

Fulfilling My Dream in SCOPH



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It is a great pleasure to address you once again, and I want to thank the editorial team of the magazine “SoyAMMEF” for this wonderful invitation. Let me introduce myself: my name is Juan Vazquez, though most people know me as “Vazquez,” while my beloved SCOPHians refer to me as “Papa Bear.” I currently serve as the National Public Health Officer (NPO) for the 2024-2025 term.

Through this medium, I’d like to share my experience in this remarkable role. To be completely honest, if I were to compare the version of myself on election day to who I am now, I can confidently say we are two completely different people. The perception of a Standing Committee changes significantly depending on the level at which one works within SCOPH, encompassing roles such as active member, local officer, national team member, and national officer—all of which I am proud and committed to have held.

Being an NPO is undoubtedly not what I initially expected—not in a negative sense, but because of the great surprises that awaited me when I took the reins of this beautiful committee. I firmly believe that we are remembered for the actions we take and the influence we have on others, whether positively or negatively.

The mere realization that my decisions significantly impacted my local counterparts was a pivotal moment for me. Truthfully, the start of my term was anything but easy. Organizing, planning, and implementing all public health-related activities on a national scale was an incredibly challenging task. I remember that on the very first day of my term, barely 24 hours into the role, I already had a major responsibility on my shoulders: managing a collaboration agreement with an external partner working alongside SCOPH. I faced tight deadlines and processes that were completely new to me and that I knew nothing about. However, as the saying goes, after the storm comes the calm.

This term has been a journey of ups and downs, especially as we balance academic and extracurricular obligations. None of this would have been possible without the incredible support of my National Team (NT).



Reflecting on my NT, I vividly recall the day of the applications, filled with questions in my mind: What if very few people apply? What if I choose the wrong people? What if no one applies at all? What if I don't fill the positions and have to go through multiple rounds? It's a feeling I wouldn't wish on anyone. Today, I can confidently say that I made great choices—not just in forming a team, but in building a family for this term.

It's fascinating to see how everyone on the national team is so different yet so similar, united in their drive to elevate public health in Mexico. They consistently go above and beyond to achieve the greatest good for their local counterparts. They are so skilled that I often thought, if by some twist of fate I had to step down, SCOPH would be left in excellent hands.

Let me start with Luis David, or as we know him, "LuisDa," my left hand in the NT. He is highly skilled in every aspect of SCOPH, always seeing opportunities for growth rather than problems, and is willing to take on any task entrusted to him.

Next is Alan, affectionately called "Jalan," my right hand and my support even before the elections. He has been a pillar in navigating various challenges we've faced, though sometimes he vanishes, and we jokingly assume the worst!

Alfonso and Bryan, self-nicknamed "Tonto" and "Retonto," are the best Member Coordinators I could have chosen. Their dedication to Local Public Health Officers (LPOs) and their ability to foster a sense of belonging within SCOPH are unparalleled. Together, they make an extraordinary duo, with every day bringing a new adventure.

Angie and Carlos—though "Angie" is short for Angelica, no one, literally no one, calls her by her full name—are the training experts of AMMEF. Their innovative ideas and personalized LPO training sessions are invaluable. If you get the chance to meet them, you'll notice how different they are: one is endlessly talkative, while the other is as serious as a tomb. Yet, it's precisely these contrasts that make them shine in their area.

The "Armandos," or as I call them, Armando Marketing (Armando 1) and Armando Exchanges (Armando 2), each play distinct roles within the NT despite sharing a name. Armando Luna consistently impresses me with his creativity and innovation in designs and marketing, leaving many speechless with his work. On the other hand, Armando Uranga is the go-to person for exchanges. His proactive approach has positioned AMMEF among the top IFMSA-affiliated countries with the highest number of public health exchange spots, all without much fanfare.



Then there's Leda—affectionately called “Lida”—one of the most dedicated individuals I've ever met. Her work ethic and operational skills are unparalleled, and sometimes I wonder if she's a machine. She's resolute, confident, and a true leader.

Aida, “The Influencer” of the NT, radiates positivity and is incredibly approachable, making it easy to be yourself around her. She always finds a way to make you smile, and when it comes to epidemiology, she's a force to be reckoned with.

Lastly, Ivanna, “La Regia,” is someone I'm immensely proud of. I had the privilege of mentoring her last term, and it's clear she knows exactly where she wants to go. Her expertise in SCOPH protocols and her commitment to every activity and session reflect the exceptional person she is, always giving her best.

I'm incredibly happy and grateful to have these people by my side, both in SCOPH matters and beyond. They've proven to be highly capable in every challenge I've thrown their way. This message is dedicated to thanking them for everything they've done for me during this nearly year-long term. In them, I found a family that, while I can't see often, is always just a message away. I wish them nothing but success and am confident they're on the right path to achieving great things in life.



To my dear SCOPHians, meeting you, whether in person or virtually, has reaffirmed my commitment to you. Unfortunately, my time in this position is coming to an end; not everything lasts forever. But holding this role and doing my best has always been for you. Seeing your dedication to your local committees and going above and beyond fills me with joy. If my work has ever inspired or motivated you, then all my efforts have been entirely worth it.

Thank you for trusting me. I hope I've met your expectations.

I bid you farewell, wishing you all the best of success and, most importantly, thank you for taking the time to read about my experience. For those who know me, you know I always try to approach everything with humor and an unconventional perspective. Signing off from “The Capital of the World,” this is “Un Mushasho Shulo de Chihuahua” who, according to some, happens to be your NPO.

