WPE encourages health and wellness promotion through many strategies, including prevention. Prevention is often defined as primary, secondary, and tertiary. Primary intervention aims to reduce the onset of disease prior to exposure. Secondary prevention concerns detecting disease at its earliest stages or when exposure has been minimal. Tertiary prevention is designed to prevent progress of an existing disease and control for further negative consequences, such as with rehabilitation. WPE utilizes strategies that mainly focus on primary and secondary prevention.

WPE conducts assessments of student health habits, behaviors, needs, and perceptions in order to elevate student learning and success. Upon request, we provide educational workshops on a variety of health topics, sponsor awareness campaigns, and provide opportunities for students interested in health and wellness to get involved. Interested students have the opportunity to learn and teach wellness topics by becoming involved in our Wellness Peer Educator Program.