Dr. Subida is a medical doctor with a Master of Public Health at the Hebrew University in Israel and a PhD in Public Health Medicine from the London School of Hygiene and Tropical Medicine in the UK. During his stint as faculty at the College of Public Health, University of the Philippines, his work in research and consultancy were focused on Environmental and Occupational Health. Together with an environmental engineer colleague, their work on Air Pollution and Health were used to craft several national policies from decreasing and eliminating Lead, to improving octane content in gasoline and eventually the Clean Air Act in the 90s.He has also worked in many studies and projects on child labor, air pollution and environmental health in general with government agencies and international organizations.

Before becoming a consultant in Health Science Education at the Centro Escolar University, he was medical director at the Eli Lilly Philippines and a Regional Clinical Research Physician for Diabetes for Eli Lilly Asia Mid-Size Countries. He transferred to Pascual Laboratories as medical director and eventually became Vice President for Medical and Regulatory Affairs at the Pascual Pharma Company. He was also a past President of the Philippine College of Pharmaceutical Medicine where he had likewise served as a member of the board for about 10 years.