

**Freshman #2**

TOPIC: MALNUTRITION



# SOCOMUN XXVII

Freshman #2

Malnutrition

Hello, my name is Halie Kang and I will be one of your co-chairs at SOCOMUN this year. I am a senior at Santa Margarita Catholic High School, and this will be my fourth and final year of MUN. I love MUN because it allows me to become a worldlier person through conversing with others my own age. I also have become more comfortable talking to an audience and proposing my ideas in front of a small group, since both are important qualities of a good delegate! I participated in a travel conference to UC Berkeley my sophomore year, and had the time of my life! I highly recommend going on these travel trips (they are honestly the best part of MUN and the chaperones do such a good job of managing free time and planned activities). Besides MUN, I have been on the water polo team since my freshman year and in my free time I enjoy going to the beach, hanging out with my friends, and baking!

I hope you all have an amazing time at SOCOMUN, and hopefully it convinces you to continue striving to be the best delegate you can be. Committee will start with debate, where all delegates have the opportunity to present a speech concerning the solutions they thought of prior to the conference. Delegates will also be given the opportunity to comment on speeches after they are given, either to add to the existing solution or to negate it and propose a better one. During debate, I will also offer the chance to enter unmoderated caucus – this is where delegates gather around to freely discuss their country policy/solutions with one another to gain a sense of which nations have a similar policy to your own. Once groups are loosely formed according to country policy, delegates will begin to write a formal solution paper, otherwise known as a resolution. These resolutions will be presented at the end of debate, and we will vote on which resolutions pass (and which fail!) Because of all of the different solutions and policies flying around during caucus, it is important to make sure that you are up-to-date and knowledgeable about your own country’s policy! If you have questions, please email me at [socomunfresh2@gmail.com](mailto:socomunfresh2@gmail.com). My most important piece of advice to you would be to have fun and be confident in your speeches – because this is a freshman committee everyone is new to the program and therefore we can all learn and improve together! I look forward to hearing from you and meeting you all – good luck!

Hello! My name is Madison Clark and I am currently a Junior here at Santa Margarita. This is my third year of MUN and I am also involved with other activities including water polo and the swim team. I have learned so much from the MUN program and about important real-world problems. I am so excited to be a legal this year and I hope you learn a lot from SOCOMUN XXVII!!

Hello, my name is Lauryn Biddle! I’ve been participating in MUN my entire freshman year! I am currently a sophomore at Santa Margarita. I have attended five conferences and can’t wait for the rest of my high school career! I love talking with people and discussing solutions to solve world problems. Other than MUN I am a diver for my high school team.

**Background:**

Malnutrition is defined as the lack or desire of food, on a global scale. Malnutrition most often refers to undernutrition, but can refer to overnutrition as well, as obesity is becoming a more and more prevalent problem. The most common type of malnutrition is protein-energy malnutrition (PEM), which is caused by a calorie deficit and an insufficient amount of protein in the diet. It is also the most lethal – children who have protein-energy malnutrition have growth stunts, which is caused by a constant calorie and nutrient deficiency. Other side effects also include wasting (rapid weight loss) as well as edema, which is heavy water retention in the joints. All of these physical side effects lead to mental side effects as well; children who are malnourished have difficulty focusing in school and in their day-to-day activities, and have slower overall cognitive responses.

In addition to protein deficiencies, many people who suffer from malnutrition also have difficulty incorporating micronutrients into their diet such as vitamins and essential minerals. Limited access to red meat and vegetables has caused many pregnant women and small children to develop anemia, which makes people more susceptible to malaria, tuberculosis, and HIV. Pregnant women with health problems are also much more likely to experience difficulty giving birth – anemia is the reason behind one fifth of all maternal deaths. In addition, developing nations prioritize high-calorie, starch-filled foods as a diet supplement rather than leafy greens and animal protein because it is cheaper and more filling. Micronutrient-dense foods are generally more expensive as well, which makes them even harder to obtain in impoverished regions.

Malnutrition truly is an international problem – in 2016, the United Nations Food and Agriculture Organization reported that an estimated 11% of the population suffered from undernourishment, with a huge majority of the people living in developing countries. In comparison, only an estimated 11 million (of the 815 million total) undernourished people lived in developed countries. Asia, with the largest population, houses the largest number of undernourished people (2 out of every 3). Sub-Saharan Africa, however, has the largest ratio of malnourished to nourished people in the world, with 1 in every 4 people not having regular access to food. Latin America, although also dealing with malnutrition, has had the highest success rate in increasing food security as a developing region.

In order to combat malnutrition, the United Nations held a Global Hunger Summit with the goal of ending malnutrition; the event received pledges reaching over 4 billion dollars. UNICEF as well as other agencies have taken initiative in ending global hunger, with the priority being women and children. These agencies have focused on increasing food production and decreasing poverty in order to alleviate the situation at hand.

**Possible Solutions:**

Although the solutions provided in this paper can be used to motivate you to create your own solutions, please keep in mind that delegates should formulate your own solutions which are based off of their country’s policies in order to ensure that they are unique. The best solutions are ones that are not common and overused, and are fully explained, addressing all of the proper steps required. Additionally, money should not be a factor when forming your solutions, as that is all taken care of by the Fifth Committee and the World Bank!

The Copenhagen Consensus has provided a few basic solutions that could be used to remediate the most lethal illnesses caused by malnutrition. Firstly, micronutrient supplements could be distributed to regions where undernourishment is most concentrated, in order to ensure that people do not suffer from grave illnesses such as anemia. In addition to these supplements, deworming treatments could be incorporated into health care centers in order to make sure that intestinal worms do not cause further damage to the stomach and cause infection. Biofortification is also a possible solution, which would include incorporating micronutrient-dense foods into high-energy starchy foods that developing nations rely (almost) solely upon.

Nations with more capital could possibly look into developing solutions based off of research and technology; developed nations have the means to conduct research on the most effective farming methods and could create prototypes and/or improve upon already-existing technology to implement them in developing nations so that they can be self-sufficient. This would be the basis for a long-term solution, as developing technology and integrating it would take time and would also have a prolonged effect. Additionally, developed nations have the ability to send medical treatment to developing nations, both by sending human resources as well as medicine. This would be a short-term solution, as it would send immediate relief to the ongoing problems. Both long and short term solutions should be incorporated into delegates’ speeches if possible, in order to ensure that delegates are covering all possible aspects of the situation!

Developing nations could develop solutions based off of what their individual needs are; it is important to investigate the specific problems caused by malnutrition in your own country (if relevant) in order to formulate a proper response. For example, focusing on women and children as a priority would be important. Forming connections with non-governmental organizations (NGO’s) and other foundations are paramount in reaching stability – Action Against Hunger, Save the Children, and the New Alliance for Food Security and Nutrition are several of many international programs that developing nations can reach out to for assistance. Delegates could incorporate these organizations into their speeches. Additionally, solutions could be based off of government funding – governments could provide monetary assistance to farmers in developing nations who produce more micronutrient dense foods rather than starchy foods. Delegates could also incorporate aspects of trade into their solution, such as focusing on importing foods with nutrients that they could not find in their own home country.

**Questions to Consider:**

The questions below should assist you in beginning your research, but do NOT need to be answered explicitly at the conference!

1. What is your country policy? Are you a developing or developed nation?
2. What has the United Nations and other organizations already done to alleviate the issue?
3. Can you modify any previous solutions to fit your own nation’s current problem?
4. Do any of your neighboring nations share the same problem, and if so, can you work together to solve the problem?
5. What are the most recent events of this situation? (headlines, news, developments in the problem)
6. Which NGO’s would be suitable for dealing with malnutrition? Is your nation able to use any organizations to aid them?
7. Is the problem food production or poverty? How do we combat either one?

**Works Cited:**

“Malnutrition Symptoms and Treatments.” *Symptoms & Treatments - Illnesses & Conditions | NHS Inform*, [www.nhsinform.scot/illnesses-and-conditions/nutritional/malnutrition](http://www.nhsinform.scot/illnesses-and-conditions/nutritional/malnutrition).

This source is not only about what malnutrition is but the effects and signs. There is mainly medical information and how someone develops malnutrition. I do not believe there is no bias, but the only country mentioned is the United Kingdom, so it does not include information about malnutrition in other countries. It is a very useful source as it can be used to further understand what actions need to be taken to help people with malnutrition. It can also be used for background and solutions because it describes actions that can help prevent this issue.

“Countries Vow to Combat Malnutrition through Firm Policies and Actions.” *WHO*, World Health Organization, www.who.int/mediacentre/news/releases/2014/icn2-nutrition/en/.

The Rome Declaration on Nutrition ensures that everyone will have a safe an sufficient amount of nutritious food. It is a framework of action which is made with many different policies that work for many different countries. Its commitments state goals, targets, and the development of plans for the more developing countries that face this problem more than other countries. This article is amazing in telling what other countries have done in the past and what the Un is currently doing. This article would be best for country policies, UN involvements, or solutions. It is best for country policies because it discusses many different programs that target many different types of situations happening in the different countries.

“Malnutrition.” *UNICEF DATA*, data.unicef.org/topic/nutrition/malnutrition/#.

Malnutrition puts children at the risk of dying from an infection. Usually children from poorer families in more developing countries are exposed to malnutrition. This source is not biased and shows many statistics about how many children are experiencing stunting, wasting, etc... This part of the paper would be best for background because of its many statistics.

“UN Launches ‘Decade of Action on Nutrition’ Resolution.” *NutriFusion*, 29 July 2016, nutrifusion.com/un-launches-decade-action-nutrition-resolution/.

The General Assembly came up with a solution known as the “Decade of Action on Nutrition Resolution” which recognizes the importance of improving nutrition and food security. It also plans to eliminate extreme poverty and climate change. This article is not biased and shares what past solutions the UN has provided for combating the problem. This article would be best used for solutions or for UN involvement because it discusses past solutions. It helps with coming up with more solutions because you can better the already made solutions.

“What Is Malnutrition?” *World Health Organization*, World Health Organization, [www.who.int/features/qa/malnutrition/en](http://www.who.int/features/qa/malnutrition/en).

Malnutrition refers to deficiencies, excesses, or imbalances in a person’s intake of energy and/or nutrients. Undernutrition can cause stunting, wasting, and micronutrient deficiencies or insufficiency. Being overweight can cause diet-related noncommunicable diseases. Many families can’t afford good or healthy food because usually the cheaper selection of food is artificial or full of chemicals. So far, the United Nations general Assembly has adopted resolution to help take a measurable action to address all forms of malnutrition and aims to have people with access to healthier and more sustainable diets. This source is not biased and discusses the main problems of malnutrition and solutions that the UN has tried in the past. This article would be best for the background and a small portion of the UN involvement or past actions.

“World Hunger, Poverty Facts, Statistics 2016.” *World Hunger News*, [www.worldhunger.org/2015-world-hunger-and-poverty-facts-and-statistics/](http://www.worldhunger.org/2015-world-hunger-and-poverty-facts-and-statistics/).

People who experience malnutrition have a lack of calories, proteins, and vitamins. Many women in developing countries are anemic, or lacking iron, making it hard for them to provide for their growing babies. Malnutrition is such a big problem because of the availability of food and the amount of chronically undernourished people. Hunger causes the person to lack in energy which causes them to not work hard thus going down a downward spiral. This source is not bias and makes sure to let the reader know that specific vitamin the person may be lacking and the causes of hunger and what malnutrition does to a person. s

“Top 9 Countries Fighting Child Malnutrition.” *World Vision*, 22 Dec. 2016, [www.worldvision.org/hunger-news-stories/top-nine-countries-fighting-child-malnutrition](http://www.worldvision.org/hunger-news-stories/top-nine-countries-fighting-child-malnutrition).

This source is about the top 9 countries that have the highest amount of child malnutrition. It also includes information about malnutrition and how it effects children on a global scale. This source is helpful because it focuses on pre-existing goals and how important the government is in stopping the issue. Although it mainly focuses on the top nine countries I believe this article is good at recognizing that the issue effects children all over the world. It can also be used in background and United Nations involvement, as it talks about help from the UN General Assembly.

Adebiyi, Adebimpe. “One in Three People Worldwide Suffer from Malnutrition.” *World Economic Forum*, [www.weforum.org/agenda/2016/11/one-in-three-people-worldwide-suffer-from-malnutrition](http://www.weforum.org/agenda/2016/11/one-in-three-people-worldwide-suffer-from-malnutrition).

This source is not only about the devastating effects of malnutrition, but how the numbers are high and effects people of all ages. It is helpful, as talks about how West Africa has some of the highest rates of malnutrition and provides a basic overview on the statistics of malnutrition. There is not a lot of bias, as it is mainly fact based, but it does mention how donors and governments are reluctant to provide necessary funding for one of the aspects of the issue. Overall, this source can be used for background, United Nations involvement, and possible solutions.

“Outcome of Global Hunger Summit Major Step towards Ending 'Injustice of Malnutrition'

UN Officials | UN News.” *United Nations*, United Nations, news.un.org/en/story/2013/06/441812-outcome-global-hunger-summit-major-step-towards-ending-injustice-malnutrition.

This source is by the United Nations News Center and talks about the result of the global hunger summit. This is a helpful source because it talks not only about stunting but how malnutrition is an injustice to children all over the world. I do not believe there is any bias but it does primarily focus on the actions of the United Nations and UNICEF. It will also be helpful for United Nations involvement as it mainly talks about how various parts of the UN has worked to bring aid to people who are malnourished.