























Figure 3: Plan 1-2 ACM - Conceptual structure descriptors most current topics.

**Conclusion**

According to this study, the prevalence or presence of MS among the population under study, evidenced an unhealthy lifestyle, prevention and control measures should be taken in smoking, sedentary lifestyle, unhealthy diets and alcohol consumption, so as not to increase the risk of the presence of chronic non-communicable diseases. The PCA allowed to know which variables are related, having that a disordered lifestyle alters the metabolism, and therefore develops cardiovascular diseases and chronic non-communicable diseases that lead to the appearance of MS, likewise a low academic training predisposes to have an unhealthy diet, rich in flours and fats that lead to the increase in BMI.

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