Abstract
The purpose of this contribution is to review the peer reviewed literature from the last 20 years regarding the role of Mexican women in the family, and to describe the psychosocial and health challenges they face. We analyze the current problems and recent improvements in three areas: reproductive health, nutrition, and mental health, and we discuss how the role of caregiver may influence or be influenced by these health issues. We emphasize the cultural context, women’s role as caregivers, the challenges they face, and the strength and resilience these women exhibit. We conclude that it is imperative that we modify the way in which Mexican women’s needs are assessed, interpreted, and confronted, along with a definite need for concrete proposals that take into account both women’s challenges and strengths, and the cultural context and national reality.

Keywords
Mexican women, gender roles, well-being, reproductive health, nutrition, mental health.