**DEVELOPMENT OF A HEALTH PROMOTION MODEL GUIDED LIFESTYLE INTERVENTION PROGRAM FOR ADULTS WITH METABOLIC SYNDROME**

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*Background*: Metabolic syndrome (MetS) has become a great threaten to public health because of its increasing prevalence and close relationships with other cardio-metabolic diseases. A worldwide consensus has been achieved that lifestyle modification is the primary intervention for MetS. However, previous lifestyle interventions focused in western populations, were delivered in various modalities without understanding patients¡¦ needs, and lacked of theoretical guidance. Therefore, previous lifestyle interventions could not be directly applied in the Chinese MetS population.

*Objectives*: The study was to develop a feasible and culturally sensitive lifestyle intervention program (LIP) guided by the health promotion model (HPM) for Chinese adults with MetS.

*Methods*: A qualitative study was conducted to explore the needs of lifestyle intervention by interviewing 30 Chinese adults with MetS. Content analysis was conducted to identify the themes. The LIP was developed based on the findings of the qualitative study and updated guidelines within the framework of HPM.

*Results*: Patients had insufficient knowledge about MetS and were eager to adopt lifestyle modifications through education and practical lifestyle advices. Based on the findings, a 3-month LIP was developed, including a lifestyle modification booklet, one individual face-to-face pre-discharge education, and six telephone follow-ups after discharge. Knowledge enhancement and behavioral strategies were emphasized. Each component of the LIP followed the conceptual structures of HPM, namely individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcomes. Culturally sensitive strategies, laymen language, and practical lifestyle advices were provided to ensure the acceptance of the LIP.

*Conclusion*: The HPM provides suitable guidance to develop lifestyle interventions for MetS population. A feasible and culturally sensitive LIP should provide knowledge enhancement and practical strategies for behavioral modifications to meet the needs of Chinese adults with MetS.