health. Industries will also sell smaller portions. Sodas industries will pay 5 cents per liter of soda. With the received money, the government promises to give to every single school an efficient drinkable water network.

Several solutions to decrease the rate of obesity are also possible. Our schools could propose more sport time and propose fitness for pupils, because a study of Mexico Public Health showed that fitness is better to lose weight than Physical activity. Shools could distribute free fruits during pauses and furnish meals that are controlled by nutritionists. Parliamentarians could work on laws that could reduce advertisements for fat or sweet products, especially advertisements intended for children, that are really receptive.

The fight against obesity begins to show results. In some cities, we can notice a stagnation of obesity rate. We must now invert this tendency. Today, Mexico is hopeful for the fight against obesity because population

m
i
n
d
s

h
a
s