



The United Nation Children’s Fund

Topic: “Childhood Obesity”

Co-Sponsors: Grand Duchy of Luxembourg, Canada, Islamic

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The United Nations Children’s Fund focuses on childhood obesity where the amount of obese children has increased 60% in the last 20 years. Recognizing that childhood obesity is a global problem that affects many children worldwide,

Guided by UN’s Convention on the Rights of the Child,

Recalling that, in accordance with Convention on the Rights of the Child, the Committee should advise all contracting states to guide children to live healthy lives,

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Further recalling that, UNICEF has been addressing several healthy lifestyle issues including childhood obesity in many countries, which directly attributes to the United Arab Emirates' establishment of the law banning the sales of unhealthful items in school canteens and a committee monitoring children's health,

Alarmed by the growing population of obese or overweight children, which would cause enormous financial costs and may slow down the pace of development,

Recognizing that childhood obesity becomes a global public health concern,

1. Calls upon all community of nations to promote and support six-months of exclusive breastfeeding, recommends developing countries, especially those in societal disturbance, establish more effective health care programs which would ensure women gain necessary nutrition, and provide the communities with more funds to health care expenditures rather than military expenditures;
2. Requests all countries put forward policies to create a healthy school environment;
3. Further recommends schools offer courses focusing on primary health knowledge which will affect children's lifestyle;
4. Calls for the strengthening of the relationship between schools and community to ensure that every child's health is supervised by local community health and nutrition workers;
5. Encourages setting up legislation to ban the unhealthy items in school's canteens and improve the food quality of school;
6. Supports regular physical activity classes and make sure children participate in

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- physical activities at least 60 minutes per day;
7. Promotes the development of school gardens;
 8. Urges more vending machines that contain healthy food in schools and the removal of unhealthy vending machines and other unhealthy snack food;
 9. Strongly supports teaching health and nutrition classes in schools;
 10. Strongly supports that each student has the option of a side of fruits and/or vegetables for school lunch;
 11. Encourages a greater variety of after school sports or physical activities;
 12. Urges high-income countries to assist low-income countries;
 13. Calls upon countries to put forward policies or/and legislations encouraging physical activities in community and educational settings;
 14. Supports educational institutions with resources to develop the infrastructure required for the establishment of leisure-time activities;
 15. Promotes the construction of more parks or safe areas to exercise;
 16. Encourages more community activities that support physical activity, such as a race;
 17. Emphasizes teaching parents, connecting through their communities health and nutrition information;
 18. Urges countries to come up with ways to cope with those factors which negatively affect eating habits of children, such as advertisement campaigns;
 19. Recommends increasing the advertisement for healthy food and physical activity;
 20. Promotes the consumption of more natural foods rather than chemically enhanced foods;

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21. Endorses establishing more farmers markets and more healthy grocery stores in cities so that they are in walking distance for poorer families who cannot afford transportation;
22. Supports imposing a limitation on cup size and refills;
23. Strongly supports adding warning labels on unhealthy foods and drinks that make people aware of overconsumption of sugar, similar to FDA Tobacco industry warning labels;
24. Encourages advertising campaigns on television stating the effects of over consumption of sugar; and,
25. Recommends that all stakeholders reconsider the impact of childhood obesity within their country.