



United Nations Children Fund Section 2

Topic: “Childhood Obesity”

Co-Sponsors: United Arab Emirates, Djibouti, Sweden, Israel, South Sudan, Bolivia, the Netherlands, Ukraine, Qatar, Libya, Singapore, Syria, El Salvador, Cambodia, Cuba, Tunisia, Gambia, Columbia, Nigeria, Peru, Myanmar, Afghanistan, Sierra Leone, Angola, Ethiopia, Haiti, Poland, Cape Verde, and Uganda.

Emphasizing the fact that 10% of children in total have been suffering from childhood obesity and its harmful and dangerous side affects,

Noting with regret that few official resolutions have been passes and the increase of childhood obesity is becoming uncontrollable,

Recognizing that children suffering from childhood obesity would be negatively affected by not only physical pain, but mental pain as well,

Bearing in mind that although some countries have an incredibly high rate of obesity, they simultaneously have the circumstances of malnutrition, poverty and the incapacity in acquiring healthy food supply,

Noting with deep concern that that not only do unhealthy eating patterns and sedentary lifestyles cause obesity, but certain brain injuries, genetic disorders, and unsettling after surgery may also lead to obesity as well,

1. Emphasizes the need to educate children about childhood obesity;
 - a. Nations can raise awareness using Famous people who may visit schools and explain the implications of obesity:
 - i. Celebrities, especially sports stars, could come and play at events with children encouraging them to exercise;

- ii. As role models, the celebrities have the ability to encourage children to have a healthier diet;
 - b. A mandatory physical education class is recommended in schools across the world in order to decrease obesity rates;
 - i. Active, non-competitive, and enjoyable fitness classes have the ability to promote healthy habits and will boost the self-confidence of the child participants;
2. Requests the World Health Organization (WHO) to research the amount of food and nutrients that a child should be consuming per day and this report will include;
- a. Specific nutritional information depending on the child's age and sex;
 - b. The appropriate amount and type of food they should consume daily;
 - c. The range of different diets;
 - d. This report is to be handed to UNICEF;
 - i. This report will be published to allow transparency;
3. Suggests with emphasis that all state and/or regional governments should advertise the diet guide and individuals should follow it as mentioned in clause 2;
- a. This should especially be followed by parents and children;
4. Establishes a new committee entitled *The World's Diet Committee*;
- a. This new committee will be under the administration of UNICEF;
 - b. It will be used to investigate the food conditions in different nations and compare them with other branches of the United Nations;
 - c. Finally, this committee will build a path for multi-national food corporations to sell all the unsold food to starving countries and regions at a low price based on the conditions of starvation;
 - i. The food donated will be preserved in order to ensure it will not spoil;
5. Encourages the increase of international exercise and physical activity by all nations;

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- a. Calls upon funds to upgrade gymnasiums and equipment;
- b. Requests help from national and international Non Governmental Organizations;
- c. Institutes fitness tests in public schools;
- d. Children should set aside an hour each day specifically for physical activity;
- e. Creates an international physical event for children every winter and summer;

6. Further encourages social media cooperation to enhance advertisement about healthy lifestyles;

- a. Calls upon NGOs to voice public awareness of the harm of childhood obesity by creating billboards, posters, flyers and programs;
- b. Invites influential individuals to deliver public speeches towards the majority of the society with the goal of helping the concepts of healthy lifestyles;

7. Provides public schools with healthy and organic foods;

- a. The agriculture should come from local farms;
 - i. Have NGO's provide nutritionists to state the minimum requirements for the amount of local agriculture in schools;
 - ii. State regulated prices of food received from farms allowing transparency to reduce prices;
 - iii. Local agriculture will support statewide farmers.