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World Health Organization

November 10th, 2016

Position Paper for the World Health Organization

**Topic 1: Non-Communicable Diseases**

Non-Communicable Diseases are not transmissible, but are still the leading cause of death globally. Diabetes, cancers, cardiovascular diseases and chronic respiratory diseases are the four main types of Non-Communicable Diseases. As such, individuals that smoke, abuse alcohol, are physically inactive and practice unhealthy diets are at higher risks for NCDs. To minimize the number of deaths resulting from non-communicable diseases the government of New Zealand has set goals to make the nation smoke-free by 2025 through: an increase in tobacco taxes, a ban on the display of tobacco products and by implementing better help for smokers to quit *(Ministry of Health NZ, n.d.)*. To reduce hazardous drinking practices the government is: strengthening regulation on the sale and supply of alcohol by introducing trading hours, reducing the driving blood alcohol limit and running social campaigns to raise awareness about alcohol’s harmful effects *(Ministry of Health NZ, n.d.)*. To promote physical activity the government has set in place an Urban Cycleways Program to establish cycling as a mode of transport in New Zealand, as well as a Community Sports Strategy to get more people participating and volunteering in sport and recreation *(Ministry of Health NZ, n.d.)*. Finally, to encourage healthy eating the government created a [Health Star Rating](http://www.foodsafety.govt.nz/industry/general/labelling-composition/health-star-rating/) system which makes it easier for New Zealand’s consumers to make informed and healthy food choices *(Ministry of Health NZ, n.d.)*. Although New Zealand’s efforts are costly they are efficient and notably wise since economies suffer significantly due to NCDs. Therefore, high income countries should provide funding for lower income nations for their efforts to combat non-communicable diseases.

**Topic 2: Global Pharmaceutical Development and Universal Access to Medication**

A ‘roadblock’ in the universal access to medication is current pricing policies. State governments and corporations patent products to increase their selling price, restricting consumers access to possibly lifesaving drugs. It is difficult for the international community to put a stop to this unethical act since patent laws are country specific. In New Zealand, a patent gives you a legal right to stop others from making, using, or selling something you have invented for up to 20 years, but only in your country *(Ministry of Business, Innovation and Employment, n.d.).*Therefore, the drug can be replicated elsewhere and so its pricing will be competitive which will benefit consumers, but also the company since they are the only supplier for their populous. In addition to this, governments should eliminate taxes and tariffs to make medicine accessible and affordable, resulting in a healthier, longer living population to stimulate the economy.

**Topic 3: Gender Based Inequalities in Global Health**

#### Gender based inequalities in global health are largely a result of gender stereotypes. To minimize health discrepancies society must come together to eliminate stigmas associated with metal health being feminized so that men can receive sufficient treatment as well. In New Zealand, The Prime Minister’s [Youth Mental Health Project (YMHP)](http://www.health.govt.nz/our-work/mental-health-and-addictions/youth-mental-health-project) aim is to improve mental health and wellbeing for young people with, or at risk of developing, mild to moderate mental health issues (Ministry of Health NZ, n.d.) . Other countries should adapt a similar program because it is important that the younger generation feels comfortable getting treatment for their mental health issues so that they will mature to be well functioning adults that contribute to society. Women suffer due to the health system as well. Although thankfully in New Zealand the maternal mortality rate is low since [abortion](http://www.familyplanning.org.nz/advice/abortion/what-is-abortion/) is legal if continuing the pregnancy would result in serious danger to a woman’s mental or physical health (Ministry of Health NZ, n.d.).  Other nations should adapt these same laws in order to rid gender discrepancies in the health system.

Works Cited

Ministry of Business, Innovation and Employment. *Intellectual Property Office of New Zealand*. N.p., n.d. Web. 04 Nov. 2016.

"Ministry of Health NZ." *Ministry of Health NZ*. N.p., n.d. Web. 04 Nov. 2016.