

MEDICC RESOURCES

U.S. POLICY TOWARDS CUBA

U.S. Cuba Policy: Sanctions in the Time of Pandemic

Amidst the COVID pandemic, Washington imposed some 50 new restrictions targeting Cuba, on top of the more than 200 added during the Trump administration. This affected medical donations and the purchase, payment and shipping of medicines, medical supplies and equipment. This [analysis and virtual event hosted by the National Security Archive and the Washington Office on Latin America](#) breaks down the effects of U.S. sanctions on Cubans' health during the global pandemic.

<https://www.wola.org/analysis/understanding-failure-of-us-cuba-embargo>

Driven to Desperation

For over three years, investigative Journalist Liz Oliva Calderón has been reporting from Cuba about the effect of US sanctions on her country. In this 20-minute video, she explores how these sanctions, now the strongest in their 60+ year history, contribute to hunger, illness and frustration to the point of unrest on the island.

<https://www.bellyofthebeastcuba.com/waroncuba5#episode5>

The US embargo against Cuba: Its Impact on Economic and Social Rights (Amnesty International)

This report from [Amnesty International](#) focuses on the right to health by highlighting how the trade and financial sanctions affect the provision of health care in Cuba.

The U.S. Sanctions: Impact on Cubans and U.S. Farmers

In this short video, US farmers on a trade mission to Cuba, explain the negative impact of the embargo, including on food sovereignty and nutrition for Cubans.

<https://www.youtube.com/shorts/K39KZ81rYws>

Right to Live Without a Blockade (Oxfam)

For almost 60 years, the United States has enforced sanctions against Cuba that “impede its 11 million people from freely engaging with the US and beyond...a barrier to the full exercise of Cubans’ rights,” according to the 2021 Oxfam report ***Right to Live without a Blockade: The Impact of US Sanctions on the Cuban Population and Womens’ Lives***.

<https://oxfamlibrary.openrepository.com/bitstream/handle/10546/621191/bp-cuba-blockade-women-250521-summ-en.pdf;jsessionid=F431797466AC5F5EF20E9D66DDA3C18D?sequence=4>

Denial of Food and Medicine: The Impact of the U.S. Embargo on Health and Nutrition in Cuba

Water quality, food security, medicines and medical equipment: “The embargo has closed so many windows that in some instances Cuban physicians have found it impossible to obtain life-saving medicines from any source, under any circumstances,” according to this [seminal report published in 1997](#). The report’s [Executive Summary](#) highlights the most egregious measures affecting the health and wellbeing of Cubans, ones that persist today.

https://medicc.org/wp-content/uploads/2024/08/The_impact_of_the_U.S._Embargo_on_Health_Nutrition_in_Cuba-compressed.pdf

<https://medicc.org/wp-content/uploads/2024/08/EXECUTIVE-SUMMARY-Impact-of-US-Embargo-on-Health-and-Nutrition-in-Cuba.pdf>