

2 ZERO HUNGER



MODEL UNITED NATIONS

SOCOMUN

XXXIII

FRESHMAN #2

TOPIC: MALNUTRITION



SOCOMUN XXXIII



Freshman #2 Zero Hunger – Malnutrition

Hello delegates, and welcome to Santa Margarita's 33rd session of SOCOMUN! My name is Zoe Xanthos, and I will be your head chair this year for the UN's SDG #2 Committee on the topic of malnutrition. I am currently a junior at Santa Margarita, and this will be my 3rd year in MUN. In my free time, I like to play softball, learn guitar, or just hang out with my friends. Although MUN may seem terrifying at first, it is a great experience that can help prepare you for the rest of your life. MUN teaches you public speaking skills, collaboration, and helps us better understand the problems that affect our world. In this conference, don't be afraid to speak up. You all have great ideas and solutions, and we want to hear from each and every person. Let yourself make mistakes and learn from them. Participate in discussions and most importantly, have fun! I can't wait to meet you all in committee.

Hi delegates! My name is Casey Toggenburger, and I am your vice chair for SOCOMUN this year. I am currently a junior at Santa Margarita and this is my third year in MUN. I have loved being able to participate in MUN at SM and MUN has taught me many important life lessons whether it be time management or learning how to master a speech. I have also had the amazing opportunity to travel with MUN and will be attending London this fall! In my free time, I enjoy hanging out with my friends, drinking coffee, hanging out with my favorite best person ever Kara Krebs, and designing costumes for our school's productions.

Hello! My name is Isabella Berkman and I'll be your Rapporteur in Freshman Committee #2. I am a sophomore at Santa Margarita Catholic High School, and this is my second year doing MUN. I love MUN and am so excited to be part of the dais at SOCOMUN this year. Outside of MUN, I do TAPA and am in Chamber's Choir. MUN is a powerful tool to teach us about how to communicate, think critically, and solve problems peacefully. Take risks, participate, think, and most importantly, have fun at SOCOMUN!

Welcome delegates to SOCOMUN 2024! During this conference, you will have the opportunity to create and present solutions to solve real world issues, learn new things about our world, and learn how MUN works. As a freshman committee during one of the first conferences of the year, we realize that this may be the first MUN experience for many delegates, and we are aspiring to make this conference both interesting and entertaining for all delegates. This committee follows the "General Assembly" guidelines, which means that you will represent a country and present solutions on a certain topic while following your country's national policy. Once in committee, a speaker's list will be established, in which delegates present their main speech, consisting of country policy and solutions. In between speakers, delegates can motion for moderated caucuses, short speeches in which delegates speak on a specific topic, or unmoderated caucuses, which are informal collaborative times where you can stand and walk around to discuss with other delegates. We encourage our delegates to think of resolution groups during this time and find other delegates with similar policies and solutions.

If any delegates have any questions on the rules of committee, our expectations, or anything else, please do not hesitate to contact us at socomunfresh2@gmail.com.



SOCOMUN XXXIII



Background

Malnutrition can be seen throughout history as a devastating effect of food insecurity and hunger. However, malnutrition does not mean general hunger, although this can be equally devastating. The United Nations describes malnutrition as either undernutrition, or overnutrition and obesity. This committee will be focusing on these two extremes.

Malnutrition, which means “bad nutrition,” focuses on both undernourishment and overnutrition, as both can cause health problems and usually come from a lack of food security. To establish which individuals are affected by malnutrition, studies use measures such as weight for age (WFA), height for age (HFA), weight for height (WFH), and body mass index (BMI). Undernutrition is the insufficient intake of energy and nutrients to support an individual. Many significant health issues arise from this, including the shutting down of the immune system, and micronutrient deficiency. Children can suffer from stunting, which is impaired growth and development and a low HFA, or wasting, when the individual has a severely low WFH index. Individuals affected by undernutrition have significantly less WFA and WFH than healthy individuals, and they often appear emaciated. Certain populations at risk for undernutrition include poor and low-income individuals, children, the chronically ill, and the elderly. These populations tend to have either less access to food overall, or less access to nutrient-dense food, causing micronutrient deficiency.

Overnutrition is defined as a form of malnutrition from an excessive intake of nutrients, leading to an accumulation of body fat. This can lead to chronic diet-related health issues, such as type 2 diabetes, hypertension, cardiovascular diseases, and strokes. Although this issue is not discussed as much as undernutrition in the context of malnutrition, it still affects a significant amount of the population and poses serious health risks to those who suffer from it. Populations that tend to suffer from overnutrition include poor and low-income individuals, and sedentary individuals who do not have the means to move during the day. These people tend to have access to high-calorie but low-nutrient food, leading to micronutrient undernutrition but macronutrient overnutrition.

This issue is worldwide and affects people in every country. For delegates to create solutions, it is essential they understand how many people malnutrition affects. In 2022, 2.5 billion adults were overweight, including 890 million living with obesity. On the other hand, 390 million adults were underweight in 2022. 30% of women of reproductive age are affected by anemia, which is a deficiency of healthy red blood cells. This is significant as an iron deficiency can increase the risk of a premature birth, fetal heart failure, and low birth rate. Children are also heavily affected by malnutrition. According to the World Health Organization (WHO), 149 million children under 5 were estimated to be stunted, while 45 million were wasted. This led to nearly half of the deaths of children under 5 being caused by undernutrition. Many of these deaths occurred in developing countries, where many families don't have access to nutrient-dense foods. In addition to this, 37 million children under the age of 5 are overweight or living with obesity.

Regions like sub-Saharan Africa and Southeastern Asia are among those most affected by undernourishment. In sub-Saharan Africa, more than 20% of the population is undernourished. Countries like the Central African Republic, Madagascar, and the Democratic Republic of the Congo all have alarming hunger and malnourishment rates. Even more alarming is the stunting



SOCOMUN XXXIII



and wasting rates in several of these nations. For example, Burundi had a stunting rate of 57.7% followed by Malawi with a rate of 47.1%. For wasting, Niger (18%) and Burkina Faso (15.5%) had the highest rates. Niger also had the highest rate of underweight children at 36.4%.

Delegates should also consider other causes of malnutrition and undernourishment while formulating solutions and resolutions. For example, more than 112 million malnourished children live in areas exposed to conflict. This accounts for two-thirds of all malnourished children in developing countries, leading to high rates of child mortality in conflict zones. Armed conflict also leads to an unstable economy and political climate. This, in turn, leads to poor food security resources, causing undernutrition for many children in the region. Many women are also considered vulnerable groups in armed conflict and are often undernourished. This is due to food insecurity and lack of access to health services. Conflict also limits the ability to grow crops and access safe drinking water.

Finally, it is important to examine the actions the United Nations has already taken against malnutrition to understand what must be changed for new solutions. The Sustainable Development Goals (SDGs) are the UN's agenda for the 21st century to create a better world. SDG 2 looks to “End hunger, achieve food security and improved nutrition and promote sustainable agriculture.” Although it is ambitious to complete this goal by 2030, the UN is taking many steps to accomplish it, including the Zero Hunger Challenge, the Food Systems Summit, and several UN agencies working towards food security. This includes the World Food Programme, which responds to emergencies but is working to prevent hunger in the future. In addition to this, the Food and Agriculture Organization (FAO) is working to eradicate food insecurity, hunger, and malnutrition.

Potential Solutions

The solutions below are provided by the bureau to help delegates formulate ideas and solutions for resolution papers. You do **not** need to include these solutions in your resolution. They are merely suggestions for you to consider when drafting your own solutions. It should be noted that delegates should not worry about funding for their solutions, as the UN has many financial resources they can dedicate to this topic. Solutions approved by the committee are assumed to be funded by the UN.

Education is crucial to combatting the issue of malnutrition. For example, educational programs can be implemented in developed countries to educate people on the dangers of overnutrition and obesity. These can be implemented in both schools and places of work as overnutrition affects both adults and children. In schools, there should be routine checkups along with a presentation that educates children on what overnutrition is, and how to avoid it. The routine checkups will test the WFH, HFA, and WFA, to ensure that children are not severely over or underweight. To educate adults on the dangers of malnutrition, programs should be implemented in major companies to reach as many working-age people as possible. These programs will educate on overnutrition and undernourishment and inform individuals on where to access nutrient-rich foods. Many people are not familiar with malnutrition and the health risks it holds, so providing education can help those who are able to change their situation.

Another solution can be providing access to food, whether it be in developing countries or highly developed countries. All countries have citizens that face food insecurity. Therefore it is



SOCOMUN XXXIII



crucial to help the individuals that face this problem every day. In developed countries, food insecurity can be eradicated through the creation of food pantries, soup kitchens, and other things in that manner. Although these rely on donations, food pantries relying on their own agriculture are becoming increasingly more popular. In developing countries, providing access to food becomes more difficult. To do this, countries should look to create an international framework that helps establish food distribution. While no nation has an “abundance” of food, there is certainly enough food to feed the world’s population, although millions of people go hungry every day. Creating a distribution system between nations can establish access to food for many more in need of a healthy meal.

Building off of the previous solution, international collaboration is crucial to eliminating malnutrition and hunger in all its forms by 2030. Collaboration between nations and governments should work to increase the redistribution of food and increase the amount of trading partners when considering agriculture. Some nations have a lack of healthy food to feed their population, leading to undernourishment and undernutrition. By fostering international collaboration and increasing trading opportunities between agricultural nations, these countries can have increased access to healthy meal options. To do this, the agricultural nations should be able to accept deferred trade payments. This is because most developing nations are often unable to continue large agreements with lots of payment.

Questions to Consider

Below are some questions to consider when drafting your solutions and resolutions. However, please note that you are not required to answer these questions in any way.

1. How has your nation experienced malnutrition and what, if any, are the steps taken to combat this?
2. How would you ensure that food security and stability is established?
3. What ways would you use to ensure that nutrient-dense food is being implemented in regions that do not often have access to this?
4. What steps would you take to assist those suffering from malnutrition in conflict zones?
5. How would you foster international cooperation between developed and developing nations to assist with food security?
6. Has your nation instituted any programs that can be utilized in other nations?
7. What steps would be taken to address obesity and overnutrition in developed nations?

SDG #2 Targets

2.1 By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.

2.2 By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons.

2.3 By 2030, double the agricultural productivity and incomes of small-scale food producers, in particular women, indigenous peoples, family farmers, pastoralists and fishers,



SOCOMUN XXXIII



including through secure and equal access to land, other productive resources and inputs, knowledge, financial services, markets and opportunities for value addition and non-farm employment.

2.4 By 2030, ensure sustainable food production systems and implement resilient agricultural practices that increase productivity and production, that help maintain ecosystems, that strengthen capacity for adaptation to climate change, extreme weather, drought, flooding and other disasters and that progressively improve land and soil quality.

2.5 By 2020, maintain the genetic diversity of seeds, cultivated plants and farmed and domesticated animals and their related wild species, including through soundly managed and diversified seed and plant banks at the national, regional and international levels, and promote access to and fair and equitable sharing of benefits arising from the utilization of genetic resources and associated traditional knowledge, as internationally agreed.

2A Increase investment, including through enhanced international cooperation, in rural infrastructure, agricultural research and extension services, technology development and plant and livestock gene banks in order to enhance agricultural productive capacity in developing countries, in particular least developed countries.

2B Correct and prevent trade restrictions and distortions in world agricultural markets, including through the parallel elimination of all forms of agricultural export subsidies and all export measures with equivalent effect, in accordance with the mandate of the Doha Development Round.

2C Adopt measures to ensure the proper functioning of food commodity markets and their derivatives and facilitate timely access to market information, including on food reserves, in order to help limit extreme food price volatility.

MUN Impact

We hope you have learned many new things while researching and understanding these real-world issues. These problems continue to affect the world, and we hope you now have a better understanding of how these issues are stopped. If you are interested in continuing in MUN, MUN Impact is a great way to continue solving these issues in a real world sense. You can find more information at <https://munimpact.org/> . For more information on SDG #2, you can visit <https://munimpact.org/sdg-page/sdg-2/>



SOCOMUN XXXIII



Works Cited

“Child Malnutrition in sub-Saharan Africa: A Meta-analysis of Demographic and Health Surveys (2006-2016).” *PubMed Central*, 11 May 2017,

www.ncbi.nlm.nih.gov/pmc/articles/PMC5426674. Accessed 28 Mar. 2024.

Goal 2 | Department of Economic and Social Affairs.

sdgs.un.org/goals/goal2#targets_and_indicators.

“Iron Deficiency Anemia During Pregnancy: Prevention Tips.” *Mayo Clinic*, 9 Feb. 2022,

[www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/anemia-during-pregnancy/art-](http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/anemia-during-pregnancy/art-20114455#:~:text=Severe%20iron%20deficiency%20anemia%20during,weight%20baby%20and%20postpartum%20depression)

[20114455#:~:text=Severe%20iron%20deficiency%20anemia%20during,weight%20baby%20and%20postpartum%20depression](http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/anemia-during-pregnancy/art-20114455#:~:text=Severe%20iron%20deficiency%20anemia%20during,weight%20baby%20and%20postpartum%20depression).

Makinde, Olusesan Ayodeji, et al. “Childhood Exposure to Armed Conflict and Nutritional Health Outcomes in Nigeria.” *Conflict and Health*, vol. 17, no. 1, Mar. 2023,

<https://doi.org/10.1186/s13031-023-00513-0>.

Malnutrition. www.who.int/news-room/questions-and-answers/item/malnutrition.

“Overnutrition and Associated Factors Among High School Adolescents in Mid COVID-19 Pandemic in Ethiopia: Neglected Public Health Concern.” *PubMed Central*, 14 Jan. 2022,

www.ncbi.nlm.nih.gov/pmc/articles/PMC8784252/#:~:text=Overnutrition%20increases%20the%20risks%20of,%2C%20cardiovascular%20disease%2C%20and%20stroke.

Accessed 28 Mar. 2024.



SOCOMUN XXXIII



Professional, Cleveland Clinic Medical. “Malnutrition.” *Cleveland Clinic*,
my.clevelandclinic.org/health/diseases/22987-malnutrition.

“Undernutrition.” *PubMed Central*, 18 Dec. 2006,
www.ncbi.nlm.nih.gov/pmc/articles/PMC3345626. Accessed 28 Mar. 2024.

United Nations. “Food | United Nations.” *United Nations*, www.un.org/en/global-issues/food.

World Health Organization: WHO. *Malnutrition*. 1 Mar. 2024, www.who.int/news-room/fact-sheets/detail/malnutrition.