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Author: Panama

Years ago, we used to talk about underweight which was the main problem in underdeveloped countries, nowadays we talk about malnutrition which has turn in another main problem all around the world. Since 1970 obesity has become a problem for a lot of countries everywhere. Obesity is increasing without finding any solution. In 1980 we noticed that there were more people with obesity and overweight than underweight people. Nowadays there are between 300 and 400 ,million people who are clinically obese. Obesity is one of the most pervasive, chronic disease in need of new strategies of medical treatment and prevention. This disease can lead to other malaises such as Diabetes.

Panama is aware of the problems that obesity can causes since we are one of the countries who are touched by this disease. Obesity touches 25% of our teenagers and 60% (not only obesity but overweight) of the adults. This disease has a bad impact on the economy of the country and even more important it puts in danger the life of our population and the future generations.

In our modern society with increasingly cheap, high calorie “Junk Food” which contains a high amount of salt, sugar and fat,combined with a lack of exercise due to our increasingly sedentary lifestyles, it is more common to have overweight problems. Obesity not only affects rich people, in fact, it affects the poor as well who do not have access to a well-balanced diet. It is also the result of less job control security, flexibility of working hours and access to paid family leave. Panama gastronomy has always been the result of the influences of the amerindian, hispanic, african and afro-antilleian cultures. Fried food was introduced in our country by Jamaicans. Shellfish is one of the types of food most consumed by Panamanians and olive oil is also very used to cook. That means that our gastronomy is missing fruit and vegetables.

Obesity causes increased levels of circulating fatty acids and inflammation. This can lead to insulin resistance, which in turn can lead to type 2 diabetes which has quickly become a global epidemic. It can also cause cardiovascular disease, which kills 17 million people each year around the world.. For people with obesity weight loss based solely on lifestyle changes can be very difficult to achieve. It is very difficult to live with this kind of disease, it can be very intimidating and hard to deal with a life who is not adapted to your weight and this might causes psychological problems.

This disease has also a bad impact on the economy of the country in a direct form and in an indirect form. First of all, there is a big amount of money money is spent on the treatment of obesity, such as medications and maintain people which is hospitalized. On the other hand, it also causes a bad impact on the economy due to the fact that a lot of people stop working because of being hospitalized or not being able to work in some jobs that require a good physical condition.

Panama adopted a five-year plan to reduce the obesity of the country by the MINSA (Health Ministry of Panama) on april 2015. The aim of this five-year plan is to keep an eye on the sale of food in the cafeterias of all the schools. But also give to the children a health education, well balanced menus at school and encourage them to practice a lot of sport. Furthermore, we strongly believe that we have new ideas and the implication to establish a system that will motivate the inahbitants to start a healthy life to reduce and to fight this big problem which is the obesity. One of the things that worry us the most it is the health of our population.

Panama is looking to get thoroughly involved in the fight against the obesity cause it is a problem that affects us and it is not good for our country and inhabitants, for the purpose of improving the life quality of the population not only in a national level,but in an international level. The aim is to guarantee an improvement of the life quality to the future generations and last but not least, to provide a decent life which is adapt to people who suffers from obesity.