

### 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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