



Mudita Upadhyaya, Dr.P.H., M.P.H.

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Dr. Mudita Upadhyaya leads the employee wellness program at St. Jude Children's Research Hospital. In her current role, she plans, implements and evaluates a nonprescriptive, multidimensional and technologically innovative well-being program for a large and diversified employee population. Previously, Dr. Upadhyaya served as the senior wellness manager at a large academic health care center in Texas. Dr. Upadhyaya is a strategist, a health professional and a certified human resource professional. Her strong background in health promotion and managing multidisciplinary teams makes her a talented corporate well-being expert. She has co-authored over 20 publications in renowned journals, and her research interest is in nutrition and physical activity-based interventions to address obesity via worksite-based approaches. Using real-world examples, Dr. Upadhyaya sheds light on how to incorporate mixed methods as a decision-making and evaluation tool, to evaluate mental health and obesity prevention programs in a large health care setting. Dr. Upadhyaya earned her doctorate in public health from University of Texas Health Science Center at Houston, Texas and a master's degree in public health from Tulane University in New Orleans.