**Healthcare Disparities**

Student's Name

Institutional Affiliation

Course Number: Course Name

Professor's Name

Due Date

**Healthcare Disparities**

**Cuba's Cultural and Social Norms, and its Healthcare System**

Cuba's culture is considered one of the most complex cultures because it constitutes different factors and influences. Being an island, it is one country that has continued to realize an increased influx of people. This means that the Cuban cultural customs are primarily composed of the visitors that visit the country, especially the Europeans, Africans, and Amerindians (Pérez, 2012). Besides, the long-term existence of the Spanish colonialist on the island also influenced its cultural norms. Therefore, the Cuban culture ranges from language, religion to different forms of traditions.

The Cuban's daily life is well designed and organized despite the scarcity of resources. The organization seen in the country is primarily driven by the people's need to preserve the culture that maintains its perfect global appearance. Cuban music, dance, and amazing art make the country more interesting to live in. Anyone would love Carlos Acosta's Danza and the open-air concerts that usually take place at La Piragua. Salsa and timba orchestras are another fantastic culture in the country that people interact within almost all areas.

In terms of the social norms, the Cuban usually exhibit the highest level of resilience but very inventive despite the hardships they undergo. The inventiveness in them is mainly evident from how the people manage to run the automobiles more perfectly to the extent that it has become the best vintage for car collection utilized by the superpowers. However, the Cubans constantly experience shortages such as telephone breakdowns and blackouts, but these problems are quite relative, the same as the opportunities available. Besides, the country's socialist ideal is not the same for everyone. This means the way an individual may perceive Cuba usually depends on the situation one is in.

**Cuban Healthcare System**

The Cuban healthcare system is one of the greatest achievements made by Fidel Castro. The system is considered to have originated from the revolution of socialist ideologies. Healthcare in Cuba is provided free of charge, indicating that all Cubans have a fundamental right to healthcare. The primary focus of the system is the prevention of diseases in the simplest way. As a result, most health authorities have considered the country's healthcare system to be awe-inspiring, and the system speaks for itself. The centerpiece upon which the system excels is the polyclinics based within the communities that totals 498 in the entire country. These clinics serve approximately 30,000 to 50,000 people (Kebede-Francis, 2010). The polyclinics also act as hubs for research and medical teachings, where nurses and other students are trained.

More importantly, Cuba has some of the best-trained doctors and numerous medical research innovations, making it a valuable soft power as many doctors are continuously employed abroad. This means Cuba's healthcare system also contributes immensely towards the development of other sectors. There are also special clinics in the country that serves explicitly tourists, politicians, and other VIPS who can successfully manage to pay for the services. To statistically support this impeccable healthcare system, the following date provides an overview of how the system has been transformed.

1. Infant mortality rate: 4.2 persons per one thousand people, compared to the 3.4 persons per one thousand people in the United Kingdom.
2. Life expectancy in the country is 77 for men, while women can live up to 83 years
3. The doctor to patient ratio is 1:150, which is better than the ratio in some developed countries such as the UK.

Indeed, Cuba has achieved a lot in its healthcare system with very few resources, which is quite commendable.

**Singapore's Cultural and Social Norms, and its Healthcare System**

**Singapore's Cultural and Social Norms**

Singapore is also another country whose citizens are composed of immigrants from other countries such as China, Sri Lanka, and the Indian subcontinents. Even though these residents have acquired their distinct identities, their customs and practices are still maintained. Being a cosmopolitan country, Singapore presents a multicultural society, and the cultural norms are mainly influenced by religious and racial harmony. In terms of the country's social setting, the group is highly regarded than an individual. As a result, the Singaporeans strictly follow the social hierarchy (Banerjee & Ho, 2020). A significant aspect that informs the same social setting is the concept of 'face' that defines how people relate. Therefore, in every activity that Singaporeans engage in, the engagements should not cause anyone to lose face. This means that in their dealing, everyone is required to be polite and less physical.

In terms of their cultural norms, Singaporeans use four different languages, including English, Tamil, Malay, and Mandarin. However, even though the standard language spoken in Singapore is English, Singaporeans also speak Singlish, a hybrid of the English language. Secondly, some of the general cultural norms in the country include the following. Firstly, the Singaporeans find it rude to point something with the foot; neither should one point another with one finger. Secondly, things should be handed over using two hands. When entering their homes, the Singaporeans are required to go barefoot as a form of respect.

**Singapore's Healthcare System**

Singapore is also considered one of the countries that have realized extraordinary achievement in advancing its healthcare system. The achievements are measured in terms of the country's ability to provide high-quality healthcare to the Singaporeans and also the ability to control the cost of providing the same care. The controlled cost is evident from the low expenditures that the country spends in the healthcare system compared to the developed countries such as the UK. This has been achieved through Singapore's spirit and philosophy that informs how the government approaches most of the issues affecting the citizens.

Generally, Singaporeans enjoy universal healthcare coverage, indicating that everyone has a fundamental right to access high-quality healthcare because it is the government that funds the system. Many families in the country find it easier to find access to healthcare. The universal coverage is mainly realized via a mixed type of financing system, including the public statutory insurance system that covers all the bills that arise during the care processes. The financing framework is considered as multilayered, whereby a single treatment program is covered different schemes. The system encompasses MediShield Life, MediSave, and the MediFund. The government also provides other subsidies to make healthcare affordable to everyone. For instance, patients are allowed to choose wards containing fewer amenities, and the polyclinics are subsidized to 70 percent. Lastly, emergency services are provided equally to everyone.

To statistically represent Singapore's healthcare system, it is essential to consider the current life expectancy and government spending per capita income.

1. Female life expectancy in Singapore currently stands at 85.7 years, while men live up to an average age of 83.15 years. This is relatively high compared to some developed countries like the UK, indicating that the quality of healthcare in the country is more advanced (Kebede-Francis, 2010).
2. Healthcare expenditure as a share of the country's GDP is 4.44 percent.
3. Healthcare expenditure as per the country's per capita income is approximately 1,700 Singapore dollars. This is quite high compared to many developed that can merely reach 1500 dollars.

**Israel's Cultural and Social Norms, and its Healthcare System**

**Cultural and Social Norms**

Israel is one of the countries that is well known right from the bible. It is a small country of about eight million people and is mainly known for two nationalities, including the Palestinians and Jewish. Each group can easily be differentiated from one another by their religious identities. The Palestinians follow the Muslim culture, while Jews have their own defined religious culture. There are high cultural interchanges in the entire Israel population, but Jewish have not actively participated in the exchanges (Likhovski, 2017). However, over the years, Israel has realized an intensification in cultural synthesis due to the intermingling of other sub-communities that immigrated into the country, such as Ashkenazi and Sephardi. Thus, modern Israel is purely a product of the intertwining of the diverse traditions that make its culture more lucrative.

The rise of the Hebrew language has also played a crucial role in informing Israel's modern culture. Generally, the country's modern culture constitutes the diverse cultural heritages as determined by the various groups that interact with one another. Secondly, the concept of shared language in conjunction with the Jewish tradition is also a key influence on the people's cultural and social life. For example, the Philharmonic orchestra and music have continued to earn the country an admirable reputation. The folk dance that encompasses an original creative manifestation is also a major contributing factor towards the country's lucrative cultural and social norms. Moreover, the pervasive communication infrastructure is behind the county's popular culture by ensuring that the cultures are performed in a modern way.

**Israel's healthcare System**

Like Singapore, Israel has also adopted a universal health coverage type of system that allows everyone to access high-quality care. The decision to adopt universal coverage as a system came about after introducing the financed statutory health insurance system. The insurance system presents all the citizens with the opportunity to choose between the four different forms of health plans. Each plan is providing the citizen with different benefits as stated by the government. This makes Israel's healthcare system more efficient compared to the developed countries' healthcare systems. Besides, the country spends a very small share of the total GDP on healthcare, which is approximately less than 8 percent. Out of the percentage, the private sector pays almost 40 percent, indicating that the government is only paying 4 percent, which is relatively low (Kebede-Francis, 2010).

According to the current research, the country's healthcare systems' efficiency results from numerous factors, including regulation of competition that usually arises when there are many health plans, as in this case, and a more advanced system that controls the electronic health records. The insurance system also covers other health impacts such as mental health and dental care that many developed countries have not included in their insurance plans. As a result, the case of health inequalities is not experienced in Israel. Currently, the government has put in place appropriate measures to address issues of nurse and physician shortages.

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