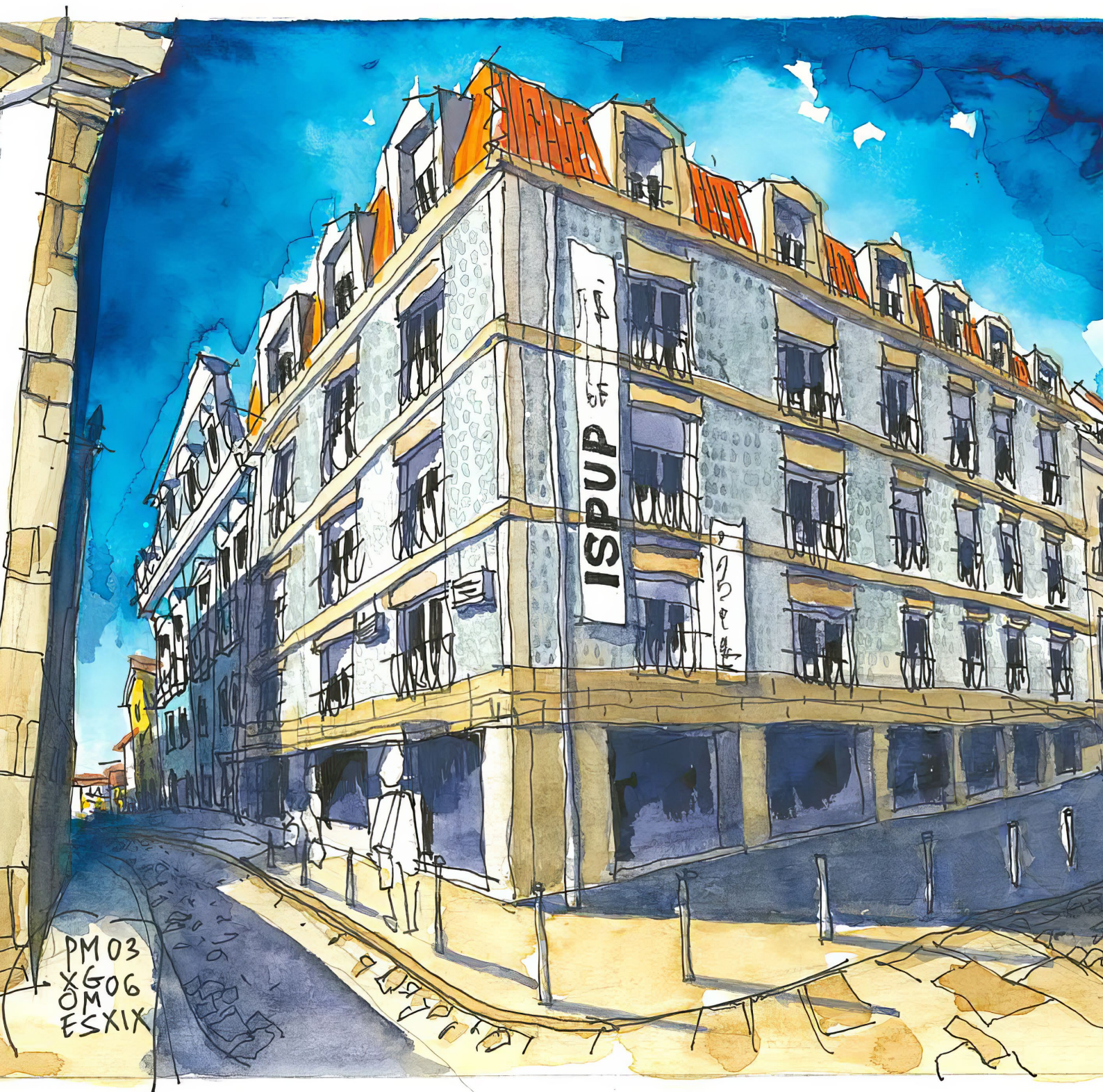


# Annual Report 2023

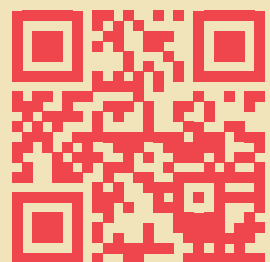






# Public Health Research saves lives.

Annual Report 2023



[ispup.up.pt](https://ispup.up.pt)







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# Foreword



**Henrique Barros**  
**President**

**The Institute of Public Health of the University of Porto — ISPUP —** completed its seventeenth anniversary and, within the framework of the sentimental imagination of our societies, is therefore symbolically approaching an age that we all understand as the one in which secure paths follow in total independence.

Looking back, retracing the route designed, we are clearly aware of an extraordinary set of sustained achievements that built a body of ideas and structures that are simultaneously competitive, innovative, supportive, integrative and globally relevant. And we have always known, since the initial idea that led to the creation of ISPUP, that our way was one of enormous independence – marked by the difficult but essential choice of building on competitive financing, increasingly promote scientific employment, encouraging national and international partnerships. This has also been a path of progressive affirmation as an institution of education, training and research, which wants to be recognized as central in the geography of public health schools.

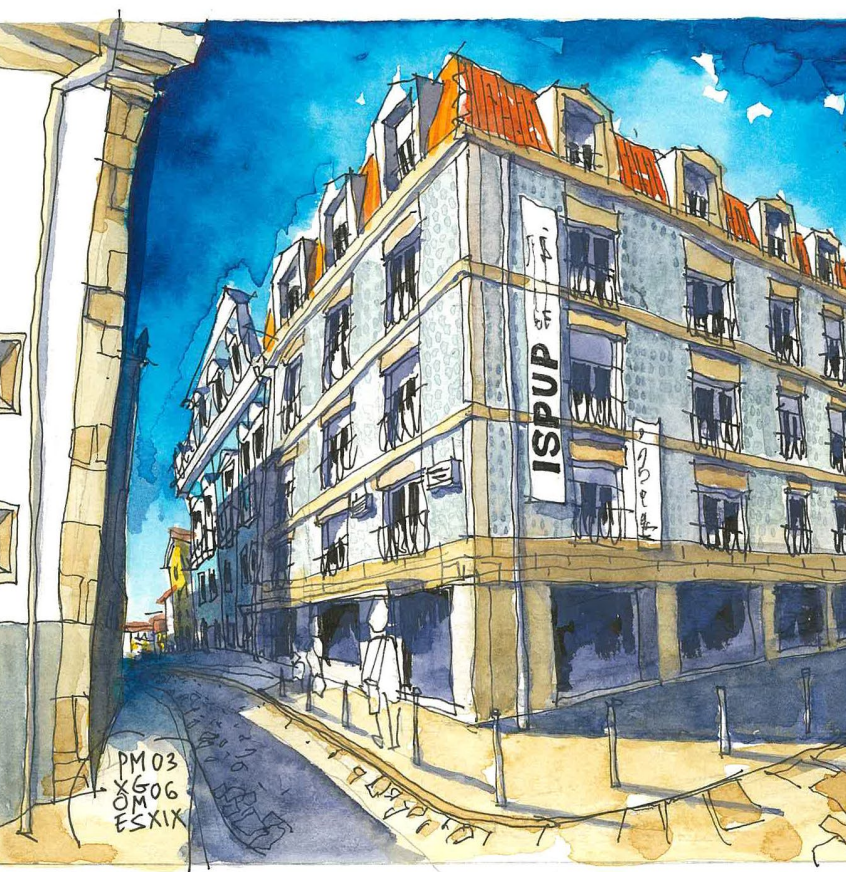
The work that remains – complex and challenging – is to enact this dimension of independence, autonomy, as a teaching structure within the university. Its ability to do so was well demonstrated in the process of approval of the first Portuguese bachelor degree in Public Health.

The year 2023 was marked by the transition from the exceptionality of the pandemic to a supposed normality that would take us back to the routines of the past. ISPUP has a responsibility of rethinking its work organization, its strategic choices to face the new themes that challenge public health research, its central role as an essential structure of education and training in public health, definitively contributing to the construction of a public health workforce equipped with the skills and competencies that anticipate the future.

Last year, ISPUP renewed the composition of its General Assembly, it has a new Direction strongly anchored in researchers that ISPUP has been able to recruit over the years, it definitively opens itself to society by encouraging joint creation and social participation, it wants to help build population health strategies, reinforced its presence in the leadership of international professional organizations and increased the quantity and the relevance of its scientific activity.

Now, it is important to build the house where we can literally live with the deserved dignity so that everything we imagine can be accomplished. Next year has to be the one in which ISPUP also becomes the best place to work because providing excellent premises and challenging educational and research structures and ideas.





## About Us

The Institute of Public Health of the University of Porto (ISPUP) is a large research, education and training institution built around both local and global views of public health challenges.

Over almost two decades, ISPUP has consolidated a unique identity, recognizable in its choices, strengths and expectations. It has fostered a stimulating work environment for the researchers who live it daily, an attractive option for international public health researchers and students, and a reliable source of scientific knowledge for the community that follows and values its work.

# 2023 in numbers



**379**  
Publications



**54**  
Projects



**21**  
Awards



**368**  
Participations  
in Conferences



**31**  
Meetings  
organized



**416**  
Annual  
coverage in  
national media





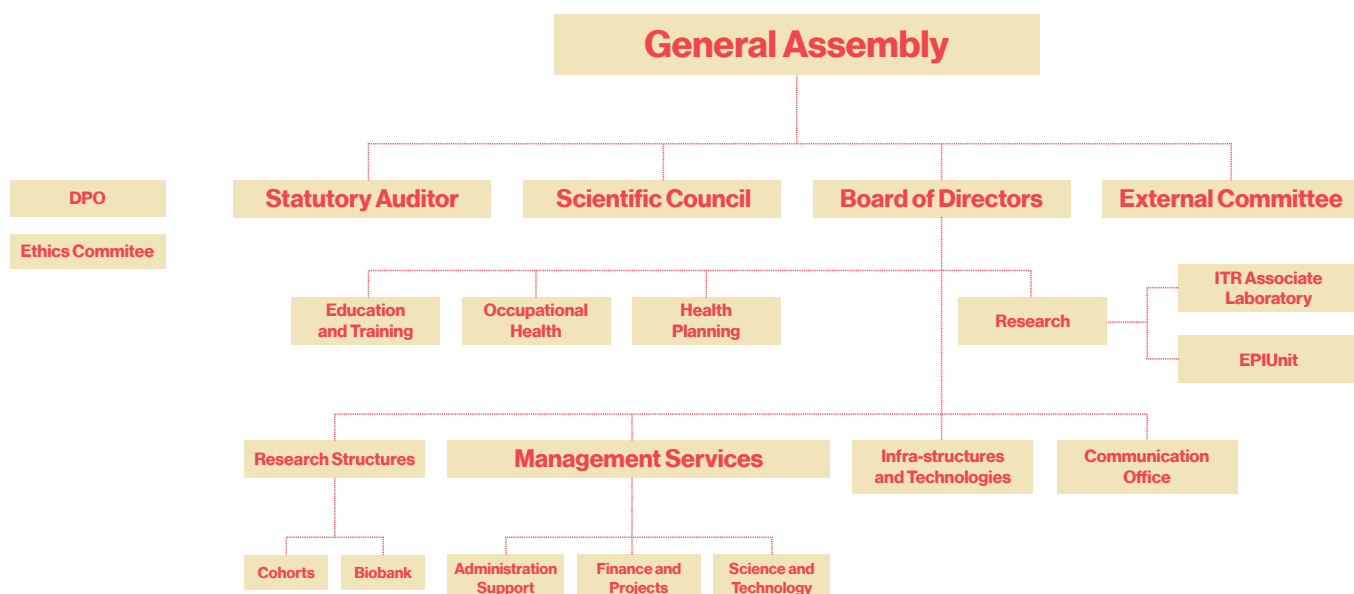
ISPUP's Board of Directors

On October 24, 2023, **Henrique Barros** was re-elected President of the Board of Directors of the Institute of Public Health of the University of Porto (ISPUP), at the General Assembly. The new members of the institute's Board of Directors, who took office in December, were also appointed at this meeting – **Andreia Oliveira, Milton Severo, Raquel Lucas** and **Sílvia Fraga**.

The General Assembly was also the first official meeting to be attended by the new associate members of the institute. **Cruz Vermelha Portuguesa, Liga Portuguesa Contra o Cancro**

— **Núcleo Regional do Norte, Sociedade Portuguesa de Pneumologia, Cooperativa de Ensino Superior Politécnico e Universitário, GAT – Grupo de Ativistas em Tratamento, Liga Portuguesa Contra as Doenças Reumáticas and União das Misericórdias Portuguesas** strengthen ISPUP relation with relevant community institutions, reinforcing the common mission of contributing to the development, application and dissemination of Public Health, with the aim of improving and protecting the health of human populations.

The four members of the External Committee were also appointed. These were: **Aluisio Barros**, Federal University of Pelotas – Brazil; **Ingrid Mehlum**, National Institute of Occupational Health (STAMI) – Norway; **Paolo Vineis**, Imperial College of London – UK and **Marina Pollán**, Instituto de Salud Carlos III – Madrid (ISCIII). The External Committee is responsible for assessing the institute's performance regarding the activities carried out, as well as advising on the development of our strategy and activity plans.



# Employees



**22**  
PhD  
Researchers



**33**  
Senior  
Technicians



**1**  
Intern



**24**  
Research  
Fellows

## Grants & Distinctions

### Marie Skłodowska-Curie Postdoctoral Fellowship

Susana Santos was awarded funding to implement URBANE, a project which studies the effects of exposure to the urban environment during pregnancy and childhood on multimorbidity in adolescence.



"For me, receiving a Marie Curie Fellowship is a very important recognition of my entire scientific career so far and it is also a unique opportunity to value and enrich my scientific and transversal skills."

**Susana Santos, Post-  
-doctoral Researcher**



## Research Grants for Doctoral Studies

Two research grants for doctoral studies in the fields of Public Health and Global Public Health were awarded to Ana Sofia Maia and Maria João Novais. These grants are intended to fund the research activities leading to their PhD. These research activities are framed within the activity plan and strategy of the EPIUnit-ISPUP Research Unit and are funded by the Foundation for Science and Technology (FCT).

## Individual Scientific Employment Stimulus (CEEC)

The Individual Scientific Employment Stimulus (CEEC) supports, through funding from the FCT (Foundation for Science and Technology), contracts for doctoral researchers who aim to carry out their scientific research or technological development activities in Portugal. In 2023, individual CEEC grants were awarded to Claudia de Freitas, Hugo Gomes and Sara Soares.

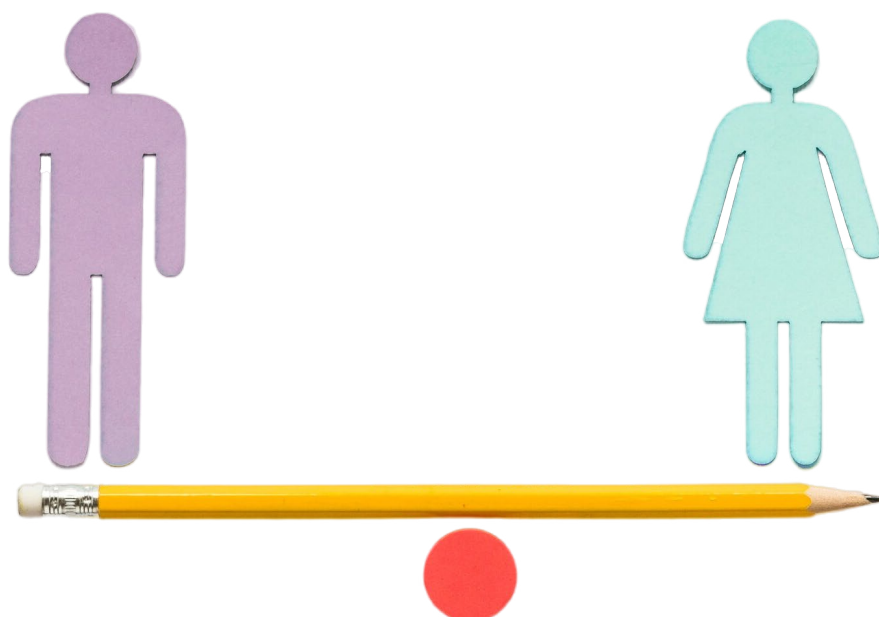


"As a PhD fellowship, I have been benefiting from the interdisciplinary activities promoted by ISPUP. I highlight the seminars with experts from different areas complementary to Public Health, the meetings of the Scientific Committee, PhD students and EPIUnit researchers, as well as the short courses that contribute to our academic and professional development."

**Ana Sofia Maia,**  
**Research Fellow**

# European Commission guidelines to address gender equality issues

ISPUP is aligned with the European Commission guidelines to address gender equality issues, so we have a gender equality plan approved in 2022 by the ISPUP Board which can be consulted on the website. ISPUP, as a Research Unit of the University of Porto ecosystem, adopts the Code of Good Conduct for the Prevention and Combat of Harassment at Work at the University of Porto. Therefore, any report in this context can be made through the University of Porto's Reporting Portal.



# Epidemiology Research Unit (EPIUnit)

and Associate Laboratory for Integrative and Translational Research in Population Health (ITR)



The Epidemiology Research Unit (EPIUnit) was established in 2015, aiming to a) improve the health of populations through highly competitive and groundbreaking research, curiosity driven in nature, but embedded in a structure allowing for the generation of information and evidence to be translated into policies; b) mentoring the next generation of epidemiology researchers highly educated and trained to pursuit national and international careers as public health scientists and practitioners. EPIUnit integrates population,

clinical, and translational aspects of epidemiology and allied public health sciences within a strong research environment, valuing metric and qualitative approaches. EPIUnit envisions achieving the highest standards in epidemiologic research, ultimately contributing to decrease health inequities and to make the human right to health an effective reality.

The Unit handles key research infrastructures, including population cohorts (such as the birth cohort Generation XXI) and a large population-based

biobank containing half a million biological samples. EPIUnit was instrumental in creating the Associate Laboratory for Integrative and Translational Research in Population Health (ITR) approved in 2021, formally extending our commitment to the design and evaluation of public policies in response to scientific, health, social, environmental and economic challenges, to sustain scientific and technical careers for doctorates, and to increasingly attract talent internationally, adding value to the population health field.



# EPIUnit Members

In 2023, EPIUnit hosted **255 members** – 126 PhD researchers and 117 non-doctoral researchers (73 PhD students), including 12 technicians. They are scientists and technicians with diverse backgrounds (medicine, nutrition, mathematics, psychology, sociology, pharmacy, biochemistry, dentistry).

EPIUnit	Female	Male	Total
PhD researchers	88	38	126
Non-doctoral researchers	93	24	117
Technicians	8	4	12

## Associate Laboratory for Integrative and Translational Research in Population Health (ITR)

ISPUP coordinates the Associate Laboratory for Integrative and Translational Research in Population Health (ITR) (Ref<sup>a</sup> LA/P/0064/2020). This Associate Laboratory is born from the convergence of these three research and development (R&D) units – EPIUnit, CIAFEL (Center for Research in Physical Activity, Health and Leisure) and UMIB (Unit for Multidisciplinary Research in Biomedicine) – which embrace the mission of integrating Public Health research, based in the multidisciplinary and complementary strengths that each one has. The research is organized into **four main thematic lines**:

- L1 — Life Course Research and Healthy Ageing;**
- L2 — Syndemics, health inequalities and vulnerable populations;**
- L3 — Genetic, Behavioural and Environmental Determinants of Health and Disease;**
- L4 — Patient and Population Outcomes Research.**

Around 200 ITR PhD researchers, divided into different laboratories, contribute to research within these four thematic lines and collaborate with each other in an integrated and multidisciplinary way.

EPIUnit integrates 32 individual laboratories:

Air Pollution & Health
Biomarkers for Better Clinical Decision
Cancer Epidemiology
Causes and Prevention of Obesity and its Consequences
Chemicals and advanced materials: safety and health
Cognitive Impairment in Diseases Involving the Nervous System
Dietary Intake and Exercise in Obesity, Asthma and Allergy
Early Cardiometabolic Risk and Vascular Injury — Impact on the Kidney
Eating Behaviours and Childhood Obesity
Epidemiology of Allergic Conditions
Epidemiology of respiratory diseases, mycobacteria infection and infectious diseases
Food Habits Assessment and Determinants
Food Policy
Food, Consumption and Sustainability
HBMEx: Human biomonitoring for Environmental Exposure and Risk
Health and Territory
Health Communication
HIV and other sexually transmitted infections
Individual- and System-level Factors Towards the Attainment of High Value Health Care
Indoor Air Quality and Respiratory Health (QAISAR)
Lifecourse Environmental Exposures
Mental Health Literacy, Wellbeing, Depression and Suicide Prevention
Nutrition and Cardiometabolic Health
"One Health" Applications
Perinatal Determinants of Health
Physical Activity and Noncommunicable Diseases
Policies and Health
Population Design of Musculoskeletal Health and Disease
Public and Patient Involvement in Health
Social Adversity and Health Inequalities
Studies on Hazardous Medicinal Products
Trajectories and Joint Modelling Applied to Health Metrics



# Publications

In 2023, ISPUP researchers authored **379 publications** (1st Q=137, 2nd Q=86).

## 10 selected Publications from 2023

**A double-edged sword: Residents' views on the health consequences of gentrification in Porto, Portugal**

Silva,JP; Santos,CJ; Torres,E; Martinez Manrique,L; Barros,H; Ribeiro,AI

SOCIAL SCIENCE & MEDICINE

**Nutritional adequacy of commercial food products targeted at 0-36-month-old children: a study in Brazil and Portugal**

Barbosa De Araujo,CRB; Rocha,KF; Carneiro,B; da Silva Ribeiro,KDD; de Moraes,IL; Breda,J; Padrao,P; Moreira,P

BRITISH JOURNAL OF NUTRITION

**Parental child-feeding practices at 4 years of age are associated with dietary patterns of 7-year-olds**

Barbosa,C; Lopes,C; Costa,A; Warkentin,S; Oliveira,A

JOURNAL OF HUMAN NUTRITION AND DIETETICS

**2008 economic crisis impact on perinatal and infant mortality in Southern European countries**

Doetsch,JN; Almendra,R; Severo,M; Leao,T; Pilot,E; Krafft,T; Barros,H

JOURNAL OF EPIDEMIOLOGY AND COMMUNITY HEALTH

**Bullying Involvement and Physical Pain Between Ages 10 and 13 Years: Reported History and Quantitative Sensory Testing in a Population-Based Cohort**

Lucas,R; Talih,M; Soares,S; Fraga,S

JOURNAL OF PAIN

**The influence of the Great Recession on perinatal health-an ecological study on the trend changes and regional differences in Portugal**

Doetsch,JN; Almendra,R; Severo,M; Leao,T; Teixeira,R; Marques,S; Pilot,E; Krafft,T; Barros,H

LANCET REGIONAL HEALTH-EUROPE

**Maternal iron status in early pregnancy and childhood body fat measures and cardiometabolic risk factors: A population-based prospective cohort**

Quezada Pinedo,HG; Jaddoe,V; Duijts,L; Muka,T; Vermeulen,MJ; Reiss,IKM; Santos,S

AMERICAN JOURNAL OF CLINICAL NUTRITION

**Multiparametric in vitro genotoxicity assessment of different variants of amorphous silica nanomaterials in rat alveolar epithelial cells**

Brandão,F; Costa,C; Bessa,MJ; Valdiglesias,V; Hellack,B; Haase,A; Fraga,S; Teixeira,JP

NANOTOXICOLOGY

**Loneliness and Frailty Among Middle-Aged and Aging Sexual Minority Men Living With or Without HIV: A Longitudinal Cross-Lagged Panel Analysis**

Meireles,P; Ware,D; Henriques,A; Nieves-Lugo,K; Stosor,V; Brennan-Ing,M; Meanley,S; Habermen,S; Okafor,CN; Shoptaw,S; Friedman,MR; Plankey,M

INNOVATION IN AGING

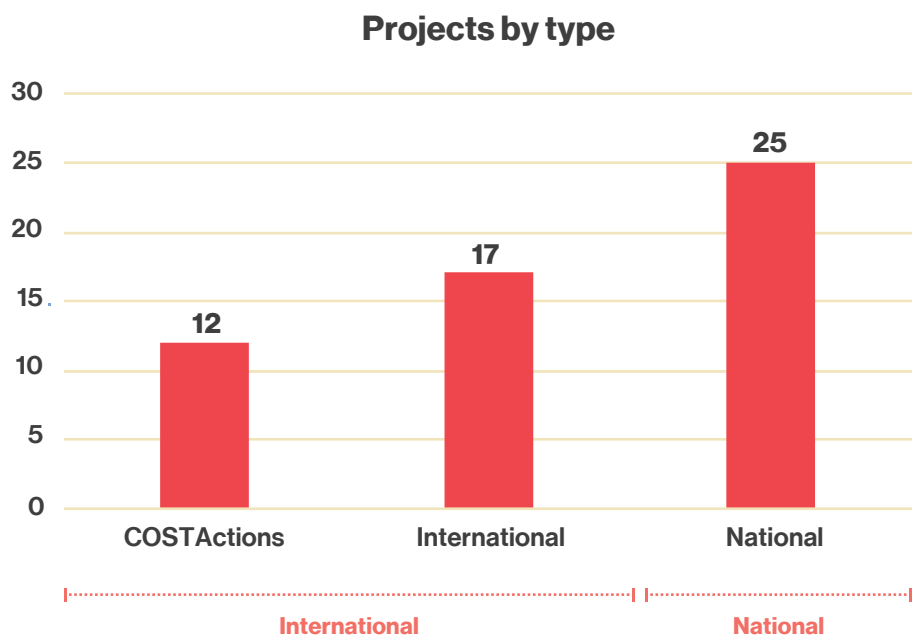
**Prostate cancer treatment in Portugal: a nationwide analysis**

Botelho,F; Lopes,R; Pina,F; Silva,C; Pacheco-Figueiredo,L; Lunet,N

SCIENTIFIC REPORTS

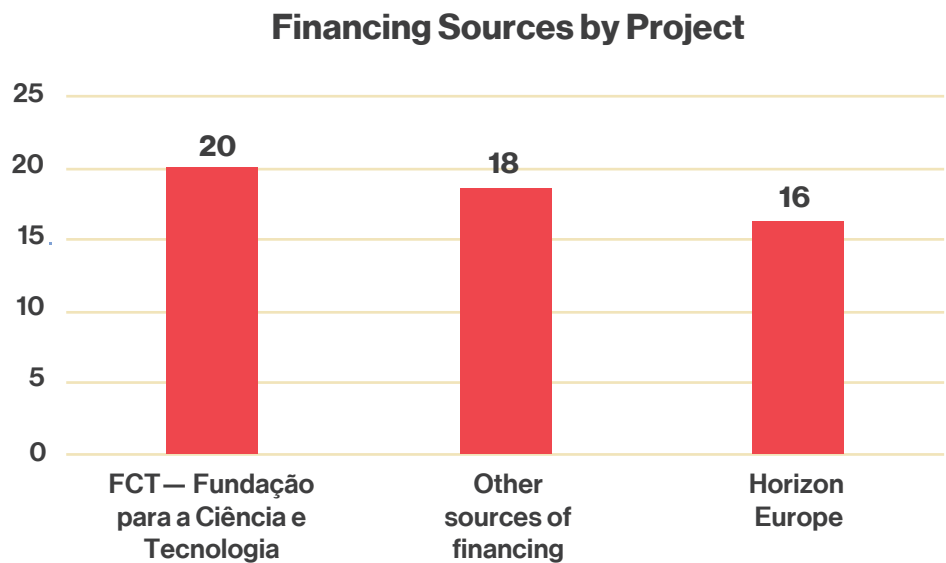
# Competitive Research Projects

In 2023, 54 projects were on-going, 25 national, 17 international and 12 COST actions. The complete list of Projects and COST Actions is available on **Attachment I**.



"As the lead researcher on a project, I embarked on a multifaceted journey, harmonizing administrative support from ISPUP with technical expertise. ISPUP's administrative backing facilitated team coordination and resource allocation, while hands-on technical execution enabled insightful research and data analysis. Together, we propelled our project toward success.

**André Moreira,**  
PhD Researcher





# Research infrastructures

## Cohorts

Individuals are followed over time to describe and understand the evolution of their health and health related outcomes and health determinants. This type of epidemiological studies are essential infrastructures for research in Public Health.

The information obtained through cohort studies makes it possible to answer numerous scientific questions and is useful for planning measures to protect and promote health and to prevent disease.

In 2023, ISPUP managed **9 research cohorts**:

### **EPIPorto**

Established in 1999

Number of participants at baseline: 2485

Objective: To evaluate the health determinants of the adult population living in Porto.

More information: <https://bit.ly/4apqRwJ>

### **EPITeen**

Established in 2003

Number of participants at baseline: 2942

Objective: To understand how habits and behaviors acquired in adolescence will be reflected in adult health.

More information: <https://bit.ly/3yKxO4N>

### **Generation XXI**

Established in 2005

Number of participants at baseline: 8647

Objective: To understand the state of health in childhood, adolescence and adulthood.

More information: <https://geracao21.com/pt/>

### **Lisbon Cohort —**

#### **Men who have sex with men**

Established in 2011

Number of participants: 5350 (interviews in 2023)

Objective: To understand the dynamics of HIV infection and adherence to prevention behaviors in Men who have Sex with Men.

More information: <https://bit.ly/4an0PKx>

### **EPICE-PT — Very preterm birth**

Established in 2011

Number of participants at baseline: 544

Objective: To portray the reality of extreme prematurity in Portugal with yearly evaluation of the cohort.

More information: <https://bit.ly/3K4jq35>

### **NEON-BC**

Established in 2012

Number of participants at baseline: 566

Objective: To study the neurological complications of breast cancer and its treatments.

### **Moza-BC**

Established in 2015

Number of participants at baseline: 262

Objective: To study the risk factors, the distribution of breast cancer subtypes, the available treatments and the numbers relating to survival from the disease in Mozambique.

### **BiTwin**

Established in 2017

Number of participants at baseline: 725 families

Objective: To evaluate how the interaction between genetics and the environment influences the development of children and the occurrence of diseases (emphasis on the study of twins).

### **NEON-PC**

Established in 2018

Number of participants at baseline: 566

Objective: To study cognitive decline related to prostate cancer and its treatments.

In 2023, ISPUP actively collected data in 5 of its 9 research cohorts:

## **EPIPorto**

In 2023, the EPIPorto cohort allowed the production and dissemination of diverse scientific evidence, particularly within the scope of data collection carried out in 2022 and which was disclosed in the activity report of that same year. Of the various topics evaluated, the frequency of infection and the presence of specific antibodies to the SARS-CoV-2 virus stand out. The analysis of 775 participants in the cohort highlighted that only a third showed evidence of SARS-Cov-2 infection (via previous diagnosis or serological evidence). For almost all participants, antibodies to the SARS-CoV-2 virus were detected, as well as an indication for taking the vaccine for COVID-19.

The results of the qualitative assessment on gentrification and health in the city of Porto, where 16 people participated, showed that they associate the gentrification process with tourism and changes in the real estate market, with changes in terms of housing, commerce and services, transforming physics, socially, culturally and economically the city, with good consequences for health, such as the improvement of sanitary conditions through the city's renewal, and also bad consequences such as negative emotional states and various health problems associated with the lack of housing and the displacement of residents due to at the prices charged. They also highlight the need for greater justice in the distribution of benefits and better protection of the most vulnerable.

The information resulting from the various evaluations of this cohort was also, in 2023, the basis for the development of 2 master's theses, 7 oral communications, 2 posters, 2 abstract publications and 3 scientific articles.

## **Generation XXI**

In May 2023, the Generation XXI project began the 18-year follow-up and managed to evaluate 1042 participants and 872 mothers since then.

This follow-up has solid lines of research, such as the determinants of healthy growth, the epidemiology of obesity, life course patterns of metabolism and nutrition, respiratory health, the reaction to pain chronic in young adults and adversity in youth. The study is being conducted by a trained and multidisciplinary team. They are being assessed in different domains of health, including physical examinations. The results of the physical examinations are sent to the participant so that they can share with their physician.

In 2023, 27 scientific papers were published in international journals using data from the Generation XXI project.



"It has been a privilege to collaborate with the Generation XXI project over these 14 years. Working with a multidisciplinary team and interacting daily with the project participants while doing work that I consider so relevant to Health is extremely enriching for me, both personally and professionally."

**Cátia Ferreira, Senior Technician at Generation XXI cohort**

## **Lisbon Cohort — Men who have sex with men**

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In 2023, the Lisbon cohort of Men Who Have Sex with Men (MSM) conducted 5,350 interviews with MSM aged 15 and over, of which 572 were cohort entry interviews. 80 reactive tests for the Human Immunodeficiency Virus (HIV) were identified. 80 reactive cases for antibodies to syphilis, 10 for antibodies to hepatitis C virus, and 8 cases reactive for the surface antigen of the hepatitis B virus were also identified.

The cohort results were presented in an oral communication at the XLI Meeting of the Spanish Society of Epidemiology (SEE) and XVIII Congress of the Portuguese Association of Epidemiology (APE) which took place in Porto, and in a poster at the Fast-Track Cities Conference in Amsterdam. Results and examples from the cohort were also presented at a meeting on survival analysis.

The study is conducted at CheckpointLX – a community-based center targeting MSM for rapid, confidential (or anonymous) and free testing for HIV and other sexually transmitted infections, counseling and referral to healthcare. Tests and participant interviews are carried out by trained technicians, who are also MSM.

## **EPICE-PT — Very preterm newborns**

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In 2023, the 10-year-old follow-up, which began in 2022, was completed. The objectives of this evaluation were: to describe the use of health services by the project's children; evaluate the health and development trajectories of children born very preterm, from birth to 10 years of age; understand the school journey and the need for support/special education; estimate the prevalence of COVID-19 in this group, as well as symptoms associated with long COVID; assess the prevalence of stress, anxiety and depression in these children at 10 years of age; estimate the prevalence of involvement in bullying situations at age 10, comparing the results with those obtained by the Generation XXI cohort, at the same age.

Of the 524 children eligible for this follow-up assessment at 10 years of age, 444 (85%) caregivers responded to the parental questionnaire via telephone (115 questionnaires completed in 2023) and 341 (65%) children responded to the respective online questionnaire (86 questionnaires answered in 2023).

As usual, the 12th birthday card was sent, as well as a Happy Holidays email to mark World Prematurity Day.

In 2023, 7 articles were published in international journals, which include data from the EPICE-PT cohort.



## NEON-BC

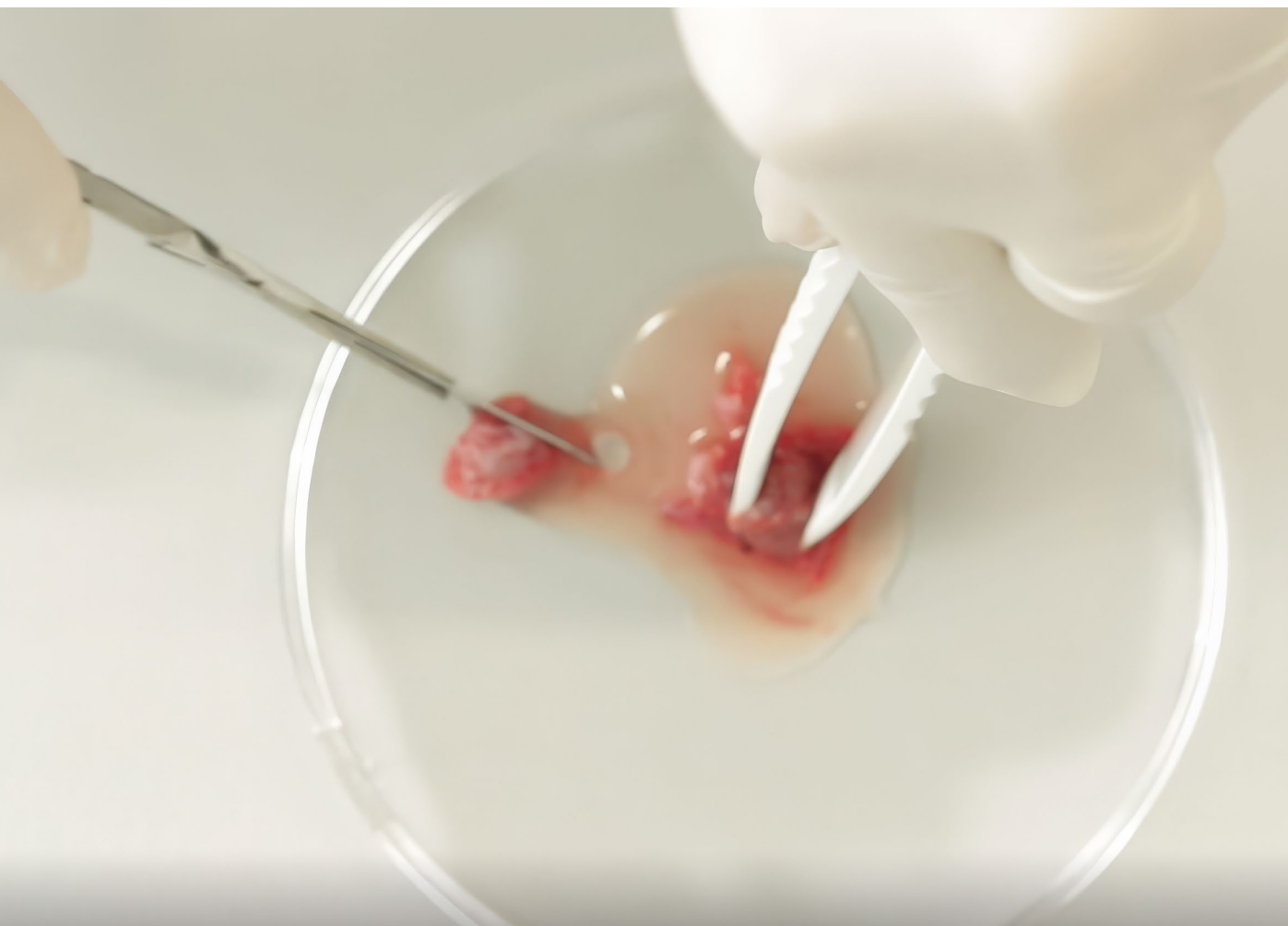
In 2023, the ten-year follow-up evaluation of participants in the NEON-BC cohort began. In a first phase, patients who maintained their clinical follow-up at IPO-Porto were invited to participate in this evaluation (71 women were evaluated).

In addition, to making it possible to study the evolution of the various changes in patients' lives over ten years after the diagnosis of breast cancer, the evaluation of the cohort in 2023-2024 will allow for a better understanding of cognitive deficits in breast cancer survivors. Furthermore, it will also be possible to validate an innovative instrument in Portugal for measuring quality of life in long-term breast cancer survivors.

Preliminary results on cognitive deficit after ten years of follow-up were presented at the joint event of the XLI Meeting of the Spanish Society of Epidemiology (SEE) and XVIII Congress of the Portuguese Association of Epidemiology (APE).

The ten-year evaluation of the NEON-BC cohort allowed the research work of a PhD student in Public Health.





## **NEON-PC**

In 2023, 95 participants were evaluated, totaling 422 participants evaluated after three years. To confirm and better characterize the cognitive deficit, 23 neuropsychological assessments were carried out on participants with a positive screening test (Montreal Cognitive Assessment) in the 3-year or previous assessment. In addition, 87 participants continue to be monitored since the first cohort assessment with the Brain on Track web-based cognitive assessment tool.

An article was published in the European Journal of Cancer Prevention with results from the NEON-PC cohort on the association between clinical and non-clinical characteristics of patients and the stage of cancer at diagnosis.

Preliminary results on cognitive deficit at three years of follow-up were presented at the joint event of the XLI Meeting of the Spanish Society of Epidemiology (SEE) and XVIII Congress of the Portuguese Association of Epidemiology (APE).

The NEON-PC cohort allowed the research work of two PhD students in Public Health.



"Being a researcher in a cohort is more than collecting and/or analyzing data. It is a mutual learning experience, since the interaction with the participants not only enriches but also feeds my taste for science, making it a enriching experience both on a personal and scientific level."

**Adriana Costa,**  
**Researcher**

# Biobank

In 2023, the ISPUP biobank had a collection of 465,555 biological samples - 77 652 plasma samples, 225 238 serum samples, 44 105 whole blood samples, 2 250 hair samples, 1 596 primary teeth, as well as 11 639 urine samples (including spot and 24h samples), coming from participants involved in longitudinal studies conducted by the institute.

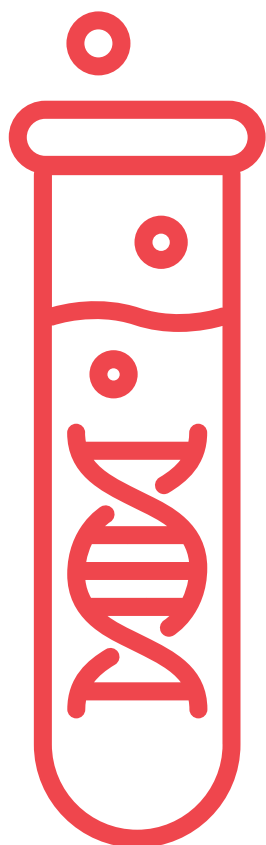
This diverse collection enables a unique and comprehensive approach, generating a wealth of information, allowing us to relate clinical, genetic and environmental data to better understand disease progression, identify risk factors and drive findings that positively impact the health and well-being of people and the society.

The ISPUP Biobank has an infrastructure consisting of 12 deep freezers at -80°C and 5 refrigerators between -20 and -40°C, these are located in an air-conditioned room, where the temperature is constantly maintained between 18 and 20°C. This controlled environment ensures the preservation of the integrity of the samples, ensuring their effective use in future studies.



"Working at the ISPUP Biobank, being part of a pioneering project in Portugal has been a truly enriching experience. It is a journey full of challenges, learning and fulfillment. Contributing to better health for future generations is what motivates me to continue and doing my best every day."

**Daniela Miranda,**  
Technical Manager at  
Biobank



**465,555**  
biological samples

**77,652**  
plasma samples

**225,238**  
serum samples

**44,105**  
whole blood samples

**2,250**  
hair samples

**1,569**  
primary teeth samples

**11,369**  
urine samples  
including spot and 24h samples



# Occupational Health

The ISPUP Occupational Health Unit aims to promote the health of University workers through the identification and control of the risks to which they are exposed and the creation and/or development of technical conditions capable of ensuring a healthy and safe working

environment. Monitoring these workers makes it possible to determine their physical and mental fitness to exercise their profession and contributes to reducing absenteeism and disability resulting from work accidents or occupational illnesses.

In 2023, the Occupational Health Unit carried out **1771 appointments**, **3 training courses** in First Aid and Basic Life Support, Ergonomics and Occupational Hygiene and Safety and received **2 internships** in Environmental Health.

## Health at Work



Occupational safety aims to promote the protection of workers in the facilities of the various entities of the University of Porto (UP), aiming to reduce work accidents and occupational diseases, that is, to evaluate and control possible risk situations.

In 2023, a total of 217 visits were made to the workplaces of the different UP Organic Units. Correct awareness and good ergonomic practices were carried out at all workplaces visited, particularly with regard to general risk assessments carried out at the various Organic Units.

Regarding specific evaluations of posts/workplaces, 26 ergonomic evaluations were carried out using the ROSA and RULA instruments, 12 noise evaluations, 41 illuminance evaluations and 3 indoor air quality evaluations.

# Education and Training

ISPUP is committed to quality training, offering courses in the areas of Public Health and Epidemiology.



## Public Health Specialization Course (CESP)

The Public Health Specialization Course (CESP) is intensive training carried out during working schedule, for 48 weeks, which corresponds to the second year of the medical internship in Public Health. It is aimed at residence doctors who are studying this specialty. Ordem dos Médicos has recognized ISPUP, since 2015, as having the training suitability to teach this course.

In 2023, 9 medical residents attended the Public Health Specialization Course, at ISPUP.

During the 9th edition of CESP, which took place between January and December 2023, the residents were able to contact with different disciplines and methods and to develop their epidemiological investigation protocol, to be later implemented.



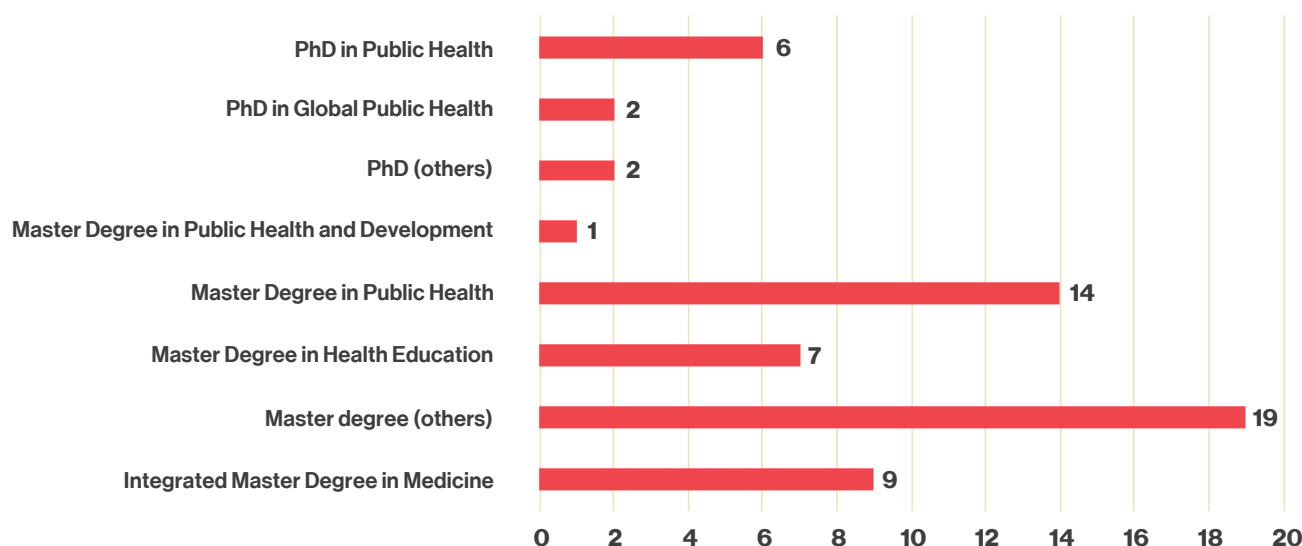
"CESP at ISPUP allowed me to take a big step in my journey as a researcher and public health medical resident. I consider that the highly specialized academic training at CESP gave me key tools to join the European Commission's HaDEA (EU4Health) mission and start working on WHO projects."

**Marina Pinheiro,**  
**Medical resident**

## 2nd and 3rd Cycle Programs

In 2023, **50 master's theses and 10 doctoral theses** were completed by students supervised by researchers integrated at EPIUnit.

**Thesis Defenses by 2nd and 3rd Cycle Programs**



## Short Courses

In 2023, **20 short intensive non-academic degree courses were offered**, covering different areas of Public Health. In total, these courses had **617 registered participants and provided 431 hours of training**.

Among the 20 courses mentioned, 14 were organized within the scope of *Plano de Recuperação e Resiliência (PRR)* in the context of NOTICE No. 01/PRR/2021 – *Impulso Jovens STEAM Program and Impulso Adultos Program*.

The list of intensive courses can be consulted at **Attachment II**.

**20**  
short intensive  
non-academic  
degree courses

**617**  
registered  
participants

**431**  
hours of training

"It was the second ISPUP intensive course in which I participated and I consider that they are very well-structured courses, in order to optimize the time available in each session. Constant interaction is maintained with trainees, which facilitates the dynamics of the course and also allows us to provide practical examples in order to clarify any doubts about the topics covered. I will certainly sign up for new intensive courses that arise in my areas of professional activity."

**Participant in the "Nutrition and Public Health Research Course: From planning to analysis and interpretation of information – 2nd Edition" (from anonymous evaluation**



# Bachelor in Public Health



Together with a non-profit private higher education institution (CESPU/IUCS), ISPUP submitted an application for a 3-year undergraduate degree program in Public Health. In 2023, this program was approved without reservations and with a very positive review by the national Agency for Assessment and Accreditation of Higher Education — A3ES. The program, which has the formal support of the Association of Public Health Schools of the European Region (ASPHER), is co-coordinated by IUCS and ISPUP and includes 40% of teaching FTEs provided by ISPUP members.

The first edition will take place in the 2024/25 academic year and will comprise the following main courses:

**1st year:** History and foundations of Public Health, Physiological basis of health and disease, Introduction to biostatistics, Introduction to

epidemiology, Molecular and cell biology, Demography and health geography, the One Health approach, Epidemiologic research methods, Microbiology, Qualitative methods in public health

**2nd year:** Disease prevention, Health information systems and technology; Health and the life cycle, Social and behavioral sciences, social determinants of health, Applied epidemiology, Environmental health, Statistics for public health, Global health and public health emergencies, Public Health nutrition

**3rd year:** Health promotion, Public Health planning, Health policies and systems, Development and evaluation of health technologies, Health economics and management, Law and ethics in public health, Public Health communication, Public Health practice, Occupational health, Thematic seminars, Optional courses, Practical internship (healthcare and/or research structures).

# Awards

In 2023, ISPUP researchers were distinguished with 21 awards.

Award	Entity/Congress	ISPUP Researcher
1º Prémio Melhor Poster	XII Congress of Food and Nutrition, III International Congress of Food and Nutrition	Beatriz Teixeira et al.
1º prémio na categoria Investigação Clínica	III Jornadas Médicas Porto Ocidental	Diogo Barbosa Caveiro et al.
1º Prémio na categoria Investigação Clínica / Projeto de Intervenção / Melhoria Contínua da Qualidade	III Jornadas Médicas Porto Ocidental	Diogo Caveiro et al.
2023 ASPHER Early Career Excellence Award	ASPHER Deans' & Directors' Retreat	Paula Meireles
Arnaldo Sampaio Award — Honorable Mention Award	Best research work in public health carried out in Portugal in the previous two years by APPSP — Portuguese Association for the Promotion of Public Health	Sofia Vilela et al.
Best Poster Award	Reunião anual EAACI	Tiago Azenha Rama et al.
Best Poster in the Symposium on Occupational Health and Safety of the Doctoral Congress in Engineering (DCE'23)	5th Doctoral Congress in Engineering, FEUP	Mónica Santos et al.
Best Scientific Publication Region Galicia — North of Portugal, IACOBUS	IACOBUS Papers	Carla Costa et al.
Bolsa de Investigação Prof. Castro Lopes em Doença Vascular Cerebral	17.º Congresso Português do AVC	Ana Rute Costa et al.
Melhor comunicação oral na área temática de investigação	40º Encontro Nacional de Medicina Geral e Familiar / Portugal	Mónica Granja et al.
Melhor Poster apresentado	I Congresso da BioMedLab	Paula Meireles et al.
PAAM Outstanding Poster Presentation Award	Pediatric Allergy and Asthma Meeting	João Rufo et al.
Prémio AICIB/APMGF + mentoria	21º Encontro Nacional de Internos e Jovens Médicos de Família	Magda Fonseca et al.
Prémio de Melhor Poster	44ª Reunião anual da SPAIC	Tiago Azenha Rama et al.
Prémio SESPAS	XLI Reunión anual de la Sociedad Española de Epidemiología (SEE) y XVIII Congresso da Associação Portuguesa de Epidemiologia (APE)	Rita Pereira et al.
Programa Iacobus Publicações Científicas	Promoção de publicações científicas	Sónia Fraga et al.
Projeto do Ano — Alimentação Coletiva e Restauração	3.ª edição dos Prémios VIVER SAUDÁVEL	Duarte Torres et al.
Projetos de capacitação dos centros de investigação — AICIB	Realização de análise de dados federada utilizando dados secundários em saúde	Firmino Machado
SNS Awards — Categoria Jovem Talento	Direção Executiva do SNS	Filipa Fontes
Travel Grant	European Academy of Allergy and Clinical Immunology — EAACI Congress 2023	Carla Martins
Paper of the Year 2023	British Journal of Nutrition	Sarah Warkentin et al.



"I was very happy and honored by this award. I see it as a great incentive to maintain my commitment and dedication to Public Health and to continue my professional journey in this area."

**Paula Meireles,**  
PhD Researcher



# Scientific Partnerships

ISPUP has been strengthening its work and cooperation network, currently being a **scientific partner of national (10) and international (27) institutions**, both academically and business-wise.

The promotion of partnerships with universities, institutes, research centers (public and private) and companies allows ISPUP a wider presence in diverse research scenarios, promoting the sharing of scientific knowledge. These partnerships also represent the possibility of increasing societal influence, since many of these entities are essential for prioritizing initiatives and promoting the applicability of Public Health research.

This joint work increases the efforts towards a more effective health promotion and disease prevention and finally contributing internationally to prolong life with quality and dignity.



"International partnerships are unique opportunities for scientific collaboration among researchers in similar fields, enabling the exchange of ideas and resources, especially data, which is essential for designing innovative transnational projects. Fortunately, throughout my research career, I have had the opportunity to collaborate with researchers from Brazil to Australia, and I have seen the positive outcomes of this scientific collaboration."

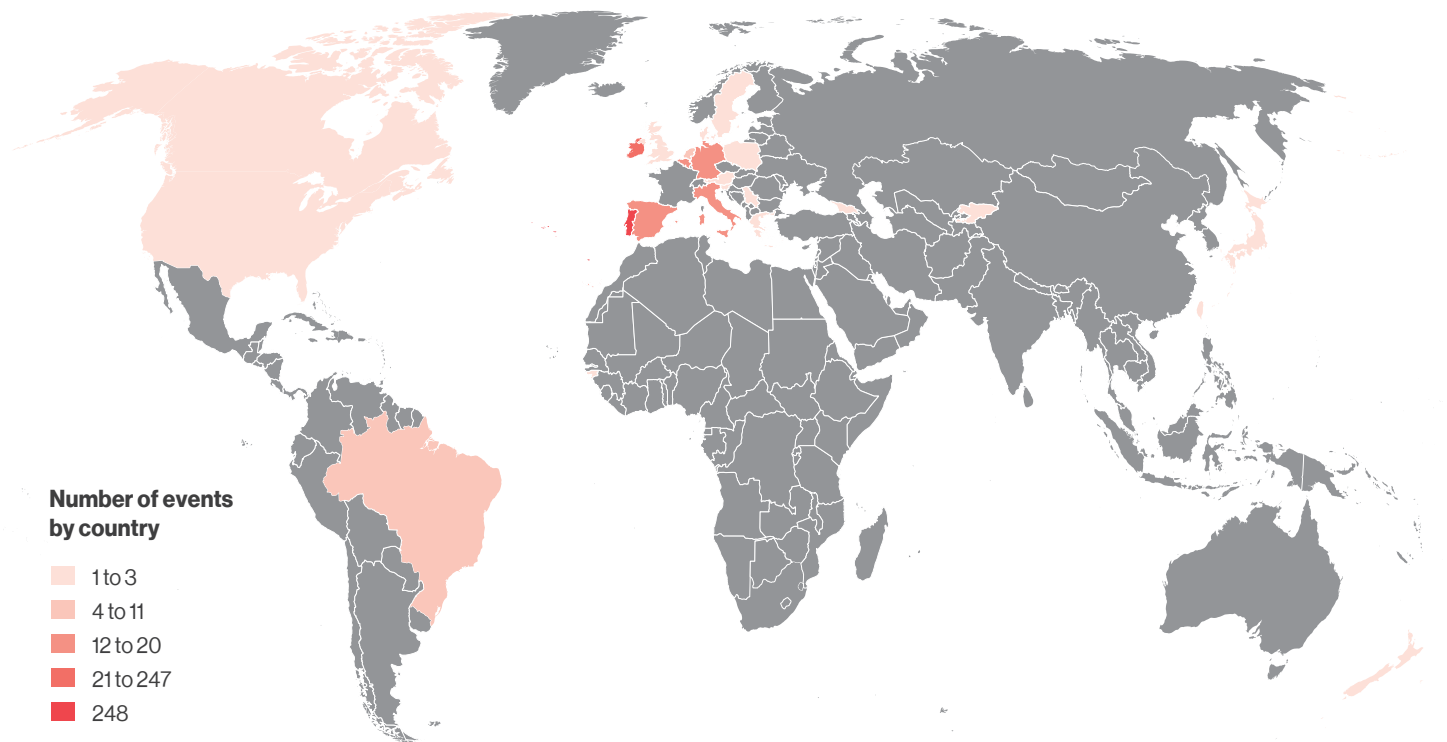
**Ana Isabel Ribeiro,**  
PhD Researcher



# Participation in Congresses and Scientific Meetings



In 2023, ISPUP researchers participated in 368 congresses and scientific meetings, organized in 26 different countries (see map). Our researchers presented a total of 191 oral communications, 88 communications by invitation and 89 posters. A detailed list of the number of congresses, by country, as well as the number of communications can be consulted in **Attachment III**.



# ISPUP Activities

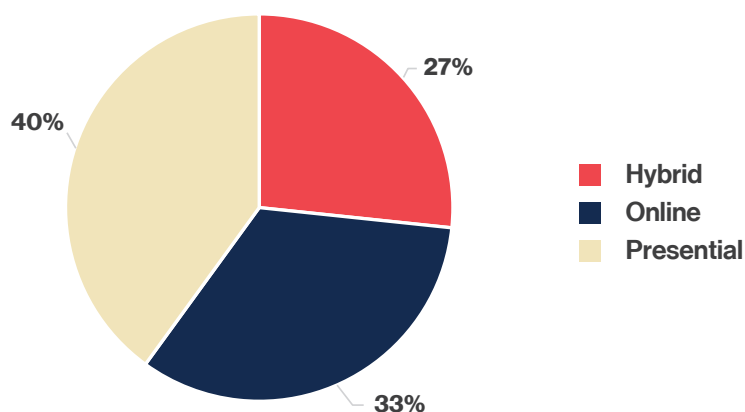
ISPUP researchers were involved in the organization of several national and international events, aimed at the various audiences with which the institute interacts: employees and researchers, institutional partners, health professionals, the community, etc.

## Organization of Scientific Meetings



In 2023, ISPUP researchers organized **31 scientific meetings**, aimed at their peers. The list of Scientific Meetings can be consulted in **Annex IV**.

Scientific Meetings Format



# ISPUP received the status of WHO Collaborating Center



In February 2023, ISPUP was granted the status of **WHO Collaborating Centre on Behavioral and Social Determinants of Noncommunicable Diseases**, recognizing two decades of solid work.

Eleven EPIUnit integrated researchers have been involved with the Centre activities, under the following terms of reference:

1. To support WHO in the implementation of Global Action Plan on Physical Activity;
2. To support WHO's work to collect and collate information related to food components such as sugar, salt and fat intake;
3. To support WHO's work related to social determinants of tobacco and alcohol use and also on monitoring and assessment of health impact of tobacco and alcohol, namely in vulnerable populations (e.g. low-income, migrants, persons deprived of freedom);
4. To support WHO's work for assessment of impact of policies on NCDs risk factors, namely through the development of systematic

reviews, policy briefs, and modeling analysis development;

5. To support WHO's work to strengthen capacities for training and education on surveillance and research on NCD risk factors. As part of the Centre's activities, we co-organized in Lisbon the presentation of the "Status report on prison health in WHO European Region 2022" and in Porto a high-level discussion on a roadmap for prison health in Portugal.

As a result, it was designed in the Proposal for a Health Plan in the Context of Deprivation of Liberty endorsed by the Portuguese Ministries of Health, Justice and Science.





# Science and Society

Presentation of the book “**Public Health in Portugal — From the 19th century to the new 'millennium' until the future**”.

Entitled “Public Health in Portugal – From the 19th century to the new 'millennium' until the future”, the new book published in 2023 and coordinated by Francisco George, was presented at ISPUP auditorium, in a session open to the community, attended by Henrique Barros, Raquel Duarte and Francisco George himself.

## Celebration of ISPUP 17 years



On July 14, 2023, ISPUP marked 17 years since its foundation. The motto for the celebration session was “Public health in the global world”. This open event brought together 80 people – with the presence of Rita Sá Machado from the World Health Organization, Carlos Penha Gonçalves from the Gulbenkian Institute of Science, and José Castro Lopes, Vice-Rector of the University of Porto – who reflected and debated current national and international Public Health issues. This was followed by a roundtable discussion with six students from different nationalities who chose Portugal and ISPUP to study and research. The students shared their experiences and the challenges they have faced throughout this journey, moderated by Público journalist, Andreia Azevedo Soares.

## Open session “Bringing people closer to Health”



As part of the XLI Meeting of the Spanish Society of Epidemiology (SEE) and XVIII Congress of the Portuguese Association of Epidemiology (APE), which took place in Porto, with local organization by ISPUP, a debate session was also organized, open

to all citizens, entitled “Bringing people closer to Health: Citizen science and epidemiology to inform local decisions.” The session brought together, at the discussion table, a panel of guests linked to health, local government and civil society.

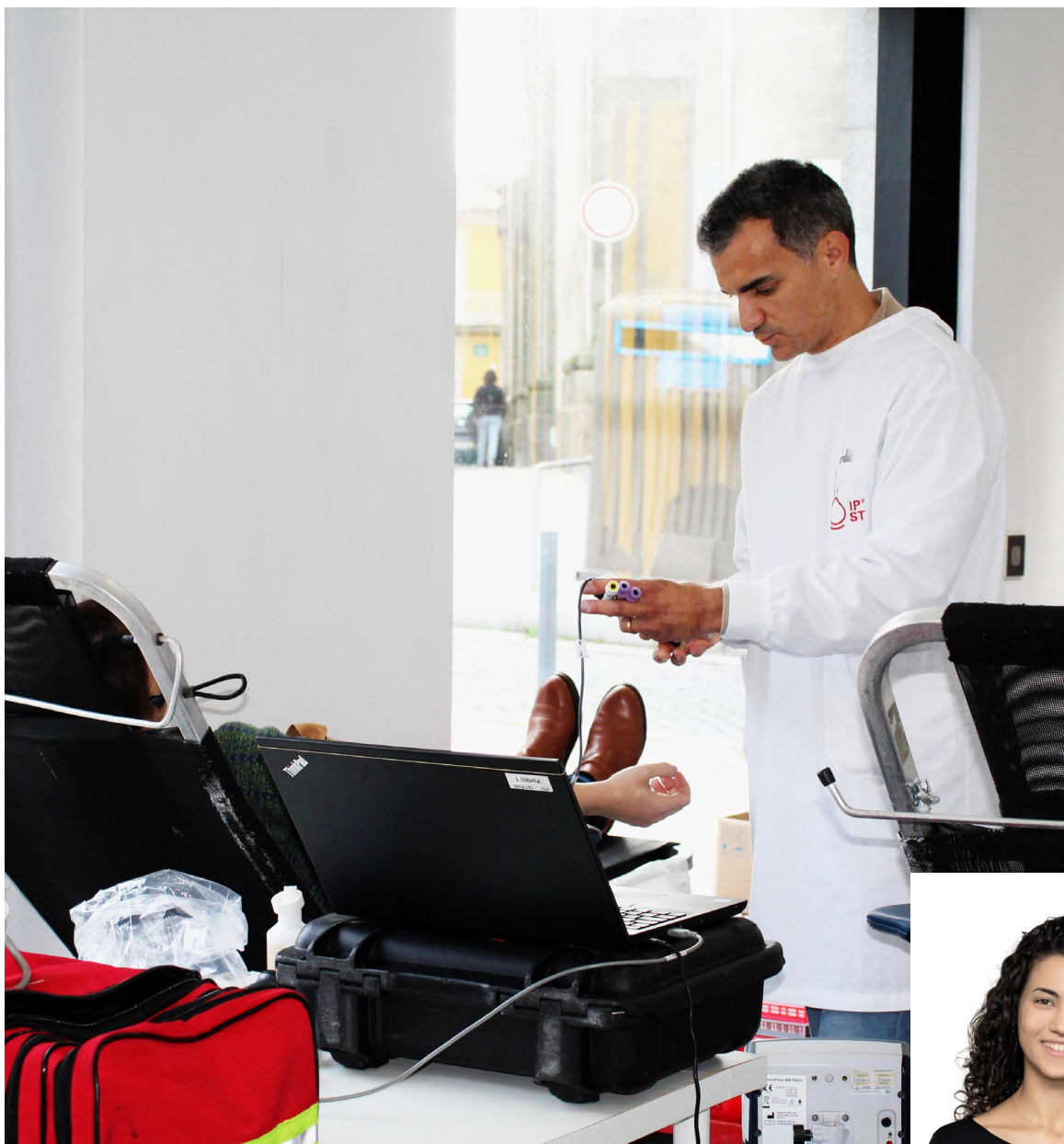
## Science and Technology Week

As part of the Science and Technology Week, promoted by Ciência Viva, which took place between the 20th and 26th of November, ISPUP organized a set of free activities, with different types and for different audiences, with the aim of stimulating the community's involvement in various topics related to science and to disseminate some of the work that is done at the institute:

- **Workshop “Campus Mental: Promoting mental health at the University”**, aimed at university students, where researcher and psychologist, Virginia Conceição, spoke about the challenges of the college phase for mental health;
- **CineISPUP** – screening of the film “Cães que

Ladram aos Pássaros”, by Leonor Teles, which has, as background, the impact of gentrification on the lives of Porto residents, with comments from researchers Ana Isabel Ribeiro and José Pedro Silva.

- **Debate session “Citizen science: multidisciplinary paths for community participation and involvement”**, an initiative proposed by researcher Ana Moura, with the aim of creating a moment of sharing and discussion between the community, students and researchers from different areas of study about citizen science, participation and involvement of communities in research projects.



## Two events to promote Blood donation

ISPUP organized, with the support of the Portuguese Institute of Blood and Transplantation (IPST), two initiatives, open to the community, to promote blood donation:

1. A seminar on “The importance of regular blood donation, a guarantee of health gains”, led by Maria Antónia Escoval, President of the Board of Directors of the Portuguese Institute of Blood and Transplantation (IPST);
2. A blood donation session opened to professionals and the general public.

“Blood donation has always been present throughout my life, initially I accompanied my parents and, as soon as I reached the minimum age, I followed in their footsteps. Over time I realized that, for various reasons, this was not the reality for many people. The idea of organizing a blood collection at the institute comes with the aim of reducing barriers to blood donation and raising awareness of its relevance. The planning process in collaboration with IPST was very enriching and led to a seminar on the topic.”

**Joana Pinto da Costa,**  
PhD Student



# Communication

ISPUP views communication as an important asset to make scientific peers, society and political decision-makers aware of its excellent research and training and the new knowledge it produces in the field of Public Health.

Communication with the various audiences it targets is essentially established through the media, the institutional website, social networks and various initiatives open to the community.

A total of **416** print news were printed or broadcasted in national media outlets during 2023, including repetitions on television channels and radio.

## News in the national press differentiated by type of channel (2023)



**62**  
press



**18**  
radio



**18**  
television



**310**  
web

## Communication in the digital universe: website, social networks and newsletter

There were 94,959 visits and 262,106 page views on the ISPUP website in 2023. The Institute's social networks — Facebook, Instagram, X (former Twitter), LinkedIn and Youtube — had a total of more than 20 thousand followers. The focus on producing a monthly digital newsletter continued, as well as the assiduous preparation of information for the U.Porto News Portal.



# Attachments

## Annex 1

### National Projects

References	Project name	Sources of financing	ISPUP Researcher	Start date	End date	Type of project	SubProject
PCIF/SSO/0017/2018	BioFirEx: Um painel de (bio)marcadores para a vigilância da saúde e da segurança do bombeiro	FCT - Fundação para a Ciência e Tecnologia	João Paulo Teixeira	1/1/20	12/31/23	National	National
UIDP/04750/2020	Unidade de Investigação em Epidemiologia - Instituto de Saúde Pública da Universidade do Porto (UIDP/04750/2020)	FCT - Fundação para a Ciência e Tecnologia	Henrique Barros	1/1/20	12/31/24	National	National
UIDB/04750/2020	Unidade de Investigação em Epidemiologia - Instituto de Saúde Pública da Universidade do Porto (UIDB/04750/2020)	FCT - Fundação para a Ciência e Tecnologia	Henrique Barros	1/1/20	12/31/24	National	National
POCI-01-0247-FEDER-046115	SMART-HEALTH-4-ALL: Tecnologias médicas inteligentes para melhor saúde e cuidados	Other Sources of financing	Luis Ruano	11/1/20	6/30/23	National	National
PCIF/AGT/0087/2019	FOREST FM: Envolvimento de jovens na prevenção dos incêndios rurais através de um programa de rádio participativo.	FCT - Fundação para a Ciência e Tecnologia	José Pereira Azevedo	2/1/21	6/30/24	National	National
PTDC/SAU-EPI/6275/2020	NeurodegCoV19: Complicações neurodegenerativas pós COVID-19	FCT - Fundação para a Ciência e Tecnologia	Vitor Tedim Cruz	3/1/21	8/31/24	National	National
PTDC/GES-OUT/1662/2020	HUG: Os efeitos na saúde da gentrificação, da realocação e da insegurança residencial nas cidades: um estudo multi-coorte quase-experimental	FCT - Fundação para a Ciência e Tecnologia	Ana Isabel Ribeiro	3/16/21	9/15/24	National	National
EXPL/SAU-NUT/1508/2021	Desenvolvimento e validação de um instrumento baseado em fotografias para avaliar literacia nutricional	FCT - Fundação para a Ciência e Tecnologia	Patricia Padrão	8/1/21	11/30/23	National	National
EXPL/MEC-RES/1579/2021	Impacto dos tratamentos de bronquiectasia nos microbiomas do pulmão e do sangue	FCT - Fundação para a Ciência e Tecnologia	Maria Inês Azevedo	8/1/21	5/16/24	National	National
EXPL/COM-OUT/1572/2021	3sInfodemic: Procurar, selecionar e difundir informação: as três componentes de uma infodemia.	FCT - Fundação para a Ciência e Tecnologia	José Pereira Azevedo	8/1/21	12/31/23	National	National
EXPL/SAU-EPI/1606/2021	O impacto da pandemia COVID-19 no diagnóstico, tratamento e sobrevivência de doentes com cancro.	FCT - Fundação para a Ciência e Tecnologia	Samantha Morais	8/1/21	1/16/24	National	National
PTDC/BIA-MIC/0122/2021	Micobactérias não tuberculosas da água potável: além da epidemia de doenças pulmonares.	FCT - Fundação para a Ciência e Tecnologia	Raquel Duarte	1/1/22	12/31/24	National	National
PTDC/SAU-DES/0166/2021	MOVE24 - Dissemination, Monitoring and Surveillance of the Portuguese 24-Hour Movement Guidelines: making the whole day matter	FCT - Fundação para a Ciência e Tecnologia	Romeu Mendes	1/1/22	12/31/24	National	National

## National Projects (continued)

References	Project name	Sources of financing	ISPUP Researcher	Start date	End date	Type of project	SubProject
EXPL/ MAT-STA/0956/2021	Avanços na análise de sobrevivência sobre 'Double truncation and Multi-State models'. Desenvolvimento de software e estudos baseados em coortes.	FCT - Fundação para a Ciência e Tecnologia	Carla Moreira	1/17/22	1/16/24	National	National
PTDC/ CTA-AMB/3040/2021	Promovendo ambientes interiores saudáveis com destaque para os disruptores endócrinos: elucidando as ligações entre exposição ambiental, neurodesenvolvimento e comportamento social em crianças.	FCT - Fundação para a Ciência e Tecnologia	João Paulo Teixeira	5/17/22	5/16/25	National	National
SGS3A2	MERIT - MothER Income Inequality	Other Sources of financing	Teresa Leão	9/1/22	2/29/24	National	National
2022.07363.PTDC	Desenvolvimento de uma ferramenta de avaliação de risco individual para prever asma em idade escolar	FCT - Fundação para a Ciência e Tecnologia	André Moreira	1/1/23	8/31/24	National	National
SMARTgNOSTICS	SMARTgNOSTICS - Global Testing & Diagnostics Solutions for antimicrobial resistances	Other Sources of financing	Henrique Barros	1/1/23	12/31/25	National	National
Incentivo Adultos - 002/ C06-i03.03/2021 Impulso Jovens STEAM - 002/C06-i04.01/202	Platform For a Global Health - Qualification of Human Health Resources	Other Sources of financing	Henrique Barros	1/1/23	12/31/25	National	National
2022.03491.PTDC	Mixing-Tox: Desenvolvimento de metodologias integradas para a avaliação de risco humano pela ingestão de misturas de nanomateriais e metais	FCT - Fundação para a Ciência e Tecnologia	Ana Teresa Reis	3/1/23	2/28/26	National	National
2022.05496.PTDC	H3arts - Olhar a montante dos determinantes da saúde cardiovascular: uma abordagem do curso de vida usando coortes de base populacional de três regiões do mundo	FCT - Fundação para a Ciência e Tecnologia	Sara Soares	3/1/23	8/31/24	National	National
2022.06837.PTDC	UNFOLD - Na sombra da violência: uma abordagem longitudinal para desvendar as marcas da violência no corpo e na mente ao longo da infância e adolescência	FCT - Fundação para a Ciência e Tecnologia	Sílvia Fraga	3/1/23	2/28/26	National	National
HIPT	HIPT - Health From Portugal	Other Sources of financing	Henrique Barros	4/4/23	12/31/25	National	National
SGITR2023/CIAFEL/ EPIUnit	MOVE-AIR - Movement behaviours, air pollution and health in school-aged children	FCT - Fundação para a Ciência e Tecnologia	Ana Isabel Ribeiro	10/1/23	10/1/24	National	National
ITR Seending Grants	ChronoWise - Weight loss in patients with severe obesity after bariatric SurgEry--The potential role of the chrono-nutrition, chronotype and the circadian misalignment	FCT - Fundação para a Ciência e Tecnologia	Sofia Vilela	10/1/23	10/1/24	National	National

## International Projects

References	Project name	Sources of financing	ISPUP Researcher	Start date	End date	Type of project	SubProject
WHO registration 2015/591370, 2017/698514, 2022/1288356 and 2023/1396286	FEEDCities - Descrição do Ambiente Alimentar em cidades da Ásia Central e países da Europa de Leste	Outras fontes de financiamento	Patrícia Padrão	1/5/16	12/31/24	Internacional	Internacional
824989	EUCAN-Connect: A federated FAIR platform enabling large-scale analysis of high-value cohort data connecting Europe and Canada in personalized health	Horizon Europe	Henrique Barros	1/1/19	12/31/23	Internacional	Internacional
823890	EUSAT-RCS: European-Latin American TB Research Collaboration Network	Horizon Europe	Henrique Barros	4/1/19	3/31/24	Internacional	Internacional
613494-EPP4-2019-4-UK-SPO-SCP	VANGUARD – Virtual Advice, Nurturing, Guidance on Universal Action, Research and Development for physical activity and sport engagement	Outras fontes de financiamento	Romeu Mendes	1/1/20	12/31/23	Internacional	Internacional
874583	ATHLETE: Advancing Tools for Human Early Lifecourse Exposome Research and Translation	Horizon Europe	Susana Santos	1/1/20	6/30/25	Internacional	Internacional
101017572	EUGLOHRIA: The European Alliance for Global Health – Transformation through joint Research and innovation Action	Horizon Europe	Henrique Barros	1/1/21	12/31/23	Internacional	Internacional
1016807	FOREUM: Uncovering musculoskeletal pain susceptibility profiles since childhood by bringing together population and clinical cohorts	Outras fontes de financiamento	Raquel Lucas	1/1/21	12/1/24	Internacional	Internacional
964049	CBIG-SCREEN - Working collaboratively with vulnerable women to identify the best implementation gains by screening cervical cancer more effectively in European countries	Horizon Europe	Nuno Lunet	3/1/21	2/28/26	Internacional	Internacional
101007873	UNITE4TB: Academia and Industry innovation and treatment for Tuberculosis	Horizon Europe	Raquel Duarte	6/1/21	5/31/28	Internacional	Internacional
2021-1-FR01-KA220-HED-000030081	ToxLearn4EU	Outras fontes de financiamento	Solange Costa	2/23/22	12/31/24	Internacional	Internacional
101057077	DELIVER - Deliberative improvement of oral care quality	Horizon Europe	Paulo Melo	8/1/22	7/31/26	Internacional	Internacional
101094366	PRUDENT - Prioritization, incentives and Resource use for sUustainable DENTistry	Horizon Europe	Paulo Melo	1/1/23	12/31/27	Internacional	Internacional
101080651	MentBest — Protecting Mental Health in Times of Change	Horizon Europe	Ricardo Gusmão	4/1/23	3/30/28	Internacional	Internacional
101080323	ADVANCE: Addressing Mental Health Vulnerabilities from Adolescence to Older Age: Innovating Prevention Science for Times of Change	Horizon Europe	Cláudia de Freitas	7/1/23	6/30/28	Internacional	Internacional
101109136	URBANE: Early-life URBAN environmental exposures and childhood multimorbidity: An Exposome-wide approach	Horizon Europe	Susana Santos	9/1/23	8/31/25	Internacional	Internacional
101095392	Early — Evaluating, Identifying and Reducing determinants of Mental Health Conditions in Youth	Horizon Europe	Henrique Barros	12/1/23	11/30/27	Internacional	Internacional
101133273	Vax-Action: tackling effectively vaccine hesitancy in Europe	Outras fontes de financiamento	Henrique Barros	12/1/23	5/31/26	Internacional	Internacional

## COST Actions

References	Project name	Sources of financing	ISPUP Researcher	Start date	End date	Type of project	SubProject
CA18208	Training school on risk of bias in prevalence studies	Other Sources of financing	Armine Abrahamyan	2019	2024	International	COST Actions
CA18218	European Burden of Disease Network	Horizon Europe	João Paulo Teixeira	2019	2023	International	COST Actions
CA18131	Statistical and machine learning techniques in human microbiome studies	Other Sources of financing	Inês Paciência	2019	2023	International	COST Actions
CA19103	LGBTI+ Social and Economic (in)equalities	Other Sources of financing	José Peixoto Caldas	2020	2024	International	COST Actions
CA19139	Process-based models for climate impact attribution across sectors- PROCLIAS	Horizon Europe	João Paulo Teixeira	2020	2024	International	COST Actions
CA19117	Researcher Mental Health (ReMO)	Other Sources of financing	José Peixoto Caldas	2020	2024	International	COST Actions
CA19101	Determinants of Physical Activities in Settings (DE-PASS)	Other Sources of financing	Sofia Vilela	2020	2024	International	COST Actions
CA19136	NET4AGE-FRIENDLY - International Interdisciplinary Network on Smart Healthy Age-friendly Environments	Other Sources of financing	Ana Isabel Ribeiro	2020	2024	International	COST Actions
CA21149	Reducing acrylamide exposure of consumers by a cereals supply-chain approach targeting asparagine	Other Sources of financing	Sofia Almeida Costa	2022	2026	International	COST Actions
CA21105	Blastocystis under One Health (OneHealthBlastocystis)	Horizon Europe	João Rodrigo Mesquita	2022	2026	International	COST Actions
CA 22116	The Great Leap. Multidisciplinary approaches to health inequalities, 1800-2022	Other Sources of financing	Ana Isabel Ribeiro	2023	2027	International	COST Actions
OC-2022-4-25895	European Vascular Liver Diseases Network	Horizon Europe	Filipe Nery	2023	2027	International	COST Actions



# Annex 2

## Intensive Courses

Course name	Edition	Format
Perinatal Mental Health	1st edition	E-learning
Early interactions and infant and early childhood mental health	1st edition	E-learning
Measuring Healthcare Quality and Safety: the importance of designing and understanding indicators	1st edition	B-learning
Tuberculosis	13th edition	E-learning
Common mental disorders in primary care	1st edition	Hybrid
Tuberculosis	14th edition	Presential
Research in Public Health Nutrition: from planning to analysis and interpretation of data	1st edition	E-learning
Public Health in the Built Environment - 2nd edition	-	Presential
Non-Tuberculous Mycobacteria: from diagnosis to treatment	5th edition	E-learning
Laboratory diagnosis of tuberculosis disease	1st edition	B-learning
Laboratory diagnosis of nontuberculous mycobacteria	1st edition	B-learning
Post-Stroke Vascular Prevention	1st edition	Presential
Public Health Nutrition	-	Presential
Innovative Technologies in the Management of Cognitive Decline	1st edition	B-learning
Antibiotic therapy in Outpatient	1st edition	E-learning
Prevention, Diagnosis and Treatment of Surgical Site Infection	1st edition	E-learning
Public Health in the Built Environment	2nd edition	E-learning
Non-pharmacological interventions to prevent cognitive decline	2nd edition	Presential
Learning Health Systems: desafios e oportunidades para os profissionais de saúde traçarem o caminho	1st edition	E-learning
Introduction to R for Health Data Science: Hands-on training	1st edition	Presential

# Annex 3

## List of Congresses and Scientific Meetings in which ISPUP researchers participated

Countries	Number of events	Communications format		Type of Communication		
		Online	Face to face	Invitation	Oral	Poster
Germany	12		12	5	4	3
Austria	1		1		1	
Belgium	5		5	2	3	
Brazil	6	2	4	2	2	2
Canada	1	1			1	
Denmark	2		2	1	1	
Scotland	1		1		1	
Slovenia	2		2		2	
Spain	18	1	17	1	14	3
United States of America	2	1	1	1	1	
Georgia	1	1		1		
Greece	1	1			1	
Guinea-Bissau	1		1	1		
Ireland	31		31		13	18
Italy	17	1	16	10	5	2
Japan	1		1	1		
New Zealand	1		1			1
Netherlands	7		7			7
Poland	2	2		2		
Portugal	248	11	237	59	139	50
Kyrgyzstan	2		2	2		
United Kingdom	1		1			1
Serbia	2		2		1	1
Sweden	1		1			1
Taiwan	2		2		2	

# Annex 4

## List of 34 scientific meetings organized by ISPUP researchers

Scientific Meetings	Format	Location	Researcher in charge
12th International Symposium on Biological Monitoring in Occupational and Environmental Health (ISBM-12)	Presencial	Super bock Arena	João Paulo Teixeira
An integrated approach to the challenge of sustainable food systems: adaptive and mitigatory strategies to address climate change and malnutrition	Híbrido	Porto	Duarte Torres
Campus Mental: Promover a saúde mental na Universidade (Workshop)	Presencial	Instituto de Saúde Pública da Universidade do Porto	Virgínia da Conceição
Challenges and Pitfalls in Mental Health Research	Híbrido	Instituto de Saúde Pública da Universidade do Porto	Ricardo Gusmão
Ciclo de webinários em Radiologia da Escola Superior de Saúde	Online	Escola superior da Saúde do Politécnico do Porto	Nuno Adubeiro
CinelSPUP: "Cães que ladram aos pássaros" realizado no âmbito da Semana da Ciência e da Tecnologia, promovida pela Ciência Viva (2023/11/21)	Presencial	Instituto de Saúde Pública da Universidade do Porto	Ana Isabel Ribeiro
CMIN Summit'23	Híbrido	Centro Materno Infantil do Norte	Liane Correia Costa
Conferência: 30 anos de "Saberes e Poderes no Hospital" - Diálogos e Debates	Presencial	Instituto Universitário de Lisboa (ISCTE)	Cláudia de Freitas
Curso de Formação Contínua em Pediatria	Online	Online	Liane Correia Costa
Curso de Formação para Monitores de Estágio de Radiologia - Nível I	Presencial	Escola Superior de Saúde do Politécnico do Porto	Luísa Nogueira
Debate "Ciência cidadã: caminhos de pluridisciplinariedade para a participação e envolvimento comunitário"	Híbrido	Instituto de Saúde Pública da Universidade do Porto	Ana Moura
I Jornadas de Patologia Mastocitária da Associação Portuguesa de Doentes com mastocitose e outras doenças mastocitárias	Híbrido	Faculdade de Medicina da Universidade do Porto	Tiago Azenha Rama
Inovações em Cardiopneumologia	Híbrido	Escola Superior de Saúde da Cruz Vermelha Portuguesa	Ana Edra Quaresma
Localização de lesões mamárias pré-cirurgia	Online	Online	Luísa Nogueira
Neuronavegação na patologia raquidiana - O papel do TSDT de Radiologia	Online	Online	Luísa Nogueira
Níveis de referência de diagnóstico em Tomografia Computorizada	Online	Online	Luísa Nogueira
O Lobo Ibérico em Portugal: Estado de Conservação, Conflitos, Ameaças e Oportunidades no contexto da Saúde Única (One Health)	Presencial	Escola Superior Agrária de Ponte de Lima	Teresa Letra Mateus
O que é uma boa aula?	Presencial	Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto	Mariana Veloso Martins
Proteção radiológica em radiologia pediátrica	Online	Online	Luísa Nogueira
Ressonância Magnética de corpo inteiro: protocolos e aplicações	Online	Online	Luísa Nogueira
Ressonância Magnética mamária - aplicações e inovações	Online	Online	Luísa Nogueira
Seminário de Inovação em Cuidados de Saúde Primários	Híbrido	Museu Nacional Soares dos Reis	Mónica Granja
Seminário MERIT - discussão de resultados preliminares	Online	Online	Teresa Leão
Seminário: "Healthy, sustainable and just cities: insights on green spaces and gentrification"	Presencial	Faculdade de Medicina da Universidade do Porto	Ana Isabel Ribeiro
V Summer School in Public Mental Health	Presencial	Instituto de Ciências Biomédicas Abel Salazar da Universidade do Porto	Ricardo Gusmão
VANGARD project meeting	Híbrido	Instituto de Saúde Pública da Universidade do Porto	Romeu Mendes
Vessel Wall em RM - valor da técnica no estudo cerebral	Online	Online	Luísa Nogueira
Workshop: "Engaging community audiences using digital tools"	Presencial	Paraguai	Raquel Duarte
Workshop: "Pedagogical methods for teaching adults"	Presencial	Paraguai	Raquel Duarte
XLI Reunión Anual de la Sociedad Española de Epidemiología (SEE) y XVIII Congresso da Associação Portuguesa de Epidemiologia (APE)	Presencial	Instituto de Ciências Biomédicas Abel Salazar da Universidade do Porto	Henrique Barros, Raquel Lucas

# **Public Health Research saves lives.**

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