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Sónia Dias is Director and Full Professor at the NOVA NSPH. She is a member of the Executive Board of the Comprehensive Health Research Centre (CHRC). Her scientific activity focuses on health promotion, disease prevention, socio-behavioural sciences and health literacy, with a focus on health inequalities and vulnerable populations. She has extensive experience in Public Health projects aimed at understanding and responding to health needs, as well as the design, implementation and evaluation of health-promoting interventions and policies, using participatory research and a combination of quantitative and qualitative methods. She seeks to produce evidence for innovative policies and action strategies on complex public health issues that improve the health of populations.

She acts as an expert in international organizations such as ECDC, WHO and IOM. She is a member of numerous scientific networks in the field of Public Health and is a member of the EUPHA Steering Committee 'Section on Migrant Health'. She was a member of FCT's Scientific Council for Life and Health Sciences.

She was director of the International Public Health Unit at IHMT, coordinated the PhD in International Health and the thematic line 'Health Challenges for Travellers and Migrants' at the 'Global Health and Tropical Medicine' centre at IHMT NOVA.

PhD and an aggregate degree in International Health from the NOVA University Lisbon and a degree in Psychology from the University of Lisbon.