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Autumn is a beautiful season in Japan during late November, when each step opens up a gorgeous view, and every corner of that view is tinged with the red maple leaves. I came to Tsuda University for attending the 33rd JAIH conference. Recalling the last autumn in 2017, I came to Japan and enrolled in Nagoya University, harboring a mixture of expectation and nervous. From then on, I turned over to be a student again.

The study in Doctoral course was not as busy as when I was working in Beijing, as a clinical physician. It was hard to consider how crowded in the top level hospitals of Beijing. Commonly, for one doctor had to receipt about 100 outpatients per day. I was used to that kind of life, making diagnose and treatment instantaneously. Now, the tide of patients has ebbed, and the battleground-like consulting room has replaced by light and bright laboratory. Facing to the computer, a voice from the depth of my heart hit me cruelly: am I ready to be a researcher?

For many times I was asked the reason for choosing Japan and aim at public health and health systems. My answer might be impulsive and childish: for expanding my research horizon and for more people getting a healthy life. As presented during the 33rd Japan Association for International Health conference, my research was about the risk factors of diabetes in northern Ethiopia among public employees. Of course, I knew the country named Ethiopia located in the east of Africa since I got a level A in high school geography. However, I didn't know the situation of noncommunicable disease such as diabetes of that country until I came here and started the research, not to mention the risk factors of specific diseases.

The once five-year clinical work made me realized the limitation of medical systems. The overloading of medical workers job cannot meet the increasing demand from patients. Meanwhile, the progress of digitalization in the medical area might make it easy to get data, a potential resource for further research. In recent years, data science as new science has been connecting to many conventional scientific areas and providing more innovative concepts.

In public health, appropriately applying data analysis plays an increasingly pivotal role in managing healthcare systems and personal health. Traditionally, most works of public health workers are retrospective, acting on information that comes after the crises or outbreak. While data science is changing it impressively. With predictive analysis, unexpected association in discrete data sets are uncovered, which allows public health officials to work more proactively. In the United States, some schools of public health also contain a lot of specific departments

related to data science, such as biostatistics and human genetics. As a medical researcher, I can image several possible directions for the evolvement of public health. The collaboration between data science and medicine is necessary and it may bring a wider and brighter future for both of them in Japan. Nagoya University provided me an opportunity for achieving my imagination.

The successful research is inseparable from the team cooperation and actively participation. My teachers and predecessors shared many experiences when they were conducting field research. The difficulty of making epidemiology survey and collecting data was understandable given that many studies were conducted in rescotes limited countries. Like the current one, there were 2 main reasons of selecting Ethiopia as the research object: firstly, Ethiopia has the second highest economic growth among African countries for the last decades, and the urbanization and lifestyle changing is highly related to prevalent noncommunicable disease. Secondly, the public employees were very representative of lifestyle changing since their better-off social status. The passions of my teachers and predecessors encouraged me as my motivation for doing research. From the hypothesis, study design, then the method, and outcomes. The seeming one-way process was always cycled as a loop. Finally, a rational and convincible result was concluded. Here, from the bottom of my heart, I really appreciated all my professors.

There is a Chinese proverb: Talented students are trained by strict teachers. I am not going to say how talented I am, but to appreciate how lucky I am. Professor Chiang and professor Hirakawa spent countless hours talking with my study and checked every single line of codes, to make sure no mistake at results. Professor Aoyama not only taught me how to make slides but also time control and how to use gesture to let the audience understand my presentation well. Their rigorous style of study will be a priceless asset throughout my rest life.