



Health Literacy Among Students At UCSD

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Background

- Health Literacy is the "degree to which individuals have the capacity to obtain, process and understand basic health information and services need to make appropriate health decisions.
- Low health literacy is associated with decreased access to care, higher incidence of disease and illness and overall worse health outcomes.
- It often leads to increased E.R visits and individuals with low health literacy tend to have a more difficult time understanding and translating health information, taking the proper medications and dosages.
- Approximately 90 million Americans have low health literacy levels.
- Low health literacy costs the U.S. economy around \$106-\$238 billion a year



Objectives

- To determine the health literacy of college students at the University of California, San Diego.
- To increase awareness on the consequences of poor health literacy.
- To assess areas of improvement in college students health literacy.
- To make policy recommendations to improve overall health literacy.

Methods

- The study was conducted in 2019 through the Family Medicine and Public Health Program at UCSD.
- A health literacy survey was sent to students attending the university.
- Data was collected from a total of 43 participants, and then interpreted to come to a conclusion.

Send survey out to FMPH department and students



Look through responses and analyze data

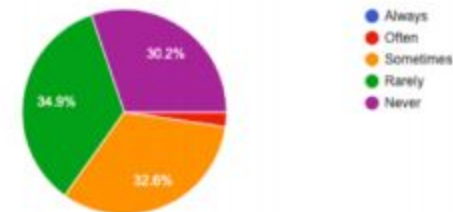


Come to a conclusion and write results

Results

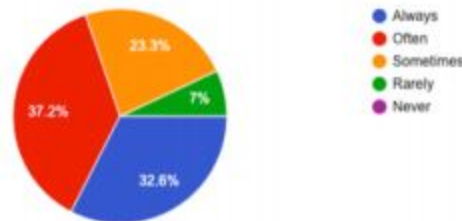
- Of the 43 participants 79.1% were female and 41.9% were White.
- Figure 1 shows that 32.6% of students sometimes need help understanding written information.

Figure 1: Percent of students who need help understanding written information given by a healthcare provider



- Figure 2 indicates that 23.3% sometimes ask questions and 7% rarely ask questions when they do not understand medical information.

Figure 2: Percent of students who ask providers questions about information that they do not understand



Conclusion

- Results from the survey indicated an overall good health literacy among students.
- There were certain aspects that could be improved such as the understanding of written information and ability to ask providers questions about information not understood.

Recommendations

- Health Literacy Program with a seminar and workshop completed during mandatory orientation.
 - Surveys administered periodically to test and track students health literacy levels.
- UCSD healthcare providers undergo bi-annual training and evaluations to analyze and optimize communication with patients.
 - The use of a "secret patient" to visit university health services to evaluate healthcare providers performance and training.

Acknowledgements

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