

Stettin Model United Nations
StetiMUN

Rising to the challenge
Achieving equity and security

03-05 November



StetiMUN 2016

Rising to the challenge-
achieving equity and security

Dear Delegates,

I am honored to welcome you to StetiMUN 2016 which, for the 7th time, will be held in the II Liceum Ogólnokształcące in Szczecin. As in previous years, the StetiMUN conference will attempt to find appropriate solutions for many burning issues. In this year, the topic of conference is **Rising to the challenge-achieving equity and security**, where You will be faced with problems of the modern world.

We want to give you a chance of becoming acquainted with the problems of the world we live in. We also find global problems a suitable choice as it opens a wide variety of issues that can be discussed by you.

The following Guidelines Booklet will try to help you in your preparations to StetiMUN 2016, so that you can become a perfect MUN delegate.

Since you got to this point, let's not waste any more time, and start the MUN adventure. We are hoping that you will expand your knowledge, at the same time having the time of your life.

Best regards,

Secretary General,

Paula Rahn

The Pazim logo features a stylized white 'P' with a building silhouette inside its upper curve, followed by the word 'PAZIM' in a bold, white, sans-serif font.

RENTAL OF COMMERCIAL SPACE

Located right in the city centre, the Pazim Complex is immediately recognizable as an office and hotel complex with a wide range of services. The complex also offers a host of services, including:

- banking and insurance
- travel agency (airline and coach tickets)
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- courier and post office
- fitness, medical and dental services
- traditional laundry and dry cleaning
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PartyDeco

The company PartyDeco was founded in 1995. The fact that we started with decorating wedding reception halls as well as running the shop with decorations allowed us to gain invaluable experience which is now paying off as the ability to identify our customers' needs.

PartyDeco today comprises:

- 110 employees,
- 400 square meters of offices and workshops,
- several thousand square meters of warehouse and production halls.

Our own creative design studio and customers all over Europe are the results of our effort to constantly improve the products and the service we provide. Our goal is to **become the very best in our field** not only by designing new products but also building a business organization at the highest level, using modern management and advanced information technologies. What we would like to offer to our customers is a combination of a coherent, attractive product and a modern business approach.

We put emphasis on product's and packet's designing process and the exactitude of their workmanship. Our design studio employs the industry's top designers that work through the whole year providing you with new products consistent with the latest world-wide trends in the field of design.



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MODEL UNITED NATIONS

Are YOU a person who believes that everyone can change the world? That everyone, in some way, can better the existence of beings around them – no matter the race, gender, age or sexuality? That by uniting we can simply save the planet?

If you have answered any of the questions above positively, then MUN which stands for Model United Nations, is the right place for YOU. It is the place for future diplomats, politicians, presidents, actors, actresses, environmentalists, economists, historians, teachers, and many others. It is the place for YOU – the student of junior high, or high school.

THE IDEA OF MUN

The idea is to stimulate the debates that take place in real United Nations Organization, with the difference of delegates whose role will be played by YOU, the students from diverse national and cultural backgrounds, taking the floor on various matters from human rights, through economy, to international security-connected. YOU will stand for the views of the country YOU choose to represent, for a few days becoming its virtual-citizen. It is a place where all solutions can be found!

THE CHANGE

The MUN represents neither executive, nor the legislative, nor any kind of power and YOU may ask a question – *how do I change the world by just talking – by doing nothing?* Well, some may call it *doing nothing*, but we like to call it *making the step forward*. Because, although we *do nothing* to the problem of violating human rights, or to the inequality among people that was discussed so vigorously during one of the debates, we *make the step forward* realizing that such issues are common in different parts of the world in the 21st century. BY MAKING THE STEP FORWARD WE INDUCE THE CHANGE.

THE EXPERIENCE

Last but not least, is *the unforgettable experience* that the MUN conferences have been bringing young people for over half a century. Ultimately this is equally as important as making oneself aware of world problems – meeting new people, facing and accepting differences that result from cultural diversities, making lifetime friendships.

The MUN experience is one of a kind – *indescribable, unforgettable*.

JOIN THE ADVENTURE!

AGENDA

Wednesday, 2.11	17 ⁰⁰ -18 ⁰⁰	<u>Registration</u>
	18 ⁰⁰ -19 ³⁰	<u>Get- together</u> and accommodation
Thursday, 3.11	9 ⁰⁰ -10 ⁰⁰	<u>Registration</u>
	10 ⁰⁰ -12 ³⁰	<u>The Opening Ceremony</u>
	12 ³⁰ -12 ⁴⁰	<i>Short break</i>
	12 ⁴⁰ -14 ⁰⁰	<u>Committees in Session</u> - ice-breakers and debates
	14 ⁰⁰ -15 ⁰⁰	<i>Lunch</i>
	15 ⁰⁰ -18 ⁰⁰	<u>Committees in Session</u> (breaks adjusted accordingly to the needs by the Chairs of the committee)
	18 ⁰⁰ -19 ⁰⁰	<i>Approval Panel for the Secretariat</i>
Friday, 4.11	9 ⁰⁰ -10 ⁰⁰	<u>General Assembly</u>
	10 ⁰⁰ -10 ¹⁰	<i>Short break</i>
	10 ¹⁰ -14 ⁰⁰	<u>Committees in Session</u>
	14 ⁰⁰ -15 ⁰⁰	<i>Lunch</i>
	15 ⁰⁰ -18 ⁰⁰	<u>Committees in Session</u>
	18 ⁰⁰ -20 ⁰⁰	<i>Approval Panel for the Secretariat</i>
Saturday, 5.11	9 ⁰⁰ -13 ⁰⁰	<u>The Closing Ceremony</u>

STETTIN MODEL UNITED NATIONS

StetiMUN is one of the few MUN conferences organized in Poland, and it is the only one in the region of Western Pomerania. Organized by the students of II Liceum Ogólnokształcące in Szczecin, ever since its inception in October 2010, it has become a well-established event among young people in StetiMUN's hometown, as well as in other cities in Poland, and abroad.

The overwhelming success and extent of the third edition – over 120 participants took part and contributed to fruitful debates – caused the Organizers to, once again, host the StetiMUN in the II Liceum Ogólnokształcące. The conference has undergone certain, important changes since StetiMUN 2010 – not only have we grown in numbers, but also wiser in organizational terms.

Now, we can proudly say that we are one of the best MUN conferences in Poland. However, the development did not cause us to abandon the tradition. StetiMUN 2010 was concerned with the region of the Horn of Africa, StetiMUN 2011 touched upon the problems of countries of the Far East, StetiMUN 2012 focused on the region of Latin America, StetiMUN 2013 raised the problematic issues of the Middle East area, whereas last year problems of Europe were raised. This year's conference concentrates on the most blazing problems of the world, with the topic „Rising to the challenge- achieving equity and security”, focusing on uneven chances around our globe.

This year we created special committees, that will bring solution of international problems to another level. In 2010 we started with only three basic UN organs: the Security Council, the Human Rights Council, the Economic and Social Council, whereas in 2016 we updated StetiMUN Conference with: the International Criminal Court, the World Health Organization, United Nations High Commissioner for Refugees and United Nations Office on Drugs and Crime.

THE PREPARATIONS

Once you have registered, there are some preparations that need to be done in order to contribute as much as you can into your participation at StetiMUN 2016. Good and thorough preparations will certainly enrich your experience of the conference.

At some point of the registration, you will be assigned to a certain country and represent it in one of the seven committees. Remember, that as the delegate *you do not represent yourself, but the beliefs of your country*. Then, it is very important to know the country you represent and to be able to present its opinions on the matters discussed. Of course, we understand that it is often impracticable to acquire the sufficient knowledge concerning certain issues, but then the application of common sense is welcome. While studying the question in discussion you may ask yourself the following:

- *What is the aspect of the issue discussed that worries my country the most?*
- *How does the issue affect my country's international and national relations? If possible, find convincing statistics.*
- *What are my country's policies towards the issues and what is the justification for these policies? (If your country does not do anything towards the issue discussed, how would it probably cope with it?)*
- *Has my national government or any national organizations taken up any actions to resolve this problem?*
- *Which UN conventions has my country signed/ratified? Has my country opposed any UN actions which aimed at solving the problem? If so, why?*
- *What does your country believe should be done in order to stop the „spread of the issue“ in the future?*
- *What does your country aim to achieve during debates and which countries may occur to have a similar viewpoint of the issue?*

Having done the necessary research on the topics that will be discussed, you should move to the preparation of the obligatory things: the opening speech, policy statements, and resolutions.

1) THE OPENING SPEECH

The Opening Speech is the speech given by *every delegation* during the Opening Ceremony at the General Assembly – IT IS OBLIGATORY. It is delivered by one of the delegates within the delegation of each country, and it should not last more than **90 seconds**.

In the opening speech the delegate presents the general policy of the represented country on the matters discussed. Here are several points to be included in your Opening Speech:

- a) *Start with your country's name. You can also name the current leader of the country on whose behalf you are speaking, e.g.: On behalf of Her Majesty's Government...*
- b) *Express the gratitude/willingness/interest/motivations for your country's participation at the conference.*
- c) *State the economic, political, and social priorities of your country's government.*
- d) *Set the aims that you wish to achieve at the conference.*
- e) *Express your country's willingness, or lack of it, for collaboration with fellow Member States.*
- f) *Yield the floor back to the President of the General Assembly.*

An exemplary Opening Speech:

Honorable Chairs, Distinguished Delegates,

On behalf of Lithuania's delegates and the whole Lithuania's government, I would like to express my country's gratitude and willingness to participate in this year's Model United Nations conference held in Rostock. Lithuania is eager to cooperate with delegates from all over the world in order to reach compromise in designing a future of political security, economic prosperity and international welfare. Our country is extremely concerned about all the factors that reduce the political stability, disrupt peace between nations, deteriorate living standards and neglect human rights. As a Baltic country, we want to emphasize the urgent need of independence and economical enforcement for all post-soviet states. We strongly believe that this is the right time to achieve international unity in setting innovative aims and replacing the inefficient methods with new, successful goals. I am absolutely convinced that, while Lithuania will do her best to find the proper remedies to alleviate the challenging problems, a cohesive agreement has to be reached among all the countries. Lithuania's delegates are looking forward to launch the fruitful discussions.

Thank you, I yield the floor back to the President of General Assembly.

2) THE POLICY STATEMENT

The Policy Statement also called the Position Statement is yet another *obligatory* preparation that you must do. Every delegate will get a chance of presenting such a statement in his/her committee. Note that, if your committee will discuss three topics then you will have to prepare three different Policy Statements, one for each topic. The Position Statement has to include the brief policy of your country concerning the matter discussed. If, for example: the Human Rights Council discusses the violation of human rights in China, then you, as the delegate of a given country, have to present your government's position towards China, and towards the violated rights. It is welcome for you to point out a solution to the problem. Here is the summary of what the Policy Statement should contain:

Start with welcoming all the honorable delegates, and distinguished Chairs. As with the opening speech you can name the current leader on whose behalf you are speaking.

- a) Provide background information of how the problems affect your country and why shall they remain changed/unchanged?*
- b) Present a brief position of your country towards the issue discussed. Include justification for the policies and undertaken actions, if any.*
- c) Speak of other countries' actions that could possibly affect your country.*
- d) Refer to your ideas included in the prepared resolution (see point 3.) – Possible solutions to the problem.*
- e) Express willingness or lack of it, for cooperation with other Member States.*
- f) Yield the floor back to the Chair, and indicate whether you are open to any points of information, or not (see section Debates).*

The Position Statement is a very important part of the debates. As it is delivered before the open debate, other delegates have the chance to become acquainted with the position of other states on the matters discussed. Once the delegates hear out your Policy Statement they can easily assess whether you are an ally or an enemy. Seeking alliances is really crucial, if you want your resolution to win.

Remember, THE POLICY STATEMENT IS OBLIGATORY.

An exemplary Policy Statement:

Honorable Chairs, Distinguished Delegates,

As the representative of Lithuania I cordially welcome all the delegates engaged in the Political Committee. I want to express my great satisfaction that the Political Committee undertook the great challenge to prevent corruption and bribery.

Ever since regaining its independence, Lithuania has done much effort to fight corruption by creating an array of legal acts aiming at fighting bribery. Furthermore, the government's anti-corruption strategy was incited and directly influenced by the process of joining the European community. Immediately after Lithuania submitted its application to join the European Union, the fight against corruption was named its most immediate goal. However, it must be noted that these aims must be executed not on paper or in public declarations but through real action.

Lithuania is extremely concerned about the fact that in 2009 the Global Corruption Barometer, a sociological study commissioned by the Transparency International, claimed that the corruption in Lithuania has one of the highest indices in the world. Thus our country is willing to hone the anti-corruption procedures by introducing a common, unified, clear anti-corruption law of a heightened discipline.

Lithuania is also in favor of setting an internal penal prosecution agency directly responsible to the supreme organ in the law execution in the EU in each Baltic country. We also realize the urgent need to make the country's expenses and flow of money transparent by publicizing them to the society. Having the awareness of the radicalism of these steps, Lithuania considers complete privatization of public sectors like real estates, education, public healthcare, radio and television. Lithuania puts particular emphasis on Baltic countries, in which one of the factors increasing corruption is total dependence in importing natural gas from Russia. With large funds at their disposal, business representatives can have a huge influence not only on approvals for unwanted competing economic projects, but also over political processes.

Finally, taking into consideration the great role the religion and education play in each society, our country encourages to unite these two aspects of life into one by ensuring ethics and morality education from the very childhood. The delegation of Lithuania is convinced that today's conference will provide fruitful resolutions.

Thank you, I am not open to points of information and I yield the floor back to Chair.

3) RESOLUTIONS

Every delegate is advised to prepare *at least one* resolution on one of the topics discussed in his/her committee. A resolution is the basis for further fruitful discussions between the delegates, and will make such more interesting. While preparing your resolutions you are obligated to *follow a certain pattern*, which is set-forth by UN conventions which may prove helpful in your preparations. The pattern is:

1) THE HEADING:

- a) *FORUM* (the name of delegate's committee);
- b) *QUESTION OF* (subject of the debate);
- c) *SUBMITTED BY* (the name of resolution's creator)
- d) *CO-SUBMITTERS*, if any (this is established at the end of the debate)

2) **PREAMBULATORY CLAUSES** provide the background information concerning the debated issue and its effect on the current political/ economic/ social situation. All preambulatory clauses must be *written in italics* and cannot *be numbered*. Each clause must also *begin with a present participle* and *end with a comma*.

Useful preambulatory clauses:

AFFIRMING	HAVING HEARD	EXPECTING
ALARMED BY	HAVING RECEIVED	EXPRESSING ITS APPRECIATION
AWARE OF	HAVING STUDIED	EXPRESSING ITS SATISFACTION
BEARING IN MIND	KEEPING IN MIND	FULFILLING
BELIEVING	NOTING WITH REGRET	FULLY ALARMED
CONFIDENT	NOTING WITH DEEP CONCERN	FULLY AWARE
CONTEMPLATING	NOTING WITH SATISFACTION	FULLY BELIEVING
CONVINCED	NOTING FURTHER	HAVING CONSIDERED
DECLARING	NOTING WITH APPROVAL	TAKING INTO ACCOUNT
DEEPLY CONCERNED	OBSERVING	TAKING INTO CONSIDERATION
DEEPLY CONSCIOUS	REAFFIRMING	TAKING NOTE OF
DEEPLY CONVINCED	REALIZING	VIEWING WITH APPRECIATION
DEEPLY DISTURBED	RECALLING	WELCOMING
DEEPLY REGRETTING	RECOGNIZING	FURTHER DEPLORING
DESIRING	REFERRING	FURTHER RECALLING
EMPHASIZING	SEEKING	GUIDED BY

- 3) **OPERATIVE CLAUSES** are the *most crucial part* of your resolution. They provide the solution to the problem discussed. If your resolution has strong operative clauses then it is more probable that you will find the co-submitters to it and eventually your resolution may be passed.

However, first things first, this part of your resolution has to be *SPECIFIC* and *STRIGHTFORWARD* in terms of the actions that should be undertaken in order to solve the problem. It is important to emphasize the cooperation between various UN organs and national governments. As to the format, it is quite contrary to the preambulatory clauses – all operative clauses must be *underlined and numbered*. Each clause must also *begin with the present tense* and *end with a semicolon*.

Useful operative clauses:

ACCEPTS	FURTHER PROCLAIMS	FURTHER INVITES
AFFIRMS	FURTHER REMINDS	GUIDES
APPROVES	FURTHER RECOMMENDS	EXPRESSES ITS HOPE
ASKS	FURTHER REQUESTS	TRUSTS
AUTHORIZES	FURTHER RESOLVES	
CALLS	HAS RESOLVED	
CALLS FOR	HOPES	
CALLS UPON	INVITES	
CONDEMNS	NOTES	
CONFIRMS	PROCLAIMS	
CONGRATULATES	REAFFIRMS	
CONSIDERS	REGRETS	
DECIDES	REMINDS	
DECLARES ACCORDINGLY	REQUESTS	
DEMANDS	SANCTIONS	
DEPLORES	SOLEMNLY AFFIRMS	
DESIGNATES	STRONGLY CONDEMNS	
DRAWS THE ATTENTION	STRONGLY URGES	
EMPHASIZES	SUPPORTS	
ENCOURAGES	SUGGESTS	
ENDORESES	TAKES NOTE OF	
EXPRESSES ITS APPRECIATION	TRANSMITS	

An exemplary resolution:

FORUM: General Assembly Third Committee

QUESTION OF: "Strengthening UN coordination of humanitarian assistance in complex emergencies"

SUBMITTED BY: United States

CO-SUBMITTERS: Greece, Tajikistan, Japan, Canada, Mali

Reminding all nations of the celebration of the 50th anniversary of the Universal Declaration of Human Rights, which recognizes the inherent dignity, equality and undeniable rights of the world „citizens,

Reaffirming its Resolution 33/1996 of 25 July 1996, which encourages Governments to support UN bodies in its efforts aimed at improvement of the coordination and efficiency of humanitarian assistance,

Noting with satisfaction the past efforts of various relevant UN bodies and nongovernmental organizations,

Stressing the fact that the United Nations face significant financial obstacles and is in need of reform, particularly in the humanitarian realm,

1. Encourages all relevant agencies of the United Nations to collaborate more closely with countries at the grassroots level to enhance the carrying out of relief efforts;
2. Urges member states to comply with the goals of the UN Department of Humanitarian Affairs to streamline efforts of humanitarian aid;
3. Requests that all nations develop rapid deployment forces to better enhance the coordination of relief efforts of humanitarian assistance in complex emergencies;
4. Calls for the development of a United Nations Trust Fund that encourages voluntary donations from the private transnational sector to aid in funding the implementation of rapid deployment forces;
5. Stresses the continuing need for impartial and objective information on the political, economic and social situations of all countries;
6. Calls upon states to respond quickly and generously to consolidated appeals for humanitarian assistance; and
7. Requests the expansion of preventive actions and assurance of post-conflict assistance through reconstruction and development.

ARRIVAL ON STETIMUN 2016

The conference officially begins on Thursday, 3 of November, however students coming from abroad or distant cities in Poland are *cordially welcome on Wednesday, 2 November*. This additional day will allow the accommodation and registration details to be settled and the integration between students. We will also try to explain the conduct of the debates for the delegates, who will attend an MUN conference for the very first time.

On Thursday, StetiMUN 2016 will officially begin, starting with the *Opening Ceremony at 10 am*.

THE DEBATES

Once you have left the General Assembly, that is the meeting of all the delegations present at the conference during the Opening Ceremony, the essential part of this 3-day adventure will begin – THE DEBATES. The debate on a particular topic can be divided into three parts: FORMAL DEBATE, MODERATED CAUCUS, and UNMODERATED CAUCUS. The latter not being obligatory.

However let us start from the very beginning. After the Opening Ceremony you will have no more than 10 minutes to move from the Great Hall to your committee room. Remember, *always be on time!* Once you are in the room, you will be asked to find your place. This will be marked by the placard with the name of the country you represent. On this very first day, the debates session will begin with the Chair checking whether everyone is present, then you will move to the so-called ICE-BREAKERS, the informal activity set-froth by the Chairs of your committee, to encourage integration between the delegates. They say that “first impression is the best impression”, so don’t waste it. Be open, be polite, but most of all, BE YOURSELF! Then short introduction of all rules and motions that are present during the debates will proceed, the Chairs will explain to you the conduct of StetiMUN conference. So, let’s begin:

- 1) **FORMAL DEBATE:** as the name itself suggests, this part of the debate is strictly formal. During the formal debate, you and the other delegates will be required to deliver the Policy Statement (see section *The Preparations, point 2*). Before the formal debate, there will be an informal voting on which topic should be discussed first. The Position Statements will be given on the topic which has received the majority of votes in the first instance. Let us look at the following situation:

CHAIR: Delegates, now we will move to the formal debate during which the Position Statements on the topic voted through will be delivered. Is there a **motion to open the speakers’ list**? If there is none, the reading-out will be carried out in alphabetical order.

The Motion to open the speakers' list *gives you the possibility to be the first one to read out your policy statement. This motion has to be voted upon, and once voted the speakers' list is arranged according to the order of the motions. For the motion to pass, the **majority is required**. If that shall not be obtained, then the reading-out will be carried out in alphabetical order. Remember, the decision of the Chair is final and should not be disputed!*

For our hypothetical situation, let's assume that the motion to open the speakers' list had passed:

CHAIR: Delegate of X, as your motion to open the speakers' list was first, you are now asked to take the floor.

DELEGATE X: Thank you Chair. *The policy statement's content.* I yield the floor back to the Chair.

CHAIR: Delegate of X, are you **open to any points of information?**

Once you finish delivering your Position Statement you are, of course, asked to yield the floor back to the Chair, and state whether you are open, or closed to any points of information.

If you shall remain open, then other delegates are free to ask you any questions concerning your country's policy towards the issue discussed. This way the delegates may find out additional information that you might have omitted in your speech. Not only will such questions make the discussion more interesting, but also might lead to vigorous debate between the participants. In previous years, we had situations in which the Chairs had to break the course of such unexpected discussions to allow further conduct of the formal debate.

Let's go back to our imaginary Delegate:

DELEGATE X: Yes, I am open to points of information.

CHAIR: Then you are asked to remain standing. Are there any points of information? Yes, the Delegate of Y, you have been recognized. You may now take the floor. Note however, that you can only ask questions. Once you finish, you are asked to yield the floor to the Delegate of X.

DELEGATE Y: Thank you Chair. *The question.* I yield the floor to the Delegate of X.

DELEGATE X: Thank you Delegate of Y. *The answer to the question.*

CHAIR: Delegate of Y, do you wish to **follow up**?

DELEGATE Y: No, thank you Chair. It is all clear now.

CHAIR: Delegate of X, are you still open to points of information? If yes, then you are asked to remain standing. Are there any points of information? Seeing, as there are none, the Delegate of X is asked to yield the floor back to the Chair. Now, we will move to the second speaker – the Delegate of V you have the floor...

Such exchange may continue for a long time, but at some point the Chair will stop the follow-ups, that is the wish of the delegate who asked the question to follow the answer of his predecessor.

The above shall be repeated in the case of every delegate delivering his Position Statement. Once all the delegates have done so, the formal debate is closed, and after a break, the committee will move to the ***MODERATED CAUCUS***.

To sum-up, during the formal debate you must:

- ***LISTEN TO THE CHAIRS***: their decision is always final.
- ***YIELD THE FLOOR***: back to the Chair or to another delegate once you finish speaking.

During the formal debate the following **points and motions are in use** (along with some others used only in certain situations):

- ***MOTION TO OPEN/CLOSE THE SPEAKERS' LIST***: *this motion must be voted upon, and in order for it to pass, it has to receive the majority of the votes. The motion to close the speakers' list is moderated by the Chairs.*
- ***POINT OF INFORMATION***: *this point gives the delegates the opportunity to ask questions concerning the statement of the speaker. The time of such is moderated by the Chairs.*

- **POINT OF PERSONAL PRIVILEGE:** *this point gives the delegate the opportunity to inform the Chairs about an unprivileged situation they are in– e.g. not being able to hear other delegate’s speech, or an urgent need to leave the debates room.*

CHAIR: Delegates, now we will move to the moderated caucus during which the essential part of our gathering will take place – the voting on the submitted resolutions. There is no speakers’ list during the moderated caucus; the order of speaking shall be determined by the course of events. Informal lobbying is in order as well. Are there any points or motions at the floor? Is there any delegate wishing to take the floor or submit their resolution? Delegate of X you have been recognized, you now have the floor.

DELEGATE X: Delegation of X would like to submit a resolution on *the name of the topic*.

CHAIR: Delegate of X, you are asked to read out the resolution to the fellow delegates.

DELEGATE X: Thank you Chair. *The content of the resolution*.

CHAIR: Delegate of X, are you open to points of information? If yes, you are asked to remain standing. If not, please yield the floor back to the Chair.

2) **THE MODERATED CAUCUS** is the second part of the debate. The main difference between the formal debate and the moderated caucus is the formality of the two. The latter allows a freer exchange of thoughts between the delegates; however certain rules of procedure are still maintained. The Chairs are the moderators here, and still only they can grant the floor to the delegates. The crucial part of the moderated caucus lays in the discussion over the resolutions submitted by the delegates, if any.

If there are no resolutions submitted, the Chairs will move the debate into the *unmoderated caucus*, which will be discussed further on. However, in case of resolutions being available, the submitters will be asked to read them out and then they shall be debated upon. There is no speakers’ list, and the order of speaking is set simultaneously to the events. Let’s continue our imaginary situation to see the working of the moderated caucus:

DELEGATE X: Yes, I am open.

CHAIR: Are there any points of information concerning the resolution submitted by the Delegate of X? Yes, Delegate of Y you have been recognized, you now have the floor. Remember, that you can only ask questions to the Delegate of X. Having asked your question, you are asked to yield the floor to the Delegate of X.

DELEGATE Y: Thank you Chair. *Question to Delegate X.* I yield the floor to the Delegate of X.

DELEGATE X: Thank you Delegate. *Answer to the question.*

CHAIR: Delegate of Y, do you wish to follow up?

DELEGATE Y: No thank you Chair. The delegation of Y is satisfied with the answer.

CHAIR: Delegates, are there any points of information to the Delegate of X? Delegate of V you have been recognized.

DELEGATE V: Delegation of V would like to put forward a motion to move to the unmoderated caucus in order to informally discuss the resolution submitted by the Delegate of X.

CHAIR: Thank you Delegate of V. Are there any seconds? Thank you, Delegate of X you are asked to yield the floor back to the Chair, and we will move to the voting procedure on the submitted motion. Any delegates wishing to suspend the debate and move to the unmoderated caucus are asked to rise their placards? Delegates voting against such a motion? Any abstains? Thank you delegates, the motion has passed with an overwhelming majority. The Chair sets the time of the unmoderated caucus to 15 minutes.

The above is just a sample of what in reality may turn into vigorous debate. As already mentioned before, there is *no speakers' list* during the moderated caucus, however the unspoken rule saying *first come, first served* applies here. Nonetheless, it should be applied in terms of politeness, so don't shout if you happen to be accidentally omitted in the order of speaking – your turn will eventually come.

During the unmoderated caucus the *informal lobbying*, that is exchange of pieces of papers between the delegates, is *in order*. However, it should be noted that such exchanges should only consider the current discussion, or seeking alliances, rather than delegates' private matters. It might happen, that for the time being the Chair will ban informal lobbying, if any irregularities should occur.

As in the case of the formal debate, in **unmoderated caucus** follow-ups are in order, and such shall not be restricted to a larger extent by the Chair. The Chair may abandon the follow-ups if the debate time is running out.

Delegates are free to make motions and points at any time. However, such should not interrupt the speaking of other delegations. Once the motion is made, the Chair will ask for **seconds**, the voice of other delegates who might support the motion being made. If any should occur, the debate will move to the voting procedure on the motion. Delegates can either **vote for, against, or abstain**. However, abstentions are not in order when a whole resolution is voted; these can only be made in case of voting on motions or amendments.

Another important part of the unmoderated caucus is the **voting on amendments to resolutions**. An amendment is a change (addition, removal, adjustment) to a resolution's clause or a resolution as a whole. An amendment can be submitted only before the whole resolution is voted upon. Each amendment must be discussed and voted on.

Following the discussion on a resolution/an amendment to a resolution, right before the voting is conducted, there is the part during which delegates are asked to make **speeches in favour or against the submitted document**. The role of such speeches is to encourage or discourage other delegates, who are yet unsure of their vote.

3) THE UNMODERATED CAUCUS There are no rules of conduct of the unmoderated caucus. Delegates meet informally inside or outside the debates room and discuss their resolutions, ideas, amendments etc. with each other. During the unmoderated caucus you can find co-submitters to your resolution and get to know the point of view of others better. The duration of the unmoderated caucus is set by the Chair.

To sum up, during the **unmoderated caucus** you must

- ***LISTEN TO THE CHAIRS:*** their decision is always final.
- ***YIELD THE FLOOR:*** back to the Chair or to another delegate once you finish speaking.
- ***PARTICIPATE:*** remember that for 3-days you are the virtual citizen of the country you represent, so make these days worthy and unforgettable.

During the **unmoderated** caucus the following points and motions are in use (along with some others used only in certain situations):

- **POINT OF INFORMATION**
- **POINT OF PERSONAL PRIVILEGE**
- **POINT OF INQUIRY/ POINT OF PARLIMENTARY PROCEDURE:** *such is made when the floor is open (no other delegate speaking) in order to ask the Chairs questions regarding the procedure.*
- **MOTION TO MOVE TO UNMODERATED CAUCUS/ MOTION TO SUSPEND THE DEBATE:** *holds the moderated caucus for an unmoderated caucus, the time of such is set by the Chairs.*
- **MOTION TO MOVE TO THE VOTING PROCEDURE:** *to move the debate straight into the voting procedure on – e.g. over an amendment or a resolution.*

4) THE CONDUCT IN THE INTERNATIONAL COURT OF JUSTICE (see. International Court of Justice Guidelines).

HOW TO DRESS?

You are obligated to *follow the dress code* (no jeans, miniskirts, bare legs/arms or training shoes). Men are expected to wear a clean, wrinkle-free suit, a buttoned shirt with a tie and slacks. Women are expected to wear a clean, wrinkle-free suit, suit pants or a knee-length skirt worn with pantyhose or stockings. *Black and grey colors are preferred* – avoid striking colors and loud designs. However, if the country you represent happens to have a traditional outfit, then this is more than welcome.

DEFINITIONS

- **ABSTAIN:** if a delegate does not support a clause, a motion or an amendment and also does not oppose it, he/ she can abstain from voting. “Any delegates wishing to abstain from voting?”
- **ADJOURN:** to adjourn a debate means that the session time has ran out. It will be announced by the Chair saying that the committee will be adjourned for a break.
- **AMBASSADOR:** every delegation (USA, China, etc.) nominates an Ambassador, who will entertain his or her Opening Speech during the Opening Ceremony.
- **AMENDMENT:** an amendment is a change (addition, removal or adjustment) to a clause or a resolution. Each amendment is discussed and voted.
- **CHAIR:** the Chairperson’s role is to conduct the debate and maintain order while remaining totally impartial. The decisions of the Chair are final. The Chair sets the time allotted to speakers, gives permission to give a speech, replies to points of parliamentary inquiry and can adjourn the meeting.
- **CAUCUS:** the caucus is a short break. During caucus, delegates may informally discuss and lobby ideas on the current issue. Any delegate may request a caucus as a motion.
- **CO-SUBMITTER:** a co-submitter is a delegation which supports the resolution and signs it before or after the debate has started.

- **FLOOR**: the floor is a metaphorical area, which delegates can obtain to be able to speak.
- **GENERAL ASSEMBLY**: the United Nations General Assembly is one of the five principal organs of the United Nations. It is the main deliberative organ of the United Nations. It consists of all the United Nations member states. As the only UN organ in which all members are represented, the Assembly serves as a forum for members to discuss issues of international law and make decisions concerning the functioning of the organization.
- **HOUSE**: all members of the General Assembly except for Chairs.
- **LOBBYING**: lobbying is an informal part of discussing draft resolutions and searching for co-submitters before the beginning of the formal debate.
- **MEMBER STATE**: Member States are countries in the UN who are recognized by the UN, are part of the UN and have the right to vote on resolutions and clauses.
- **MERGING**: the process of consolidating several draft resolutions, so that they become one, acceptable for most delegates.
- **MOTION**: a request made by a delegate. A delegate can request various motions.
- **OBSERVER**: an Observer is a delegate representing a country that is not a fully recognized UN member; therefore, these delegates cannot vote on resolutions or amendments.
- **PLACARD**: a placard is signed with the name of the country or organization that a given delegate represents. A placard is used by the delegate if they want to be recognized.
- **POINTS**: a point is a question raised with the use of a placard by a delegate pertaining to the resolution or to the committee.
- **PRESIDENT OF THE GENERAL ASSEMBLY**: the person who is the main authority during the General Assembly, that is the gathering of all the delegations.
- **RIGHT OF REPLY**: the right of reply has to be requested by a delegate if the delegate wishes to answer the previous speaker on what they said.
- **RESOLUTION**: a resolution is an official document, which aims to solve a specific problem. The Main Submitter of the Resolution has to find co-submitters who support the resolution and sign it as the resolution has to be written jointly with other member states who have taken interest in that specific issue.
- **ROLL CALL**: the Roll Call is conducted at the start of the debate within committees and after breaks. Chairs will check if all delegates are present and if the debate may begin.
- **QUORUM**: a Quorum is the minimum number of delegates required for a debate to start. There must be a minimum of *one third of the members* of a particular organ present for a debate to begin.
- **SECOND**: a second is the support of a motion called out by another delegate. Every motion must be seconded to be voted. "Are there any delegates wishing to second that motion?" "Second!"
- **SECRETARY GENERAL**: the Secretary General is responsible for controlling the course of the agenda of the conference and making sure that the conference runs in accordance with formal rules.
- **SPEAKER'S LIST**: it is the list to be held by the Chair determining which delegates will speak.
- **YIELD**: yielding takes place when a delegate gives the floor to another delegate or gives the floor back to the Chair.
- **VETO POWER**: the Five Permanent Members of the Security Council have Veto Power. The Veto Power allows them to strike a specific clause of a resolution or a resolution as a whole without question or without voting. If Permanent Members use their veto, the clause or resolution is struck immediately.



World Health Organization

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

WHO Constitution

Distinguished Delegates,

As the chairs of the World Health Organisation Committee, we would like to cordially invite you to join us and participate in StetiMUN 2016 conference.

The main goal of the WHO committee this year is to find solutions to globally crucial issues concerning health. Having the awareness that health of modern population is widely threatened by increasing amount of risk factors and there are large inequalities in health coverage between low-income and high-income countries, we would like to accentuate and reflect on the topics of:

1. Blood safety - providing a universal access to safe blood donation and transfusion
2. Diabetes - confronting the increasing global threat

In order for the debates to be heated and fruitful, we strongly encourage you to familiarize yourself with your country's policy towards discussed matters with the intention of broadening your knowledge and consequently representing your country in accordance to its opinions on given topics.

Should you have any doubts or further inquiries, please do not hesitate to let us know.

Contact details :

Iga Sokołowska, The Chair, igasok123@gmail.com

Zuzanna Zawadzka, The Chair, zuzannalea125@gmail.com

Topic 1

Blood safety - providing a universal access to safe blood donation and transfusion.

Overview

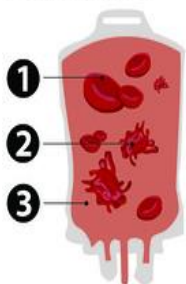
Blood safety has become one of the major health topics in the recent years. It directs at a goal of achieving an equal access to blood and blood products worldwide, ensuring their safety, availability at reasonable cost and sufficiency. It also aims at safeguarding the process of transfusion and focusing on maintaining blood programmes within the existing international and national health care systems.

BLOOD WORK

American Red Cross Blood Donation Process

Providing blood to patients since 1940, the Red Cross holds more than 200,000 blood drives annually, benefitting the five million U.S. patients who require blood each year.

COMPONENTS



- 1. Red Cells:** responsible for carrying oxygen to tissues.
- 2. Platelets:** released from bone marrow to aid in the clotting of blood.
- 3. Plasma:** clear yellowish fluid in which blood components are suspended.

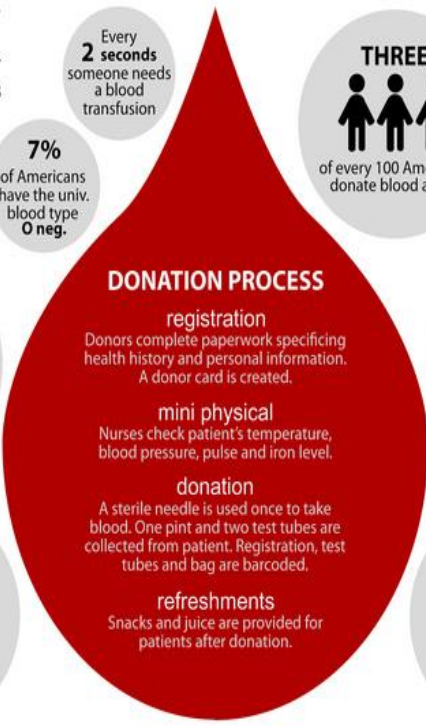
16 MILLION
blood donations were collected from **9.5 million** donors in 2006

LESS THAN 38%
of the American population is eligible to donate

Every **2 seconds** someone needs a blood transfusion

7% of Americans have the univ. blood type **O neg.**

THREE
of every 100 Americans donate blood a year

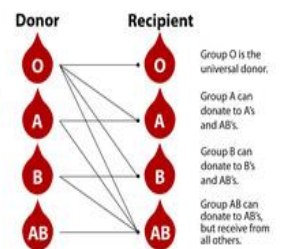


ONE PINT
of blood can save up to three lives

DONORS
can give blood every **56** days and donate platelets every 7 days, 24 times a year

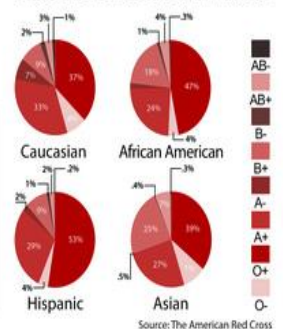
THE ABO BLOOD GROUP

- Group A:** has only A antigen on red cells (and B antibody in the plasma)
- Group B:** has only the B antigen on red cells (and A antibody in the plasma)
- Group AB:** has both A and B antigens on red cells (but neither in the plasma)
- Group O:** has neither A nor B antigens on red cells (but both in the plasma)



Rh FACTOR: A third antigen that can be present (+) or absent (-). In general, Rh(-) blood is given to Rh(-) patients and Rh(+) blood is given to Rh(+) patients.

BLOOD DEMOGRAPHICS



PROCESSING	TESTING	STORAGE	DISTRIBUTION
<ul style="list-style-type: none"> Donated blood is scanned into a computer database. Blood is spun to separate transfusable parts. 	<ul style="list-style-type: none"> Test tubes are sent to a lab to determine blood type. Blood is tested for several infectious diseases. Results are sent electronically. 	<ul style="list-style-type: none"> Red Cells: refrigerators at 6 C up to 42 days. Platelets: room temp. in agitators up to 5 days. Plasma: frozen up to 1 year. 	<ul style="list-style-type: none"> Blood is available for shipping to hospitals 24 hours a day, 7 days a week.

<https://www.flickr.com/photos/mediasandboxmsu/5778437895>

Challenges

To raise up to the challenge of fulfilling previously mentioned aims, the following issues and inequalities between high- and low-income countries have to be overcome.

Towards 100% voluntary blood donation

According to WHO Database, around 92 million blood donations are collected annually from each type of blood donors, either voluntary, family or replacement and paid. Unfortunately, half of these blood donations are collected in high-income countries, which are home to only 15% of the world's population. The national blood supplies based on 100% or almost 100% (more than 99.9%) voluntary unpaid blood donations are developed in 62 countries, while forty countries still collect less than 25% of their blood supplies from unpaid blood donors. Although an increase of 7.70 million blood donations from voluntary unpaid donors from 2004 to 2011 has been reported by 156 countries and the highest increase of voluntary unpaid blood donations was observed in the South-East Asia (65%) and African (48%) Regions, the insufficiency of voluntary blood donation remains an urgent problem. The World Health Organization's objective is that by 2020, voluntary unpaid donations will be available in desired amount worldwide.

Collection of data

About 8 000 blood centres in 159 countries report on their collections. Another disproportion related to developed and less – developed countries can be noticed in the average quantity of annual reports. In high-income countries this amount equals 30 000 per blood centre, in middle-income countries - 7 500, while in low-income countries this number reaches only 3 700. This demonstrates the vast inequalities in the efficiency of blood collection among the states and income groups.

Blood testing

One of the crucial factors contributing to the sustaining the adequate blood safety status is testing for transfusion-transmissible infections (TTIs) including HIV, hepatitis B, hepatitis C and syphilis. Alarmingly, in 39 countries, this examination does not occur routinely. As much as 47% donations in low-income countries are tested in laboratories without quality assurance. The frequency of HIV in blood donations in high-income countries is 0.003% (median), in comparison with 0.1% and 0.6% in middle- and low-income countries respectively. These differences articulate the need for more developed control system of selecting persons eligible to donate blood and educating the potential donors and doctors collecting blood.

The blood components issue

Nowadays, patients may receive not only a pint of whole blood, but also specific components of the blood needed to treat a particular condition. Up to four components can be derived from donated blood. Blood component therapy provides the ability for several patients to benefit from one pint of donated whole blood. Worryingly, only 31% of the blood collected in low-income countries is separated into blood components. Therefore, the capacity to provide patients with required blood components remains limited in these countries.

Establishing the national blood programmes

The distribution of safe and suitable blood constitutes the government responsibility and should be an integral part of each country's national health care policy and health care infrastructure. The World Health Organization urges each country to put in place policies, systems and structures to assure the safety, quality, accessibility and timely attainability of blood and blood products to fulfil the requirements of all patients who need transfusion. Universally, 106 countries have national guidelines on the appropriate clinical use of blood, but just 13% low-income countries - in comparison to 30% middle-income countries and 78% high-income countries, have a national haemovigilance system. That is why, World Health Organization calls for supervising, identification, reporting, research, data analysis and reactions related to blood transfusion and manufacturing.

Age and gender of blood donors

From accessible data, the following conclusions can be drawn. In 18 of the 104 reporting countries, less than 10% donations are given by female donors and the worldwide number is just 20 percentage points higher. Overall 6% of donors come from the under-18 age group, 27% from people aged 18–24, 38% from the 25–44 group, 26% from 45–64 group and 3% from those over 65. In low- and middle-income countries, proportionally more young people donate blood than in high-income countries. This demographic data of blood donors is of high importance in the process of establishing and monitoring recruitment policies. The actions towards improving and encouraging the highest possible number of people among different age groups and genders should be undertaken.

Clinical use of blood

Both unnecessary and unsafe transfusion practices still occur and expose patients to the danger of serious adverse transfusion reactions and transfusion transmitted infections. The unnecessary ones also lower the amount of blood products accessible for patients who truly require blood transfusion.

Transfusion committees are functioning in 79% of the hospitals performing transfusions in high-income countries and in about half of the hospitals in low- and middle-income countries. Clinical inspections are performed in 91% of hospitals carrying out transfusion in the high-income countries and in 58% of hospitals in the low- and middle-income countries. Systems for registration adverse transfusion events are present in 93% of hospitals implementing transfusion in high-income countries and 76% in low- and middle-income countries.

Solutions

Blood safety is an issue of great significance, to which the awareness should be raised immediately. Unless the serious efforts are embraced, the development of the modern world may not be achieved. That is why, all countries should cooperate in order to combat the striking challenges putting the worldwide blood safety at risk and to find fruitful resolutions.

To achieve a sufficient blood supply, 1–3% of the population needs to be blood donors. Encouragement of collection of blood from voluntary unpaid blood donors from low-risk populations is crucial in the process of improving the blood safety. WHO strongly urges to provide the proper blood screening for HIV, hepatitis B, hepatitis C, and syphilis, which would increase the safety of blood transfusions. To improve the access to blood donations and to promote their security, WHO has worked for many years to help both low- and high-income countries adopt an integrated approach for blood safety that draws the attention to establishment of a nationally-coordinated blood transfusion service, collection of blood from exclusively voluntary donors from low-risk populations, testing of all blood for compatibility and transfusion-transmissible infections, and exclusion of unnecessary transfusions. In all mentioned areas, progress is being made, however slowly. Improvement can also be noticed in the development of blood-testing services. Countries that work to develop well-organised national blood transfusion systems can make significant changes. With political and financial support, these structures, whether federal or independent, may be able to introduce the policies, set the standards, and provide the technical assistance required to supply universal blood transfusions, accessible globally.

Although the World Health Organization has undertaken serious action towards achieving safe blood donations and transfusions, the challenges mentioned previously still need to be faced. That is why, states should cooperate and implement successful policies and regulations and undertake efficient action with the aim of improving the status of blood safety worldwide.

Sources

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2. <http://www.who.int/bloodsafety/ImprovingBloodSafetyWorldwide.pdf?ua=1>
3. http://www.who.int/bloodsafety/BTS_ResolutionsAdopted.pdf?ua=1
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Topic 2

Diabetes – confronting the increasing global threat

Overview

The World Health Day, 6 April 2016, was an occasion on which the World Health Organization decided to launch the campaign, concerned with beating diabetes. With the increasing threat, which the diabetes poses to the modern world, it has become crucial to raise the awareness to this significantly threatening issue. It is vital to increase the prevention and intensify the treatment of this disease. Though strong actions have been undertaken to defeat the disease, diabetes remains an important public health problem and the occurrence and number of cases have been progressively increasing over the past few decades.

Increasing threat

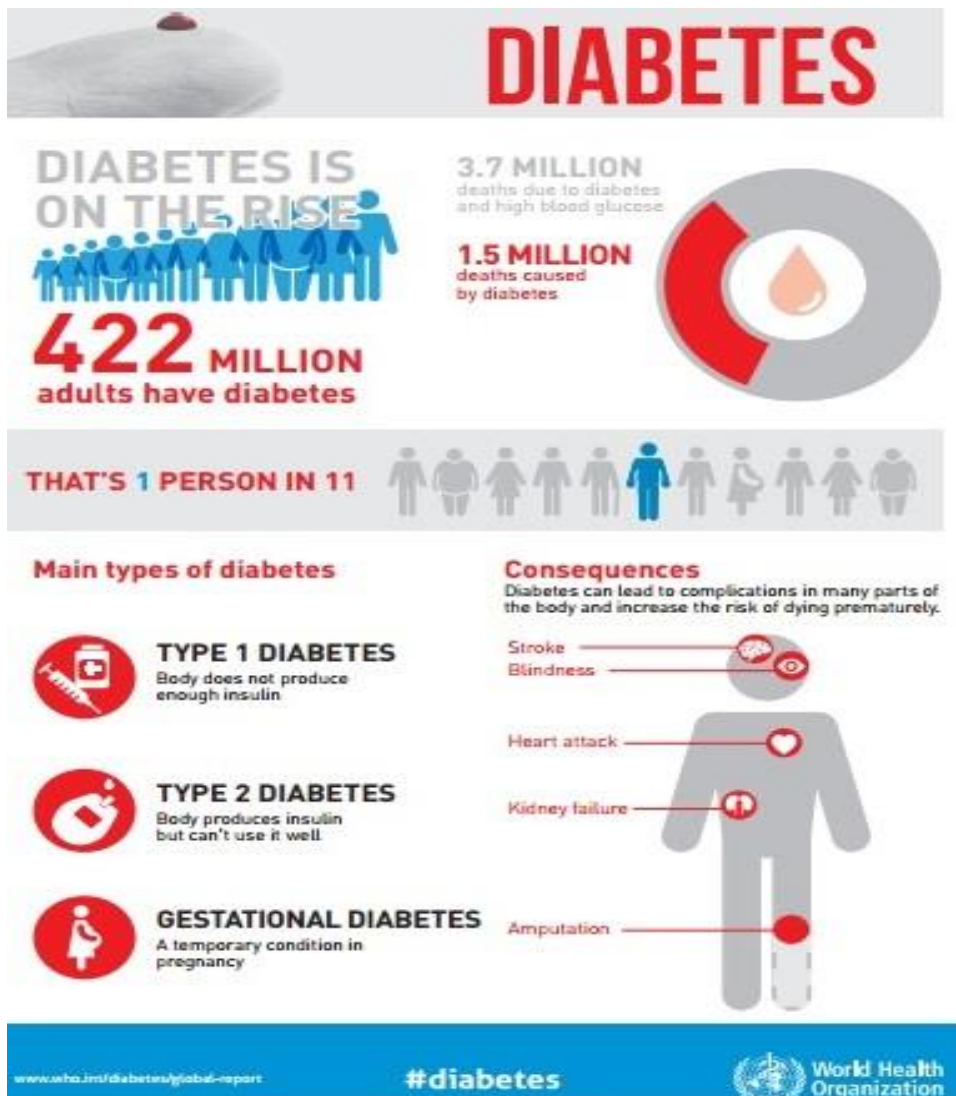
Since 1980, the number of adults with diabetes has risen from 108 million to 422 million adults, mainly in developing countries. This dramatic rise is due to many significant factors, which need to be faced and challenged, in order to combat diabetes successfully. Describing diabetes as one of the major contributors to ill health and premature mortality worldwide is not an exaggeration. Globally, across all ages, it is estimated that at least 1 in 20 deaths are the result of diabetes, while in adults aged 35 to 64 the proportion is at least 1 in 10 deaths. If the current worrying tendency continues, it is estimated that by 2030 the number of people with diabetes will more than double. This increase will be mostly attributed to a 150% rise in developing countries, where the greatest burden will fall on men and women in their economically productive years. The fact that diabetes causes long term complications makes it an immensely costly disease. It is estimated that between 2.5 and 15% of health care budgets worldwide are devoted to diabetes, depending upon its prevalence and the state of technology. The costs known as “indirect costs”, which will be faced by individuals, families, as well as any broader communities, are harder to quantify but are surely significant.

Distinction between types of diabetes

In order to step up the fight with diabetes, the distinction between the types of diabetes needs to be made.

Type 1 diabetes

Type 1 diabetes was previously known as insulin-dependent, juvenile or childhood-onset. What characterizes type 1 diabetes is the deficient insulin production, which requires the daily administration of insulin.



http://www.who.int/entity/diabetes/global-report/WHD2016_Diabetes_Infographic_v2.pdf?ua=1

The cause of type 1 diabetes is not yet known. This type of diabetes is, unfortunately, not preventable with current knowledge. However, its symptoms are recognized. These include excessive excretion of urine (polyuria), thirst (polydipsia), constant hunger, weight loss, vision changes and fatigue. They may occur suddenly.

Type 2 diabetes

Type 2 diabetes is formerly called non-insulin-dependent or adult-onset. This type of diabetes results from the body's ineffective use of insulin. Type 2 diabetes constitutes to the majority of people with diabetes around the world. It is largely the result of excess body weight and physical inactivity. Symptoms of type 2 diabetes resemble those of type 1 diabetes, but are often less marked.

This leads to the disease being diagnosed several years after onset, when the complications have become more severe. Until recently, type 2 diabetes was seen only in adults, however it is now occurring increasingly frequently in children.

Gestational diabetes

Gestational diabetes is hyper glycaemia with blood glucose values above normal, however below the values diagnostic of diabetes, occurring during pregnancy. It develops during some cases of pregnancy, however usually disappears after the pregnancy. Women affected by gestational diabetes are at an increased and worrying risk of complication, which may arise during pregnancy and at delivery. They and their children are also at an increased risk of type 2 diabetes in the future. Gestational diabetes is diagnosed through prenatal screening, rather than through reported symptoms. Because of the potential risk it poses, it is an issue of great significance, which needs to be challenged and efficiently prevented.

Besides the mentioned types of diabetes, another condition should be mentioned.

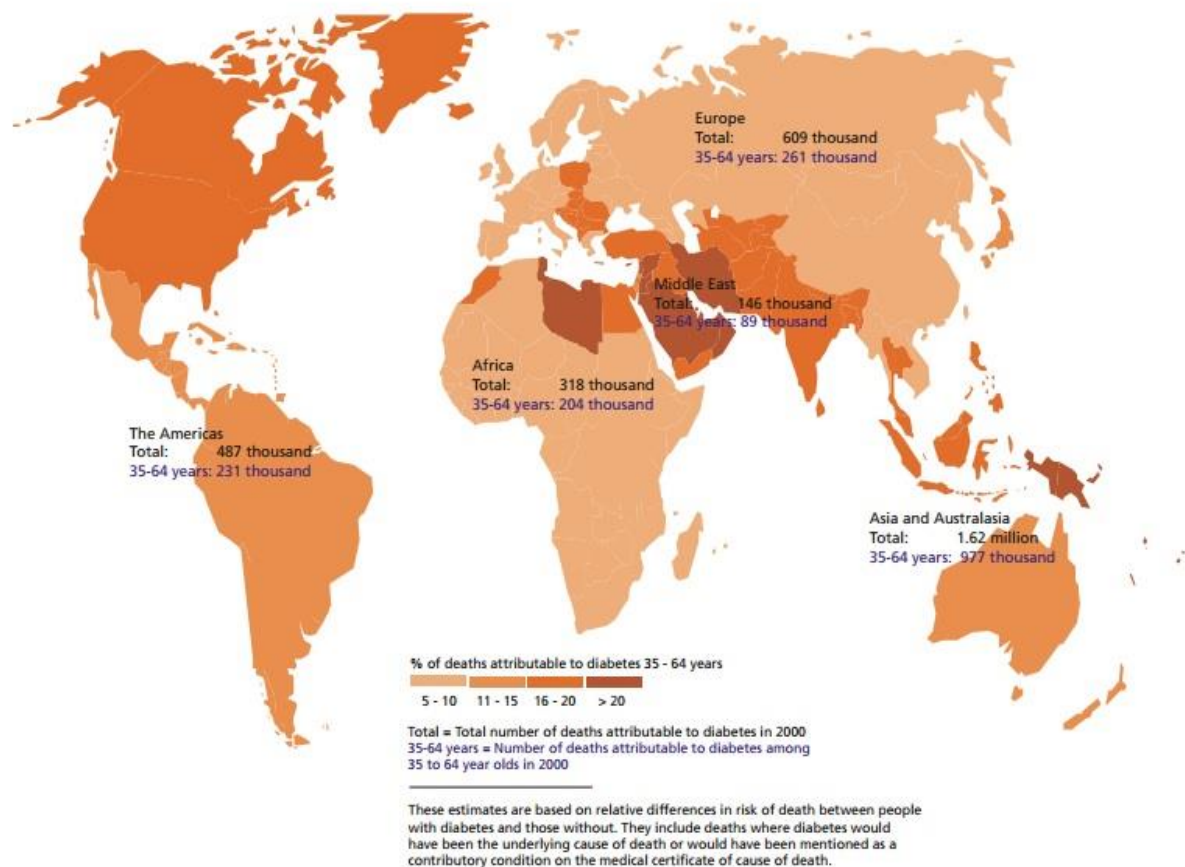
Impaired glucose tolerance and impaired fasting glycaemia

Impaired glucose tolerance (IGT) and impaired fasting glycaemia (IFG) are the intermediate conditions in the progression from normality to diabetes. People with IGT or IFG are at high risk of transitioning to type 2 diabetes, although this is not inevitable. That is why, these should be monitored and taken care of.

The consequences of diabetes

The threat posed by diabetes includes a range of harmful consequences to individual, which have a significant impact on one's health. Diabetes of any type may lead to complications in many parts of the body and cause the overall risk of dying prematurely to rise. Possible complications of diabetes include heart attack, stroke, kidney failure, leg amputation (which may occur as a result of infected, non-healing foot ulcers), vision loss and nerve damage. What is more, diabetic leads to higher death rates. According to survey from year 2012, diabetes led directly to estimated 1.5 million deaths and further 2.2 million deaths were caused by high blood glucose, almost half of which occurred before an individual reached the age of 70. WHO warns and forecasts that by 2030 the disease may be the 7th main cause of death.

Deaths attributable to diabetes



<http://www.who.int/diabetes/actionnow/en/DANbooklet.pdf>

Disproportions between high- and low-income countries

The epidemic of diabetes has been traditionally connected with high-income countries. However, recent surveys have proven the opposite. The results presented in 7th 2015 edition of the IDF Diabetes Atlas provide the evidence that as many as four out of five persons affected by diabetes live in countries catalogued by the World Bank as low- and middle-income countries. In these countries the number of adults living with diabetes is 291 million, compared to 75 million living in high-income countries. The greatest rises in numbers of people with diabetes over the next 20 years will occur in low- and middle-income countries. This is because of the increase in the adult population, people living longer, and through changes in behaviour, linked to rapidly rising urbanization and development. Key changes in behaviour include reduced physical activity, a shift to higher calorie diets, and the associated rises in obesity rates. Another worrying trend is the fact, that the number of deaths attributed to diabetes in low-income countries (492,000) is nearly as that in high-income countries (544,000), even though low-income countries have a smaller adult population (509 million) than high-income countries (789 million).

The majority of people with diabetes in low- and middle-income countries are under 60 years of age and in the peak of their productive years. This differs from the age distribution found in high-income countries, in which many more people with diabetes are found in older age groups. People with poorly managed diabetes or those with no access to proper care and treatment are more likely to miss work as a result of the disease and its consequences, which can lead to lost productivity. This affects the economies of those countries. These disparities must be observed and the efficient policies should be introduced, in order for the imbalance to be prevented.

Solutions

The following interventions should be introduced, so as to combat diabetes efficiently and successfully.

Interventions that are both cost-saving and attainable in developing countries include:

1. Blood glucose control - it is significant particularly in type 1 diabetes, as people with type 1 diabetes require insulin. However, despite the fact, that people with type 2 diabetes can be treated with oral medication, they may also require insulin. That is why, this type of intervention is crucial and should be introduced;
2. Blood pressure control - about 25% of people with Type 1 diabetes and 80% of people with Type 2 diabetes have high blood pressure. High blood pressure increases the risk of heart disease, stroke, kidney disease and other health problems. Together with diabetes, high blood pressure may pose a great threat to the health of an individual. Therefore, blood pressure control is of great significance;
3. Foot care - people with diabetes are more prone to foot problems, which poses a threat to the health of an individual. This should therefore be monitored.





Another important cost-saving interventions include:

4. screening and treatment for retinopathy, which causes blindness;
5. blood lipid control, in order to regulate cholesterol levels;
6. screening for early signs of diabetes-related kidney disease;

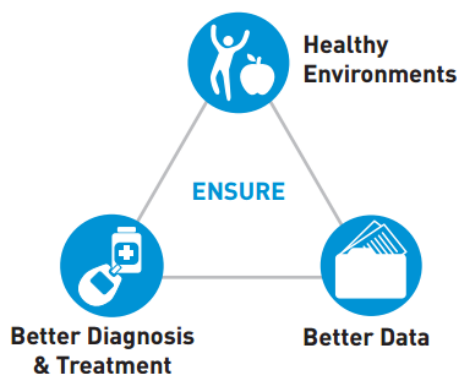
All of these interventions are of great importance and must be taken care of, in order for the diabetes to be delayed or prevented efficiently. All the states should aim to combat the diabetes and introduce the successful health policies, which would contribute to achieving this goal. The awareness towards diabetes and the threat it poses should be raised immediately. The societies should be informed about the causes, risks and consequences of diabetes and all the people should have the access to sufficient health care. Data should be gathered and improved, so that the advancements in both knowledge and methods of treating patients could be made.

KEY ACTIONS

FOR EVERYONE

-  Eat healthily
-  Be physically active
-  Avoid excessive weight gain
-  Check blood glucose if in doubt
-  Follow medical advice

FOR GOVERNMENTS



http://www.who.int/entity/diabetes/global-report/WHD2016_Diabetes_Infographic_v2.pdf?ua=1

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3. <http://www.idf.org/prevention>
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