MOST NIU STUDENTS...
• Carry an A or B cumulative GPA (87%)*
• Drink 0-4 drinks the last time they partied (67%)*
• Have not used cigarettes in the last 30 days (87%)*
• Always wear a seatbelt (81%)*
• Report their health as good, very good, or excellent (84%)*

TOPICS WE ADDRESS INCLUDE...
• Alcohol, tobacco, and other drugs
• Sexual health
• Healthy relationships
• Stress, relaxation, and sleep
• And more

*Statistics based on National College Health Assessment, Spring 2015, N = 383 (random sample of NIU students)

Wellness Promotion provides health-related information, peer education opportunities, resources, workshops, training, and a comprehensive website.