

The health care system in Mexico is poor-quality and limited

Only 47 percent of Mexican people are satisfied with the health services they receive, and 26 percent feel that health workers discriminate them; on April 7 we commemorate World Health Day

Doctor Honoris causa, Catalina Mendoza Arredondo founded Congregación Mariana Trinitaria with the objective of improving the health of people in vulnerable conditions. CMT and the Network of Health, which is part of its Welfare Ecosystem Model, develops integral solutions to improve the health of Mexican people.

More than 19 million Mexican people do not have access to medical services, revealed the *Diagnose on Right to Health 2018*, developed by the National Council for Evaluation of Social Development Policy (CONEVAL), and the few who have access do not trust them.

In 1948, the World Health Assembly declared April 7 as World Health Day. This date was chosen to remember the foundation of the World Health Organization (WHO), with the objective of raising awareness about mortal diseases in the world and to develop healthy habits on people.

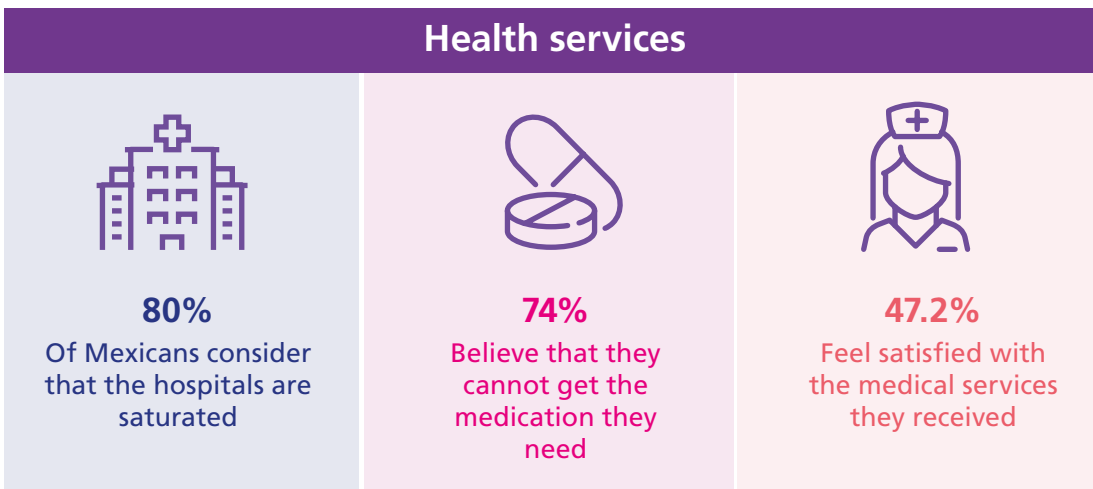
CONEVAL mentions that having access to any health institution by means of any affiliation is an important characteristic that determines the level of access that somebody may have to medical attention services.

According to the Pan American Health Organization (PAHO), “the universal access to health and universal coverage imply that all the people and communities have access to it, without discrimination of any kind to integral health services, and they should be in good conditions, with high-quality, and available all over the country.

The access will depend on several needs; high-quality, safe, efficient and affordable medication; and they have to make sure that services do not represent any risk or financial difficulty for users, especially for those in vulnerable conditions. However, and even when it is a right, in Mexico there are several limitations to have access to health.

The *National Quality and Government Impact Survey (ENCIG) 2019* highlights that only 19.9 percent of the population who have access to state health services mentioned that the clinics and hospitals were not saturated, and only 39.5 percent declared that they could get the medication they needed.

This way, less than half of total users of state health services were satisfied with the services they received; only 47.2 percent of them.



Lack of appointments and discrimination are some reasons for not going to the doctor

The *Survey on Access to Health and the Rule of Law in the Framework of COVID-19* developed by the organization World Justice Project (WJP), mentions that Mexican people do not go to the doctor (even if they need to) due to the unavailability of appointments (43.1 percent); lack of time (26.2 percent), and because the staff is not friendly or they make people feel discriminated (26.1 percent).

Moreover, people cannot afford the medication or the consultation as they do not have any medical insurance (23.4 percent), they believe that health staff lies in the diagnosis (21.0 percent), they consider that the medical center is quite far and they do not have the transportation to get there (11.8 percent).

In the specific context of pandemic, only 44.7 percent believe that the public medical centers are reliable, compared to private hospitals and doctors, with 68 percent of reliability.



“The lack of trust on health systems has consequences, including that people stop getting attention even if they need it: 27.3 percent of people who answered the survey mentioned that in case they had symptoms related to Coronavirus, they would prefer to wait until the symptoms disappear before going to any medical center” mentions WJP.

The survey reveals that in Mexico there is a general opinion that the health system is discriminatory: 66.2 percent of people who took the survey believe that the health system in their state does not guarantee health for all the people, no matter the resources that each person may own.



CMT and health

Congregación Mariana Trinitaria, A.C. (CMT) was created to improve the health of people in vulnerable situations due to social backwardness. Doctor Honoris causa Catalina Mendoza Arredondo, the founder of this organization, knew perfectly that health was a result of prevention so, citizens should have all the welfare resources available.

Doctor Honoris causa, Catalina Mendoza Arredondo aimed to improve the context people lived in and then contribute to fulfill social welfare standards. As a consequence, the quality of life of unfavored people would improve, and health would be the fundamental pillar to support social development.

This way CMT in its Welfare Ecosystem Model through the Network of Health, aims to create and increase the opportunities for families to have access to health services, in particular those in vulnerable situations, by developing integral solutions that fulfill the standards of quality that may have a positive impact on their life conditions.

In order to do so, it is necessary to consider two aspects: the access to infrastructure and health supplies, and the promotion of a culture based on prevention. The guidelines to pay attention to are: inefficient and decentralized infrastructure, decentralization of acquisitions and reduction of prices on supplies; good habits and healthy lifestyles, as well as co-responsibility in population to take care of each other.

The Network of Health promotes integral solutions to build, improve and get equipment for medical infrastructure to make it more equitable, efficient, and high-quality.