Call for Submissions
SNMA International Committee is now accepting academic articles, reflective writing, photography, and visual artwork reflecting your Global Health research, service, or experiences. These submissions will be considered for quarterly features within our newsletters. Please use the QR code below to submit your work. We look forward to hearing from you!

International Students & Graduates
We have created a group chat for international pre-medical and medical students and graduates to network with one another. It is important to be surrounded by students who are currently undergoing the same process and might be able to share invaluable insights they have learned.

UN Raises Alarm Over Child Deaths in Sudan as Health Crisis Deepens
More than 1,200 children have died of suspected measles and malnutrition in Sudan refugee camps, while many thousands more, including newborns, are at risk of death before year-end. “They and their mothers need skilled delivery care. However in a country where millions are either trapped in war zones or displaced, and where there are grave shortages of medical supplies, such care is becoming less likely by the day.” Every month, some 55,000 children require treatment for the worst form of malnutrition in Sudan, but fewer than one in 50 nutrition centres are functional in the capital Khartoum and one in 10 in West Darfur.

US Judge Refuses to Block Medicare From Negotiating Drug Prices
The drug price negotiation program is part of the Inflation Reduction Act signed last year. Americans pay more for prescription medicines than people in any other country. The program aims to save $25 billion annually by 2031 by requiring drugmakers to negotiate the prices of selected expensive drugs with the U.S. Centers for Medicare and Medicaid Service (CMS), which oversees Medicare. CMS announced the first 10 drugs to be negotiated on Aug. 29. They include the blood thinners Eliquis from Bristol Myers Squibb and Pfizer, Xarelto from Johnson & Johnson, Merck & Co’s diabetes drug Januvia, and AbbVie’s leukemia treatment Imbruvica. The negotiated prices would take effect in 2026 with a minimum discount from the list price at 25%.
Water Stress & Its Impact On Population Health

Water is one of the essential elements of human survival. Despite this notion, access to clean water is a luxury in many populations throughout the world. Water stress is when access to clean and safe water does not meet the demands of the population. Approximately 70 percent of clean water is used for agricultural purposes, 19 percent is used for industrial purposes, and 11 percent is used for domestic purposes. The combination of ecological and economic scarcity is what generates water stress. In many societies, there is financial and political interference that fails to generate adequate infrastructure for the inhabitants of that society. In other cases, the infrastructure is in place, but there is inadequate water supply. The rising temperature of our climate is also affecting water stress. For every 1-degree Celsius increase in water, there is a 20 percent drop in renewable water. Areas that are subtropical, such as southwest USA, Australia, and North Africa will most likely experience more droughts. The increase in water stress can lead to major public health crises such as cholera, hepatitis A, and polio as well as food crises, which can cause acute and chronic hunger. There is currently no international long-term resolution to address the rising water stress problem. The UN recently had a summit on water in March of 2023, but it did not result in the production of an international framework. Instead, it created a UN envoy on water, in which numerous businesses, governments, and nonprofits signed up for the Water Action Agenda. This is a step in the right direction, but not an efficient long-term solution.

How Mental Health is Impacting Populations Globally

The mind is the gateway to a healthy life. Mental health affects all societies. Different cultures have differing perspectives regarding mental health, and some don’t believe it to be a true health problem. Mental illness has been shown statistically to impact about 25 percent of the global population. Approximately 1 in 4 people are impacted with a mental illness at some point in their lives, and it will impact women twice as much as men. Unfortunately, of the percent of people impacted with mental illness, only a third of them receive the care they need. This is due to various factors such as social stigma, an insufficient amount of trained mental health workers, and inadequate resources. It’s been shown that the lower the income level of a nation, the fewer the resources available to address mental health crises.

Statistics have shown that people who suffer from serious mental illness are shown to develop metabolic and cardiovascular diseases. Those who have depression have a forty percent chance of developing these conditions. Depression is the major cause of disability around the world. It currently impacts approximately 280 million people globally. When left untreated, it has been shown to lead to suicide, which sadly claims the lives of 800,000 people each year.

In the field of medicine, this is a major issue not just because it impacts patients but also because physicians are twice as likely to die by suicide compared to the general population, especially female physicians. Mental health is a major part of global health. Finding tangible solutions to treat patients throughout the world is imperative. Not only will these solutions help diminish the risk of other health conditions, but they will also improve the way of life of patients and their loved ones by facilitating more positive health outcomes.

We hope that you enjoyed this edition of SNMA’s International Affairs Newsletter!