



NATIONAL DAY OF THE OBESE PERSON

Cases of obesity in women have tripled in recent years

Some influencing factors are hormonal changes, sedentary lifestyle and type of work

This disease causes 200,000 cases of cancer and 1.2 million deaths per year worldwide

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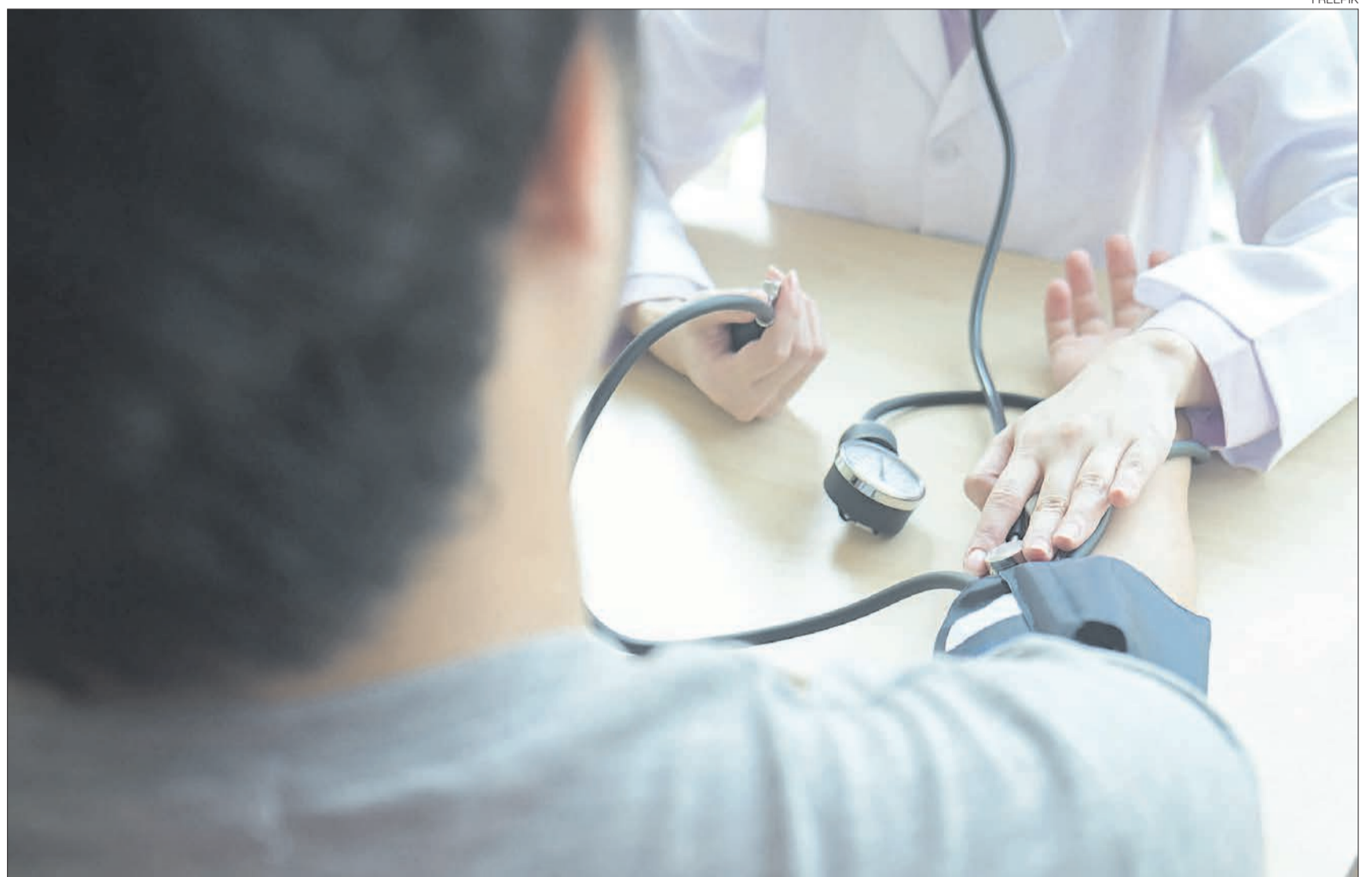
Cases of obesity in women have tripled in recent years, and in men they have doubled. This is clear from the latest Nutritional Survey of Andorra (2017-2018). Currently, the Principality is following a stabilization trend of the disease. Even so, the impact has been growing progressively. Yesterday, the National Day of the Obese Person is celebrated with the aim of raising awareness about obesity.

In 2018, 12% of the male population suffered from obesity. In comparative terms, in 2004, 14% of men had this disease and, in 1991, only 5%. Regarding the female population, 15% of women were obese in 2018, compared to 11% in 2004, and 5% in 1991. In this sense, obesity affects women more due

The most vulnerable age to suffer from this condition is from 45 to 65 years, and also in adolescence

to hormonal changes that they suffer throughout their lives, such as pregnancy or menopause, explained dietitian and nutritionist Katia Durich. At the same time, they are less active, as they generally do less sport, and often have less physical jobs than men. In addition, «women can be emotional eaters, but in the case of men, it is less frequent that they seek comfort through food», indicated Durich, who added that they tend to do it more with drink or with physical or playful activities. Specifically, the age most vulnerable to obesity is between 45 and 65 and during adolescence, both due to hormonal changes and physical inactivity.

The survey also reveals an improvement in the general intake of food, but «there is a decrease in the consumption of vegetables, fruit and legumes, a situation that should be reversed, but which is becoming complicated with the cur-



► A doctor checks a patient's blood pressure.

rent price inflation», she valued.

According to the Spanish Obesity Society, this is a chronic and multifactorial disease, but undervalued. Therefore, the entity considers that it should be properly diagnosed and treated by specialist doctors, due to the various health risks it entails. Obesity increases the risk of heart disease, cerebrovascular accidents, diabetes, osteoarthritis and various cancers, such as breast, prostate, liver, kidney or colon; and can reduce life expectancy by up to 10 years. In addition, according to a study prepared by the World Health Organization (WHO), this disease causes 200,000 cases of cancer and 1.2 million deaths per year on a global scale.

On the other hand, «many studies show that obesity coexists

KATIA DURICH
DIETICIAN AND NUTRITIONIST

«Many studies show that obesity coexists with diseases such as depression and anxiety»

«An overweight child will end up being an obese adult if there is no nutritional re-education behind it»

with diseases such as depression and anxiety», asserted Durich. So far, however, researchers have not found a clear answer to the question of which disorder triggers the other disease. «Does obesity determine the appearance of mental disorders, or rather are they responsible? There are signs of two-way dependencies», she assured.

Finally, Durich warned that «it cannot be generalized, but an overweight child will end up being an obese adult if there is no nutritional re-education and support from both the parents, the health system and society». So, this disease can be prevented with good nutritional education, without prohibitions, involving children, setting an example and prioritizing food and physical activity. ≡

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TRAFFIC FEASIBILITY

The COEX aims to keep the Ordino pass open during the winter

Filloy says that during this week a new avalanche protection will be completed in the area of Soldeu

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The Minister of Territory and Housing, Víctor Filloy, last Tuesday presented the Winter Viability Plan of the Road Conservation and Exploitation Service of the Principality of Andorra (COEX). This is a document that sets out the different levels of service required for each road, taking into account the road triangle made up by the parishes of Encamp, La Massana and Andorra la Vella because they concentrate most of the traffic on weekdays. In this sense, Filloy said that one of the challenges they have on the table this year is «trying to keep the road to the Ordino pass open throughout the winter», a road that was closed during the snow season of recent years because of the risk it involved for users and the difficulty of its maintenance.

On the other hand, the minister explained that they are also working «against the clock» to secure and stabilize the Soldeu area following the landslide that took place last year. «It was an avalanche that we didn't have in the Principality's cadaster and the first thing we did in the spring was tender for the works to be able to adapt the land so that it is in good condition.» In relation to this, Filloy pointed out that during this week a new avalanches protection will be completed in this place.

To achieve these objectives and follow the Plan, the minister explained that the COEX works with 32 machines: 21 trucks with salting machine and shovel, seven turbines and four salting machines. The service also has 30 people «who are completely dedicated to winter viability» to carry out the snow removal and avalanche monitoring of the 275 kilometers that make up the main and secondary roads. Specifically, there are seven permanent and 23 temporary machinists, in addition to eight on-call mechanics, and all of them work in shifts to cover 24 hours a day. In this sense, Filloy recalled that it is always welcome



► Filloy during the presentation of the Winter Viability Plan of the COEX.



Víctor Filloy
MINISTER OF TERRITORY AND HOUSING

«Brine allows us to be much more efficient, pollute much less and reduce expenses. It is starting to be an ideal methodology for the country»

«I think it is essential to recognize the work of the staff. We all get up in the morning and we like the roads to be in good conditions»

to be able to reinforce the staff because it allows to provide a better service. However, at the moment «we manage to cover the whole season and, for now, we don't see any higher shortages either».

It should be remembered that the winter period begins on November 1st and lasts until April 30th, while in the northern and eastern sectors it lasts until May 31st. In these first weeks of the snow season, the level of snowfall has been «between 50 and 80 centimeters», with an average temperature «of -1.2 degrees», according to the minister. There have also been 14 yellow stages, four of them below 1,200 meters.

On the other hand, the head of Territory and Housing remarked that this year the brine is being incorporated much more firmly to remove the ice from the sidewalks. It is a mixture of water and salt that enables the COEX to «be much more efficient, pollute much less and, obviously, re-

SFGA/JAVILADOT

duce expenditure». In fact, «brine allows you to reduce salt consumption by five» and «use it in temperatures like those we are starting this season». Therefore, «it seems that it is starting to be an ideal methodology for our country», he added.

Finally, Filloy thanked the work of the COEX staff, whom he considers indispensable and key in these moments of winter viability: «I think it is essential to recognize their work. We all get up in the morning and we like the roads to be in good condition.» In this regard, he declared that this

line must be followed so that «the vehicles and everything necessary can respond to our citizens».

the figures

275 kilometers of roads are covered by the COEX during the season.

32 machines available to carry out snow removal and avalanche monitoring.

30 machinists, both permanent and temporary, are dedicated entirely to winter viability.

-1,2 degrees average temperature during the first weeks of the snow season.

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