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He is the Director of the "School of Life and Health Sciences", at Universidade Júnior a program that integrates several institutions of the University of Porto intending to promote scientific culture to younger students.

He is responsible for Pedagogical Innovation at EUGLOGH - The European University Alliance for Global Health (EUGLOH) that brings together nine universities with expertise in Global Health.

He is a researcher and head of the Food Policy Lab at the associated Laboratory for Integrative and Translational Research in Population Health (ITR), funded by the Foundation for Science and Technology (FCT).

Between 2009 and 2018 he was consecutively and at the Directorate General of Health - Head of the Service Division — "Platform against Obesity", Head of the Service Division of "Disease Prevention and Health Promotion" and Director of the National Program for the Promotion of Healthy Eating (PNPAS). He was responsible for the Interministerial Strategy for the Promotion of Healthy Eating lead by Ministry of Health (EIPAS).

Among other activities, he was part of the Working Group "Consumption of organic products" under the National Strategy for Organic Agriculture (ENAB), Ministry of Agriculture. Member of the Commission for preparing the National Strategy for Infant and Young Child Feeding - representing the Directorate General of Health. He was a member of the Interministerial Commission for Monitoring the School Regime - representing the Ministry of Health.

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Between April 2016- 2018: Coordinated the "European Action Network on Reducing Marketing Pressure on Children" (WHO-Europe). In 2014-2017: Integrated the Interministerial Commission for Safeguarding the Mediterranean Diet as an Intangible Cultural Heritage of Humanity at UNESCO.

Integrated the WHO Action Network on Salt Reduction in the Population of the European Region (WHO-Europe).