

World Health Committee

Novice

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## Introduction

Welcome to the World Health Organization (WHO). WHO is an organization that is part of the General Assembly. General Assembly is arguably one of the most important parts of United Nations. It lets countries discuss on important issues all around the world, regardless of their social or economic power which would usually impact on the participation in international events.

WHO aims to serve as a place where countries from all over the world can discuss on current health issues like access to vaccines, strengthening immunization infrastructure and mental health crisis. This committee would work together to find solutions for the current health crisis. Vaccines has played a crucial role in modern healthcare systems. It is the future of human healthcare and should be accelerated by giving more attention to this issue and promote more international cooperations between countries to better increase the percentage of immunized person in third world countries. Vaccines are also crucial in development when new diseases are found. Which is why we need to improve healthcare infrastructure. Mental Health crisis is affecting the world in many ways not just in health. The economy of countries is going downhill because of the lack of productivity the crisis has caused. That is the warning to force us to deal with this issue. In conclusion, delegates present at the committee will discuss on these modern health issues and come up with solutions that will solve them.

## Topic 1: Improving Global Access to Vaccines and Strengthening Immunization Infrastructure.

### Subtopic 1: Improving Global Access to Vaccines

Immunization is a step the human took to improve society, saving millions of lives every year. Vaccines reduce the probabilities from getting disease, virus by improving and strengthening your immune system. We now have vaccines to prevent more than 20 life-threatening diseases like measles, polio, hepatitis B, diphtheria etc. This improves the life expectancy for humans greatly. Immunization currently prevents 3.5 million to 5 million deaths every year.

During the COVID -19 pandemic, more than 7 million people have died because they got infected by the virus. They are either not able to have access to vaccines or cannot afford them. Globally in 2023, there were 14.5 million children missing out on any vaccination. This means they are exposed to all those deadly viruses like smallpox, polio, rabies, many more. This highlighted some of the most important issues we have on vaccination. Economic barriers are also one of the important issues the WHO faces. Third world countries do not have the economic power developed countries have. That means they have less access to vaccination. They are also cut short when they are faced by the price of the vaccines. And that is the problem we are trying to solve in this committee. Our objective in the committee is to aim to make immunization the most cost-effective public health interventions in preventing infectious diseases. International cooperations will accelerate vaccine development and distribution. COVAX (COVID-19 Vaccines Global Access) was created to ensure that COVID-19 vaccines are distributed equitably around the world. It is a partnership led by the WHO, GAVI etc. It aims to secure enough doses

for countries to vaccinate 20% of their population. GAVI is another example of international cooperation. It stands for Global Alliance for Vaccines and Immunization. It was created to increase the access to immunization in poor countries and to ensure that vaccines reach those who need them most. They mainly reach out to kids in poorer countries to ensure the safety of them. GAVI is a global health partnership that includes governments, international organizations, the private sector and foundations. GAVI also provides millions of dollars in funding and resources which that would go to their objectives and goals. WHO also created their own vaccine safety Initiative. It promotes the safe use of vaccines, helps to improve immune systems etc. This works closely with governments to ensure the vaccines remain a trusted public health tool.

In summation, international cooperation in vaccines is important for global health equity and make sure everyone is safe from preventable diseases. It also highlights the effectiveness of vaccines and the important of cooperation between countries and government.

## Subtopic 2: Strengthening Immunization Infrastructure

We've all gotten vaccines, and we see all these medical equipment that they use. But we need to acknowledge that many countries do not have the same immunization infrastructure as developed countries. Strengthening immunization infrastructure is essential for ensuring equitable access to vaccines for third world countries. But it sounds easier than solving the actual problem, there are a lot of key challenges to the issues that we need to solve in this committee.

The first challenge we face are infrastructure limitations. Many vaccines require constant refrigeration or storage at specific temperatures. This means some of the third world countries does not have the abilities to support of fund these infrastructures which then will result in less people being vaccinated. This is called an inadequate cold chain system. This is not the only problem we face right now. Weak health systems and insufficient facilities also stands in the way of achieving our goal. Many health systems in third world countries lack the necessary healthcare facilities to deliver immunization services effectively. People need to be more educated on the basic information on giving vaccine. Some staff members might not even know what vaccine we are delivering to the patient. This could end up with huge consequences. Not only that, but sanitation is also important in vaccine delivering. If correct sanitation is not given to the patient. It might end up with infections which could end up life threatening if not treated professionally. That will bring us to the next problem, limited human resources. Shortages of trained healthcare workers can greatly limit the effectiveness of vaccination. This means less people are going to have access to vaccines because less people are giving the out. A lack of continuous training and professional development for health care is very common in third world countries. Lastly, geographic barriers and poor infrastructure. Many regions are in conflict right now and some countries have either civil war or war against another countries. For example, the middle east conflict is one of the most recent. If we would be delivering resources to either country. It might result in conflict and the resources being delivered to the objected area is not certain. Poor environment can also be a problem for delivery, road networks or mountainous terrains can affect the efficiency for vaccine delivery. These are some of the most important challenges we need to face right now and come up with a solution for. But there are a lot of past solutions that the WHO had down that we to learn about. The WHO has worked with countries to

improve cold chains systems by upgrading and improving the storage equipment. The CCEOP also helped install modern cold chain equipment for third world countries that have a resource limited setting. The HSS strategy improves not only infrastructure but also the health care system in general. It enhanced the capacity of healthcare systems to deliver immunization services.

In summation, there is a lot more to work on for humans to improve in healthcare. The CCEOP and HSS had been proven very useful. But there is for sure going to be better solutions to solve these problems. This committee will discuss more on this topic.

## Topic 2: Global Mental Health Crisis

Mental health has been a major problem throughout modern humanity. 1 in 8 people worldwide live in a mental health disorder. This is a huge number which is why it should be highlighted as one of the most important issues in the modern world. The global mental health crisis is worsening because of the lack of funding, insufficient healthcare infrastructure etc. The crisis is not stopping or slowing down. This means we need to act on the issue right now before it gets worse.

Depression is the leading cause of disability worldwide, affecting 280 million people. This is a huge number. It is even more than the total population of some of the third world countries.

Anxiety disorders impact 301 million people globally, including 58 million children. This gives us a warning on the issue and means immediate actions. It is already affecting our future; this means if we don't treat this issue it will lead to the downfall of humanity.

Suicide and self-harm are one of the extreme ways mental health problems turn into. We think they don't appear frequently and doesn't happen to the people around you. But the stats show

that 1 person dies by suicide every 40 seconds, making this a global public health issue. Suicide is the fourth leading cause of death among 15–29-year-olds. 77% of suicides occur in low- and middle-income countries meaning that the economic and social power of a country is important. The past pandemic had been a leading issue in increasing mental health problems. It led to a 25% increase in anxiety and depression cases globally.

After talking about how mental health have impacted humanity, let's get to what the WHO had done before on the issue. WHO had many past international efforts, many lead to success but very limited. It has improved public awareness on the issue and made several policies on this issue. WHO mental health Action plan is the first WHO action on this issue. This framework of action aims to strengthen mental health services worldwide by increasing support throughout communities to make sure everyone has someone to reach out for when they are suffering any mental health issues. It's success is shown by statistics that 40% countries have expanded mental health services and making them one of the primary things on their list. Next is the Comprehensive Mental Health Atlas. This organization tracks and supervises countries on mental health policies, workforce and services. This initiative did not work as well as the action above. Reports show that most countries invest less than 2% of their healthcare budgets in mental health which means that this issue's awareness needs to be highlighted to every country. These plans have all been useful, but there are still some major issues that we need to solve. Even though many plans have led to progress, many third world countries still struggle to implement comprehensive health services to the lack of resources and economic power. Mental health disorders also made a huge economic impact, poor mental health costs the global economy to lost \$1 trillion per year because of the lost of productivity. There are way more factors that can lead to mental health disorders then just anxiety. Such as unemployment, poverty and inequality

all contributed to poor mental health. Marginalized groups face higher risk of mental health disorders. This is all because people are having stereotypes, racist comment to other groups and being sexist and people don't feel the sense of belonging. That is the one of the roots of the issues for us to solve in this committee and we should take immediate action on this.

In conclusion, these are some of the most important issues we need to deal with now. These are the primary things on the list for WHO to deal with right now. Solving these issues will boost the world not only in people's mental health but also boosting the economic power of the world. This then would make the quality of life for people better which will be the goal for WHO.

Questions to consider:

What are some ways to further solve the problem of environmental concerns for vaccine storage?

What are some creative solutions for health infrastructure?

What are some exercises that can be used to solve anxiety?

What are some ways that countries could help each other on this crisis?

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