

### Reflection

I wrote this literature review for my Health & the Hispanic Community course, analyzing the social determinants of health that influence food insecurity in the Latino community of the United States. This project strengthened my research, technical Spanish writing, and critical thinking skills. I gained a new level of cultural competency and a greater awareness of the unique social determinants that members of the Latino community in the US face. I also learned about how tight knit Latino communities and the Latino cultural value of family (*familismo*) act as protective factors against food insecurity. As a future doctor, having cultural competency and cultural humility will help me serve patients from diverse backgrounds. Having strong Spanish writing and comprehension skills will also help me communicate about complex medical topics to Spanish speaking individuals. One of my short-term goals is to become a certified medical translator, and the skills I gained from writing this scientific article will help me communicate about complex medical topics in Spanish to the patients I will serve. In the long term, the new vocabulary I have gained will help me establish connections with my Spanish-speaking patients as a future bilingual physician.

*Artifact In Progress*