

ABOUT CHPAMS: FEATURE MEMBER

Lu Shi, PhD MA



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Lu Shi received his PhD in Public Policy Analysis from *Frederick S. Pardee RAND Graduate School* and an MA in media studies from *Syracuse University*. He had three years of work experience as a journalist in China before coming to the United States for graduate education. He spent four years in *UCLA School of Public Health* after his PhD, developing a microsimulation model to forecast future health trends for the national and state populations. Currently an assistant professor in the Department of Public Health Sciences at *Clemson University*, he is continuing to improve and expand the microsimulation tool to simulate and assess health interventions. He is also interested in the neurological and economic aspects of mindful awareness, a topic that is related to his

background in cognitive and behavioral research as well as his personal interest in meditation practice.

1. *What do you think is the most neglected field of science or medicine at the moment?*

The neglected field, given my bias as a mindfulness enthusiast, is the biomedical and economic research of the mindful awareness practice. Why are more mindful people happier than their comparable peers? Why is mindfulness practice associated with less dementia risk? Will a more mindful person allocate more of his or her money to others when he or she is in a position to decide wealth distribution? This ancient practice has shown evidence of effectiveness in many different therapeutic areas but more research in basic science and social science is urgently needed to understand why it works and how it can work better.

2. *Who is your favorite politician and why?*

Let me pick one from a Chinese list: Zhang Jian (张謇) from Nantong, Jiangsu. This guy was a pragmatic moderate in the late Qing Dynasty's movement for China's first Constitution, willing to compromise and able to find a peaceful solution for crises. He was better remembered as an industrialist and an educator, building more than twenty enterprises and more than three hundred schools.

3. *If you had not entered your current profession, what would you have liked to do?*

A part-time mindful awareness facilitator, plus a part-time book broker, plus a freelance journalist/writer.

4. *What one discovery or invention would most improve your life?*

A drug or a therapy that can drastically delay aging, so that my parents can stay healthy. From a cost-effectiveness viewpoint, that therapy will simultaneously delay the onset of a lot of diseases. Not everyone realizes this and thus research into anti-aging is seriously underfunded, especially from the private sector.

5. *Do you believe there are other life forms in the Universe?*

As Curiosity already found signs of water on Mars, it is hard to believe that there are no other life forms in the Universe.

6. *If you were Bill Gates, how would you spend your fortune?*

I believe that the Gates Foundation has already figured out the most cost-effective way of helping the world: inoculate children in economically dilapidated countries. However, my Chinese Avatar of Bill Gates might introduce a scholarship program to help those economically disadvantaged Chinese families with a second or a third child, particularly if that second or third child is a girl.