



Activity 1: Match the Definition

Write the correct vocabulary word with the definition.

15 Key Health Terms in Mexico: Prevention , Medicine, Pandemic, Public Health , Primary Care, Financing, Non-Communicable Diseases (NCDs) , Health System, Hospital, Research, Inequity, Access to Healthcare, Social Security, Quality of Life, Well-being.

1. _____

Focused on the health of the general population, aiming to prevent diseases and promote health.

2. _____

The network of institutions and services that provide medical care, from hospitals to health centers.

3. _____

Actions taken to avoid the onset of diseases, such as vaccination campaigns and health promotion programs.

4. _____

The first point of contact with the health system, where basic medical services are provided.

5. _____

A healthcare facility where inpatient care is provided, including emergency services and medical specialties.

6. _____

The science and practice of curing diseases, with various specialties.

7. _____

The process of studying and developing new knowledge and technologies in the field of health.

8. _____
A disease that spreads rapidly on a global scale, causing a major impact on public health.

9. _____
Differences in access to healthcare and health outcomes among different social groups.

10. _____
The economic resources allocated to the health system, including health insurance and taxes.

11. _____
A social protection system that covers health risks such as illness and accidents.

12. _____
A state of complete physical, mental, and social health—not merely the absence of disease.

13. _____
The level of well-being and life satisfaction, including factors like health, social relationships, and access to opportunities.

14. _____
Chronic diseases such as heart disease, diabetes, and cancer, which pose a major challenge to public health.

15. _____
The ability for everyone to receive the healthcare they need, regardless of their location or economic situation.

Health in Mexico: Key Challenges and Opportunities in Public Health

Introduction

Mexico faces a complex landscape when it comes to health, marked by both progress and persistent challenges. Understanding the structure and functioning of the **health system**, as well as the major factors affecting the population's **well-being**, is essential to developing effective public health strategies.



1. The Role of Public Health in Mexico

Public health in Mexico is dedicated to improving the overall health of the population through policies that aim to prevent disease and promote healthier lifestyles. Programs focused on **prevention**, such as vaccination campaigns and health education, are central to this mission.

2. Structure of the Health System

The Mexican **health system** is composed of public and private providers, including **hospitals**, clinics, and **primary care** centers. **Primary care** acts as the first point of contact for individuals seeking medical services and plays a vital role in detecting health problems early.

3. Challenges: Inequity and Access to Healthcare

Despite having a broad network of services, Mexico faces high levels of **inequity**. Access to healthcare varies significantly between urban and rural areas, and among different socioeconomic groups. Ensuring



access to healthcare for all remains a critical goal.

4. The Burden of Non-Communicable Diseases (NCDs)

Non-communicable diseases (NCDs) such as diabetes, cardiovascular diseases, and cancer are among the leading causes of death in Mexico. These conditions pose long-term challenges to both the population and the **health system** due to the need for continuous care and treatment.

5. The Importance of Social Security and Financing

Social security programs in Mexico provide essential support by covering health risks and offering access to medical services. However, limited **financing** can affect the quality and reach of these services, highlighting the need for sustainable investment in healthcare.

6. Promoting Well-being and Quality of Life

True health goes beyond the absence of disease. The concept of **well-being** includes physical, emotional, and social dimensions. Public policies in Mexico are increasingly incorporating strategies to improve **quality of life**, such as addressing environmental health, education, and nutrition.

7. The Role of Research in Health Policy

Health **research** in Mexico contributes to the development of new treatments, policies, and technologies that can better respond to the country's specific health challenges. Scientific studies also play a key role in preparing for health emergencies, such as a **pandemic**.

Conclusion

Mexico's public health landscape is evolving, shaped by demographic changes, economic factors, and global health trends. Addressing challenges such as **inequity**, **non-communicable diseases**, and limited **access to healthcare** requires coordinated efforts, effective **financing**, and continuous **research** to promote a healthier future for all.

Activity 2: Fill in the Blank

Instructions: Complete the sentences using the correct word from the box.

Each word is used only once.

WordBank:

Access to healthcare – Well-being – Financing – Hospital – Research

1. A _____ is a facility where patients receive specialized care, often including surgery and emergency services.
2. Mexico's healthcare _____ can be improved with more sustainable investment and better distribution of funds.
3. Everyone should have equal _____, regardless of income or geographic location.
4. Health is not just the absence of illness, but a state of complete physical, mental, and social _____.
5. Scientific _____ helps create new policies and medical solutions based on evidence.

Activity 3: True or False

Instructions: Read each statement and decide if it is **True** or **False** according to the reading.

1. **Primary care** is only for emergency medical attention.

True **False**

2. **Social security** in Mexico covers some health risks and provides medical services.

True False

3. **Pandemics** only affect small communities or towns.

True False

4. **Quality of life** includes health, social relationships, and opportunities.

True False

5. The Mexican **health system** consists of both public and private health institutions.

True False

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