

Commission: Health Committee

Question: Obesity

Author: Turkey

Obesity, not only in Turkey, but equally on a global scale has become a major problem and the rate of growth is increasing more and more over the years. The OMS reported that today over 1,5 billion of people over the age of 20 are concerned and even predicted that in 2030, 3,3 billion of people will be effected by this issue and according to the same organization over 2,8 million adults die because of obesity every year. Obesity is a world problem that in Turkey's opinion, must be resolved.

The problem of obesity in Turkey Obesity has now become an alarming and an important problem for Turkey, since it has increased extremely rapidly over the last 20 years. Indeed, in 1990 less than 20% of the Turkish population suffered from obesity, whereas in 2010, it went up to 36 %. Due to obesity, more and more people are having suffering diseases linked or created due to overweight; diseases such as hypertension, diabetes and cardiovascular disorders. Therefore, medical consultations for diabetes have increased of 90% during the last 12 years.

These diseases don't only affect the population on their personnel health but equally on their entire life style: it has a great impact on the well-being of a society, whether if it is economically or socially. It as become a major health problem impacting a whole Turkish society hence the economic growth of Turkey has greatly slowed downed.

Obesity of children Different studies made in the country are all concluding that obesity has increased in Turkey during the last 20 years. In some region of the country obesity as grown at an alarming rate; between 2001 and 2011, the rate grew from 8% to 22%. This trend affects both genders -girls and boys- mostly between the ages of 6-16 and is a major threat to their health. Since the Turkish children are greatly affected by this disease, it limits first of all their social life but if they don't get great care and recover it will equally have a great impact on their growth and evolution in the working market:

promising them many failures, failures that a country like Turkey could not support. Children who do not suffer from obesity therefore have a promising future that will help Turkey to grow into a more and more modern country.

Turkey's war against obesity The country is conscious of the great threat, as declared war against obesity by launching TV campaigns which encourage people to eat less, more properly, to have a more well-balanced diet and more physical activity. The government is willing to change the current raise of obesity to make it population in better shape. This campaign launched in 2012 has already showed some positive effects, including the reduction of the percentage of obese people which is now around 25% of the population. Also everywhere in the country measures are tested as the interdiction of lifts under 3 floors. Turkey thinks simple measures can be implemented to reduce obesity. Every country facing this issue should take measures so as developing countries must act now to prevent obesity becoming an issues in the next years following their development. Those measures can be inspired by Turkish acts; TV campaigns, campaigns in the supermarkets, in the streets and so on... those campaigns must encourage people to make some more physical activities, prioritize healthy and homemade food. Governments must try to make healthy food less expensive and make them more popular so its population can have an easier access to this kind of food. Turkey is also conscious that obesity is linked to the economic growth of the country that's why it encourages every developing country to be aware of this trend, which is a real threat for the population of those countries. Therefore, those countries must take preventing measures to make obesity a problem as small as possible.

Turkey is a great example of a country with a major obesity problem, which is fighting effectively against it and is willing to help any countries who need some advices.