

***The Relationship Between Health Literacy and Healthy Eating Behavior  
Among Students at Jember State Polytechnic***

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**ABSTRACT**

*Unhealthy eating behavior among students is still a problem that can increase the risk of long-term health problems, so it is necessary to understand the role of health literacy on healthy eating behavior. This study aims to analyze the relationship between health literacy and healthy eating behavior among students at Jember State Polytechnic. The study used a quantitative design with a cross-sectional approach, then analyzed using the Chi-Square test with 105 respondents selected using the proportionate stratified random sampling technique. Data collection of research instruments used a questionnaire on health literacy and healthy eating behavior. The results showed that most respondents had a good level of health literacy category of 54 respondents (51.4%), while 51 respondents (48.6%) were in the poor category. In the healthy eating behavior variable, 57 respondents (54.3%) had healthy eating behavior and 48 respondents (45.7%) had unhealthy eating behavior, and the results of the bivariate test showed a significant relationship between health literacy and healthy eating behavior with a p-value of 0.000 ( $p < 0.05$ ). Students with good health literacy tend to be more skilled at understanding health information, reading food labels, and choosing nutritious, balanced meals than those with low health literacy. Therefore, efforts to improve health literacy through ongoing nutrition education and health promotion on campus are needed to support the development of healthy eating behaviors among students.*

***Keywords:*** *health literacy, healthy eating behavior, students, nutrition, diet.*