



## MARIE SKŁODOWSKA-CURIE POSTDOCTORAL FELLOWSHIPS 2023

### EXPRESSION OF INTEREST FOR HOSTING MARIE CURIE FELLOWS

#### HOST INSTITUTION

National School of Public Health – Universidade NOVA de Lisboa

#### RESEARCH GROUP AND URL

Health Promotion/CHRC; <https://www.chrc.pt/en>; <https://www.ensp.unl.pt/home/>;

#### SUPERVISOR (NAME AND E-MAIL)

Sónia Dias ([sonia.dias@ensp.unl.pt](mailto:sonia.dias@ensp.unl.pt))

#### SHORT CV OF THE SUPERVISOR

Sónia Dias is Full Professor and Dean of the National School of Public Health - NOVA University Lisbon, Portugal. PhD in International Health (2006) and Graduated in Psychology (1998), she is a public health specialist and a social scientist whose research focuses on health promotion, health literacy, disease prevention and socio-behavioral determinants of health, with a particular focus in health inequalities and populations experiencing vulnerabilities. She leads and collaborates in several international projects aimed at understanding and responding to health needs, as well as on design, implementation and evaluation of health-promoting interventions and policies, through participatory approaches, co-design and combination of quantitative and qualitative methods. She is a member of the Executive Board of the Comprehensive Health Research Centre. She teaches doctoral and master courses on Public Health and Health Promotion. Previously she was director of the International Public Health Unit at the Institute of Hygiene and Tropical Medicine, where she coordinated the doctoral program in International Health and the thematic line 'Challenges in the Health of and Migrants'. She acts as an expert for ECDC, WHO and IOM. She is part of several scientific networks in the Public Health area and is a member of the EUPHA's Steering Committee "Section on Migrant Health". She has published 150+ papers in peer-reviewed journals.

<https://orcid.org/0000-0001-5085-0685>

<https://novaresearch.unl.pt/en/persons/s%C3%B3nia-ferreira-dias>

#### 5 SELECTED PUBLICATIONS

- **Dias S**, Gama A, Maia AC, Marques MJ, Campos Fernandes A, Goes AR, Loureiro I, Osborne RH. Migrant Communities at the Center in Co-design of Health Literacy-Based Innovative Solutions for Non-communicable Diseases Prevention and Risk Reduction: Application of the OPTimising HEalth LIteracy and Access (Ophelia) Process. *Front Public Health*. 2021;9:639405. doi: 10.3389/fpubh.2021.639405.
- **Dias S**. Health Literacy Promotion in Complex Systems: A Paramount Paradigm when "One-Size-Fits-All" Is Not Enough. *Port J Public Health* 10 February 2023; 40 (3): 131–133. <https://doi.org/10.1159/000527722>
- Stock C, **Dias S**, Dietrich T, Frahsa A, Keygnaert I. Editorial: How can We Co-Create Solutions in Health Promotion With Users and Stakeholders? *Front Public Health*. 2021;9:773907. doi:10.3389/fpubh.2021.773907.



- **Dias S.** Health Literacy Promotion in Complex Systems: A Paramount Paradigm when “One-Size-Fits-All” Is Not Enough. *Port J Public Health* 10 February 2023; 40 (3): 131–133. <https://doi.org/10.1159/000527722>
- Osborne, R; Cheng, C; Nolte, S; Elmer, S; Stéphane, B; Budhathoki, S; Debussche, X;L **Dias, S** et al (2022). Health literacy measurement: embracing diversity in a strengths-based approach to promote health and equity, and avoid epistemic injustice. *BMJ Global Health*. 7. e009623. 10.1136/bmjgh-2022-009623.

## PROJECT TITLE AND SHORT DESCRIPTION

### **A multi-country project on health literacy development to promote health and equity by co-designing locally relevant actions**

Health literacy development refers to the ways in which health workers, services, systems, organizations and policymakers (across government sectors and through cross-sectoral public policies) build the knowledge and confidence of individuals, families, groups and communities to protect and promote health through enabling environments. This project develops within a multi-country EC research designed to integrate validated best practices and cost-effective interventions across countries and regions through transnational pilot initiatives, with a focus on the prevention of non-communicable diseases (NCDs), complementing and reinforcing existing policies and programs. The initiative goes from improving health literacy and awareness of NCDs, through screening and primary prevention among high-risk populations, reaching people living with NCDs and their care providers, improving service pathways, self-management, and labor participation, addressing equity promotion and improvement of data availability.

The present project will involve the co-design, implementation, and evaluation of pilot interventions for health literacy development on prevention of NCDs among the general population and people experiencing socioeconomic vulnerabilities in several European countries. This project will cover the collaborative assessment of strengths, needs and action ideas to identify target priority groups that are not receiving or easily accessing health information or health care relevant to the prevention and control of NCDs. It will also engage end-users and health and social care practitioners to co-design and implement fit-for-purpose and responsive solutions for health literacy development specific for the prevention of NCDs, resulting in a roadmap that will serve as proof-of-concept case studies with the potential to extend and scale-up experiences at the national/regional level. We are looking for a candidate keen to work in health literacy development, with basic knowledge on public health and health promotion. The candidate will have the opportunity to work with an international consortium of experts in health literacy development, assisting in the coordination of a Work-Package in close articulation with the project partners. The candidate will work directly with a multi-disciplinary team with experience in public health, social behavioral science, health promotion, health literacy development, co-creation and participatory approaches. Participation in writing proposals for competitive calls and production of scientific papers and other products is foreseen.

## SCIENTIFIC AREA WHERE THE PROJECT FITS BEST\*

Social Sciences and Humanities (SOC)

**\*Scientific Area where the project fits best** – Please select/indicate the scientific area according to the panel evaluation areas: Chemistry (CHE) • Social Sciences and Humanities (SOC) • Economic Sciences (ECO) • Information Science and Engineering (ENG) • Environment and Geosciences (ENV) • Life Sciences (LIF) • Mathematics (MAT) • Physics (PHY)