

Author: New Zealand  
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New Zealand, with its capital Wellington, is an island country in the southwestern Pacific Ocean. The country geographically comprises two main landmasses the north island and the south island. New Zealand is a constitutional monarchy with a parliamentary democracy. Elizabeth II is the Queen of New Zealand and the head of state. The Queen is represented by the Governor-General, whom she appoints on the advice of the Prime minister John Key. New Zealand is also a member of the United Nations, the Commonwealth of Nations, the Organization for Economic Co-operation and Development and the Five Power Defence Arrangements

Obesity has become a global problem which can be related to unhealthy diets and a lack of physical exercise, obesity has doubled since 1980

New Zealand is the 10 country with the highest Human Development Index of 0,901 in 2015, New Zealand has a very good quality of life. However Out of a total estimated population of 4.3 million in 2008, the Ministry of Health's studies show that roughly 1.13 million New Zealand adults are overweight, with an extra 826,000 obese.

As of 2004, over 30 percent of children in New Zealand were classified as overweight. In the 2008 figures, 8.3% of children ages 5 to 14 were classified as obese.

We have been fighting obesity for many years as New Zealand is the third most obese country in the world. Health professionals are calling for increased government regulation of the food and beverage industry. A recent national health survey shows nearly one in three of the population are overweight. The small island nation is now in the top three fattest countries behind the US and Mexico, where 36.5% and 32% respectively of the population are obese. New Zealand's rate is just below 29%. New controls must be introduced worldwide to stop commercial companies marketing unhealthy foods and drinks which make children overweight.

This issue requires immediate intervention. Several initiatives have been taken, New Zealand is improving the health of students through education like promoting intakes of healthy food using programs that promote the intake of healthy foods and reduce the intake of unhealthy foods and sugar-sweetened beverages by children and adolescents, promote physical activity which means physical activity and reduce sedentary behaviors in children and adolescents, weight management providing family-based, multi component, lifestyle weight management services for children and young people who are obese, early childhood diet and physical activity Providing guidance on, and support for, healthy diet, sleep and physical activity in early childhood and promote healthy habits and ensure children grow appropriately and develop healthy habits.

New Zealand assures that it would do its best to reduce the rate of obesity and we will collaborate with other members of the United Nations to guarantee a healthy life to the world and its country.