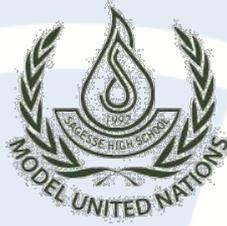


WHO





COMMITTEE INTRODUCTION

The World Health Organization (WHO) is a UN based organization that seeks to reduce avoidable loss in both natural and man-made disasters. Its duty is to take care of the physical and mental safety of all civilians around the world. If it weren't for the WHO, the world would find itself today in complete chaos and illness related devastation. The WHO is for all people careless of their color, gender, religion, or even race.

THE TWO TOPICS:

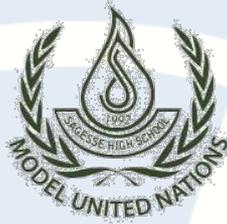
- 1) Diseases of poverty and the 10/90 Gap
- 2) Global solutions for mental health diseases

DISEASES OF POVERTY AND THE 10/90 GAP

Deadliest Diseases at Alarming Rates:

1) Tuberculosis:

- Tuberculosis, also known as TB, is a contagious airborne disease. It is caught by breathing in the same place that an infected person has breathed, coughed in, or sneezed in.
- It is also proved by statistics that TB is a leading killer of HIV patients. Other similar studies show that one third of the world's population is infected with TB. Scientists approve that tuberculosis is highly and directly associated with poverty rendering overpopulated and poor living conditions the perfect medium for the spread of the disease.
- Although several attempts were taken to eradicate such a disease, it keeps rising back and defeating all efforts taken to solve the issue.
- Tuberculosis is one of the world's most deadly infectious diseases, second only to AIDS.



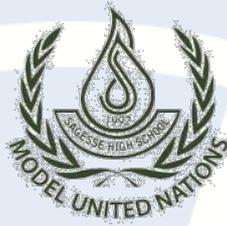
- TB has been around for millennia – traces of TB have even been found in Egyptian mummies.
- There are an estimated 9 million new cases of TB every year or approximately 24,000 new cases every day.
- One-third of those cases are missed – not diagnosed or not treated or not reported. Among those missed are those who are at the same time most vulnerable – women and children, the very poor or malnourished, prisoners, minors, indigenous populations, the elderly, and people living with HIV.

2) Swine Flu (H1N1):

- H1N1 is a respiratory, fatal, and highly contagious disease. What once was called as a pandemic influenza is now resurfacing and haunting most existing living creatures. Still in less amounts than before, this disease still stands a chance at endangering humanity as it easily did before.
- This illness also finds overcrowded areas the best place to spread faster. Hygiene is also a great friend to the world-wide known flu.
- Although there were previous successful attempts to reduce the victims of this disease, H1N1 does not fail to reappear on the top charts of risky resurfacing illnesses.
- Although a vaccine against the flu was released, it was said to have many harmful side effects.

3) Ebola:

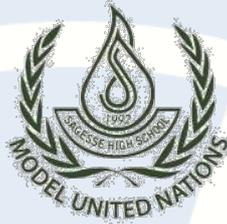
- Ebola virus disease (EVD), formerly known as Ebola Hemorrhagic Fever is a severe, often fatal illness in humans. The virus is transmitted to people from wild animals and spreads in the human population through human-to-human transmission.
- The average EVD case fatality rate is around 50%. Case fatality rates have varied from 25% to 90% in past outbreaks.



- Early supportive care with rehydration, symptomatic treatment improves survival. There is as yet no licensed treatment proven to neutralize the virus but a range of blood, immunological and drug therapies are under development.
- There are currently no licensed Ebola vaccines but 2 potential candidates are undergoing evaluation.
- Ebola first appeared in 1976 in two simultaneous outbreaks; one in what is now, Nzara, South Sudan, and the other in Yambuku, Democratic Republic of Congo.
- The current outbreak in West Africa, (first cases notified in March 2014), is the largest and most complex Ebola outbreak since the Ebola virus was first discovered in 1976. There have been more cases and deaths in this outbreak than all others combined.
- The most severely affected countries, Guinea, Liberia and Sierra Leone, have very weak health systems, lack human and infrastructural resources, and have only recently emerged from long periods of conflict and instability.
- It is thought that fruit bats are natural Ebola virus hosts. Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals such as chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead or in the rainforest.

4) Zika:

- Zika is an evolving mosquito-borne infection that was first recognized in Uganda in 1947 in rhesus monkeys through an observing network of sylvatic yellow fever.
- It was successively acknowledged in humans in 1952 in Uganda and the United Republic of Tanzania.
- Zika virus is triggered by a virus transferred primarily by Aedes mosquitoes.



- People with Zika are most likely to show symptoms like mild fever, skin rash, conjunctivitis, muscle and joint pain, malaise or headache. These symptoms normally last for 2-7 days.
- There is no specific treatment or vaccine currently available.
- The best form of prevention is protection against mosquito bites.
- The virus is known to circulate in Africa, the Americas, Asia and the Pacific
- Aedes is the same that transmits dengue, chikungunya, and yellow fever. However, sexual transmission of Zika virus is also possible. Other modes of transmission such as blood transfusion and perinatal transmission are currently being investigated.
- In total, 64 countries and territories have reported transmission of Zika virus since 1 January 2007.

The 10/90 Gap:

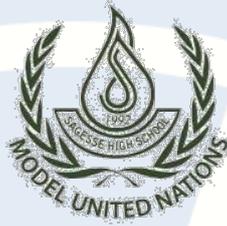
Firstly, what is the 10/90 gap?

Well, activists and researchers claim that only 10% of worldwide health investigation and effort is devoted to cases that count for 90% of the global illness burden. Hence, the so-called “10/90 Gap” arose. They dispute that virtually all diseases dominant in low income countries are ‘neglected’ and that the medicine industry has invested practically nothing in research and development (R&D) for these diseases.

Strategies for Change:

Global wellbeing societies have made research about health their priority. In 2000, World Health Organization (WHO) established the Commission on Macroeconomics and Health who confirmed the relationship between poverty and illness and debated the advantage of investment of money resources to improve the medial sector of developing and under-developed countries.

However, given the number of preventable diseases, other factors that are blocking the access of patients to these products- such as cost of treatments to the individual- also need to be addressed, rather than just focusing on developing new drugs. It has also been shown that early detection and effective management of disease can be provided by appropriately-trained, non-physician, healthcare workers.



The Two Perspectives:

In other words, the 10/90 gap is a term used to explain the difference in treatment between developed and developing nations.

While developed nations (Europe, parts of Northern and Eastern Asia, Northern America) have adequate health care, the developing ones (Africa, Western and Southern Asia,...) have little to no proper medical care.

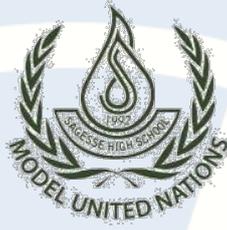
The ironic thing is that most diseases are centered in those developing areas. Therefore, they should be given more care than the other countries.

Some say that this is not related to leading nations, but simply to the poverty level in each nation. In such cases, some countries go by the theme “Each one on their own”. That would mean that no help would be given from developed countries to those in desperate need. So, basically, until there is no poverty in the world, the 10/90 gap is here to stay. But if nations stay each on their own, our precious little home is heading straight to destruction. However, why should the rich sacrifice and give up their priorities on the expenses of the poor?

Some others say that this is a matter of inequality. These claim that all countries should work together to ensure that the global disease burden is low all over the world. They argue that there should be no differentiation between first and third world countries. But that wouldn't make much sense, now would it? Why would rich states pay the expenses to help others before helping themselves? These nations claim that there is no such gap. There is already treatment available for poor countries,

QUESTIONS TO CONSIDER

1. How is your country affected by the several diseases of poverty?
2. Is your country dealing with a large percentage of preventable poverty illnesses?
3. How is your country dealing with hygienic factors that come with over population?
4. Does your country admit of the existence of the 10/90 gap, and if so what is its position towards it?
5. Is your country affected by the 10/90 gap?
6. How does your country plan for the future prevention of poverty and diseases?
7. How can poor countries gain access to the already available medical care?



GLOBAL SOLUTIONS FOR MENTAL HEALTH DISEASES

What is mental health?

“Mental illness is real, mental illness is common, and mental illness is treatable!”

A mental illness is a disease of the brain that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life’s ordinary demands and routines. Very few people, however actually seek treatment for mental illness. There are more than 200 classified forms of mental illness. The disgrace associated with mental illness is still the biggest barrier that prevents people from getting treatment or retaining their treatments. The five major categories of mental illness are: Anxiety Disorders, Mood disorders, Schizophrenia/Psychotic Disorder, Dementias, and Eating Disorders. Some of the more common disorders are: clinical depression, bipolar disorder, phobias, panic disorder, obsessive-compulsive disorders, anorexia nervosa, bulimia nervosa, delusions, hallucinations, and sexual and gender disorders.

When has Mental Health properly been recognized by the UN?

For the first time, world leaders are recognizing the promotion of mental health and well-being, and the prevention and treatment of substance abuse, as health priorities within the global development agenda. The inclusion of mental health and substance abuse in the Sustainable Development Agenda, which was adopted at the United Nations General Assembly in September 2015, is likely to have a positive impact on communities and countries where millions of people will receive much needed help.



Conferences Held concerning Mental Health:

“When ‘I’ is replaced by ‘we’, even illness becomes wellness.”

Mental health is defined by the WHO as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. Therefore, if you don't have a healthy mental state it will be hard for you to live your life to the fullest extent.

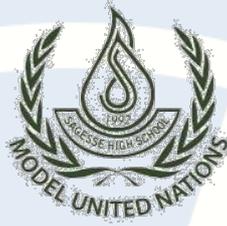
For this reason, several conferences were held by our world leaders in order to try and find solutions to decrease the increase in mental health. Few of which include: “The European Framework for Action on Mental Health” and “Wellbeing is also available in Portuguese and The Final Conference of the JA MH-WB was held on 21-22 January 2016 in Brussels.”

Terms you'll need to know:

Anxiety: We all experience anxiousness, however some more than others.

When people are unable to regulate their worry according to the circumstances they face, can't control their worry, or don't know how to cope under certain conditions, they probably suffer from anxiety. People with anxiety disorders also have other physical or mental disorders such as: depression, eating disorders, substance abuse, cancer or heart disease as examples.

Mood disorders: Mood disorders are outside the bounds of normal fluctuations from sadness to excitement. These disorders involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. Mood disorders include: clinical or major depression, dysthymia and bipolar disorder. **Suicide** is the most dreaded complication of major depressive disorders. About 10 to 15% of patients formerly hospitalized with depression commit suicide.



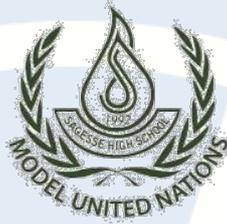
Schizophrenia/Psychotic Disorder: Schizophrenia is a grave brain disorder and is characterized by an intense disruption in perception and emotion, disturbing the most fundamental human traits such as: language, thought, opinion, affect and sense of self. The range of symptoms include psychotic manifestations, such as hearing internal voices or experiencing other sensations not connected to an obvious source (hallucinations) and assigning unusual significance or meaning to normal events or holding fixed personal beliefs (delusions)

Dementias: Dementia is described as a disturbance of consciousness and a change in cognition, including memory loss and a decline of intellectual and physical functioning, which develops over a short period. These disorders include Alzheimer's, and vascular dementia.

Eating Disorder: Eating disorders are serious, sometimes life-threatening, conditions that tend to be chronic. It usually starts at adolescence and is more threatening to females. Having an eating disorder is marked by extremes; you either eat uncontrollably, or simply not at all. Eating disorders include: Anorexia nervosa, Bulimia nervosa, and Binge Eating Disorder.

Phobias: People with phobias have extreme, disabling and irrational fear of something that really poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives.

Panic Disorder: The disorder occurs when the person fears having another panic attack. Panic disorder is, therefore, characterized by panic attacks, which are sudden feelings of terror that strike repeatedly and without warning. Physical symptoms include: chest pain, heart trembles, shortness of breath, dizziness, abdominal discomfort, feelings of unreality, and fear of dying.



Obsessive-compulsive Disorder: People with OCD are plagued by constant thoughts or fears that cause them to perform certain rituals or routines. The disturbing thoughts are called obsessions, and the rituals are called compulsions.

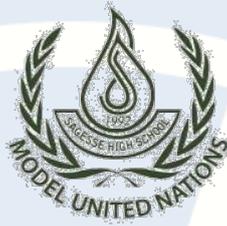
Anorexia Nervosa: Adolescents, mostly females, tend to be affected by this disorder. It is the state of having an individual starving themselves, sometimes even to death; all for the cost of being thin.

Sexual and Gender Disorder: These include disorders that affect sexual desire, performance, and behavior. Sexual dysfunction, gender identity disorder, and the paraphilia's are examples of sexual and gender disorders.

Clinical Depression: Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide. Depression is never a “normal” part of life, no matter what your age, gender or health situation. Unfortunately, though treatment for depression is almost always successful, fewer than half of those suffering from this illness seek treatment. Too many people resist treatment because they believe depression is not serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

QUESTIONS TO CONSIDER

1. What is your country's position in treating patients with such diseases and disorders?
2. What were the actions taken by your countries in treating such patients?
3. What were some of the national and international actions?
3. What are the conventions and treaties your country has taken part of?
4. How has your country been strengthening effective leadership for mental health?
5. What were the responsive mental health services your country has been providing?
6. Has your country implemented strategies for promotion in mental health?



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