
REGINA A. SHIH

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SUMMARY OF PROFESSIONAL EXPERIENCE

Regina Shih is a senior policy researcher at the RAND Corporation with over 15 years of research experience on the intersection between environmental health and mental health across the lifespan with a focus on mental disorders, substance use, and cognitive aging. Her research broadly includes policy analysis, multi-level analysis of large datasets, study design, strategic planning, and program evaluation. She has been continuously funded with contract (Department of Defense, CDC, private foundations, local and federal governments) and grant (NIAAA, NIMHD, NIA, NHLBI, CDC) funding from various agencies and grants). She currently co-leads the evaluation of the CDC Public Health Center of Excellence on Dementia Caregiving, and a NIH project to evaluate Medicaid's most comprehensive rebalancing effort to reduce institutionalization and increase access to home- and community-based long-term services and supports for dual-eligible beneficiaries. This project will examine racial/ethnic and rural/urban disparities in access and health outcomes, before and after Medicaid's Balancing Incentives Program. She also recently completed two climate change projects to develop public health tools to (1) prevent chemical exposures following climate change-related events; and (2) guide local public health and aging departments to prepare older adults for climate change-related events. Other recent projects include developing medical reconciliation measures across all post-acute care settings, creating a national database of neighborhood measures to examine neighborhood influences on dementia risk, a multi-method study resulting in policy recommendations for improving sleep in the U.S. military; a policy evaluation to develop solutions to improve dementia long-term services and supports; an RCT evaluation to prevent substance use among adolescents; and a risk assessment of environmental health risks for the U.A.E.'s environmental health action plan.

EDUCATION

- 2005 Ph.D. **Psychiatric Epidemiology**
Johns Hopkins Bloomberg School of Public Health, Baltimore MD
Department of Mental Health
Dissertation: Environmental Lead Exposure and Neurobehavioral Functioning in a Population-Based Sample of Older Adults
- 2000 B.A. **Neuroscience, with Honors**
Johns Hopkins University, Baltimore MD
Krieger Mind-Brain Institute
- 1997-1998 **Biology Honors Program**
University of Minnesota, Minneapolis MN
College of Biological Sciences

POSITIONS

- 2007 – **RAND Corporation**
- 2018 – Program Director, Social and Behavioral Policy, Social and Economic Well-Being Division
 - 2013 – Senior Policy Researcher
 - 2013 – Adjunct Faculty, Pardee RAND Graduate School
 - 2011 – 2013 Behavioral/Social Scientist
 - 2007 – 2011 Associate Behavioral/Social Scientist

- 2019 – **National Alliance for Caregiving**
Board Member, Board of Advisors
- 2007 – Department of Environmental and Occupational Health, **George Washington University School of Public Health and Health Services**
Adjunct Faculty
- 2005 – 2007 **National Institute of Child Health and Human Development**
Intramural Research Training Award Post-doctoral Fellow, National Children’s Study Program Office
- 1999 – 2005 **Johns Hopkins University**
2004 – 2005 Cognitive Screening Interviewer, Alzheimer’s Disease Research Center
2002 – 2003 Data Analyst, Department of Mental Health, Johns Hopkins School of Public Health
2000 – 2001 Research Assistant, Division of Psychiatric Neuroimaging
1999 – 2000 Research Assistant, Department of Neurology
- 1997 – 1998 **University of Minnesota**
1998 Summer Research Fellow, Department of Neurosurgery
1997 – 1998 Research Assistant, Department of Chemistry

PROFESSIONAL EXPERIENCE

RAND CORPORATION

Co-Principal Investigator, Public Health Center of Excellence on Dementia Caregiving (2020-2025)

- Funded by a contract to the Centers of Disease Control and Prevention (University of MN)
- This Center will carry out congressionally mandated BOLD Act Roadmap Actions to use surveillance, messaging, training, and evaluation to inform public health programs and policy responses around dementia caregiving.
- RAND is the evaluation lead for determining the effectiveness of the Center on supporting tribal, local, and state public health agencies to support dementia family caregivers.

Co-Principal Investigator, Evaluation of the 2020 Census in California (2020-2021)

- Funded by a contract to the California Department of Finance
- This project will conduct a survey of approximately 20,000 households in the state of California to assess the accuracy of the decennial census administered by the U.S. Census Bureau.

Co-Investigator, Health, Wellbeing, and the Social Networks of Family Caregivers of People with Alzheimer’s Disease (2020-2025)

- Funded by an R01 from the National Institute on Aging
- This grant will use the American Life Panel in conjunction with another online panel and innovative methods for collecting dyadic network data to identify the structure and characteristics of the joint support networks of older adults and a family caregiver, and changes in networks over time.

Co-Investigator, COVID-19 Impacts on the Social Networks of Family Caregivers of People with Alzheimer’s Disease (2020-2025)

- Supplemental funding to examine how COVID-19 has impacted dementia family caregiver roles and duties.

Co-Investigator, Evaluability Assessment of the Weinberg Shelter for Elder Abuse Victims (2020-2023)

- Funded by a contract to Hebrew Home, The John A. Hartford Foundation, and grant to National Institute of Justice

- This contract will conduct an evaluability assessment of the Weinberg Center's Center for Elderly Justice shelter program. The evaluation will rely mainly on qualitative data collection methods to develop a logic model for the shelter program, identify existing data sources kept by the shelter and design additional data collection efforts that the shelter would need to begin to support a full evaluation, identify other pathways for elderly victims who do not present at the shelter, identify a viable comparison group for shelter clients, and design a full impact evaluation.

Principal Investigator, Building Capacity for Future Impact Assessments (2019-2020)

- Funded by a contract to the John A Hartford Foundation
- This grant will identify and develop measures to inform a prospective assessment of the Foundation's impact in its three priority areas: Age-Friendly Health Systems, Family Caregiving and Serious Illness/End of Life. The resulting Impact Tool will build the Foundation's capacity to track and share current and future outcomes from its grantmaking and programs

Co-Investigator, Examining the Associations between Medical and Recreational Marijuana Outlets and Marijuana Use Outcomes among Young Adults (2019-2021)

- Funded by an R21 from the National Institute on Drug Abuse
- This grant will generate a database of open medical and recreational marijuana outlets in Los Angeles County to evaluate how proximity to and density of medical and recreational marijuana outlets near young adult participants' addresses associate with marijuana use and whether the associations are moderated by type of outlet (medical only versus outlets that sell recreational marijuana). The study will also evaluate self-reported and observational data about advertisements.

Principal Investigator, Evaluating Disparities in Older Adult Institutionalization and Mortality after Implementation of Medicaid's Balancing Incentives Program (2016-2021)

- Funded by an R01 from the National Institute on Minority Health and Health Disparities
- Evaluate the U.S.'s most recent rebalancing program to increase home- and community-based services on health and health disparities among dual-eligible beneficiaries using qualitative data analyses of interviews with stakeholders and quantitative difference-in-difference analyses of Medicare-Medicaid linked claims data

Principal Investigator, Access to Home- and Community-based Long-Term Care for Persons with Dementia (2018-2021)

- Supplemental funding to test whether access to home- and community-based services access influence health outcomes and time until institutionalization and mortality, comparing persons with dementia vs. persons without dementia. We will also identify any racial/ethnic and rural/urban differences in the extent to which access influences outcomes.

Co-Investigator, Estimating the Future Availability of Family Care for Alzheimer's Disease in the U.S. (2017-2019)

- Funded by an R21 from the National Institute on Aging
- Developed new microsimulation models to project the supply of caregivers, modeled anticipated changes in demographics (e.g., smaller family sizes, increased male longevity, changes in marital patterns and cohabitation) and expected transition rates in dementia

Task Leader, Development and Maintenance of Post-Acute Care Cross-Setting Standardized Patient Assessment Data (2015-2018)

- Funded by a contract from the Centers for Medicare and Medicaid Services
- Developed standardized patient assessments for the domain of medication reconciliation to improve patient safety, quality of life, and to inform the development of quality measures.

Co-Investigator, Adolescent Alcohol and Other Drug Use Trajectories From Age 10 to 24: Multilevel Predictors, Health and Behavioral Functioning, and Racial/Ethnic Disparities (2017 – 2022)

- Funded by an R01 grant from the National Institute on Alcohol Abuse and Alcoholism (PI: D'Amico)

- Examined trajectories of alcohol, tobacco, marijuana, and other drug use through emerging adulthood; tested for similarities/differences in associations by race/ethnicity; and explored how adult role functioning longitudinally predicts subsequent changes in substance use

Principal Investigator, Objective and Perceived Neighborhood Characteristics and Cognitive Decline (2012-2017)

- Funded by an R01 from the National Institute on Aging
- Developed a national database of annual measures of social, economic, demographic, and physical characteristics of neighborhoods across three decades (1990-2010); linked these data with the Health and Retirement Study; conducted multi-level and latent variable modeling to examine neighborhood influences on cognitive aging and dementia risk

Co-Principal Investigator, Community Resilience in Age-Friendly Cities Initiatives (2014-2017)

- Funded by a contract from the Centers for Disease Control and Prevention
- Evaluated the effectiveness of Age-Friendly Initiatives on community resilience via surveys of seniors and public health departments. Developed a web-based toolkit for state and local public health, healthcare, and other service delivery systems relevant to older adults.

Co-Investigator, Adolescent Alcohol and Other Drug Use Trajectories: The Role of Race and Ethnicity (2012 – 2017)

- Funded by an R01 grant from the National Institute on Alcohol Abuse and Alcoholism (PI: D'Amico)
- Developed database that compiles neighborhood data on demographic, socioeconomic, housing, crime, and the density of alcohol outlets and conduct multi-level modeling to understand how these factors are associated with adolescent alcohol use and how relationships may differ by race/ethnicity
- Designed survey of substance use, psychological and physical health, health behaviors, and academic achievement and field survey among 16,000 adolescents subsequently followed over 11 years.

Principal Investigator, Assessing and Managing Health Risks from Fugitive Chemicals after Hurricane Sandy (2013-2015)

- Funded by a U01 from the National Institute for Occupational Safety and Health and the Centers for Disease Control and Prevention
- Engaged community based organization members to help assess health risks associated with exposure to hazardous chemicals during recovery activities in New York City after Hurricane Sandy, and developed policy recommendations to mitigate those risks. Oversaw the design and implementation of quantitative and qualitative data collection and analyses.

Co-Principal Investigator, Building Institutional Capacity and Fostering Best Practices in Climate Resiliency (2013-2015)

- Funded by a grant from the NYC Housing & Neighborhood Recovery Donors Collaborative (sub-contract to the New York City Environmental Justice Alliance)
- Engaged community based organization members to help map chemical sources under climate change scenarios, created housing/community vulnerability scores, and drafted a Community Resiliency Action Plan.

Senior Advisor, Impact of Air Pollution on Children's Cognitive and Health Outcomes (2012-2015)

- Funded by an R03 from the National Institute of Environmental Health Sciences (PI: Datar)
- Linked U.S. EPA criteria pollutant data with the Early Childhood Longitudinal Study – Kindergarten Cohort (ECLS-K) to examine short- and long-term ambient air pollution exposure effects on children's health and cognitive outcomes.

Co-Principal Investigator, Sleep in the Military: An Evaluation of Military Programs and Policies (2012-2015)

- Funded by a contract with the U.S. Department of Defense
- Conducted literature and policy reviews; facilitated a policy working group; conducted a survey of 2,700 service members and their spouses to understand the physical, mental, and operational readiness correlates and consequences of poor sleep; and to identify cognitive and behavioral treatment programs that could improve sleep

Co-Project Director, Reporting Findings from the Conditions Affecting Neurocognitive Development and Learning in Early Childhood (CANDLE) Study (2011-2013)

- Funded by a contract with The Urban Child Institute
- Conducted multi-level regression analyses to develop manuscripts and research briefs on the perinatal risk factors for poor neurodevelopment and anthropometric outcomes in children ages birth to age 5.
- Provided technical assistance to clean data and develop a weighting plan for The Urban Child Institute's CANDLE Study, a study of 1,500 women and their children followed from the 2nd trimester to age 5

Co-Project Director, Supporting Early Childhood Efforts of The Urban Child Institute (2012-2013)

- Funded by a contract with The Urban Child Institute
- Developed research and operational business plans for the Urban Child Institute to synthesize data on child health and development, design and evaluate interventions, disseminate research to parents and providers, and build the capacity of the local child development workforce

Principal Investigator, Bidirectional Relationships between Cognitive Decline, Falls, and Fractures (2012-2015)

- Pilot project funded by a P30 grant from the National Institute on Aging
- Analyzed data from the Women's Health Initiative to examine whether falls/fractures precipitate cognitive decline, and vice versa. The findings from this project will be used to support subsequent grant applications to the National Institute on Aging.

Co-Investigator, Brief Voluntary Alcohol and Drug Intervention for Middle School Youth (2007-2014)

- Funded by an R01 grant and "mini K-award" from the National Institute on Alcohol Abuse and Alcoholism
- Developed the survey and study design of a large 16-school randomized control trial of an intervention to prevent early substance use in 16,000 middle school adolescents
- Conducted structural equation modeling to examine individual, family, and school factors that explain racial/ethnic disparities in substance use

Co-Investigator, Mega Meta Data Set of the Health and Retirement Surveys Around the World (2011 – 2014)

- Funded by a grant from the National Institute on Aging (PIs: Kapteyn/Lee)
- Develop a public repository of data from 11 international health and retirement studies
- Published a guidance report to help researchers to harmonize cognitive aging data across countries

Task Leader, Program and Facility Support for Airman and Family Resiliency (2010 – 2011)

- Funded by a contract with the U.S. Air Force (PIs: Miller/Meadows)
- Wrote reports and conducted briefing that summarized indicators of resiliency in three domains: medical, nutritional, and environmental fitness
- Made recommendations to support Air Force efforts to promote resiliency of civilian and military Air Force personnel and their families

Co-Investigator, Neighborhoods, Women, and Coronary Heart Disease (2007 – 2011)

- Funded by an R01 grant from the National Heart, Lung, and Blood Institute (PI: Bird)
- Managed four teams of researchers and subcontractors to conduct secondary data analyses of the Women's Health Initiative study, a national, 15-year study of 162,000 older women
- Published manuscripts on the effects of ambient air pollution and neighborhood risk factors on coronary heart disease and cognitive aging

Task Leader, United Arab Emirates National Strategy for Environmental Health (2008 – 2010)

- Funded by the Environment Agency of Abu Dhabi under subcontract to the University of North Carolina (PI: Moore)
- Led risk assessments for ambient air, indoor air, and occupational exposures in agriculture, industry, and construction in the U.A.E.

- Conducted environment, health, public and private stakeholder workshops in the U.A.E. to prioritize environmental health risks for the country
- Developed policy strategies and performance indicators to mitigate environmental health risks

Co-Investigator, Alcohol Use and Abuse Following Traumatic Injury (2008 – 2009)

- Funded by an R01 grant from the National Institute on Alcohol Abuse and Alcoholism (PI: Marshall)
- Examined the immediate and long-term prevalence of PTSD and depression in trauma center patients, and identify trauma-related risk factors to target with early interventions

Task Leader, Evaluation to Inform Health Care Service Delivery Improvement in Prince George's County, MD (2007 – 2008)

- Funded through a contract with the Prince George's County Council (PI: Lurie)
- Analyzed health services data to examine the County's health status, health behaviors, health system capacity, preventable hospitalizations, and hospital quality

National Institute of Child Health and Human Development

Post-doctoral Fellow, Division of Epidemiology, Statistics, and Prevention Research (2005 – 2007)

- Funded by an Intramural Research Training Award
- Provided scientific direction on the design of the National Children's Study, a multi-site longitudinal study of 100,000 U.S. children to investigate children's development and environmental health
- Led national working groups to select neurodevelopment, environmental, and psychosocial measures for the study
- Co-led the solicitation, negotiations, and acquisition of the first round of National Children's Study Centers.

Johns Hopkins University

Cognitive Interviewer, Division of Geriatric Psychiatry and Neuropsychiatry, Alzheimer's Disease Research Center, (2004 – 2005)

- Administered cognitive function screen and recruited individuals for dementia studies

Research Assistant, Division of Psychiatric Neuroimaging (2000 – 2001)

- Designed, implemented, and analyzed data for four separate structural and functional MRI (fMRI) studies to investigate risk factors for familial Alzheimer's disease, the neural correlates of driving under the influence of alcohol and marijuana, and validation of neuroimaging procedures

Research Assistant, Departments of Neurology and Pathology (1999-2000)

- Implemented immunohistochemistry to evaluate the Alzheimer's disease phenotype in mice and conducted genotyping on transgenic mice expressing the mutant N-terminal fragment of the huntingtin protein

University of Minnesota

Summer Research Fellow, Department of Neurosurgery (1998)

- Performed neural tissue stem cell transplantation to improve transplant survival and innervation for the treatment of Parkinson's disease

Research Assistant, Department of Chemistry (1997 – 1998)

- Implemented organic chemistry methods to synthesize acetylcholinesterase inhibitor analogs for the treatment of Alzheimer's disease

PEER-REVIEWED PUBLICATIONS

1. **Shih RA**, Tucker JS, Pedersen ER, Seelam R, Dunbar MS, Kofner A, Firth C, D'Amico, EJ. (*In press*). Density of Medical and Recreational Cannabis Outlets: Racial/Ethnic Differences in the Associations with Young Adult Intentions to Use Cannabis, E-Cigarettes, and Cannabis Mixed With Tobacco/Nicotine. *Journal of Cannabis Research*.
2. **Shih RA**, Friedman EM, Chen EK, Whiting GC. (*In press*). Prevalence and Correlates of Gray Market Use for Aging and Dementia Long-Term Care in the U.S. *Journal of Applied Gerontology*.
3. Siconolfi D, Ahluwalia SC, Friedman EM, Saliba D, **Shih RA**. (*In press*). Perceived impacts of a Medicaid rebalancing initiative to increase home and community-based services. *Health Services Research*.
4. Troxel WM, Rodriguez A, Seelam R, Tucker JS, **Shih RA**, Dong L, D'Amico EJ. (*In press*). Longitudinal associations of sleep problems with alcohol and cannabis use from adolescence to emerging adulthood. *Sleep*.
5. Pedersen ER, Firth C, Rodriguez A, **Shih RA**, Seelam R, Kraus L, Dunbar MS, Tucker JS, Kilmer B, D'Amico EJ. (*In press*). Examining associations between licensed and unlicensed outlet density and cannabis outcomes from pre- to post-opening of recreational cannabis outlets. *The American Journal on Addictions*.
6. Davis JP, Pedersen ER, Rodriguez A, Tucker JS, Seelam R, **Shih RA**, D'Amico EJ. (*In press*). Do Recent Experiences of Sexual Violence and Co-Occurring Depression and Anxiety Symptoms Predict Poorer Functioning One Year Later During the Transition to Young Adulthood? *Journal of Interpersonal Violence*.
7. Friedman EM, **Shih RA**, Ahluwalia SC, Kotzias VI, Phillips JL, Siconolfi D, Saliba D (*In press*). Factors Explaining State Differences in Applying for a Recent Long-Term Care Program that Promotes Aging in Place: Perspectives of Medicaid Administrators, *Journal of Applied Gerontology*.
8. Ahluwalia SC, Friedman EM, Siconolfi D, Saliba D, Phillips JL, **Shih RA**. (*In press*). Promises and Pitfalls of Health Information Technology for Home- and Community-Based Services. *Journal of Applied Gerontology*.
9. Tucker JS, Rodriguez A, Dunbar MS, Pedersen ER, Davis J, **Shih RA**, D'Amico EJ. (*In press*). Marijuana and Tobacco Use and Co-use: Trajectories and Correlates From Early Adolescence to Emerging Adulthood. *Drug and Alcohol Dependence*.
10. Friedman EM, Houle JN, Cagney KA, Slaughter ME. (2020). The Foreclosure Crisis, Community Change, and the Cognitive Health of Older Adults. *The Journals of Gerontology: Series B*, epub ahead of print.
11. Siconolfi D, Ahluwalia S, **Shih RA**, Friedman E, Saliba D. (2020). Engagement of providers and advocates in a rebalancing initiative to increase HCBS access for Medicaid beneficiaries. *Journal of the American Medical Directors Association*, 21(5): 702-705..
12. Robbins MW, Griffin BA, **Shih RA**, Slaughter ME. (2020). Robust estimation of the causal effect of time-varying neighborhood factors on health outcomes. *Statistics in Medicine*, 39(5): 544-561.
13. Holliday KM, Lamichhane AP, Gondalia R, Stewart JD, Madrigano J, **Shih RA**, Yanosky JD, Liao D, Wellenius GA, Whitsel EA. (2019). Air Pollution-Associated Changes in Biomarkers of Diabetes Risk. *Environmental Epidemiology*, 3(4): pe059.
14. **Shih RA**, Rodriguez A, Parast L, Pedersen ER, Tucker JS, Troxel WM, Kraus L, Davis JP, D'Amico EJ. (2019). Associations Between Young Adult Marijuana Outcomes and Availability of Medical Marijuana Dispensaries and Storefront Signage. *Addiction*, 114(12): 2162-2170.

15. Davis JP, Pedersen ER, Tucker JS, Dunbar MS, Seelam R, **Shih RA**, D'Amico EJ. (2019). Long-term Associations Between Substance Use-Related Media Exposure, Descriptive Norms, and Alcohol Use from Adolescence to Young Adulthood. *Journal of Youth and Adolescence*, 48(7):1311-1326
16. Tucker JS, Pedersen ER, Seelam R, Dunbar MS, **Shih RA**, D'Amico EJ. (2019) Types of cannabis and tobacco/marijuana co-use and associated outcomes in young adulthood. *Psychology of Addictive Behaviors*, 33(4): 401-411.
17. Troxel WM, Rodriguez A, Seelam R, Tucker JS, **Shih RA**, D'Amico EJ. (2019). Associations of longitudinal sleep trajectories with risky sexual behavior during late adolescence. *Health Psychology*, 38(8): 716-726.
18. Siconolfi D, **Shih RA**, Friedman EM, Kotzias VI, Ahluwalia SC, Phillips JL, Saliba D. (2019). Rural-urban disparities in access to home- and community-based services and supports: Stakeholder perspectives from 14 states. *Journal of the American Medical Directors Association*, 20(4): 503-508.
19. Tucker JS, Rodriguez A, Pedersen ER, Seelam R, **Shih RA**, D'Amico EJ. (2019). Greater risk for frequent marijuana use and problems among young adult marijuana users with a medical marijuana card. *Drug and Alcohol Dependence*, 194, 178-183.
20. Tucker JS, **Shih RA**, Pedersen ER, Seelam R, D'Amico EJ. (2019). Associations of alcohol and marijuana use with condom use among young adults: The moderating role of partner type. *The Journal of Sex Research*, 56(8), 957-964.
21. Fenton AT, Burkhart Q, Weech-Maldonado R, Haviland AM, Dembosky JW, **Shih RA**, Wilson-Frederick S, Gaillot S, Elliott MN. (2019) Geographic context of black-white disparities in Medicare CAHPS patient experience measures" *Health Services Research*, 54(Supp 1): 275-286.
22. D'Amico EJ, Rodriguez A, Tucker JS, Pedersen ER, **Shih RA**. (2018). Planting the seed for marijuana use: Changes in exposure to medical marijuana advertising and subsequent adolescent marijuana use, cognitions, and consequences over seven years. *Drug and Alcohol Dependence*, 188: 385-391.
23. Pedersen ER, Zander-Cotugno M, **Shih RA**, Tucker JS, Dunbar MS, D'Amico EJ. (2018). Online methods for locating medical marijuana dispensaries: Practical considerations for future research. *Cannabis: The Journal of the Research Society on Marijuana*, 1, 22-35.
24. Madrigano JM, Osorio JC, Bautista E, Chavez R, Chaisson C, Meza E, **Shih RA**, Chari R. (2018). Fugitive chemicals and environmental justice: A model for environmental monitoring following climate-related disasters. *Environmental Justice*, 11(3): 95-100.
25. Weden MM, **Shih RA**, Kabeto MU, Langa KM. (2018). Secular trends in dementia and cognitive impairment of U.S. rural and urban older adults. *American Journal of Preventive Medicine*, 54(2): 164-172.
26. D'Amico EJ, Tucker JS, Pedersen ER, **Shih RA**. (2017). Understanding rates of marijuana use and consequences among adolescents in a changing legal landscape. *Current Addiction Reports*, 4(4): 343-349.
27. **Shih RA**, Parast L, Pedersen ER, Troxel WM, Tucker JS, Miles JNV, Kraus L, D'Amico EJ. (2017). Individual, peer, and family factor modification of neighborhood-level effects on adolescent alcohol, cigarette, e-cigarette, and marijuana use. *Drug and Alcohol Dependence*, 180:76-85.
28. Weden MM, Miles JNV, Friedman EM, Escarce JJ, Peterson C, Langa KM, **Shih RA**. (2017). The Hispanic paradox: Race/ethnicity and nativity, immigrant enclave residence, and cognitive impairment among older U.S. adults. *Journal of the American Geriatrics Society*, 65(5): 1085-1091.
29. Salvy SJ, Miles JNV, **Shih RA**, Tucker JS, D'Amico EJ. (2017). Neighborhood, family and peer-level predictors of obesity-related health behaviors among young adolescents. *Journal of Pediatric Psychology*, 42(2):153-161.

30. Troxel WM, **Shih RA**, Ewing B, Tucker JS, Nugroho A, D'Amico EJ. (2017). Examination of neighborhood disadvantage and sleep in a multi-ethnic cohort of adolescents. *Health and Place*, 45:39-45.
31. Dunbar MS, Ewing BA, Pedersen ER, Tucker JS, Miles JNV, **Shih RA**, D'Amico EJ. (2017). Frequency of E-cigarette Use, Health Status, and Risk and Protective Health Behaviors in Adolescents. *Journal of Addiction Medicine*, 11(1):55-62.
32. Friedman EM, **Shih RA**, Slaughter ME, Weden MM, Cagney KA. (2017). Neighborhood Age Structure and Cognitive Function in a Nationally-Representative Sample of Older Adults in the U.S. *Social Science and Medicine*, 174:149-158.
33. Pedersen ER, Osilla KC, Miles JNV, Tucker JS, Ewing BA, **Shih RA**, & D'Amico EJ. (2017). The role of perceived injunctive alcohol norms in adolescent drinking behavior. *Addictive Behaviors*, 67:1-7.
34. Stein BD, Mendelson J, Gordon AJ, Dick AW, Burns RM, Sorbero M, **Shih RA**, Pacula RL. (2017). Opioid analgesic and benzodiazepine prescribing among Medicaid-enrollees with opioid use disorders: The influence of provider communities. *Journal of Addictive Diseases*, 36(1):14-22.
35. Chi GC, Hajat A, Miller KA, Whitsel EA, Griffin BA, **Shih RA**, Kaufman JD. (2017). Response to Comment on "Individual and Neighborhood Socioeconomic Status and the Association between Air Pollution and Cardiovascular Disease." *Environmental Health Perspectives*, 125(1):A16.
36. Brooks Holliday SB, Haas A, **Shih RA**, Troxel W. (2016). Prevalence and consequences of sleep problems in military wives. *Sleep Health*, 2(2): 116-122.
37. Kim D, Griffin BA, Kabeto M, Escarce JJ, Langa KM, **Shih RA**. (2016). Lagged Associations of Metropolitan Statistical Area- and State-Level Income Inequality with Cognitive Function: The Health and Retirement Study. *PLOS One*, 11(6):e0157327.
38. Chi GS, Hajat A, Bird CE, Cullen MR, Griffin BA, Miller KA, **Shih RA**, Stefanick, ML, Vedal S, Whitsel EA, Kaufman JD. (2016). Individual and Neighborhood Socioeconomic Status and the Association Between Air Pollution and Cardiovascular Disease. *Environmental Health Perspectives*, 124(12):1840-1847.
39. D'Amico EJ, Tucker JS, Miles JNV, Ewing BA, **Shih RA**, & Pedersen ER (2016). Alcohol and marijuana use trajectories in a diverse longitudinal sample of adolescents: Examining use patterns from age 11 to 17. *Addiction*, 111(10):1825-35.
40. LaCroix AZ, Rillamas-Sun E, Woods NF, Weitlauf J, Zaslavsky O, **Shih R**, LaMonte MJ, Bird C, Yano EM, LeBoff M, Washington D, Reiber G. (2016). Aging Well Among Women Veterans Compared With Non-Veterans in the Women's Health Initiative. *Gerontologist*, 56 Suppl 1:S14-26.
41. Miles JNV, Weden MM, **Shih RA**, Lavery D, Cagney K, Escarce JJ. (2016). Constructing a time-invariant measure of the socio-economic status of U.S. census tracts. *Journal of Urban Health*, 93 (1): 213-232.
42. **Shih RA**, Mullins L, Ewing B, Miyashiro L, Tucker JS, Pedersen E, Miles JNV, D'Amico EJ. (2015). Associations between neighborhood alcohol availability and young adolescent alcohol use. *Psychology of Addictive Behaviors*, 29(4):950-9.
43. Tucker JS, Ewing BA, Miles JN, **Shih RA**, Pedersen ER, D'Amico EJ. (2015). Predictors and consequences of prescription drug misuse during middle school. *Drug and Alcohol Dependence*, 56:254-60.

44. Ewing BA, Tucker JS, Miles JNV, **Shih RA**, Kulesza M, Pedersen ER, D'Amico EJ. (2015). Early substance use, and peer and family predictors of subsequent DUI in adolescents. *Pediatrics*, 136(5):868-75.
45. Friedman EM, Weden MM, **Shih RA**, Kovalchik S, Singh R, Escarce JJ. (2015). Functioning, forgetting, or failing health: Which factors are associated with a community-based move among older adults? *Journals of Gerontology: Social Sciences*. Epub ahead of print.
46. Friedman EM, **Shih RA**, Langa KM, Hurd MD. (2015). U.S. prevalence and predictors of informal caregiving for dementia. *Health Affairs*, 34(10), 1637-41.
47. Kovalchik SA, Friedman EM, Miles JNV, Slaughter ME, **Shih RA**. (2015). Racial/Ethnic Composition and Segregation and Trajectories of Cognitive Decline Among U.S. Older Adults. *Journal of Epidemiology and Community Health*, 69(10):978-84.
48. Gross A, Benitez A, **Shih RA**, Bangen KJ, Glymour M, Sachs B, Sisco S, Skinner J, Schneider BC, Manly JJ. (2015). Predictors of retest effects in a longitudinal study of cognitive aging in a diverse community-based sample. *Journal of the International Neuropsychological Society*, 21(7):506-18.
49. Weden MM, Peterson, CE, Miles JNV, **Shih RA**. (2015). Evaluating Linearly Interpolated Intercensal Estimates of Neighborhood Demographics and Socioeconomics for U.S. Counties 2001-2009. *Population Research and Policy Review*, 34(4):541-59.
50. Schneider BC, Bangen KJ, Skinner JC, Gross AL, Benitez A, Glymour MM, Sachs BC, **Shih RA**, Sisco S, Manly JJ, Luchsinger JA. (2015). Association of vascular risk factors with cognition in a multiethnic sample. *Journal of Gerontology-Psychological Sciences and Social Sciences*, 70(4), 532-44.
51. Sisco S, Gross A, **Shih RA**, Sachs B, Manly J. (2015). The role of early life educational quality and literacy in explaining late life racial disparities in cognition. *Journal of Gerontology-Psychological Sciences and Social Sciences*, 70(4):557-67.
52. Bangen KJ, Gu Y, Gross AL, Schneider BC, Skinner JC, Benitez A, Sachs BC, **Shih RA**, Sisco S, Schupf N, Mayeux R, Manly JJ, Luchsinger JA. (2015). Relation of type 2 diabetes with cognitive change in a multiethnic elderly cohort. *Journal of the American Geriatrics Society*, 63(6), 1075-83.
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3. Troxel WM, Holliday SB, **Shih RA**, Ebener P. Getting to Outcomes Operations Guide for U.S. Air Force Community Action Teams: Content Area Module for Air Force Sleep Health Promotion. RAND Corporation. 2020. TL-311/4-AF.
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5. Acosta JD, **Shih RA**, Chen EK, Xenakis L, Carbone EG, Burgette L, Chandra A. (2018). Online Toolkit for Building Older Adults' Resilience by Bridging Public Health and Aging-in-Place Efforts. Washington, DC. TL-282-CDC.
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7. Peterson CE, Weden MM, **Shih RA**. (2017). Demographic, Social, Economic, and Housing Characteristics: Development of a U.S. Contextual Database of 1990–2010 Measures. Washington, DC. RR-1741
8. Edelen M, Gage B, Rose A, Ahluwalia A, DeSantis A, Dunbar M, Fischer S, Huang W, Klein D, Martino S, Pillemer F, Piquado T, Shier V, **Shih R**, Sherbourne C, Stucky B. (2017). Summary Report of Findings from Alpha 1 Pilot Testing. RAND Corporation. Washington, DC. RR-1895-CMMS.
9. Sontag-Padilla LM, Burns RM, **Shih RA**, Griffin BA, Martin LT, Chandra A, Tylavsky F. (2016). The Urban Child Institute CANDLE Study: Methodological Overview and Baseline Sample Description. RAND Corporation. Washington, DC. RR-1336.
10. **Shih RA**, Meadows SO, Mendeloff J, Bowling K. (2015). Environmental Fitness and Resilience: A Review of Relevant Constructs, Measures, and Links to Well-Being. RAND Corporation. Washington, DC. RR-101.
11. Troxel WM, **Shih RA**, Pedersen E, Geyer L, Fisher M, Haas A, Griffin BA, Kurz J, Steinberg P. (2015). Promoting Healthy Sleep in U.S. Servicemembers. RAND Corporation. Washington, DC. RR-739.

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Sleep Problems and Their Impact on U.S. Servicemembers. RAND Corporation. Washington, DC. RB-9823.

Improving Sleep Health For Servicemembers: Policies, Programs, Barriers to Implementation, and Recommendations. RAND Corporation. Washington, DC. RB-9824.

12. **Shih RA**, Concannon TW, Liu JL, Friedman EM. (2014). *Improving Dementia Long-Term Care: A Policy Blueprint*. RAND Corporation. Washington, DC. RR-597.

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What to Do About Dementia? Policy Options for Crucial Long-term Care. Washington, DC. RB-9780.

13. Florez KA, **Shih RA**, Martin MT. (2014). Nutritional Fitness and Resilience: A Review of Relevant Constructs, Measures and Links to Well-Being. RAND Corporation. Washington, DC. RR-105-AF.
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Geographic Determinants of Female Disadvantage. RAND Corporation. Santa Monica. WR-889.

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18. Lurie N, Harris K, **Shih R**, Ruder T, Price A, Martin L, Acosta J, Blanchard J. (2009). Health and Health Care in Prince George's County, Maryland. RAND Corporation. Washington, DC. TR-655.

CONGRESSIONAL TESTIMONY

Shih RA. Dementia Long-Term Care Policy Options for Family Caregivers and Medicare. Invited testimony submitted to the Senate Finance Committee, Subcommittee on Health Care on July 13, 2016. CT-457.

BOOK CHAPTER

Shih RA, Fernandes MM, Bird CE. (2010). The Application of Biomarkers to Medical Sociology. In Handbook of Medical Sociology, 6th Ed. Editors Bird CE, Conrad AM, Fremont AM.

HONORS AND AWARDS

2017	<i>American Journal of Preventive Medicine</i> Top Reviewer
2015	RAND Silver Medal Award
2015	Mentor of the Year, RAND Health
2013	Charles Zwick Impact Award
2010	Best Paper Award from Society for Risk Analysis for "Concerns About Environmental Health Risks in the United Arab Emirates"
2010	Research Society on Alcoholism Junior Investigator Travel Award
2009	AcademyHealth Abstract Award
2009	UCSD Geriatric Psychiatry Summer Research Institute Fellow, NIA
2009	American Psychopathological Association Conference Travel Award
2008	American Psychopathological Association Conference Travel Award
2007	NICHD Merit Award
2005-2007	Intramural Research Training Award Post-doctoral Fellowship, NICHD
2005	Paul V. Lemkau Award, Johns Hopkins School of Public Health
2001 – 2005	Psychiatric Epidemiology National Research Service Award, NIMH
1998-2000	Nu Rho Psi Honor Society for Neuroscience
1998	American Cancer Society Life Sciences Research Fellowship
1998	Itasca Laboratories Neuroscience Scholar, University of Minnesota
1997-1998	Alumni Association Merit Scholarship, University of Minnesota

MEDIA

National Public Radio, Source of the Week: Regina Shih. January 10, 2018.
<https://sources.npr.org/2018/01/10/nprsource-of-the-week-regina-shih/>

Radio interviews

National Public Radio, Marketplace: Why was there a CDC climate change summit anyway? January 24, 2017:
<https://www.marketplace.org/2017/01/24/sustainability/why-was-there-cdc-climate-change-summit-anyway>

Public Radio East: Sleep problems prevalent in servicemembers. April 24, 2015.
<http://publicradioeast.org/post/sleep-problems-prevalent-among-military>

National Public Radio All Things Considered: Analysts hesitant to link drug use to ethnic culture. September 19, 2010: <http://www.npr.org/templates/story/story.php?storyId=129976513>

Television interviews

Nashville Public Television, Aging Matters. Living With Alzheimer's and Dementia. June 27, 2016. <http://video.wnpt.org/video/2365789188/>

Print interviews

Home Health Care News. A third of Americans rely on the unregulated "gray market" for senior care. June 21, 2021

US News.com. 1 in 3 caregivers for elderly may be untrained, unscreened. June 24, 2021.

CNN.com. Smokers are 7 times more likely to use marijuana daily, study says. December 5, 2017.

Health Day: Dementia May Be More Common in Rural Areas. December 19, 2017

US News and World Report: U.S. Soldiers denied sleep suffer major health effects. May 11, 2015

Tech Times: Addressing military sleep problems may lower cases of PTSD. April 12, 2015

Medical Xpress: Sleep problems prevalent for military members. April 7, 2015

Health Canal: Sleep problems prevalent for military members post-deployment. April 7, 2015.

Modern Healthcare: Financing questions loom as private long-term care insurers falter. January 17, 2015

HCPro: New RAND report urges providers, policymakers to revitalize dementia long-term care. September 2014.

Caring for the Ages: RAND offers solutions for the nation's dementia long-term care. August, 2014

Medical Daily: Re-thinking dementia care to lower the burden of long-term care; RAND suggests new policy goals. June 23, 2014.

Modern Healthcare: Long-term dementia care poses policy challenges. June 23, 2014.

CNN.com: Ethnic differences seen in youth drug use. September 1, 2010

Rutgers University Daily Targum: Study reveals facts on minority drug use, October 27, 2010

Medpage Today: Air pollution links to thrombosis fades away. November 19, 2009

Scientific American: Why do we panic? November 13, 2008

Medscape: Lead exposure takes heavy toll on cognitive function September 21, 2006.

Study findings also featured in other print/web media

Daily Mail, Brigham and Women's Hospital, Capital Blue Cross Wellness, Drugs.com, Huffington Post, iVillage, LA Times, Medical News Today, Psychiatric News, Science Blog, Science Daily, Teen Drug Abuse, US DHHS Healthfinder.gov, US News and World Report, Yahoo, Forbes

Op-Eds

Douglas Yeung, Peter Nguyen, Regia Shih. [Asian American Lives and Livelihoods Don't Just Deserve Our Qualified Support](#). RAND Blog. March 22, 2021

Joie Acosta and Regina Shih. [Turning off power to combat wildfires could harm the very people who need protection](#). CalMatters, September 12, 2019.

Wendy Troxel and Regina Shih. [U.S. Soldiers Denied Sleep Suffer Major Health Effects](#). U.S. News and World Report, May 11, 2015.

Wendy Troxel and Regina Shih. [Quality Sleep at Sea](#). U.S. News and World Report, May 8, 2014.

Melissa Finucane and Regina Shih. [Removing Road Blocks to Climate Change Adaptation Planning](#), The RAND Blog, October 3, 2013

Melissa Finucane and Regina Shih. [Weather Forecasts, and Our Trust in Them, Need to Improve](#). The Star-Ledger, October 8, 2013.

Regina Shih. [A Global Focus on Dementia](#). The RAND Blog, December 11, 2013.

JOURNAL REVIEWER ACTIVITIES

Addiction
 American Journal of Preventive Medicine
 American Journal of Psychiatry
 American Journal of Public Health
 Drug and Alcohol Dependence
 Environmental Health Perspectives
 Health and Place
 Health Services Research
 International Journal of Geriatric Psychiatry
 Journal of Adolescence
 Journal of Adolescent Health
 Journal of Behavioral Health Services & Research
 Journal of Child and Family Studies
 Journal of Gerontology: Social Sciences
 Journal of Health and Social Behavior
 Journal of Studies on Alcohol and Drugs
 Journal of Substance Abuse Treatment
 Journal of Traumatic Stress
 Pediatrics
 Prevention Science
 Progress in Community Health Partnerships: Research, Education, and Action

STUDY SECTION REVIEWER ACTIVITIES

NIH Social Sciences and Population Studies A Study Section (Ad hoc 2014 and Standing 2018-2022)
 NIH Secondary Analyses of Social and Behavioral Datasets in Aging (Ad hoc 2018)
 NIH Population Sciences and Epidemiology (Ad hoc 2017)

INSTITUTIONAL CONTRIBUTIONS

2021 - **RAND Representative**, Social Policy Organization DEI Consortium
 2017 - **Member**, Health Research Staff Advisory Council
 2013 - **Founding Chair**, RAND Climate Change and Health Interest Group
 2011 - **Founding Co-chair**, RAND Environmental Health Interest Group
 2011 - **Member**, RAND Health Diversity Committee
 2010 - 2013 **Member**, RAND Health Policy Recruiting Committee
 2010 - 2011 **Mentorship Coordinator**, RAND DC Health Associates

ACADEMIC SERVICE

2020-2021 **Post-doc Advisor**: Monica Williams, PhD, RAND Aging Post-Doc
 2019 **Dissertation Committee Member**: Yan Wang, PhD, Pardee RAND Graduate School
 2017 **Dissertation Committee Member**: Victoria Shier, PhD, Pardee RAND Graduate School
 2010 **Dissertation Committee Member**: Reginald Richards, DrPH, George Washington University School of Public Health and Health Sciences

TEACHING EXPERIENCE

Fall 2007 **Instructor**, *Measurement Methods in Public Health and Health Services Research*
 George Washington University School of Public Health and Health Services
 Department of Epidemiology and Biostatistics

Spring 2007 **Lecturer**, *Gene-Environment Interactions in Children's Environmental Health*
 George Washington University School of Public Health and Health Services

Department of Environmental and Occupational Health

Spring 2005 **Teaching Assistant, *Neuropsychology of Mental Disorders***
Johns Hopkins School of Public Health
Department of Mental Health

Fall 2000 **Student Instructor, *Research Topics in Neuroscience***
Johns Hopkins University
Krieger School of Arts and Sciences