



Identifying Social Determinants of Health in the Community of Granada, Spain



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INTRODUCTION

This culminating Spanish Honors Thesis project aims to identify social determinants of health in the community of Granada, Spain. This qualitative research study incorporates a unique interview-based style to capture direct conversations with residents of Granada and open a candid dialogue on health equity and reform.

Analogous to the United States, vulnerable populations in Spain often experience limited access to equitable healthcare. The mission of this podcast is to identify these barriers and accessible resources to support the disadvantages in overcoming them.

MATERIALS & METHODS

This podcast consists of 5 episodes featuring interviews on the following topics: women's health, caring for the elderly, promoting health wellness, migrant health, and representation in the field of medicine. Candidates selected for these interviews were limited to former and current residents of Granada, Spain that work in the field of healthcare.

Soundtrap for Storytellers, a web-based podcasting software, was used to record and master each interview remotely. All recordings were uploaded to Transistor.fm for subsequent distribution to Spotify and Google Podcasts.



Spotify

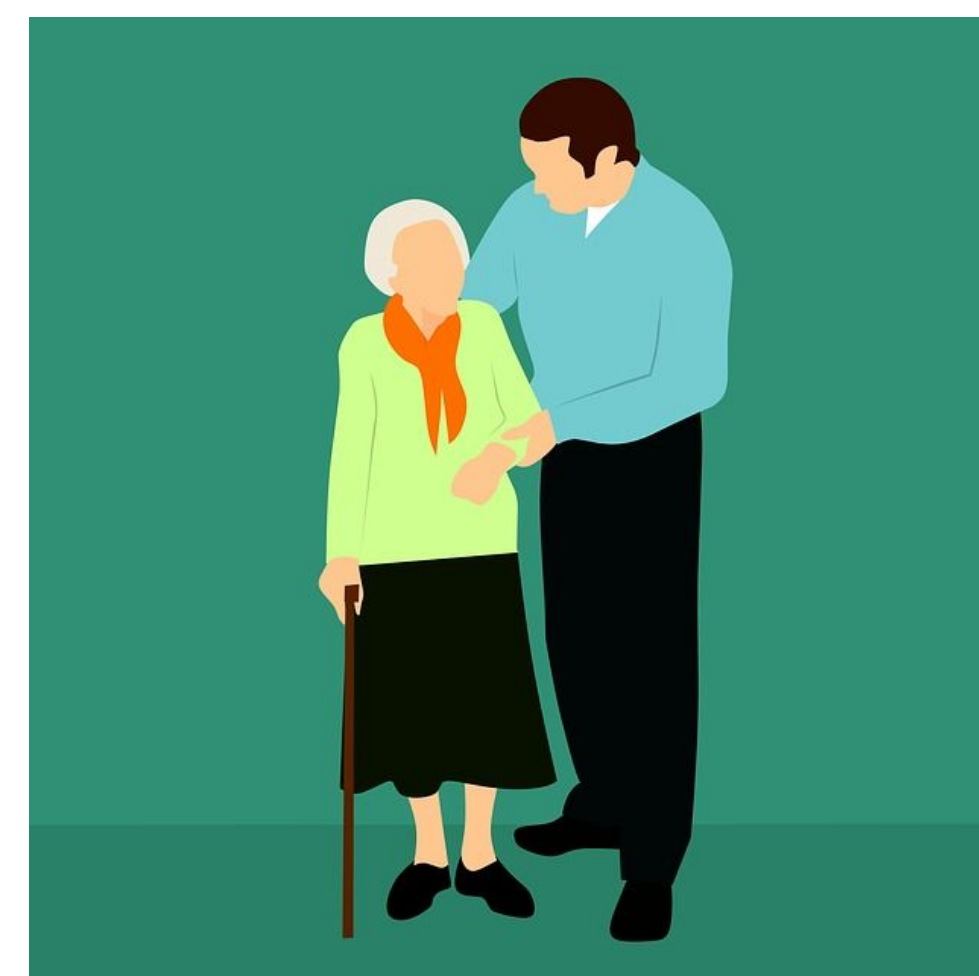
RESULTS

Episode 1: Women's Health



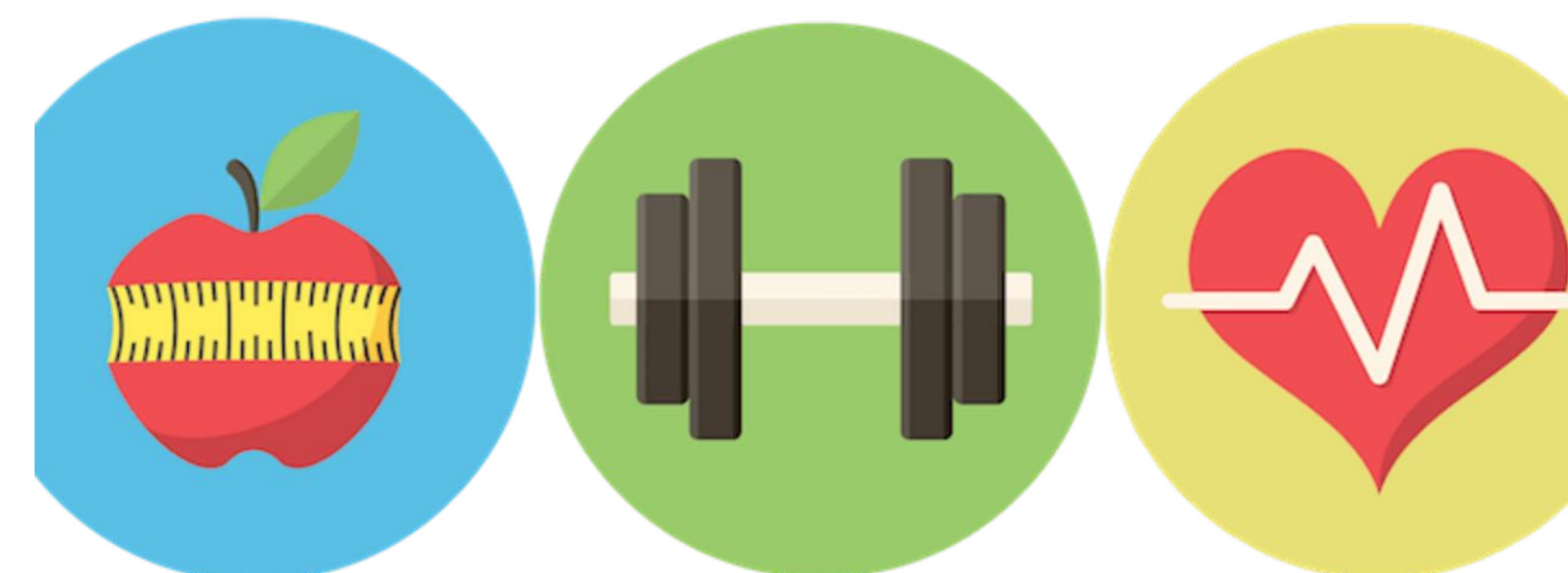
Dr. José Nicolás Navarro Díaz, a practicing physician, shared common issues faced by women that reduce their access to equitable healthcare. These issues include social responsibilities, poverty, and violence. Dr. Navarro emphasized that healthcare practitioners and workers can become better allies to mitigate microaggressions and gender-based violence in and outside of a clinic.

Episode 2: The Elderly Population



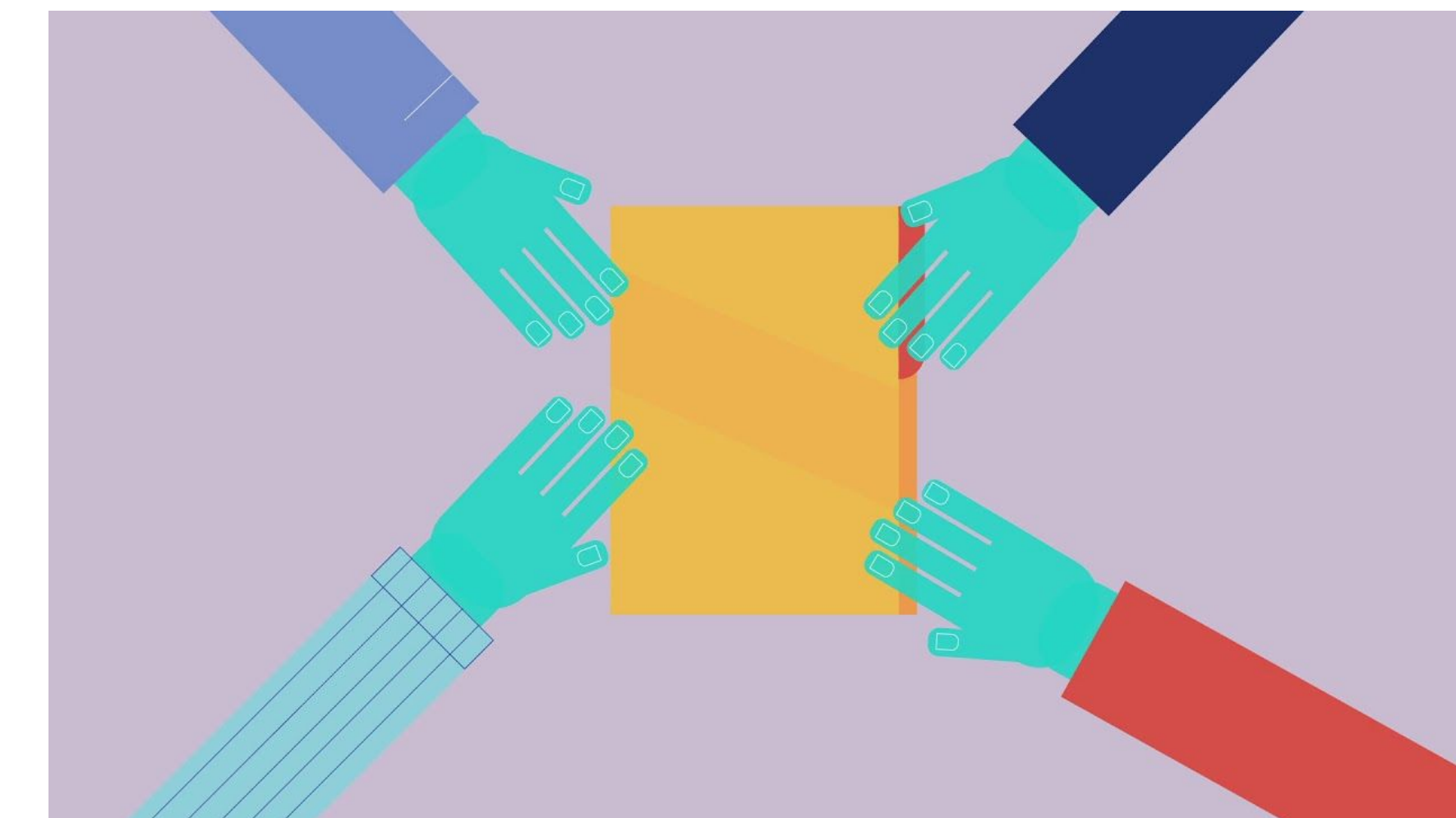
Dr. Navarro described the increased risk of chronic disease for the elderly and the impact of the political climate on sustainable policies. He stressed the importance of advocating for better legislation to improve their metabolic outcomes.

Episode 3: Promoting Health & Wellness



Mr. Lorenzo Borchi shared the importance of promoting daily exercise and hygiene as a preventative form of healthcare.

Episode 4: Migrant Health



Mr. Guillermo Argueta is a migrant social worker in both Spain and El Salvador. He joined for the fourth episode to discuss his personal journey in healthcare and the specific adversities and mental health issues faced by people who are constantly displaced.

Episode 5: Representation in the Field of Medicine



Dr. Mariola Fuentes shared her views on gender and racial parity within her profession as an emergency physician.

SUMMARY AND CONCLUSIONS

These conversations with local healthcare workers in Granada helped identify the community's most vulnerable populations and provide solutions for leaders in healthcare to become better allies and advocates for the needy.

These interviews have been published on Spotify and Google Podcasts to serve as a public resource to raise awareness on these social inequities.

SUPPORT

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