



Anjali Rameshbabu, Ph.D., M.S., M.Sc.

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Dr. Anjali Rameshbabu is a health-social psychologist with a mission to improve well-being for all. In particular, she is passionate about applying scientifically validated approaches to bring about positive health behavior change and social connectedness at individual, organizational and community levels. Dr. Rameshbabu's research, which adopts a social determinants of health (SDOH) perspective, has involved developing an evidence-based health behavior intervention for custodial workers in the United States, examining the relationship between shift work, job stress and health among call center employees in India, exploring the cultural context of HPV and cervical cancer prevention among women in Malawi, and comparing educational strategies to increase HPV vaccine uptake in low-income populations in the U.S. She currently manages a federally funded center of excellence for worker well-being and co-leads their outreach, education and dissemination activities. Dr. Rameshbabu is the founder of Health2Wellbeing. With a mission to end the loneliness and chronic disease epidemics, Health2Wellbeing provides SDOH-informed scientific guidance for healthy living, social connectedness and well-being to individuals, families and employers. Dr. Rameshbabu has a Ph.D. degree in social-health psychology, a master's degree in health psychology and graduate certificate in public health from the University of Wisconsin-Milwaukee, along with a master's degree in psychology and a bachelor's degree in psychology, English literature and journalism from India.