

Peyton Bobolz
Mason City High School
Mason City, IA, USA
Mexico, Poverty
March 6, 2025

Education, a way to get Mexico out of Poverty

Surrounded by the Atlantic and Pacific, Mexico has a sub-humid and arid climate, making it a popular place for vacation. Although, Mexico may seem like a great place to live from tourism, more than 16 million citizens were considered socially vulnerable for suffering moderate food deprivation in 2020 (Statista Research Department). Many Mexicans work in services, and industry jobs, as people have shifted out of agriculture. The minimum wage in Mexico is MXN 278.80, equating to USD 13.55 (Cornejo). This low minimum wage may contribute to 16 million citizens in moderate food deprivation. More consistent education and affordable housing should be offered to help Mexico get out of poverty.

In Mexico, the family size has been decreasing since 2000. In 2015, the average family size was 3.7 people, and in 2020, it was 3.56 people, down 0.14 in five years. In lower economic status, it is still typical for multigenerational living. In 2018, most heads of households were men aged 26-45 with elementary education. Catholicism is the main religion practiced in Mexico, so family is very important. It is believed that “what God has united cannot be separated by man” (Evason). Family comes before friends. This is especially true in lower classes, as children don’t leave home until they have a job or get married. It can be seen as a “sacrifice” when children leave for school. It is common for children to drop out of school once they hit their teenage years so that they can find work and help their families pay bills and pay for food. Traditional roles are fading out as younger generations, such as Gen Z, get older and marry. Mexicans generally need their parents' approval before marriage, although more couples choose to live together unmarried (Evason).

There is a lack of housing, with more than 14 million houses. Some housing issues in Mexico include 6.8 percent having no drainage, 7.6 percent lacking water, 11.7 percent did not have a chimney but used coal and firewood for cooking, and 0.4 percent lacked electricity. Self-produced housing represents 64.3 percent of national production. In the state of Chiapas, 96.5 percent do not have safe homes. These issues are due to more than half of Mexico's population living under the poverty line (Habitat for Humanity). Habitat for Humanity is working to replace dirt floors with concrete floors; making it safer for children to play and crawl on (Habitat for Humanity International).

Men have been migrating to the U.S. for work. There was an increase around 1970 in people migrating to the U.S. for work. It is primarily older men, who are the head of the household, bringing money back to their families. “Eighteen percent of children born in two-parent homes are expected to experience a father’s migration by age 15”. The chances of father migration are higher when a mother has a lower education (Nobles). Quinceañera is a tradition that when a girl turns 15, a party is held to celebrate her becoming an adult. It was traditionally thought that a girl was ready to find a husband after her quinceañera (Odekirk).

Households of lower socioeconomic status primarily buy from grocery stores, markets, and tianguis, which is a farmers market. Households of higher socioeconomic status primarily bought from supermarkets and convenience stores. In 2013, minimally and/or non-processed food represented 72.3 percent of the food supply in Mexican households. Eighty percent of people live in urban areas due to massive urban sprawl, so lots of grocery stores are nearby. The surface area of Mexico City grew one-and-a-half times faster than its population from 1970-2000 (United Nations Human Settlements

Programme). Liconsa is a program that distributes milk at a low cost to families, especially families with children. Milk is a crucial source of iron and protein and is needed in a child's growth (FAO).

Although 94 percent of the population has access to drinking water services, Mexico is the country with the highest consumption of bottled water. This could be because agriculture is Mexico's first water use, followed by energy generation and industrial usage (Netherlands Enterprise Agency). "Mexico's drinking water distribution systems are not centralized. This disrupts the service, which is partially resolved with water storage tanks. Every Mexican urban household has one or more water storage tanks. This means that drinking water is not flowing or being aerated properly. Thus it cannot be drunk directly from the tap." Eighty-nine percent have sanitation coverage (Netherlands Enterprise Agency).

Although schooling is required by law in Mexico, only 68 percent will complete all nine years of basic education (Santibañe). There are three levels of education in Mexico's public schools. Primary school is six to twelve years old, junior high is twelve to fifteen years old, and high school is from age fifteen to age eighteen years old (Allianz Care). The standard of education can be low, with only 16.2 percent of government spending going toward education in 2020. Government spending on education has gone down since 2015 and this is a big challenge when trying to keep children in school (Macrotrends).

Public schools are typically worse in rural areas as they are underfunded more. Private schools are popular in urban areas and cater to different nationalities. A common issue families face is paying for school supplies. Although school is free, supplies are not, and often, underfunded schools do not have the money to pay for supplies. Paying for uniforms can also be a cost factor and a burden. Transportation can also be an issue (Valencia). Self-esteem can also decrease when kids drop out as they are not confident about the future and are unsure about the future. Students gain confidence in having school supplies. In the U.S., we take this for granted, but it is not common for everyone to have school supplies in Mexico. The Keeping Kids in School Project aims to break generational poverty. "KKIS provides programming that improves graduation rates for promising students and prepares them for life success by offering financial aid, community connections, and educational support." (KKIS). On KKIS's website, you can donate money to help donate backpacks with school supplies in them (KKIS). Classroom materials are overused, which also affects the quality of the children's education (The International Community Foundation). The National Accord for the Modernization of Basic Education was established in 1992 and signed by representatives of the National Teachers' Union, governors of the 31 states, and federal authorities. Some schools are still only for girls or boys, but this is being phased out, and coeducation is becoming very popular. Parents may have to help keep school buildings, equipment, and furniture clean (The University of North Carolina at Chapel Hill). Forty-Five percent of students in Mexico graduated in 2022 compared to 91.8 percent of women and 90.6 percent of males in the U.S. (Korhonen).

A school day in Mexico typically lasts from around eight in the morning to around two in the afternoon. This can vary for different grades as the preschool day is shorter, from nine in the morning to one in the afternoon. Public and religious schools wear uniforms, and private schools usually do not (Dwellworks). During junior high, students can split off between a technical or academic track. The grading system in Mexico is similar to the U.S. Mexico has a system up to 10, with most schools having six or as passing. High school, or secondary school grading examples include 5.9 or lower as failing, 6-7.99 is sufficient, 8-8.99 is good, and 9-10 is excellent or very good. Some schools require a seven or eight to pass (Scholaro, Inc).

Clinics are common throughout Mexico, but often they only have a nurse. Subsidized hospital treatment and medical care are offered to Mexican citizens. If specialized treatment is needed, Mexico City is the place, but modern medicine is too expensive for most. Seventy-nine percent of Mexicans are covered by public healthcare (Villarreal, Valeria, and Sonja R. O'Brien). Over 50 percent of public healthcare coverage comes from IMSS, a system that covers formal employees in the private sector, along with

retirees. People in rural areas tend to struggle with unsafe water and get illnesses associated with it (McDonald). During COVID-19 families had to use their limited savings on healthcare (Associated Press).

People who struggle with food scarcity tend to get illnesses related to it, such as diabetes, insomnia, and hypertension. People also tend to eat spoiled, expired, or rotten food when faced with scarcity. Women and children are more likely to get these diseases. Older people who are overweight can have illnesses related to obesity, such as joint pain, arthritis, and physical disabilities. These can also occur because of malnutrition. Malnutrition happens when people are not getting enough nutrients. A significant factor of these is when families split portions and often make them small so everyone gets food. The opposite can happen as parents give children the majority of the food or the children bigger portions than they give themselves. Small portions are one of the most used coping strategies when making ends meet. Also, when people get sick, they don't get paid. Here in the U.S., we are lucky, and jobs will give you sick days. In Mexico, days not at work are days unpaid. This can cause people to go to work sick, which can worsen sickness. Three meals a day may not be an option when people get laid off. Anxiety and fear are often worse when children and the elderly are present (Martínez-Martínez).

The Mexican Institute of Social Security and Services for State Workers (ISSSTE) recently bought three new hospitals from public-private partnerships. Now, they will be public institutions. This is good as the three hospitals now serve half a million people. The hospital in Susula, Yucatan, has several services, including pediatrics, dermatology, gastroenterology, cardiology, urology, psychology, and more. It has 66 beds. The hospital in Villahermosa has 90 beds, and the hospital in Tepic, Nayarit has 209 beds (MBN Staff).

Seguro Popular was created in 2003 and was a public insurance program that provided people with the social security they would get from a job, and it covered 50 million Mexicans. It reduced out-of-pocket spending, fewer medical bankruptcies, expanded treatment for many diseases, and improved vaccine coverage (McDonald). It was stopped in June of 2020 with a new presidency. "Every person has the right to health protection" is in Article IV of the Mexican Constitution. This is what sparked the idea for Seguro Popular (McDonald).

Food insecurity is a big problem in Mexico, with 10.2 million people living in severe food insecurity. It is down from 10.3 million people a year earlier. Severe wealth inequality has caused 2.4 percent of citizens to be unemployed (RTTNews). The GDP fell during Covid and only rose 4.8 percent in 2021. Seven point one percent of the population lives in extreme poverty (Statista Research Department). Forty percent of wealth is held by one percent of the population (Villarreal and O'Brien). Quincena is a term in Mexico that means 15 days between paydays. This can create problems as you have to make one paycheck last two weeks, or sometimes even longer. This can significantly affect households with one or two working. Transportation to get food can be an issue for rural populations as it can be expensive and time-consuming (Martínez-Martínez).

Mexico is an agricultural country with 38 percent of the global land surface used for agriculture. Around a third of this is used as cropland, while the other two-thirds is used for grazing livestock with meadows and pastures. The most significant cause of greenhouse gas emissions is converting natural land into agricultural land (FAO). Sixty eight point five percent of farms were ejidos, a collective type of farming. Twenty-eight point five percent were held privately. Almost 90 percent of farms were 20 hectares or less, and 2.2 percent were 100 hectares or more. Larger farms are in Northern Mexico, due to their semi-arid climate, which is suitable for commercial farming (Geo-Mexico). The average farm size in the United States is 98 hectares, unlike Mexico, which is only eight hectares (Martínez González, et al.). Farm size in Mexico can be compared to a big fiberglass plant in South Carolina (Crain Communications, Inc).

Regeneration farming, conservation, and rehabilitation approach to food and farming systems is being established across Mexico. This has helped smallholder farmers get into the market. Smallholder farms account for 78 percent of cattle farms, 96 percent of poultry farms, 89 percent of pig farms, and 57 percent of crop farms. These percentages represent 19 percent of agricultural production and more than half of the foods grown in the country. Smallholder farms have had trouble getting into the market due to erratic weather and stable markets. For example, droughts affected 40 percent of Mexico's corn. Smallholder farms do not have the money to make up for these losses. "Pequeno Productor" program, launched by Walmart Foundation Mexico, has helped smallholder farmers reach buyers, helping create shorter supply times. Pequeno Productor has also helped buyers and farmers realize there is little difference between regenerative and traditional agriculture. This also allows buyers to meet their Sustainable Development Goals (Cely).

In Mexico, 37 percent of the country is sub-humid, found in the coastal plains and mountains. Humid areas are the remaining seven percent. The central and northern parts of Mexico are very arid/semi-arid and comprise 56 percent of the territory. From July to October, Mexico's coast is vulnerable to hurricanes, and Mexico's weather is strongly influenced by El Niño events. "The country's location between two oceans and complex topography increases the country's exposure to extreme hydro-meteorological events such as tropical cyclones, frosts, heatwaves, and floods" (The World Bank Group). Lázaro Cárdenas Batel, IMSS, and the ministries have agreed to "integrate all agro-export chains into deforestation-free frameworks and promote labor formalization." Mexico wants to do better regarding deforestation and has partnered with the Agriculture and Environment Ministries. They want to monitor water use and develop a forest cover map. Avocado orchards, although a significant employment opportunity, have high water demand and are not suitable for the ecosystem. "One avocado tree consumes as much water as 14 pine trees" (Fresh Fruit Portal).

In 1974, the Seasonal Agricultural Worker Program (SAWP) was set up. Canada needed agricultural workers, and Mexican citizens required work. Mexican citizens can apply for the SAWP program and live and work in Canada for up to eight months. To be eligible for SAWP, you must live in a rural area, be between the ages of 22 and 45, and have at least three years of education but not over three years of secondary school. You also must have some experience in agricultural activity. You get medical and life insurance in SAWP (Gobierno de Mexico). They must be getting paid at least USD 17.20 an hour. Your average hours per week should equal 40 hours or more. (Migrant Workers Alliance). This is a good program because of the insurance aspect.

The government in Mexico has changed a lot in the past years. Mexico elected its first female president, Claudia Sheinbaum, in 2024. Claudia is part of the MORENA (National Regeneration Movement) party. It is democratic and is the popular party. Her predecessor, Andrés Manuel López Obrador, removed poverty reduction programs such as conditional cash transfers and Seguro Popular (Stanford University). Seguro Popular was working on healthcare, and building new clinics, and it had improved the economy and health of the country (McDonald). Insabi replaced Seguro Popular, but a lack of coverage and attention eliminated it in 2022. IMSS expanded and replaced Insabi with a branch called IMSS Bienestar (Villarreal, and. O'Brien).

The Mexican government is putting forth 600 billion MXN (30.8 billion USD) to support housing development. The National Workers' Housing Fund Institute (INFONAVIT) is going to build 500,000 homes, and 500,000 are being built by the National Housing Commission (CONAVI). They will have a 30-year interest mortgage. The Welfare Financial Institution (FINABIEN) will provide additional subsidized financing for those not eligible for standard public housing programs.

A cash transfer program called Procampo launched in 1994. It was supposed to give subsistence farmers a financial boost so they could be producers in the market. Being in the market would allow them to make a

living, doing something they already do; growing crops. In 2010, Procampo was still giving out more than USD 1.3 billion to 2.7 million farmers (Martínez González). To apply for Procampo, you had to have owned land, rented land, or had permission to use land (Martínez González). Some people just cultivated their land, so they could just get the money and never harvested it. Procampo does not always work as a benefactor for the farms, as they can take funds. “Ten percent of beneficiaries get more than 57 percent of the subsidies while 80 percent, or about four million people, get only 27 percent of the funds” (Open Society Foundations). Landowners sometimes raise the rent, as it offsets the bonus people receive through Procampo. Procampo pays based on growing seasons, as some farms can grow/plant during both seasons and receive double payments. This can hurt small farm owners as they are only able to plant/grow once a year. Procampo was created after Mexico joined the North American Free Trade Agreement (NAFTA) with Canada and the U.S. The North American Free Trade Agreement was established in 1992 as a free trade zone. It started on January 1, 1994 (U.S. Department of Homeland Security).

Progesa was a social program that transferred income to low-income families in rural areas in exchange for their kids attending school (Sevilla Nunez). It opened in 1997 and was available to families under the minimum welfare. The name was changed to Oportunidades in 2002 and then to (PROSPERA) Programa de Inclusión Social in 2014. This program was not just for schooling, as it gave financial education to teach about saving, vocational training, and capacity training in financing. Over the years, it switched from just supporting the poorest to breaking the intergenerational cycle of poverty (Sevilla Nunez). Children were more likely to complete basic education. Other countries liked Progesa and replicated it. Progesa accounted for a fifth of Mexico's poverty eradication. Seventy percent of people in Progesa were in rural areas. The lack of better jobs after the program led to its closure in 2019 after 22 years, and, it was replaced with other federal programs such as the Benito Juárez scholarship program (Sevilla Nunez).

The National Coordination of Scholarships for the Well-being of Benito Juárez provides scholarships for children in vulnerable situations or poverty. There are three scholarships offered through this program. The three scholarships offered are the Young People Writing the Future Scholarship, Universal Scholarship for High School Students Benito Juárez, and Family Welfare Scholarship for Basic Education. The Universal Scholarship for High School Students Benito Juárez offers 1900 pesos (USD 92.65) every two months and lasts up to 40 months as long as you are enrolled in high school. Payments made using a Banco del Bienestar card. A Banco del Bienestar card is a Visa debit card given to you by the scholarship programs. Most government social programs use a Banco del Bienestar card. Scholarships from the Well-being of Benito Juárez are compatible with other scholarships, as they have different objectives. The Young People Writing the Future Scholarship is for technical or university students. Aimed to help them finish their education. Family Welfare Scholarship for Basic Education, or the Rita Centina Universal Basic Education Scholarship, seeks to help children in basic education finish schooling. As long as you have a low income and are enrolled in public school, that is a priority. The goal is to universalize the scholarship for all ages, but it will start with secondary education in 2025 (Gobierno de Mexico). If you can get scholarships, schooling is much more realistic, and pressure is taken off about payment due.

Poverty has been an issue in Mexico for a long time. If Mexico starts educating the younger generation, it would not only help them financially but also help them get higher-paying jobs. Seasonal agriculture work is popular, but because it is seasonal, it causes poverty throughout the year. If people graduated even just from high school, it would allow them to have year-round jobs. Having a year-round job doesn't just mean money; it also means job security. Job security means you have a stable job and will not be let go. Permanent jobs can also come with insurance. Insurance is expensive when paying for it out of pocket, and most people do not have it. This would also help with healthcare costs. The average price of health insurance is around 38,000 MXN (1,700 USD) a year, with a deductible of approximately 11,000 MXN (5,000 USD) (InterNations).

Breaking Mexico's poverty cycle requires sustained efforts to improve education and create affordable housing options. Children appear to contribute little to the economy, but earning a high school diploma allows access to better-paying jobs, which ensures financial stability over time. These jobs help raise personal earnings while simultaneously making housing affordability more attainable for families. An outside citizen could vote for a candidate who advocates for education and the youth. While people are waiting for their kids to complete schooling, they can access food banks, which would help families out financially. Also, families would be able to get insurance through their jobs, which would help with the cost of healthcare. People do not always get the care they need because of the high cost. Scholarships will help kids finish schooling as they would reduce the cost significantly. Starting with the younger generation and educating them would help Mexico grow out of poverty.

Bibliography

- Allianz Care. "Schools in Mexico." Allianz Care, 2024, <https://www.allianzcare.com/en/support/health-and-wellness/my-expat-life/school-guides/schools-in-mexico.html>. Accessed 20 December 2024.
- Associated Press. "Mexico's poorest receiving less government funds under president who brought poor to the fore." VOA, 25 May 2024, <https://www.voanews.com/a/7626592.html>. Accessed 29 March 2025.
- The Borgen Project. 2022, <https://borgenproject.org/education-in-mexico/#:~:text=While%20some%20schools%20are%20in,education%20in%20Mexico%20is%20poor>. Accessed 15 January 2025.
- Cely, Carolina. "Connecting Mexican Farmers and Buyers Through Regenerative Practices." Business Fight for Poverty, 22 July 2024, <https://businessfightspoverty.org/connectingmexicanfarmersandbuyersthroughregenerativepractices/>. Accessed 10 February 2025.
- Cornejo, Roberto. "Minimum Wage In Mexico 2025." Start-Ops Mexico, 3 January 2025, <https://start-ops.com.mx/minimum-wage-in-mexico/>. Accessed 30 January 2025.
- Crain Communications, Inc. "Jushi breaks ground on large plant in South Carolina." Plastics News, 12 December 2016, <https://www.plasticsnews.com/article/20161212/NEWS/161219978/jushi-breaks-ground-on-large-plant-in-south-carolina>. Accessed 10 January 2025.
- Dwellworks. "Schooling in Mexico." Dwellworks, 2024, <https://blog.dwellworks.com/schooling-in-mexico2#:~:text=The%20start%20time%20and%20duration,go%20until%202%3A00%20p.m>. Accessed 10 February 2025.
- Encyclopædia Britannica, Inc. "Mexico." Britannica School, 2024, <https://school.eb.com/levels/high/article/Mexico/108719>. Accessed 20 December 2024.
- Evason, Nina. "Mexican - Family — Cultural Atlas." Cultural Atlas, 1 January 2018, <https://culturalatlas.sbs.com.au/mexican-culture/mexican-culture-family>. Accessed 30 January 2025.
- FAO. "Land use in agriculture by the numbers | Sustainable Food and Agriculture." Food and Agriculture Organization of the United Nations, 7 May 2020, <https://www.fao.org/sustainability/news/detail/en/c/1274219/>. Accessed 16 December 2024.
- FAO. "The double burden of malnutrition." FAO, 2006, <https://www.fao.org/4/a0442e/a0442e0m.htm>. Accessed 29 March 2025.
- Fresh Fruit Portal. "Mexico announces fair and sustainable agro-exports program." Fresh Fruit Portal, 3 February 2025, <https://www.freshfruitportal.com/news/2025/02/03/mexico-announces-fair-and-sustainable-agro-exports-program/>. Accessed 12 February 2025.

- Geo-Mexico. "The pattern of farm sizes in Mexico: is there a north-south divide? – Geo-Mexico, the geography of Mexico." Geo-Mexico, the geography of Mexico, 24 February 2014, <https://geo-mexico.com/?p=11019>. Accessed 17 December 2024.
- Gobierno de Mexico. "Labor Affairs." Relaciones Exteriores Mexico, <https://consulmex.sre.gob.mx/montreal/index.php/en/laboral-affairs#:~:text=Consulado%20General%20de%20M%C3%A9xico%20en,this%20agreement%20was%20be%20celebrated>. Accessed 8 January 2025.
- Gobierno de Mexico. "Who Are We?" <https://www.gob.mx/becasbenitojuarez?tab=nosotros>. Accessed 4 February 2025.
- Habitat for Humanity International. "Mexico | Habitat For Humanity." Habitat for Humanity, 2025, <https://www.habitat.org/where-we-build/mexico>. Accessed 6 February 2025.
- InterNations. "Guide to Health Insurance and Healthcare System in Mexico." InterNations, 2024, <https://www.internations.org/mexico-expats/guide/healthcare>. Accessed 13 February 2025.
- IDB. "The social program Progresá breaks extreme poverty cycle in Mexico." IDB, 5 June 2001, <https://www.iadb.org/en/news/social-program-progres%C3%A1-breaks-extreme-poverty-cycle-mexico#:~:text=Social%20programs%20such%20as%20Progres%C3%A1,the%20deadline%20for%20universal%20quality>. Accessed 6 January 2025.
- Korhonen, Veera. "Percentage of U.S. population who have completed high school 1960-2022." Statista, 30 August 2024, <https://www.statista.com/statistics/184266/educational-attainment-of-high-school-diploma-or-higher-by-gender/>. Accessed 12 February 2025.
- Kidd, Stephen. "The demise of Mexico's Prospera programme: a tragedy foretold." development pathways, 2 June 2019, <https://www.developmentpathways.co.uk/blog/the-demise-of-mexicos-prospera-programme-a-tragedy-foretold/>. Accessed 13 January 2024.
- Macrotrends. "Mexico Education Spending 1991-2025 | MacroTrends." Macrotrends, 2025, <https://www.macrotrends.net/global-metrics/countries/mex/mexico/education-spending>. Accessed 30 January 2025.
- Martin, Philip. "Mexican Workers and U.S. Agriculture: The Revolving Door." SIRS Issues Researcher, Center For Migration Studies OF New York, 2002, <https://explore.proquest.com/sirsissuesresearcher/document/2268266833?searchid=1734543874&accountid=66910>. Accessed 19 December 2024.
- Martínez González, Ariadna. "The Mexican PROCAMPO Farmland Subsidy and Its Effectiveness as a Rural Anti-Poverty Program." 6 November 2017, <https://www.aeaweb.org/content/file?id=5888#:~:text=For%20instance%20there%20are%20many,subsidy%20can%20be%20passed%20on>. Accessed 10 February 2025.
- Martínez-Martínez, Oscar A. "Food insecurity and levels of marginalization: food accessibility, consumption and concern in Mexico." BMC, 2023, <https://equityhealthj.biomedcentral.com/articles/10.1186/s12939-023-01977-5>. Accessed 12 February 2025.

- MBN Staff. "ISSSTE Nationalizes Three Hospitals in Mexico." Mexico Business News, 6 January 2025, <https://mexicobusiness.news/health/news/issste-nationalizes-three-hospitals-mexico#:~:text=In%20Villahermosa%2C%20the%20Hospital%20General,%2C%20and%20urology%2C%20among%20others>. Accessed 12 February 2025.
- McDonald, Tim. "The Rise and Fall of Seguro Popular: Mexico's Health Care Odyssey." Think Global Health, 14 November 2023, <https://www.thinkglobalhealth.org/article/rise-and-fall-seguro-popular-mexicos-health-care-odyssey>. Accessed 6 January 2025.
- Mesa, Jesus, et al. "Mexico Goes All In on Housing: 1 Million New Homes, Zero-Interest Mortgages." Newsweek, 11 November 2024, <https://www.newsweek.com/mexico-affordable-housing-zero-interest-mortgages-1983855>. Accessed 14 January 2025.
- migrant workers alliance. migrant workers alliance, <https://migrantworkersalliance.org/fw-wages2024/#:~:text=You%20must%20be%20paid%20at,they%20are%20breaking%20the%20law>. Accessed 8 January 2025.
- Minority Rights Group. "Indigenous peoples in Mexico." Minority Rights Group, 2023, <https://minorityrights.org/communities/indigenous-peoples-4/>. Accessed 14 January 2025.
- Netherlands Enterprise Agency. "Water in Mexico." January 2020, <https://www.rvo.nl/sites/default/files/2020/01/Water-in-Mexico-sector-overview.pdf>. Accessed 18 December 2024.
- Nobles, Jenna. "Migration and Father Absence: Shifting Family Structure in Mexico." National Library of Medicine, 1 August 2014, <https://pubmed.ncbi.nlm.nih.gov/articles/PMC3766732/>. Accessed 8 January 2025.
- Odekirk, Sally. "Learn about Quinceañera Traditions and History." FamilySearch Blog, 28 July 2019, <https://www.familysearch.org/en/blog/quinceanera-traditions>. Accessed 8 February 2025.
- O'Neill, Aaron. "Mexico - Distribution of the workforce across economic sectors 2022." Statista, 4 July 2024, <https://www.statista.com/statistics/275428/distribution-of-the-workforce-across-economic-sectors-in-mexico/>. Accessed 17 December 2024.
- Open Society Foundations. "Agricultural Support Reaches Mexico's Well-Connected Few." Open Society Foundation, 26 February 2010, <https://www.opensocietyfoundations.org/newsroom/agricultural-support-reaches-mexico-s-well-connected-few>. Accessed 10 February 2025.
- Ortiz-Hernández D, Luis, et al. "Main Retailers In Which Mexican Households Acquire Their Food Supply." ScienceDirect, Society for Nutrition Education and Behavior, 2022, <https://www.sciencedirect.com/science/article/abs/pii/S1499404622003724#:~:text=Results,primary%20sources%20of%20unprocessed%20foods>. Accessed 19 December 2024.

- RTTNews. "Mexico Jobless Rate Falls To 2.4%." Markets Insider, 29 January 2025, <https://markets.businessinsider.com/news/interestrates/mexico-jobless-rate-falls-to-2-4-1034282753>. Accessed 30 January 2025.
- Santibañez, Lucrecia, et al. "Education in Mexico Challenges and Opportunities." RAND, 2005, https://www.rand.org/content/dam/rand/pubs/documented_briefings/2005/RAND_DB480.pdf. Accessed 7 January 2025.
- Scholaro, Inc. "Education System in Mexico." scholaro database, 2025, <https://www.scholaro.com/db/countries/Mexico/Education-System>. Accessed 10 February 2025.
- Sevilla Nunez, Paula. "Mexico's 20-year conditional cash transfer program supports low-income households to access services." NYU Center on International Cooperation, 6 June 2023, <https://www.sdg16.plus/policies/mexicos-20-year-conditional-cash-transfer-program-supports-low-income-households-to-access-services/>. Accessed 3 February 2024.
- Stanford Center on Democracy, Development and the Rule of Law. "6 Insights on Mexico's Historic Election: Stanford Scholars Explain What This Means for the Future of its Democracy." Stanford University, 5 June 2024, <https://cddrl.fsi.stanford.edu/news/6-insights-mexicos-historic-election-stanford-scholars-explain-what-means-future-its-democracy>. Accessed 6 January 2025.
- Statista Research Department. "Average size of households in Mexico 2020." Statista, 4 November 2024, <https://www.statista.com/statistics/1407687/average-size-of-households-mexico/>. Accessed 17 December 2024.
- Statista Research Department. "Population facing food insecurity by severity in Mexico 2022." Statista, 5 July 2024, <https://www.statista.com/statistics/1043182/mexico-number-population-food-insecurity-severity/>. Accessed 16 December 2024.
- Statista Research Department. "Poverty and inequality in Mexico - statistics & facts." Statista, 24 October 2024, <https://www.statista.com/topics/10074/poverty-and-inequality-in-mexico/>. Accessed 16 December 2024.
- United Nations Human Settlements Programme. "Urbanization in Mexico: Building inclusive & sustainable cities." UN-Habitat, 2024, <https://unhabitat.org/mexico>. Accessed 16 December 2024.
- The International Community Foundation. "4 Barriers To Quality Education In The Mexico School System." The International Community Foundation, 2025, <https://icfdn.org/barriers-quality-education-mexico/>. Accessed 12 February 2025.
- The University of North Carolina at Chapel Hill. "The Handbook for Educators Who Work with Children of Mexican Origin." The Handbook for Educators Who Work with Children of Mexican Origin, April 2015, <https://people.uncw.edu/martinezm/handbook/html/education-overview.htm>. Accessed 12 February 2025.
- U.S. Department of Homeland Security. "North American Free Trade Agreement." U.S Customs and Border Protection, 6 December 2024, <https://www.cbp.gov/trade/north-american-free-trade-agreement#:~:text=North%20American%2>

0Free%20Trade%20Agreement%20(NAFTA)%20established%20a%20free%2D,produced%20by%20the%20signatory%20nations. Accessed 10 February 2025.

Valencia, Miguel. "The Struggle and Triumph of Education in Mexico: A Deep Dive into Public Schools." KKIS, 18 July 2024,
<https://kkisproject.org/a-deep-dive-into-public-schools-in-mexico/>. Accessed 11 February 2025.

Villarreal, Valeria, and Sonja R. O'Brien. "Infographic | How Do Mexicans Get Healthcare?" Wilson Center, 7 October 2022,
<https://www.wilsoncenter.org/article/infographic-how-do-mexicans-get-healthcare>. Accessed 1 February 2025.

The World Bank Group. "Mexico - Climatology | Climate Change Knowledge Portal." Climate Change Knowledge Portal, 2021,
<https://climateknowledgeportal.worldbank.org/country/mexico/climate-data-historical>. Accessed 17 December 2024.