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## Introduction

- Healthcare literacy is crucial for college students to navigate and utilize healthcare services effectively.
- Many students struggle to understand healthcare systems, impacting their access to and use of services.
- This study investigates how healthcare literacy among UC San Diego (UCSD) students influences their healthcare utilization, with a focus on health insurance literacy.

## Objective

This study explores how healthcare literacy among UCSD students is associated with their access to and utilization of healthcare services, as well as the sociodemographic factors associated with healthcare literacy.

## Methods

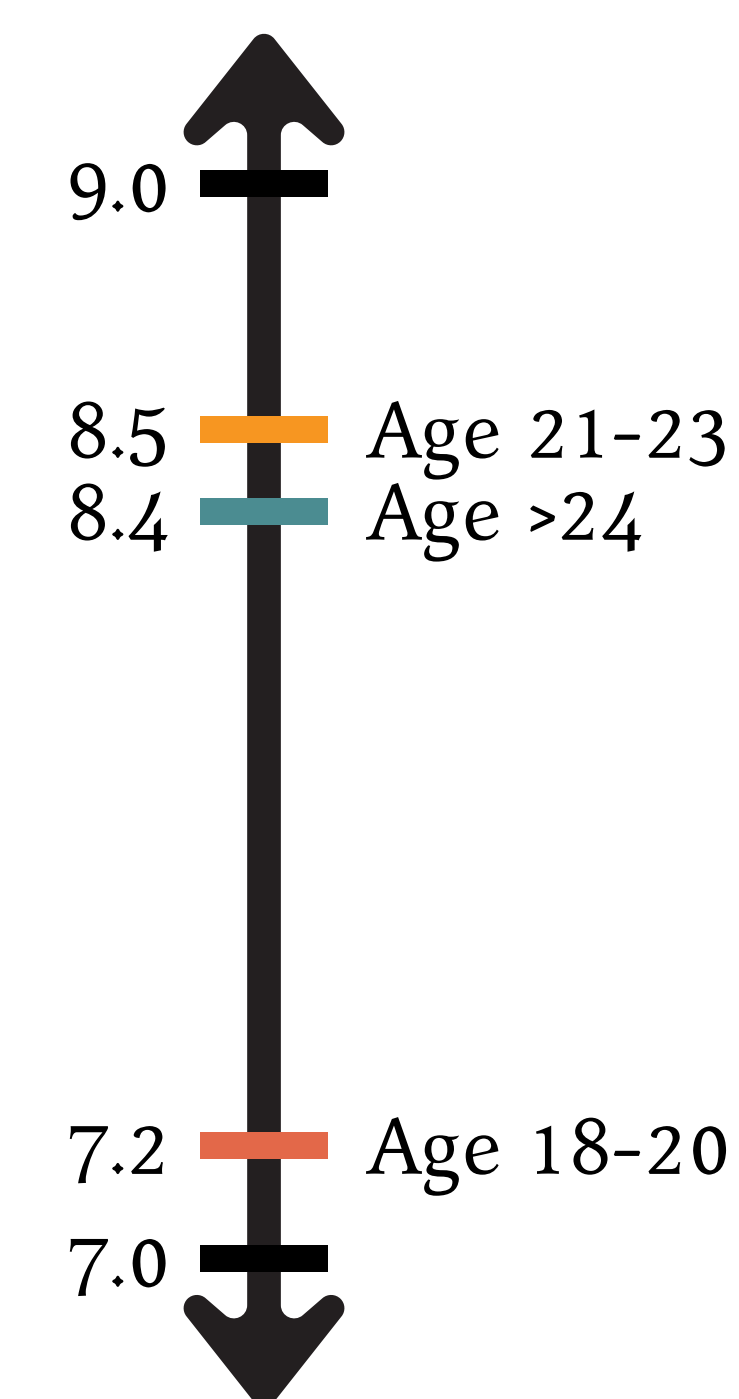
We conducted a study to assess healthcare literacy among UC San Diego undergraduates and its impact on healthcare access.

- Participants: UCSD undergraduates (n = 194)
- Duration: 1-5 minutes
- Delivery: Social media, campus flyers
- Data: Demographics, Healthcare experiences, Utilization, Health Literacy Score (HLQ; 0-14)
- Privacy: No identifiable information recorded
- Analysis: One-way ANOVA statistical tests

## Acknowledgments

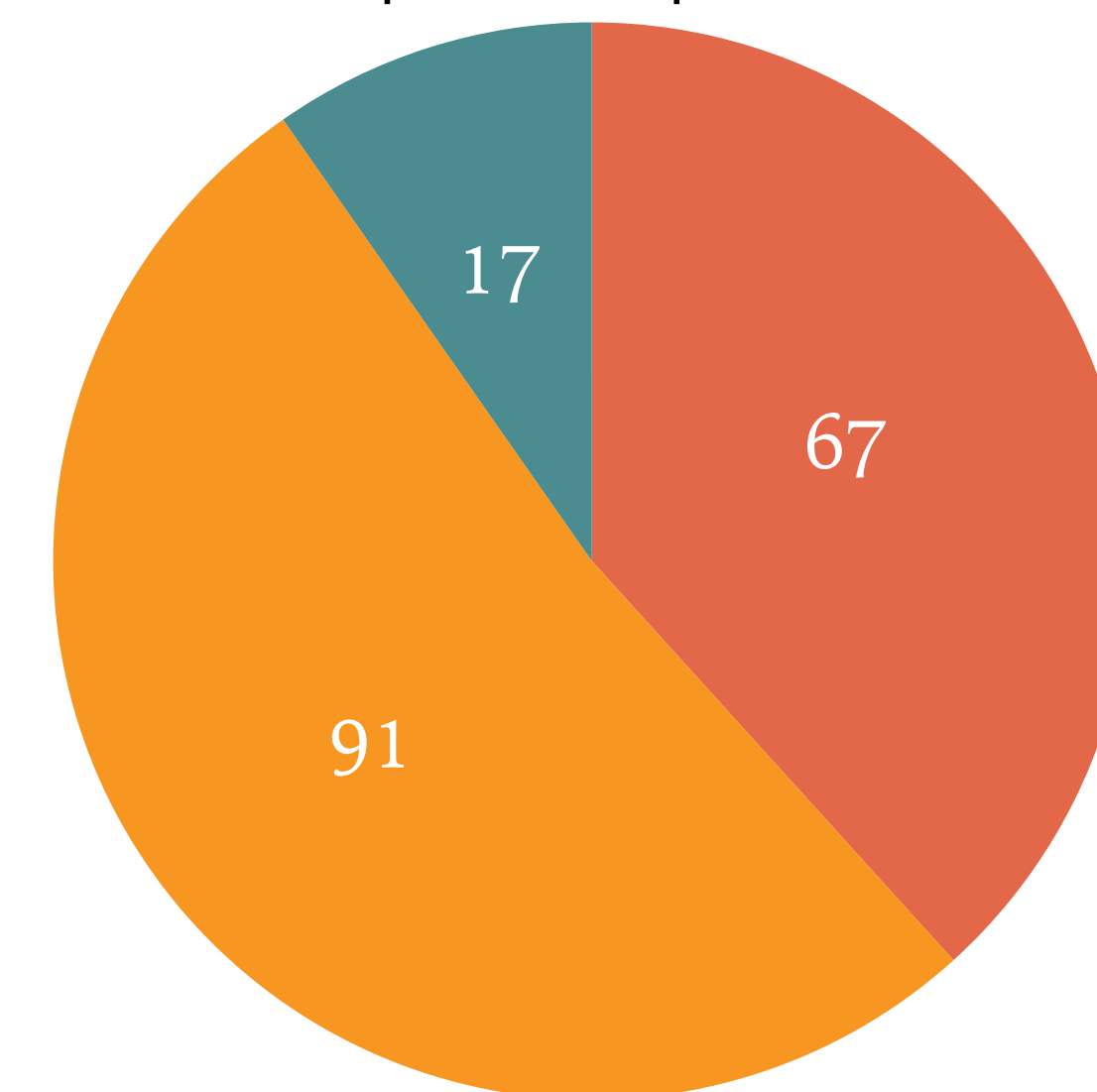
We thank all participants and appreciate the guidance of Christine Zoumas, MS, RD, and Alana Lopez MPH.

## Results



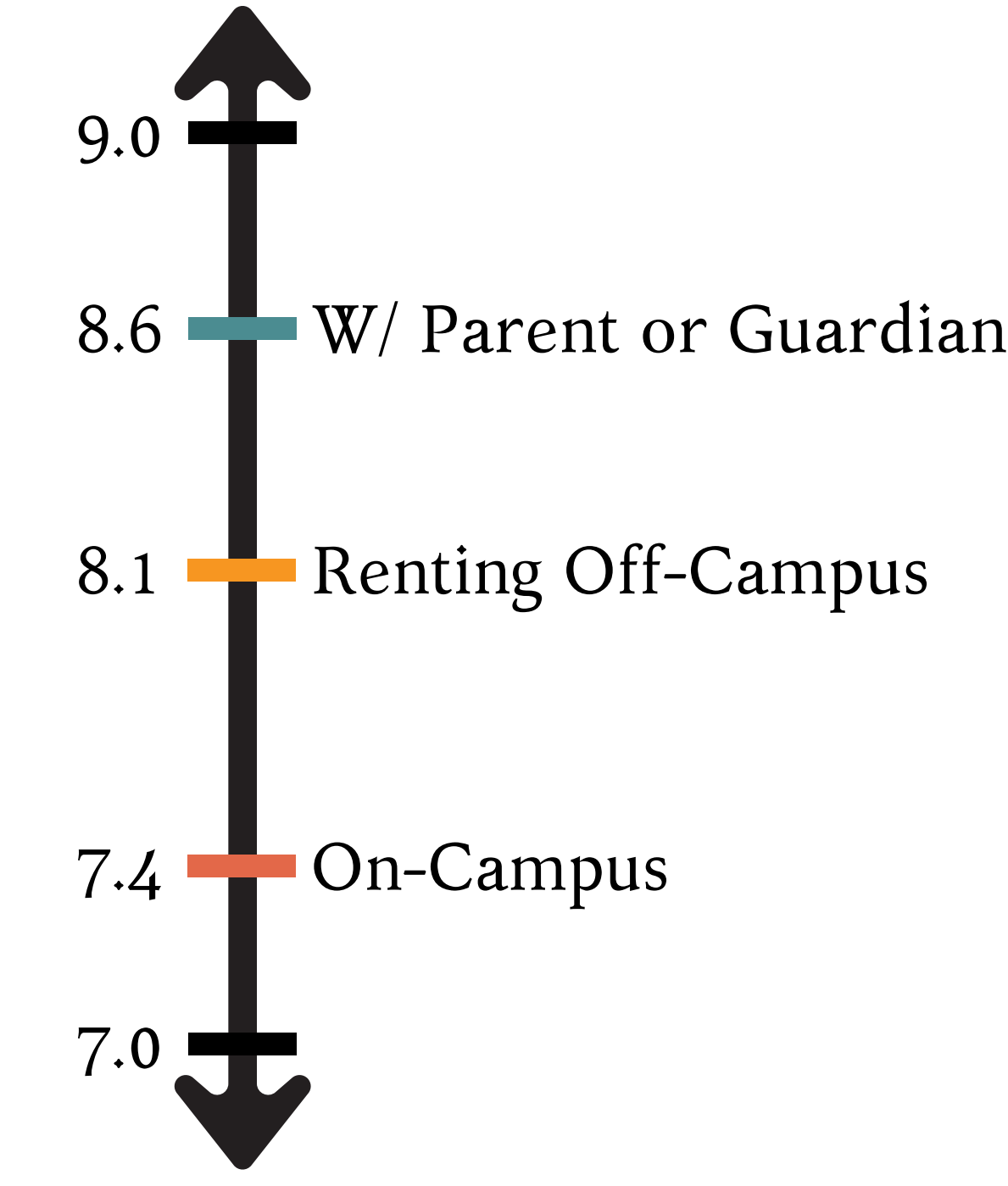
$p < 0.005$

Sample Composition:



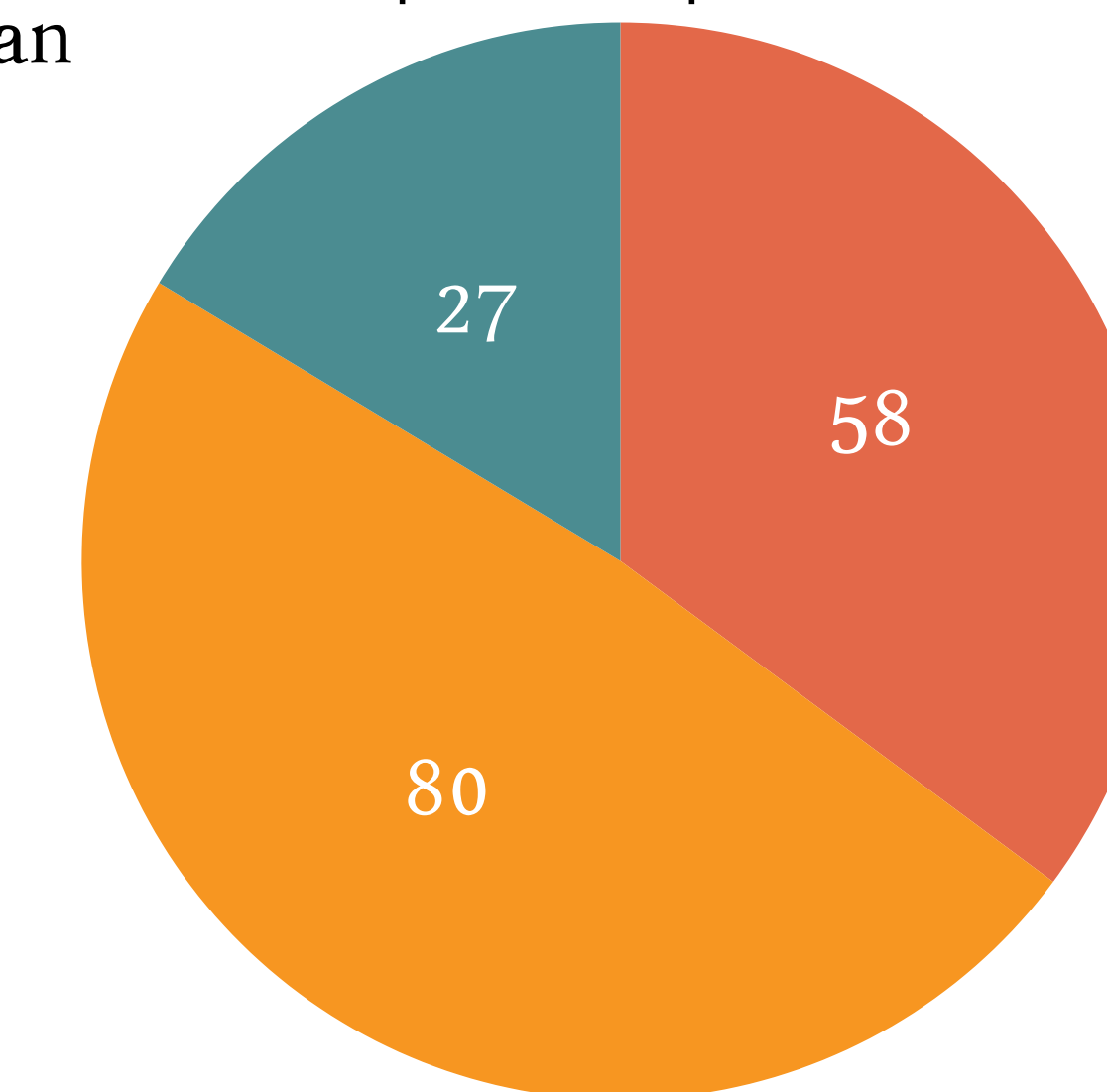
Average HLQ Score

Individual Age



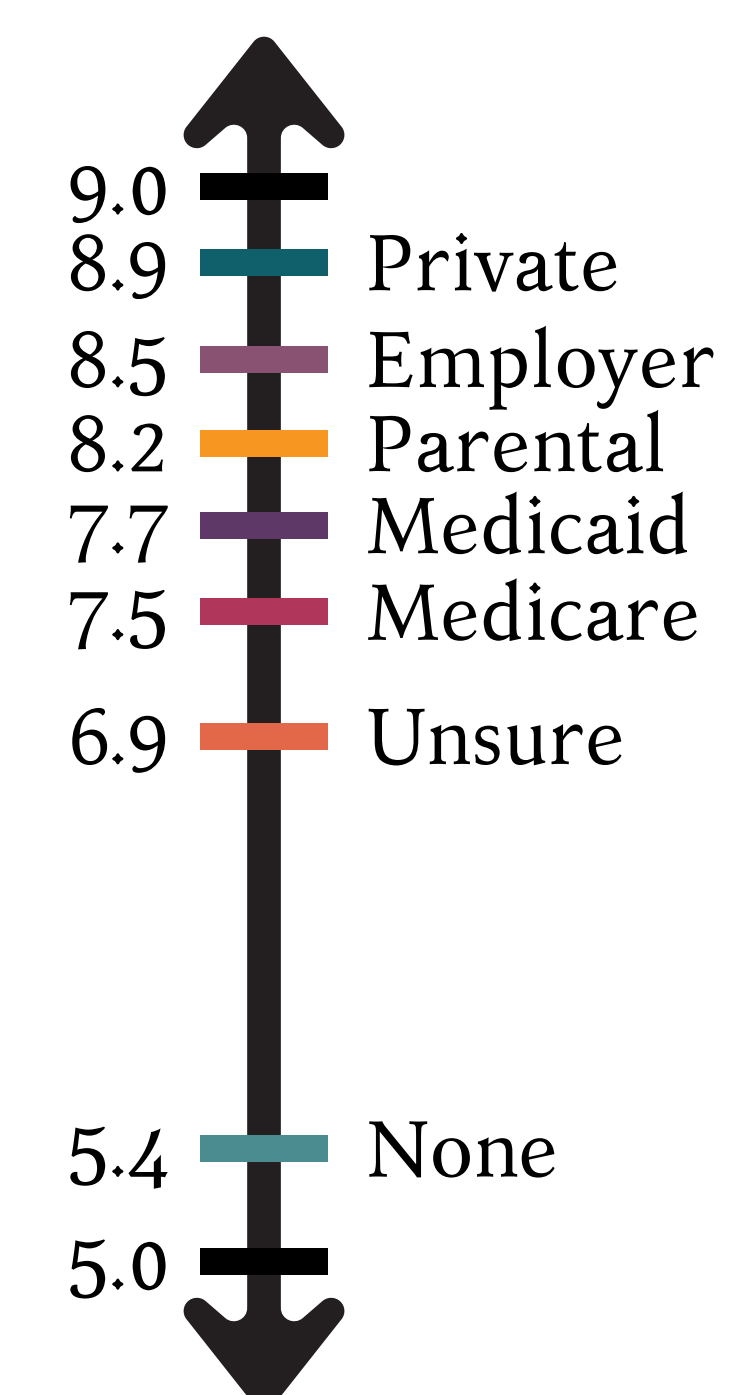
$p < 0.10$

Sample Composition:



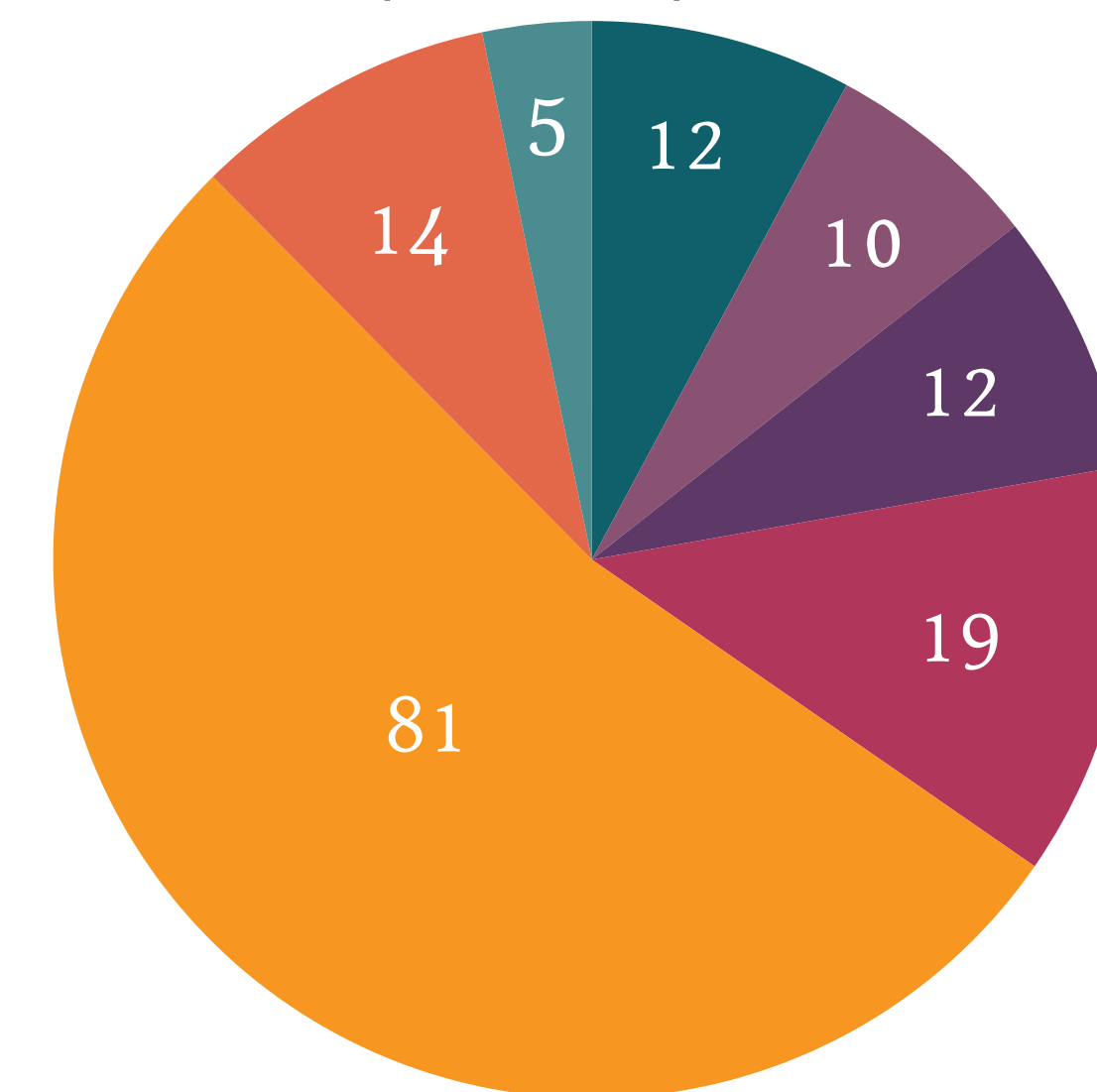
Average HLQ Score

Living Arrangement



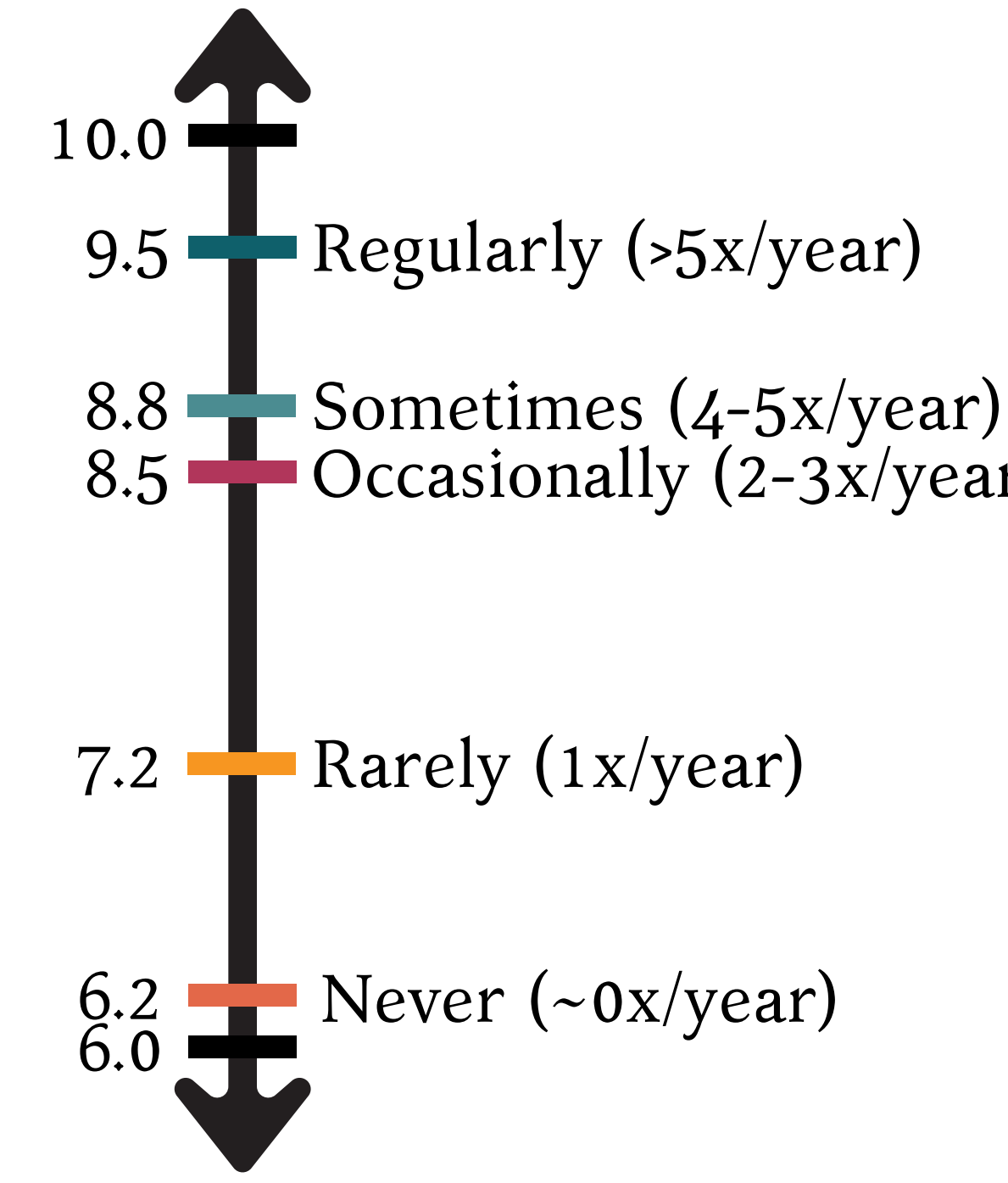
$p < 0.10$

Sample Composition:



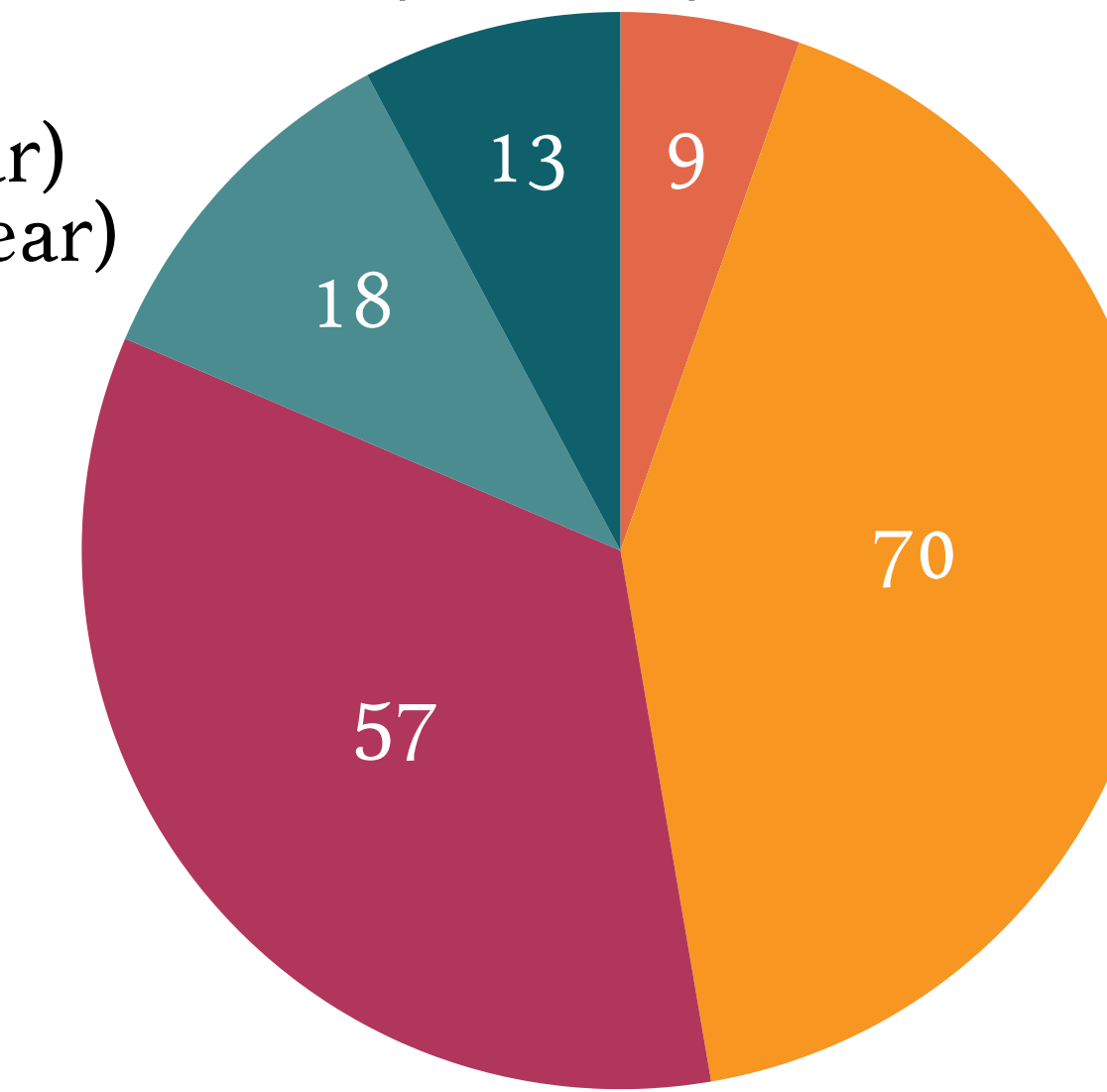
Average HLQ Score

Type of Insurance



$p < 0.0005$

Sample Composition:



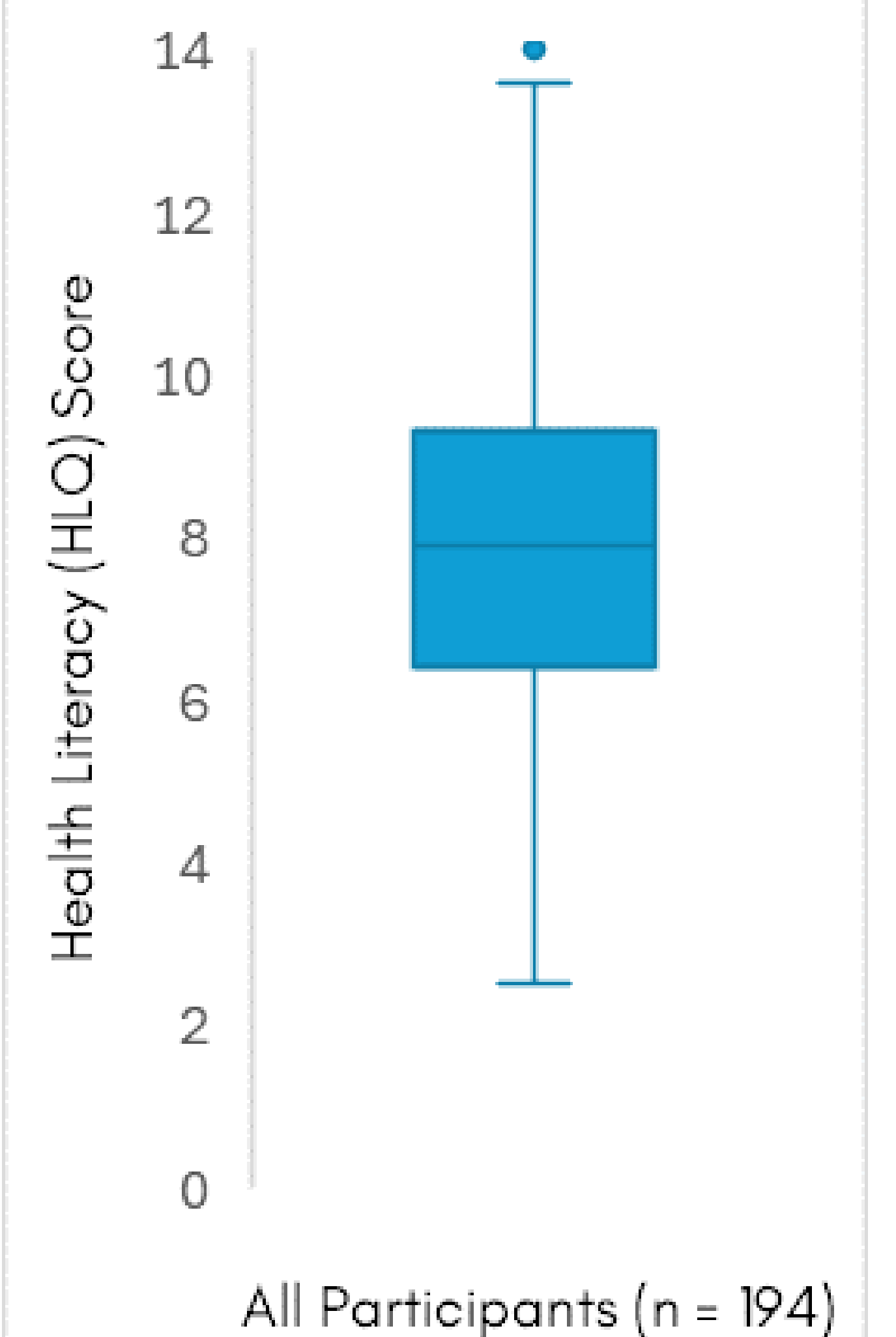
Average HLQ Score

Healthcare Utilization

Statistically Nonsignificant Associations ( $p > 0.10$ )

Gender ( $p \approx 0.87$ )

Pre-Health Majors ( $p \approx 0.71$ )



## Conclusions

- Statistically significant associations were found between health literacy and age, living arrangement, insurance type, and healthcare utilization
- Health literacy is **not** statistically associated with gender or health science majors

## Policy Implications

- UCSD should implement targeted health education programs to improve students' healthcare literacy, focusing on healthcare systems, insurance terminology, and navigating services.
- UCSD should collaborate with the Student Health Center and insurers to develop tailored resources, workshops, and support services for college students.