Abstract
Introduction: The purpose of this study was to assess a social support intervention among rural women from Chiapas and its ability to change lifestyles, self-concept, and Metabolic Syndrome (MS). Methods: A convenience sample was conducted among older than 16 yo women from a marginalized rural community from central Chiapas. Two questionnaires were used, a self-concept questionnaire and a healthy lifestyle profile. Criteria for components of MS used were those of the International Diabetes Federation. The intervention was conducted over a three month period and divided into 13 sessions that concentrated on social support and were complemented by nutrition education modules. Results: Five hundred eighty six participants met inclusion criteria for the study. At basal time 47% had MS; abdominal obesity, 69%; high levels of glucose, 27%; triglycerides, 56%; systolic blood pressure, 17%; diastolic blood pressure, 15%; and low levels of HDL cholesterol, 55%. After the intervention, 38% had MS and significant differences were observed in all of the components of MS. The pre and post-intervention dimension scores on the self-concept form 5 (AF5), or selfconcept questionnaire, and the Pender Health Promotion and Lifestyle Questionnaire (PETS-1) also yielded significant differences. Conclusions: After a three month social support and nutrition education intervention, significant changes were observed in several dimensions of the AF5 and PETS-1, as well as in MS and its components.

Keywords