

COLUMUN

2025

WHO (World Health
Organization)

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**World Health
Organization**

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United Nations (UN)

- **What is the UN?**

The United Nations is an international organization founded in 1945. Currently made up of 193 Member States, the UN and its work are guided by the purposes and principles contained in its founding Charter.

The UN has evolved over the years to keep pace with a rapidly changing world.

But one thing has stayed the same: it remains the one place on Earth where all the world's nations can gather together, discuss common problems, and find shared solutions that benefit all of humanity.

- **What is the purpose of the UN?**

The UN has 4 main purposes:

- To keep peace throughout the world;
- To develop friendly relations among nations;
- To help nations work together to improve the lives of poor people, to conquer hunger, disease and illiteracy, and to encourage respect for each other's rights and freedoms;
- To be a centre for harmonizing the actions of nations to achieve these goals.

- **What does the UN provide?**

The work of the United Nations reaches every corner of the globe. Although best known for peacekeeping, peacebuilding, conflict prevention and humanitarian assistance, there are many other ways the United Nations and its System (specialized agencies, funds and programmes) affect our lives and make the world a better place. The Organization works on a broad range of fundamental

issues, from sustainable development, protecting the environment and supporting refugees, disaster relief, countering terrorism, disarmament and non-proliferation, to promoting democracy, human rights, gender equality and the advancement of women, governance and international health, clearing landmines, expanding food production, and more.

The objective of COLUMUN

The COLUMUN is a role-play activity in which you will have the opportunity to represent a State Member of the UN in solving problems along with other members in order to maintain peace around the world and improve life quality. There are three very important things to consider:

1. The goal of each committee within the MUN is to work collaboratively to come up with solutions for the topic discussed in response to the challenges presented against the world or humanity in a diplomatic form.
2. Participants must assume the role of that country's diplomats and each delegation represents the views of "their" country, reflecting its national interests, rather than their own personal opinions on an issue.
3. Delegates must research their country's position on selected topics, paying particular attention to their country's perspective on the topics to be discussed at the MUN.

Committee

- **What is the “committee” and their objectives?**

WHO establishes various committees to support its mission of promoting global health and responding to health challenges. These committees are groups of experts, policymakers, and representatives from member states who work together on specific health issues.

Their objectives are: promote health, keep the world safe and serve the vulnerable.

- **Committees history**

When diplomats met to form the United Nations in 1945, one of the things they discussed was setting up a global health organization.

WHO's Constitution came into force on 7 April 1948, a date we now celebrate every year as World Health Day.

In April 1945, during the Conference to set up the United Nations (UN) held in San Francisco, representatives of Brazil and China proposed that an international health organization be established and a conference to frame its constitution convened. On 15 February 1946, the Economic and Social Council of the UN instructed the Secretary-General to convene such a conference.

Its committees, such as the Executive Board, World Health Assembly Committees and Expert Groups, were established to implement WHO's objectives of promoting global health and combating diseases.

History of the committee Features (how many permanent members are there, where, when and under what circumstances are the sessions held)

WHO does not have "permanent members" akin to the United Nations Security Council. However the executive board has 34 members, each serving three-year terms, and member states nominate representatives who are technically qualified in the field of health, committees primarily meet at WHO's headquarters in Geneva, Switzerland, though regional offices or virtual sessions may host specific meetings.

- **The advantages and disadvantages of the committee**

Global Collaboration:

It brings together expertise from around the world to address global health challenges.

- Promotes international cooperation on public health policies.

Scientific Expertise:

Committees like SAGE (Strategic Advisory Group of Experts) provide cutting-edge scientific recommendations and it also ensures decisions are evidence-based.

Rapid Emergency Response:

Emergency Committees under IHR enable swift action during disease outbreaks and pandemic and also facilitates coordinated international responses.

Equity and Inclusivity:

Decisions consider input from low- and middle-income countries, ensuring diverse perspectives.

Bureaucratic Delays:

Decision-making can be slow due to the need for consensus among member states and some decisions may take months or years to implement.

Limited Enforcement Power:

WHO committees issue recommendations, but they lack the authority to enforce compliance by member states. countries may disregard or delay implementation of guidance.

Political Influence:

Member states sometimes prioritize national interests over global health, complicating decision-making and funding from donor countries or organizations can introduce biases.

Resource Constraints:

WHO committees often operate with limited budgets, especially during emergencies, and this restricts their ability to carry out large-scale initiatives.

Topic :Promoting healthy habits among children.

Introduction: what is the topic about

Promoting healthy habits among children is vital for ensuring their physical, mental, and social well-being. This involves fostering balanced diets, regular physical activity, adequate sleep, good hygiene, and mental health awareness. These habits contribute to healthy development, preventing chronic diseases like obesity, diabetes, and cardiovascular issues later in life.

Background

1. Nigeria:

Malnutrition is a major concern, with stunting affecting nearly 37% of children under five. Urbanization has also led to increased consumption of unhealthy processed foods. Campaigns like the "School Health Program" aim to instill better health practices among students.

2. México:

High rates of childhood obesity are prevalent due to diets rich in sugary beverages and fast food. Initiatives like the "Agita México" campaign focus on increasing physical activity in schools and communities.

3. India:

Dual burdens of malnutrition and obesity exist, with millions of children either undernourished or overweight. Efforts like the "Poshan Abhiyaan" (National Nutrition Mission) emphasize improving child nutrition and educating families on healthy diets.

4. China:

Rising urbanization and sedentary lifestyles contribute to childhood obesity and poor physical fitness. Policies such as including 60 minutes of physical activity daily in schools have been implemented to combat these issues.

5. South Africa:

Malnutrition and obesity coexist, reflecting inequalities in the food system. Programs like the Integrated School Health Program (ISHP) aim to provide health education and services to students.

6. United States:

Despite being one of the wealthiest nations, childhood obesity is a major concern, driven by high consumption of processed foods and lack of exercise. Programs like "Let's Move!" championed by former First Lady Michelle Obama promote healthier school meals, fitness, and community awareness.

What the WHO (World Health Organization) Is Doing:

The WHO collaborates with governments and NGOs to address unhealthy habits through global frameworks like the Global Strategy on Diet, Physical Activity, and Health.** Key actions include:

What is the committee doing to deal with the problem.

The WHO collaborates with governments and NGOs to address unhealthy habits through global frameworks like the Global Strategy on Diet, Physical Activity, and Health. actions include:

- Setting guidelines for healthy diets and physical activity.
- Promoting school-based interventions for better nutrition and exercise habits.
- Conducting awareness campaigns about the risks of unhealthy lifestyles.
- Supporting countries in developing policies to reduce childhood obesity and undernutrition.

Causes

1. Dietary Factors:

- Increased consumption of processed, sugary, and fatty foods.
- Limited access to fresh fruits and vegetables in some regions.

2. Physical Activity:

- Sedentary lifestyles due to digital devices and lack of safe outdoor spaces.

3. Education and Awareness:

- Lack of parental knowledge about nutrition and health.
- Inadequate health education in schools.

4. Socioeconomic Factors:

- Poverty and food insecurity leading to malnutrition.
- Urbanization contributes to unhealthy food consumption patterns.

Consequences

1.-Health Issues:

- Increased risk of chronic diseases like obesity, diabetes, and heart conditions.
- Malnutrition leading to stunted growth and weakened immune systems.

2. Psychological Impact:

- Poor self-esteem and mental health challenges due to weight-related stigma.

3. Economic Burden:

- Higher healthcare costs associated with treating preventable diseases.

4. Reduced Academic Performance:

- Poor health impairs cognitive function and school attendance.

Official members of the committee

- Director-General: Dr. Tedros Adhanom Ghebreyesus
- Regional Office Heads for Africa, Americas, Southeast Asia, Western Pacific, Europe, and Eastern Mediterranean.
- Global health experts in nutrition, pediatric health, and epidemiology.
- Partner organizations: UNICEF, FAO, UNESCO.

Links of information about the topic

1. World Health Organization. (n.d.). Child nutrition and health. Retrieved December 4, 2024, from [\[https://www.who.int/health-topics/child-health\]](https://www.who.int/health-topics/child-health)(<https://www.who.int/health-topics/child-health>)

2. UNICEF. (n.d.). Nutrition and children. Retrieved December 4, 2024, from https://www.unicef.org/nutrition
3. Centers for Disease Control and Prevention. (n.d.). Childhood nutrition facts. Retrieved December 4, 2024, from https://www.cdc.gov/nutrition
4. Food and Agriculture Organization. (n.d.). Global nutrition report. Retrieved December 4, 2024, from http://www.fao.org/nutrition/en/
5. Let's Move Campaign. (n.d.). Resources. Retrieved December 4, 2024, from https://letsmove.obamawhitehouse.archives.gov/

How to research your country

It's important for delegates to investigate their respective delegations on their own since they have to elaborate a binder with their delegations information as well as including other delegations in their binder delegates must also consider they have to participate in the debate so they can make possible solutions to the problem their topic states. This is something that delegates must keep in mind during their investigation.

The origin and purpose of your sources are important. The COLUMUN is an opportunity for you to see what cooperation between states could achieve, and also understand why the international community has not solved all of the world's problems.

Information of your country

ASPECT	CHECK
Where is it in the world and what are its neighbors? Which countries are powerful in its region?	
What system of government does it have and who is its leader?	
Is its economy industrialized or mostly agricultural? What are the main sources of income?	
What is the role of religion in the state? How tolerant of different religions and beliefs is its government? Are its laws based on religion or is it secular?	
Are there minority groups? Are these groups treated differently to the majority?	
Are there civil conflicts? What is the government response to this?	
Are there any groups that are fighting to be independent or autonomous?	
What is the country's history?	
Is it a developed or developing country? Does it have adequate infrastructure? Does it struggle to feed its population? Does it owe money to other countries or is it able to be a lender?	
What is the state of its environment?	
What is the social and political position of women and girls?	
Has the country been guilty of human rights violations? What kinds and to what extent?	
Is it open to contacts with other countries? (tourism, business, schools, etc.)	
How does the government get on with other countries? Does it cooperate with or is it a member of international groups such as NATO, the EU, the African Union, etc.?	
Are there individual countries with which it has especially strong ties? Who are its competitors and allies? Major trading partners? Aid donors or recipients? Has it ever fought against another country?	