

PERSONAL INFORMATION

Helena Fonseca

WORK EXPERIENCE

March 1985–Present

Invited Professor with Habilitation

Hospital de Santa Maria/Faculdade de Medicina da Universidade de Lisboa (Portugal)

Assistant Professor in Paediatrics

Head of the Adolescent Medicine Division, Department of Paediatrics

Head of the Paediatric Obesity Clinic, Department of Paediatrics

EDUCATION AND TRAINING

April 2009–

Unanimously approved with distinction and appraisal

Faculdade de Medicina, Universidade de Lisboa (Portugal)

PhD in Pediatrics

1996–1999

A

University of Minnesota (United States)

Master in Public Health

1974–1980

Very good

Faculdade de Medicina da Universidade de Lisboa (Portugal)

Medical degree

ADDITIONAL INFORMATION

Expertise

Adolescent Medicine

Public Health

Paediatrics

Publications

Publications in Peer-Reviewed Journals

International Publications

1. Mckie L, Al-Bashir M, Anagnostopoulou T, Csepe P, El-Asfahani A, Fonseca H, Funiak S, Javetz R, Sam Suridjal S. Defining and assessing risky behaviours. *Journal of Advanced Nursing* 1993; 18: 1911-16.
2. Salazar de Sousa J, Coelho Rosa F, Baptista A, Fonseca H, Sá G. Cow's milk protein sensitivity: a possible cause of nephrotic syndrome in early infancy. *J Pediatr Gastr Nutr* 1995; 21: 235-37.
3. Moving on: Transition from Pediatric to Adult Health Care - Summary of Conference recommendations. *J Adolesc Health* 1995; 17: 6-9.
4. Fonseca H. Study of a Population of Adolescents at Risk. *Int J Adol Med Health* 1995; 8: 107-12.
5. Fonseca H. Working adolescents in Portugal. *Int J Adol Med Health* 1995; 8: 113-15.
6. Fonseca H. Cultural Influences of the adolescent risky behaviour. *The Journal of A.P.E.E. (Association for Pediatric Education in Europe)* 1995; 1: 51-54.
7. Fonseca H, Ireland M. et al. Conductas de Control de Peso en Adolescentes. *Anales Españoles de Pediatría* 1999; supl. 124: 87-88.
8. Anteghini M, Fonseca H., Ireland M, Blum R. Health Risk Behaviors and Associated Risk and Protective Factors Among Brazilian Adolescents in Santos, Brasil. *J Adolesc Health* 2001; 28:295-302.
9. Berg-Kelly K. et al. EU-Teach: A Network for Developing the Teaching of Adolescent Medicine in

Europe. *Acta Paediatr* 2000; 89: 1270.

10. Fonseca H, Ireland M, Resnick M. Familial Correlates of Extreme Weight Control Behaviors Among Adolescents. *Int J Eat Disord* 2002; 32: 441-48.
11. Fonseca H, Matos MG, Carvalhosa S. Obesity, Overweight and Psychosocial Correlates of Body Image Among Portuguese Youth. *J Adolesc Health* 2003; 32: 124-25.
12. Fonseca H. The importance of sports in youth development. *Turk Arch Ped Supl* 1, 2004; 39: 157-8.
13. Fonseca H. Abordagem sistémica em saúde dos adolescentes e suas famílias. *Adolescência & Saúde* 2004; 3: 6-11.
14. Michaud PA, Stronski S, Fonseca H, MacFarlane A. The development and pilot-testing of a training curriculum in adolescent medicine and health. *J Adolesc Health* 2004; 35: 51-57.
15. Fonseca H, Matos MG. Perception of overweight and obesity among Portuguese adolescents: an overview of associated factors. *Eur J Pub Health* 2005; 15: 323-8.
16. Kohn M, Rees JM, Brill S, Fonseca H, Jacobson M, Katzman DK, Loghmani ES, Neumark-Sztainer D, Schneider M. Preventing and treating adolescent obesity: A position paper of the Society for Adolescent Medicine. *J Adolesc Health* 2006; 38: 784-87.
17. Fonseca H, Matos MG, Guerra A, Pedro JG. Are overweight and obese adolescents different from their peers? *Int J Ped Obes* 2009; 4: 166-174.
18. Fonseca H, Matos MG, Guerra A, Gomes-Pedro J. Emotional, behavioural, and social correlates of missing values for BMI. *Arch Dis Child* 2009; 94: 104-109.
19. Fonseca H, Matos MG, Guerra A, Gomes-Pedro J. Are overweight adolescents at higher risk of engaging in unhealthy weight control behaviours than their peers? *Acta Paediatr* 2009; 98: 847-52.
20. Quaresma A, Palmeira AL, Martins S C, Veloso S, Fonseca H, Matos M. G. Uma análise do paradigma fitness vs fatness na qualidade de vida: Influência da aptidão cardiorespiratória no impacto do peso na qualidade de vida de adolescentes. *Fitness & Performance* 2009; 8 (4): 254-263.
21. Braga-Tavares H, Fonseca H. Prevalence of metabolic syndrome in a Portuguese obese adolescent population according to three different definitions. *Eur J Pediatr* 2010; 169 (8): 935-940.
22. Fonseca H, Silva AM, Matos MG, Esteves I, Costa P, Guerra A, Gomes Pedro J. Validity of BMI based on self-reported weight and height in adolescents. *Acta Paediatr* 2010; 99: 83-88.
23. Fonseca H, Matos MG, Guerra A, Gomes-Pedro J. How much does overweight impact the adolescent developmental process? *Child: care, health and development* 2010; 37 (1): 135-142.
24. Fonseca H, Matos MG. Are adolescent weight-related problems and general well-being essentially an issue of age, gender or rather a pubertal timing issue? *J Ped End Met* 2011; 24 (5-6): 251-256.
25. Fonseca H, Palmeira AL, Martins S, Ferreira, PD. Short- and medium-term impact of a residential weight-loss camp for overweight adolescents. *Int J Adol Med Health* 2014; 26 (1):33-38. DOI 10.1515/ijamh-2012-0107.
26. Veloso SM, Matos MG, Fonseca H, Carvalho M, Diniz JA, Palmeira AL, Martins SS. Cross-sectional psychosocial differences between clinical and nonclinical samples of overweight adolescents. *The Archives of Exercise in Health and Disease* 2012; 13: 123-131.
27. Santos T, Matos MG, Simões C, Fonseca H, Machado MC. Individual factors related to chronic condition in Portuguese adolescents: Highlights from the HBSC/WHO study. *HEALTH* 2013; 5 (11B): 25-34. <http://dx.doi.org/10.4236/health.2013.511A2005>
28. Sousa P, Fonseca H, Gaspar P, Gaspar F. Internet-based intervention program for obese adolescents and their families (Next.Step): research protocol of a controlled trial. *Journal of Advanced Nursing* 2014; 70 (4): 904-914. doi: 10.1111/jan.12245
29. Freira S, Fonseca H, Dias Ferreira P, Vasconcelos P, Fonseca JE. SAPHO syndrome in an adolescent: a clinical case with unusual severe systemic impact. *J Adolesc Health* 2014; 55 (2): 304-306. doi: 10.1016/j.jadohealth.2014.02.004
30. Fonseca H, Palmeira AL, Martins S, Falcato L, Quaresma A. Managing paediatric obesity: a multidisciplinary intervention including peers in the therapeutic process. *BMC Pediatrics* 2014; 14:89 <http://www.biomedcentral.com/1471-2431/14/89>
31. Sousa P, Fonseca H, Gaspar P, Gaspar F. Lifestyle and treatment adherence among overweight adolescents. *J Health Psychol* 2014. Epub 1 May 2014. doi:10.1177/1359105314531469 <http://www.ncbi.nlm.nih.gov/pubmed/24788105>
32. Fonseca H. Is internet use unhealthy? *Swiss Med Wkly* 2014; 144:w14071. www.smw.ch

33. Sousa P, Fonseca H, Gaspar P, Gaspar F. Usability of an internet-based platform (Next.Step) for adolescent weight management. *Jornal de Pediatria* 2015; 91 (1): 68-74.
 34. Sousa P, Fonseca H, Gaspar P. Measuring Adherence to Weight Control in adolescents: Development and validation of a self-report questionnaire. *Journal of Nursing Measurement* 2015; 23 (2): 224-238.
 35. Sousa P, Gaspar P, Fonseca H, Hendricks C, Murdaugh C. Health promoting behaviors in adolescence: validation of the Portuguese version of the Adolescent Lifestyle Profile. *Jornal de Pediatria* 2015; 91(4), 358-365. doi:10.1016/j.jpmed.2014.09.005
 36. Sousa P, Fonseca H, Gaspar P, Gaspar F. Controlled Trial of an Internet Based Intervention for Overweight Adolescents (Next.Step): Effectiveness Analysis. *Eur J Pediatr* 2015; 174:1143–1157.
 37. Prioste A, Fonseca H, Sousa P, Gaspar P, Francisco R, Machado M. Put yourself in my shoes: Perspectives of adolescents about what makes an obesity intervention effective. *Health* 2015; 7(14): 1833-40.
 38. Fonseca H, Prioste A, Sousa P, Gaspar P, Machado MC. Effectiveness analysis of an internet-based intervention for overweight adolescents: next steps for researchers and clinicians. *BMC Obesity* 2016.
 39. Prioste A, Fonseca H, Pereira CR, Sousa P, Gaspar P, Machado MC. Pathways between BMI and adherence to weight management in adolescence. *Int J Adolesc Med Health* 2016.
 40. Prioste A, Fonseca H, Sousa P, Gaspar P, Machado MC. Cross-sectional study showed psychosocial variables, gender and family involvement played an important role in an adolescent weight management programme. *Acta Paediatr* 2017; 106 (1): 105-111.
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 42. Ascenso A, Fonseca H. Physical activity and cardiorespiratory fitness, but not sedentary behavior, are associated with carotid intima-media thickness in obese adolescents. *Eur J Pediatr* 2016; 2016;175(3):391-398.
 43. Gray NJ, Christie D, Coyne I, Fonseca H, Philippe CD, Sawyer AM, Tuchman LK, Versnel J. The Use of Medication by Adolescents and Young Adults. *J Adolesc Health* 2017; 61: 396-399.
 44. Videira-Silva A, Fonseca H. Skeletal muscle and metabolic risk in overweight adolescents. An indicator of premature sarcopenic obesity. *Int J Health Sci Res.* 2017;7(8):34-43.
 - 45.
- Peer Reviewed Proceedings
1. Fonseca H, Ireland M, Beuhring T, Neumark-Sztainer D, Resnick M. Familial correlates of extreme weight control behaviors among adolescents. *J Adolesc Health* 1999; 2: 90.
 2. Schneider M, Fonseca H. Nutrition and Physical Activity Special Interest Group. Society for Adolescent Medicine 2001 Annual Meeting Program, pg 40.
 3. Fonseca H, Neumark-Sztainer D. Challenges in the prevention and treatment of adolescent obesity. Society for Adolescent Medicine. Annual Meeting Program, 2001; 56-57.
 4. Fonseca H, Mendes L, Marcelino J, Candeias A. A University affiliated multidisciplinary adolescent outpatient clinic in Lisbon. *Anais do VIII Congresso Brasileiro de Adolescência / VII Congresso Internacional* 2001; 163.
 5. Anteghini M, Blum R, Fonseca H, Ireland M. Health risk behavior and associated risk and protective factors among Brazilian adolescents in Santos. *Anais do VIII Congresso Brasileiro de Adolescência / VII Congresso Internacional de Adolescência* 2001; 83.
 6. Stronski S, Fonseca H. Curriculum development in adolescent medicine: A structured, practical approach. Society for Adolescent Medicine Annual Meeting Program, 2002; 30.
 7. Brill S, Fonseca H. Nutrition Special Interest Group. Society for Adolescent Medicine Annual Meeting Program, 2002; 25.
 8. Fonseca H, Matos MG, Carvalhosa S. Obesity, overweight and psychosocial correlates of body image among Portuguese youth. *J Adolesc Health* 2003; 32: 125.
 9. Sousa A, Robalo B, Fonseca H. Insulino-resistência numa Consulta de Obesidade de adolescentes. Abstracts book 8th IAAH World Congress 2005; 29.
 10. Robalo B, Sousa A, Fonseca H. Risco cardiovascular numa população de adolescentes com excesso de peso e obesidade. Abstracts book 8th IAAH World Congress 2005; 17.
 11. Robalo B, Sousa A, Fonseca H. Formação em Medicina do Adolescente durante o Internato de

- Pediatrics Abstracts book 8th IAAH World Congress 2005; 117.
12. Fonseca H. Obesidade na adolescência: inocência ou risco? Abstracts book 8th IAAH World Congress 2005; 42-44.
13. Hardoff D, Fonseca H. Communication with the adolescent patient. Abstracts book 8th IAAH World Congress 2005; 111-12.
14. Gomes-Pedro J, Reato L, Grossman E, Fonseca H. O ensino da Medicina da Adolescência. Abstracts book 8th IAAH World Congress 2005; 76.
15. Fonseca H, Matos MG. Perception of overweight and obesity among Portuguese youth: An overview of associated factors. *J Adolesc Health* 2006; 38: 117.
16. Fonseca H. Repérage Clinique de l'adolescent en difficulté. Livre des Résumés du Colloque organisé par La Fondation Hôpitaux de Paris-Hôpitaux de France, 2006; 8-9.
17. Fonseca H, Sousa A, Robalo B. Cardiovascular risk factors among obese adolescents. *Int J Obes* 2006; 38: 112-36.
18. Fonseca H, Matos MG. Obesity, overweight and lifestyle / psychosocial associated factors: A comparative study in a four year time. *J Adolesc Health* 2007; 40: S35-36.
19. Fonseca H, Palmeira A, Martins S. Adolescent Obesity: What we know and what we do. In: Innovative treatment programs for adolescent obesity: opportunities for program evaluation. Annual Meeting Program Society for Adolescent Medicine, 2008; 55.
20. Matos MG, Veloso S, Fonseca H, Diniz JA. Psychological issues related to overweight during adolescence. *Obes Rev* 2008; 9 (suppl. 2): 4-5.
21. Braga-Tavares H, Fonseca H, Reis P, Gonçalves C. Prevalence of metabolic syndrome in a Portuguese obese adolescent population according to the different definitions. *Obes rev* 2008; 9 (suppl. 2): 26-27.
22. Gonçalves C, Cardoso K, Fonseca H. Binge eating prevalence among obese adolescents and its impact on the therapeutic intervention. *Obes rev* 2008; 9 (suppl. 2): 30.
23. Palmeira AL, Martins S S, Costa R, Quaresma A, Fonseca H, Teixeira P, Kolotkin R L. Confirmatory factor analysis of the Portuguese version of the Impact of Weight on Quality of Life – Kids. *Obesity* 2008; 16 (1): S112.
24. Rodrigues HO, Palmeira AL, Martins SS, Veloso S, Neves AR, Fonseca H. Associations between BMI and Physical Activity in Outpatient Obese Adolescents. *Obes Rev* 2008; 9 (29): S22.
25. Rodrigues H, Veloso S, Martins SC, Matos MG, Fonseca H, Palmeira AL. Changes in BMI and behavioral regulations for exercise in obese adolescents participating in a multidisciplinary hospital treatment. In: Biddle SJ, Guldán G, Gans K, et al., editors. 2009 Annual Conference of the ISBNPA; 2009; Cascais, Portugal: Faculty of Human Movement 2009; 179.
26. Palmeira AL, Quaresma A, Martins SC, Veloso S, Fonseca H, Matos MG. Influence Of Cardiorespiratory Fitness And Body Dissatisfaction On The Relation Between Bmi And Quality Of Life In Adolescents. In: Biddle SJ, Guldán G, Gans K, et al., editors. 2009 Annual Conference of the ISBNPA 2009; 181.
27. Fonseca H, Dias Ferreira P, Martins SC, Palmeira AL. Impact of a weight loss camp for obese adolescents: Analysis of BMI and psychosocial changes during the camp and after 6 months. In: Biddle SJ, Guldán G, Gans K, et al., editors. 2009 Annual Conference of the ISBNPA 2009; 397.
28. Veloso S, Fonseca H, Carvalho M, Palmeira AL, Martins SC, Matos MG. Psychosocial characteristics of normal weight and overweight adolescents: Differences in clinical and general populations from Lisbon. In: Biddle SJ, Guldán G, Gans K, et al., editors. 2009 Annual Conference of the ISBNPA; 2009; 180.
29. Veloso S, Martins SC, Fonseca H, et al. Associations between parent and peer attachment, exercise motivation and physical activity in outpatient obese adolescents. In: Biddle SJ, Guldán G, Gans K, et al., editors. Annual Conference of the ISBNPA 2009; 178.
30. Palmeira AL, Quaresma A, Martins S, Veloso S, Costa R, Fonseca H, Matos M G. Influence of cardiorespiratory fitness and body size dissatisfaction on the relation between BMI and quality of life in adolescents. *J Adolesc Health* 2010; 46 (2): S40.
31. Aguiar, S., Ferreira, S., Fonseca, H., Ferreira, P., & Palmeira, A. L. Adolescents residential summer weight-loss camps can work: Short-term outcomes. *J Adolesc Health* 2010; 46 (2): S42-43.
32. Fonseca H, Martins S, Ferreira P, Palmeira AL. Impact of a weight-loss camp for obese adolescents: Analysis of BMI and psychosocial changes during the camp and after 6 months. *J Adolesc Health* 2010; 46 (2): S40-41.
33. Sousa P, Gaspar P, Fonseca H, Hendricks C. Health Promoting Behaviours in adolescence:

Psychometric properties of the Adolescent Lifestyle Profile PT Version. *Atención Primaria* 2013; 45 (Sup. I): 140.

34. Sousa P, Fonseca H, Gaspar P. Moderator variables of lifestyle and treatment adherence in overweight adolescents. *Appetite* 2014; 76: 213. <http://dx.doi.org/10.1016/j.appet.2014.01.064>

35. Sousa P, Fonseca H, Gaspar P. Moderators of quality of life among overweight adolescents: Influence of body mass index, sociodemographics, ehavioral, motivational and clinical variables. *Appetite* 2014; 76: 213. <http://dx.doi.org/10.1016/j.appet.2014.01.065>

36. Fonseca H, Falcato L, Martins S, Palmeira A. Association between BMI, body dissatisfaction and optimism among adolescents enrolled in a pediatric obesity treatment program. *Appetite* 2014; 76: 208. <http://dx.doi.org/10.1016/j.appet.2014.01.047>

37. Sousa P. Effectiveness of e-health intervention programs in overweight adolescents: systematic review. *Rev Saúde Pública* 2014; 48: 27.

38. Gaspar P, Sousa P, Fonseca H, Gaspar F. Impact of lifestyle, quality of life and treatment adherence among overweight adolescents. *Rev Saúde Pública* 2014; 48: 255.

39. Sousa P, Fonseca H, Gaspar P, Gaspar F. Who benefits from an e-therapeutic weight management program? *Rev Saúde Pública* 2014; 48: 27.

40. Sousa P, Fonseca H, Gaspar P, Gaspar F. Participant adherence to an internet-based adolescent weight management program (Next.Step). *Appetite* 2015; 89: 314. DOI: <http://dx.doi.org/10.1016/j.appet.2014.12.045>.

41. Fonseca H, Sousa P, Gaspar P. The Next.Step program: promoting health among overweight adolescents trough technological interfaces. *J Adolesc Health* 2015; 56(2) S112-S113. doi:10.1016/j.jadohealth.2014.10.225.

42. Carvalho GF, Furlan M, Falcato L, Paleira AL, Martins S, Martins S. The impact of moderate weight loss on the metabolic profile and inflammatory condition of overweight adolescents. *J Adolesc Health* 2015; 56(2) S191-S192. doi: 10.1016/j.jadohealth.2014.10.196

43. Fonseca H, Falcato L, Carvalho GF, Martins S, Palmeira AL. The TOP program: Treatment of pediatric obesity. *J Adolesc Health* 2015; 56(2) S106. doi: 10.1016/j.jadohealth.2014.10.213

Publications in Portuguese Peer Reviewed Journals

1. Helena Fonseca, M.J. Lobo Fernandes. Entrevista ao Professor Gerald Caplan. *A Criança* 1986; 1:5-7.

2. Helena Fonseca, Isaura Santos. Hipotonia -Abordagem diagnóstica. *A Criança* 1986; 2: 97-101.

3. Helena Fonseca, Mário Chagas. Anemia Ferropénica e Parasitose Intestinal - a propósito de um caso clínico. *A Criança* 1987; 1: 31-6.

4. A. Lopes, H. Fonseca et al. Contribuição Relativa de diversos factores para a prevalência de baixo peso ao nascer - uma revisão da casuística da Unidade de Neonatologia do Serviço de Pediatria do H.S.M. - ano 1984. *Rev Port Pediatr* 1987; 18: 189-97.

5. Helena Fonseca, J. Gomes Pedro. Convulsões Febris Revisitadas. *A Criança* 1987; 3: 103-109.

6. J. Gomes Pedro, Helena Fonseca. Contaminação Ambiental e Amamentação. *Rev Port. Pediatr* 1988; 19: 355-367.

7. Rodrigues C., Fonseca J., Ferreira M., Fonseca H. et al. Propostas Terapêuticas para a Doença de Crohn e Colite Ulcerosa na Criança. *A Criança* 1988; 5: 87-91.

8. Albuquerque M., Fonseca H., Fernandes M.J. Breve abordagem da situação familiar de uma amostra da população infantil internada no Serviço de Urgência do Hospital de Santa Maria. *A Criança* 1989; 2: 79-82.

9. J. Gomes Pedro, Helena Fonseca, Rosa Gouveia. Desenvolvimento Somático (1) - Aspectos básicos. *Rev Port Pediatr* 1989; 20: 75-86.

10. J. Gomes Pedro, Helena Fonseca, Rosa Gouveia. Desenvolvimento Somático (2) - A baixa estatura. *Rev Port Pediatr* 1989; 20: 87-94.

11. Fonseca H., Albuquerque M., Palha M., Rodrigues G., Sequeira J. Papilomatose Laríngea (a propósito de um caso clínico). *Rev Port Pediatr* 1990; 21: 113-17.

12. Fonseca H., Durão V. Importância da Farmacocinética em Pediatria. *Rev Port Pediatr* 1990; 21: 349-53.

13. Fonseca H. Farmacologia Clínica dos Novos Anti-Histamínicos. *Cadernos de Imuno-Alergologia Pediátrica* 1990; 5: 45-49.

14. Abrantes M., Fonseca H. et al. Celulite da órbita. *Rev Port Pediatr* 1991; 22: 115-20.

15. Pedro E., Onofre J., Fonseca H. et al. Neurocisticercose - a propósito de três casos clínicos. *Rev Port Pediatr* 1991; 22: 258-62.
16. Martins I., Fonseca H. Repercussões psico-sociais na criança com mucopolissacaridose. *Acta Médica Port* 1992; 5: 329-34.
17. Fonseca H., Lourenço C. Trabalho com Mães Adolescentes - uma experiência. *Rev Port Pediatr* 1993; 24: 293-95.
18. Costa A., Antunes J., Ramos N., Costa S., Fonseca H. Estudo de uma população adolescente em risco. *Rev Port Pediatr* 1993; 24: 403-6.
19. Fonseca H. Família: como, quando e para quê? In: *A Pediatria pela Imagem*. Lisboa: ACSM, 1994: 145-47.
20. Águas B., Diniz A., Fonseca H. Adolescência e Minorias Étnicas - um estudo comparativo. *Rev Port Pediatr* 1994; 25: 426-28.
21. Fonseca H. Trabalho na Adolescência. *Acta Pediatr Port* 1995; 26: 185-86.
22. Fonseca H. O Adolescente e a Saúde. *Acta Pediatr Port* 1995; 26: 275-76.
23. Águas B., Fonseca H. Estudo dos Hábitos Alimentares De Uma População Adolescente. *Acta Pediatr Port* 1996; 27: 693-97.
24. Delgado C, Fonseca H, Mendes MJ, Rodrigues ML. Um Caso de Polidipsia. *Saúde Infantil* 1996; 18: 71-75.
25. Fonseca H. Multiculturalismo In: *A Pediatria Prática e a Prática da Pediatria*. Lisboa, Monografia Beecham 1996: 163-67.
26. Fonseca H. O Adolescente com Doença Crónica. *Nascer e Crescer* 1998; 2: 98-100.
27. Fonseca H, Fonseca P, Candeias A. Hidrosalpinge numa Jovem de 13 anos. *Acta Pediatr Port* 2000; 31: 389-91.
28. Fonseca H. Avaliação dos Factores Protectores e de risco em Saúde dos Adolescentes. *Acta Pediatr Port* 2001; 32: 177-80.
29. Matos M, Carvalhosa S, Fonseca H. O Comportamento alimentar dos jovens Portugueses. Lisboa: HBSC, PEPT 2000. 2001; 5:1.
30. Fonseca H, Marcelino J. Avaliação das Necessidades de Formação em Medicina de Adolescentes. *Acta Pediatr Port* 2002; 33: 181-7.
31. Pereira J.B., Fonseca H., Nunes T., Trindade C. Evolução do Internamento de Adolescentes no Serviço de Pediatria do Hospital de Santa Maria. *Acta Pediatr Port* 2003; 34: 353-57.
32. Quintas S, Pequito M, Fonseca H. Alargamento da Idade Pediátrica no Serviço de Urgência de Pediatria – Um Novo Desafio. *Acta Pediatr Port* 2003; 34:339-43.
33. Fonseca H, Pereira C, Mendes L, Valente S, Appleton J. A Consulta de Adolescentes de um Hospital Central Universitário – Análise Casuística dos últimos cinco anos (1998-2002). *Acta Pediatr Port* 2003; 35: 109-13.
34. Fonseca H, Fernandes S, Coelho JP, Marcelino J, Gomes-Pedro J. Ensino pré-graduado de Medicina da Adolescência na Faculdade de Medicina de Lisboa – Análise de 5 anos. *Acta Pediatr Port* 2004; 35: 267-72.
35. Rego C, Silva D, Guerra A, Fontoura M, Mota J, Maia J, Fonseca H, Matos M. Obesidade Pediátrica: a doença que ainda não teve direito a ser reconhecida. A propósito do 1º Simpósio Português sobre Obesidade Pediátrica. *End Met Nutr* 2005; 14: 59-61.
36. Consenso da Direcção da Secção de Medicina do Adolescente da Sociedade Portuguesa de Pediatria. Requisitos para o atendimento ao adolescente. *Acta Pediatr Port* 2005; 36(4): 223-224.
37. Fonseca H. Obesidade Infantil: causas. *End Met Nutr* 2005; 14: 207-208.
38. Duarte D, Fonseca H. Melhores medicamentos em Pediatria. *Acta Pediatr Port* 2008; 39 (1): 17-22.
39. Fonseca H, Nobre C, Santos M, Patrício Z, Neves S, Duarte N, Mota AR, Matos C, Fernandes R. Obesidade na adolescência: uma proposta de intervenção. *Acta Pediatr Port* 2008; 39 (2): 53-6.
40. Tavares HB, Fonseca H. Avaliação dos recursos de atendimento ao adolescente nas unidades hospitalares portuguesas. *Acta Pediatr Port* 2009; 40 (4): 154-9.
41. Santos T, Castanhinho S, Gonçalves C, Fonseca H. A Consulta de Adolescentes do Departamento da Criança e da Família do Hospital de Santa Maria. *RFML* 2009; Série III; 14 (6): 269-273.
42. Fonseca H. Prevenção do risco cardiometabólico na criança e no adolescente. *Rev Factores de*

Risco 2010; 17: 58-61.

43. Sousa H, Fonseca H. Risco cardiometabólico na criança e no adolescente: Caso clínico. Rev Factores de Risco 2010; 17: 62-67.

44. Freitas C, Ferreira P, Fonseca H. Risco cardiometabólico na criança e no adolescente: Caso clínico. Rev Factores de Risco 2010; 17: 68-71.

45. Tavares HB, Ferreira PD, Fonseca H. Perturbação de somatização – uma patologia prevalente em adolescentes. Acta Pediatr Port 2010; 41 (1): 33-7.

46. Maia C, Freira S, Fonseca H, Pedro R, Silva F. Consumo de substâncias no adolescente. Acta Pediatr Port 2010; 41 (6): 262-5.

47. Freitas C. Sousa H, Fonseca H. Boletim de Saúde Infantil e Juvenil – o exame global de saúde dos 11 aos 13 anos (parte I). Rev Port Clin Geral 2011; 27: 187-90.

48. Freitas C. Sousa H, Fonseca H. Boletim de Saúde Infantil e Juvenil – o exame global de saúde dos 11 aos 13 anos (parte II). Rev Port Clin Geral 2011; 27: 193-202.

49. Fonseca H. Perturbações do Comportamento Alimentar na adolescência. Rev Port Clin Geral 2011; 27: 203-207.

50. Ferreira S, Freira S, Ferreira PD, Fonseca H. Faltas à Consulta de Adolescentes: motivos e dimensão do problema. Acta Pediatr Port 2011; 42 (6): 258-63.

51. Quaresma A, Martins S, Fonseca H, Palmeira A. Programas de Tratamento Interdisciplinar da Obesidade em Adolescentes – O Papel dos Pares. Uma Revisão Sistemática da Literatura. Gymnasium 2014; 4(2), 151–170.

52. Palmeira AL, Martins S C, Fonseca H. Racional e principais resultados de um programa de tratamento da obesidade pediátrica: o TOP (Tratamento da Obesidade Pediátrica). Factores De Risco 2014; 34(9): 82-93.

53. Quaresma A, Martins S, Fonseca H, Palmeira A. Programas de Tratamento Interdisciplinar da Obesidade em Adolescentes – O Papel dos Pares. Uma Revisão Sistemática da Literatura. Gymnasium 2014; 4(2), 151-170.

Books and Book Chapters in Portuguese

1. Fonseca H. Multiculturalismo. In: A Pediatria prática e a prática da Pediatria. Monografia Beecham. Editor Jaime Salazar de Sousa, Lisboa (1996) pp. 163-67.

2. Fonseca H., Marcelino J., Candeias A. Hemorragia Uterina Disfuncional. In: Protocolos de Urgência em Pediatria, 1st Ed.. ACSM Editora, Lisboa (2000) pp. 209-211.

3. Fonseca H. A Importância da Alimentação na Adolescência. In: Crianças, 1st Ed. ACSM Editora, Lisboa (2001) pp. 57-59.

4. Fonseca H. Novas formas de ser família. In: Olhar(es) sobre a família. Ed. Câmara Municipal de Lisboa. Imprensa Municipal, Lisboa (2004) pp. 29-31.

5. Fonseca H. Adolescência como período de risco nutricional. In: Nutrição Pediátrica – Princípios básicos. Ed. Aires da Silva, J. Gomes-Pedro. Quadricor-artes gráficas, Lda, Lisboa (2005) pp. 115-121.

6. Fonseca H. Preparar o Futuro: O que queremos? In: Criança e Adolescente: Saúde e Qualidade de Vida. Livro de Conclusões do II Congresso da Plataforma Saúde em Diálogo. Cadaval Gráfica SA, Lisboa (2005) pp. 36-41.

8. Fonseca H. Síndrome Metabólica e Adolescência. In: Manual sobre Insulinorresistência. 2nd Ed. Grupo de Estudo da Insulino-Resistência da Sociedade Portuguesa de Endocrinologia, Diabetes e Metabolismo. Multitema, Lisboa (2006) pp. 44-49.

9. Fonseca H. Viver com Adolescentes. 3rd Ed. Editorial Presença, Barcarena (2007).

10. Palmeira AL, Martins SS, Veloso S, Cunha L, Cascais A, Neves R, Marques-Vidal P, Fonseca H. Impacto de Vídeo-Jogos com a tecnologia matching motion na actividade física de adolescentes obesos. In: J. Barreiros, R. Cordovil & S. Carvalheiro. Desenvolvimento Motor da Criança. Ed. FMH, Lisboa (2007) pp. 195-204.

11. Freira S, Maia C, Fonseca H. Consumo de substâncias na adolescência. In: Protocolos de Urgência em Pediatria, 3rd Ed. ACSM, Lisboa (2011) pp. 70-72.

12. Fonseca H. Contracepção de Emergência. In: Protocolos de Urgência em Pediatria, 3rd Ed. ACSM, Lisboa (2011) pp. 73.

13. Tavares H, Ferreira P, Fonseca H. Perturbações de somatização. In: Protocolos de Urgência em

Pediatria. 3rd Ed. ACSM, Lisboa (2011) pp. 74-76.

14. Fonseca H, Rito A. Perímetro da cintura. In: Rito A, Breda J, Carmo I. Guia de Avaliação do Estado Nutricional Infantil e Juvenil. Ed. DGS-INSA, Lisboa (2011) pp. 32-36.

15. Fonseca H. O adolescente com peso de risco. In: Gorduchos e Redondinhas. Ed. Leya, Lisboa (2012) pp. 129-39.

16. Fonseca H. As consequências da obesidade a longo e médio prazo. In: Gorduchos e Redondinhas. Ed. Leya, Lisboa (2012) pp. 141-154.

17. Fonseca H. Compreender os Adolescentes - Um Desafio Para Pais e Educadores. 6th Ed. Editorial Presença, Barcarena (2012).

International Book Chapters

1. Fonseca H. Acne: Formas Clínicas, Diagnóstico y Tratamiento. In: Castellano Barca G, Vicario M, Romero A. Medicina de la Adolescencia: Atención Integral. 1st Ed. Ergon, Madrid (2004) pp. 323-328.

2. Fonseca H, Greydanus DE. Blick über die Grenzen. In: Stier B, Weissenrieder N. Jugendmedizin-Gesundheit und Gesellschaft. 1st Ed. Springer Verlag, Heidelberg (2006) pp. 413-18.

3. Greydanus D, Fonseca H, Pratt H. Childhood and Adolescent Sexuality. In: Behavioral Pediatrics. 2nd Ed. Greydanus DE, Patel DR, Pratt HD. iUniverse Books, New York (2006) (1) pp. 295-330.

4. Fonseca H, Greydanus DE. Sexuality in the child, teen, and young adult: Concepts for the clinician. In: Behavioral Pediatrics. Primary Care: Clinics in Office Practice. Ed. Greydanus DE, Pratt HD, Patel DR. Elsevier Saunders, Philadelphia (2007) 34 (2) pp. 275-292.

5. Fonseca H, Sousa M. Walking the Talk: Parenting Adolescents with a Chronic Condition. In: Adolescent Rheumatology. Ed. McDonagh, White P. Informa Healthcare USA, Inc. New York (2008) pp. 311-27.

6. Fonseca H. Helping adolescents develop resilience: Steps the pediatrician can take in the office. In: AM:STARs, Adolescent Medicine Clinics: State of the Art Reviews. Ed. American Academy of Pediatrics. Elk Grove Village, USA (2010) 21 pp. 152-160.

7. Matos MG, Fonseca H, Tavares HB, Baptista I, Goulão J, Pereira A. et al. Portugal: Youth-friendly health services and policies. In: Youth-friendly health policies and services in the European region: Sharing experiences. 2nd Ed. Valentina Baltag, Alex Mathieson. WHO Regional Office for Europe. Copenhagen, Denmark (2010) pp. 61-75.

8. Matos MG, Fonseca H, Tavares H, Baptista I, Goulão J, Pereira A, Sampaio D, Vilar D, Frasilho A, Ramos S, Diniz A J, Tavira L, Simões C, Lebre P, Gaspar T & The Social Adventure Project Team. Youths' Health and Health Education Services in Portugal. In: RHS. Health Care Systems: A Global Survey. Ed. New Century Publications, New Delhi (2011) pp. 328-343. DOI 10.1007/978-1-4419-1788-1_140

9. Fonseca H, Matos MG. Psychosocial correlates in the context of body mass index and overweight. In: Preedy VR. Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease. Ed. Springer Science+Business Media LLC, London (2012) pp. 2273-2284.

10. Fonseca H. Desarrollo de la mama en la adolescente y sus trastornos. In: Vicario MI, Romero AM, Barca GC. Medicina de la Adolescencia Atención Integral. 2nd Ed. Ergon, Madrid (2012) pp. 397-400.

11. Fonseca H, Tavares HB. Adolescent Medicines. In: Royal Pharmaceutical Society of Great Britain. Neonatal and Paediatric Prescribing. Ed. Pharmaceutical Press, London (2017) (in press).

12. Fonseca H. How an Adolescent Health Curriculum was implemented in Portugal. In: Cherry A L, Baltag V, Dillon ME (Eds.) International Handbook on Adolescent Health and Development: The Public Health Response. Springer International Publishing, Switzerland. 2017: 341-358. DOI 10.1007/978-3-319-40743-2_17

Projects

Activities as an expert, scientific mandates

2015- Temporary adviser for the World Health Organization (African region): Technical support to the Health National Strategic Plan

2014-2019, Ministry of Health of Mozambique.

2013- 2014 Temporary adviser for the World Health Organization. Project "Capacity building on pre-service training of health workers in adolescent health".

2012 Advisor for the Meeting "Adolescent Medicine: A growing discipline", organised by the Deans of Medical Schools and

Chairpersons of Egyptian Paediatric Departments. Red Sea, Egypt, 22-24 March 2012.

2010 Youth-friendly health policies and services in the European Region: Sharing experiences.

2008 European Strategy for Child and Adolescent Health and Development-Action Tool, WHO Regional Office for Europe.

1995 First training workshop for Adolescent Health Counselors in African countries speaking the Portuguese language (Cape Vert)

Memberships

Committee Memberships

2015- Member, Society for Adolescent Health and Medicine Awards Committee.

2009- Member, Society for Adolescent Health and Medicine Abstract Review Committee.

2007- Member of the Paediatric Committee, European Medicines Agency, London (Portuguese representative).

2001-07 Member of the Paediatric Expert Group (European Medicines Agency, London)

2001-09 IAAH Vice-President (International Association for Adolescent Health)

2000-06 President, Adolescent Medicine Chapter, Portuguese Pediatric Association

1999- Member and Co-founder of EuTEACH (European Training in Effective Adolescent Care and Health)

1995- WHO consultant for Adolescent Health in different projects

Other Relevant Information

Awards

2005 Honour of the Public Higher Education for a lifetime achievement in favour of Adolescent Health advocacy and training (Presidency of the Portuguese Republic)

2007 Society for Adolescent Medicine (SAM) International Chapter Recognition Award (Denver, USA)

Participation in Scientific Societies

1993- Member, Society for Adolescent Health and Medicine, USA

1980- Sociedade Portuguesa de Pediatria (SPP)

2000- Adolescent Medicine Chapter, SPP (President: 2000-2006)

2001- International Association for Adolescent Health (IAAH) (Vice-President: 2001-2009)

2001- Mediterranean Action Group for Adolescent Medicine (MAGAM)

2000-2006 Associação Latino-Americana de Pediatria (ALAPE), Adolescence Committee.

2004- Sociedade Portuguesa para o Estudo da Obesidade

Activities in Scientific Journals

Editorial Board

2004- Editorial Board, Adolescência & Saúde, Universidade do Estado do Rio de Janeiro, Brasil.

2003- Editorial Board, Rivista Italiana di Medicina dell' Adolescenza,

Società Italiana di Medicina dell'Adolescenza.
2001-02 Editorial Board, Adolescência Latinoamericana, Associação Brasileira de Adolescência -ASBRA- and Sociedad Argentina da Salud Integral del Adolescente.
2000-06 Editorial Board, Acta Pediátrica Portuguesa, Portugal.
Reviewer
2014- Swiss Medical Weekly
2011- Child: Care, Health & Development
2009- European Journal of Pediatrics
2007 Archives of Pediatrics & Adolescent Medicine
2005-2007 International Journal of Obesity (2005-2006)
2005- Health Education Research
2004- Journal of Adolescent Health
1995- Acta Pediátrica Portuguesa