

MUNER '19



WHO

World Health Organization

STUDY GUIDE

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Letter From Executive Team

Esteemed Participants of MUNER,

It is my utmost pleasure to welcome you all, for I will be serving you as your Under-Secretary General in World Health Organization.

The study guide you are holding is a piece of hard work and detailed research, prepared by me. As it is obvious from its name, this is only a guide to help you study better about the topic, it is not your whole research. I expect you to read the study guide in order to have a general idea about your agenda item and do a detailed research about your countries' policies and their opinions upon the issue. After you are done researching and reading the study guide with utmost attention, you will be able to write a resolution paper to pass in your committee.

I wish you fruitful debates in your committees and a beneficial conference overall. Humans are the only animals that are able to turn opinions into solutions, use the gift.

Ayşegül AKGÜN

Introduction to the Committee

Since 1945, the United Nations had this discussion to form a global health organ. On 7th April 1948, the discussion came to an end and World Health Organisation was founded. The date is still celebrated as "World Health Day".

WHO's main goal is to leave the world a healthier place for our offspring. Thus, WHO's topic are listed from healthy water to personal health, meaning nearly no topic about hygiene and care is left behind. In this conference, the delegates of the committee WHO are obligated to find a solution for the agenda item, "globally reducing the usage of drugs and addicting materials".

Agenda Item: Globally Reducing the Usage of Drugs and Addicting Materials

a. Introduction to the Topic

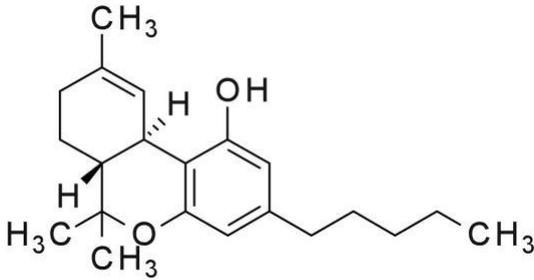
The fact behind some materials being addictive is because they are either sedative or hyping. This, as the definition of a drug user, is found to be “making the user feel alive”. There are many types of drugs for the addicts. From the natural ones to synthetic ones, thousands of drugs can be named. In this topic, we will discuss upon the effects of drugs, ways to relieve the drug addiction, the production and trafficking of drugs.

b. Definition of Key Terms

- **Drug:** a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body
- **Addiction:** the fact or condition of being addicted to a particular substance or activity
- **Addict:** a person who is addicted to a particular substance, typically an illegal drug
- **Opioid:** a compound resembling opium in addictive properties or physiological effects
- **Trafficking:** deal or trade in something illegal
- **Hallucinate:** experience a seemingly real perception of something not actually present, typically as a result of a mental disorder or of taking drugs.
- **Smuggle:** the illegal movement of goods into or out of a country

c. Drug Specimens

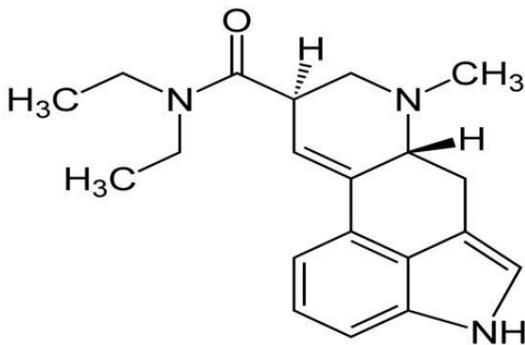
Cannabis (Marijuana):



Cannabis can be used by smoking, vaporizing, within food or extracted. Cannabis has a mental and physical effects, such as heightened mood, relaxed muscles, increase in appetite. Cannabis is mostly used for recreation or as a medicinal drug, although it may also be used for spiritual purposes. In 2013, between 128 and 232 million people used cannabis (2.7% to 4.9% of the

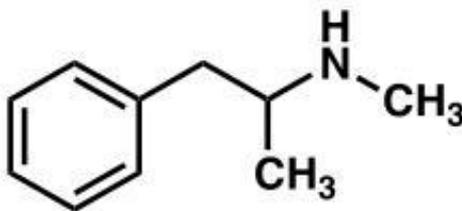
global population between the ages of 15 and 65). It is the most commonly used illegal drug both in the world and the United States, though it is also legal in some jurisdictions.

LSD:



Lysergic acid diethylamide, also known as acid or designer drug, is a hallucinogenic drug. LSD can cause paranoia and delusions. The symptoms of an LSD user are typically dilated pupils, increased blood pressure and increased body temperature. Effects typically begin within half an hour and can last for up to 12 hours. It is used mainly as a recreational drug and for spiritual reasons. LSD does not appear to be addictive, although tolerance may occur with the use of increasing doses.

Methamphetamine:



In low to moderate doses, methamphetamine can elevate mood, increase alertness, concentration and energy in fatigued individuals, reduce appetite, and promote weight loss. At very high doses, it can induce psychosis, breakdown of skeletal muscle, seizures and bleeding in the brain. Chronic high-dose

use can precipitate unpredictable and rapid mood swings, stimulant psychosis (e.g., paranoia, hallucinations, delirium, and delusions) and violent behavior. Recreationally, methamphetamine's ability to

increase energy has been reported to lift mood and increase sexual desire to such an extent that users are able to engage in sexual activity continuously for several days. Methamphetamine is known to possess a high addiction liability (i.e., a high likelihood that long-term or high dose use will lead to compulsive drug use) and high dependence liability (i.e. a high likelihood that withdrawal symptoms will occur when methamphetamine use ceases). Heavy recreational use of methamphetamine may lead to a post-acute-withdrawal syndrome, which can persist for months beyond the typical withdrawal period. Unlike amphetamine, methamphetamine is neurotoxic to human midbrain dopaminergic neurons. It has also been shown to damage serotonin neurons in the CNS. This damage includes adverse changes in brain structure and function, such as reductions in grey matter volume in several brain regions and adverse changes in markers of metabolic integrity.

d. Overview

Early substance use increases the chances of becoming addicted to an individual. Therefore, in reducing these risks, preventing early use of drugs or alcohol can go a long way. Throughout transition periods, the risk of substance use rises considerably. A divorce or job loss can increase the risk of drug use for an adult. Risky times for a teenager include moving, parents' divorce, or changing schools. Children face new and challenging social, family, and academic situations when they move from elementary to middle school. Children are often exposed to substances like cigarettes and alcohol for the first time during this period. As teenagers enter high school, drug access, substance use by older teens, and social activities where drugs are used can be experienced.

The natural aspect of teenage growth is a certain degree of risk-taking. There is a healthy desire to try new things and become more confident, but it can also raise the tendency of teenagers to experiment with drugs. The parts of the brain that control judgment and decision making do not develop fully until people are in their early or mid-20s; this limits the ability of a teen to accurately assess the risks of drug experimentation and makes it more vulnerable to peer pressure among young people.

Because the brain is still developing, using drugs at this age has more potential to disrupt brain function in areas critical to motivation, memory, learning, judgment, and behavior control. So, it's not surprising that teens who use alcohol and other drugs often have family and social problems, poor academic performance, health-related problems (including mental health conditions), and involvement with the juvenile justice system.

*Scientists have developed a broad range of programs that positively alter the balance between risk and protective factors for drug use in families, schools, and communities. Studies have shown that research-based programs, such as described in NIDA's *Principles of Substance Abuse Prevention for Early Childhood: A Research-Based Guide* and *Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders*, can significantly reduce early use of tobacco, alcohol, and other drugs. Also, while many social and cultural factors affect drug use trends, when young people perceive drug use as harmful, they often reduce their level of use.*

e. Drug Addiction on Global Basis

Even though cannabis is one of the most used sedative materials, however the most dangerous one for human well-being is opioids. The records show us that 76% of 168 thousand deaths which are directly related to drug usage are caused by opioids.

UN's report clearly states that opium production has broken the records, and the addiction of prescribed opioids are reaching intimidating levels. In the USA, the synthetic opioid related deaths are twice as much as the gun attacks and car accidents. After four years, the number was nearly ten times more than the previous one.

“Opioid” contains the opium flower or synthetic versions which affects the brain in the same way. Heroin alike are in the opioid group as well.

Global Drug Market

According to the UN's report, the number of confiscated drug materials was doubled in 2015-2016. 91 tons of those were heroin in the lead, opium and morphines closely following with the second place. The smuggling of drugs are mostly through the “Balkan route”, meaning to be produced in Afghanistan and going to Europe through Iran, Turkey and Balkan region.

Prevention and Treatment Resources

In its new Global Health Observatory Database – Resources for Substance Use Disorders, WHO provides details on the resources allocated to the prevention and treatment of alcohol and drug-related problems in 147 countries. The new database covers 88% of the world population and enables countries to compare their services with those available in other countries and to address treatment gaps.

Worldwide, an estimated 230 million people or about 5% of the population aged 15 to 64 used illicit drugs at least once in 2010. Some 27 million of these people have severe drug problems. According to WHO, illicit drug use is one of the top 20 risk factors to health worldwide and drug use disorders are associated with an increased risk of other diseases such as HIV/AIDS, hepatitis, suicide, overdose deaths, tuberculosis and cardiovascular diseases.

f. Questions to Ponder

- What can be done differently for drug addicts?
- How can the public be informed about this issue?
- How are people around drug addicts affected upon their addiction and how can they be protected?
- What can member states change in their policies?
- How are the actions taken by member states be funded?
- How can the illegal trade be taken under control?

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Contacts

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