

Health is Wealth: Access to Health and Wellness Services at UCSD

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Background

- Suboptimal health status can affect student well-being and academic performance
- UCSD's Student Health Services (SHS) offers convenient on-campus free services to students enrolled in Student Health Insurance Plan (SHIP)
- Low-cost services available to those with outside insurance plans
- Despite availability, many SHS services reportedly underutilized
- Survey of senior BSPH students performed to evaluate:
 - Knowledge and utilization of SHS services
 - Effect of insurance status on utilization of services
 - Reasons students do not use SHS services

Methods

- Quantitative survey emailed to all BSPH capstone students 2/23
- Questions on knowledge, use, barriers of health services
- Epi Info 7 used to analyze service knowledge and use, and examine association between insurance type and SHS utilization

Results

- Response rate: 82% (178/217)
- 82% aware of at least one SHS service, but only 57% have used one or more of the available services
- Most used services: primary care 40%, vaccinations 36%, and pharmacy 28%
- 42% of students covered by SHIP
- SHIP students are 2.4 times more likely to have used SHS than those with outside insurance (95% CI 1.8-3.1, $p < 0.001$)
- Primary reasons for not using SHS: seeing own provider 42%, not sure if services covered by their insurance 36%, feel healthy 29%

Conclusion

- Students are aware of at least one SHS service but lack knowledge of several specific services.
- Low use of many services, even by those who have SHIP

Recommendations:

- Increase awareness of the free and low-cost services
- Address confusion about insurance coverage

Students without UCSD student insurance are rarely taking advantage of low-cost health care on campus

Can I still use SHS even if I don't have SHIP?



Figures

