



Information Letter for Parents/Guardians
Food and Nutrition of 10th Graders – Autumn 2026

“This is no big deal”

To the Parent/Guardian

Your child is being offered the opportunity to participate in a national survey of the dietary habits of adolescents in 10th grade, called **Food and Nutrition of 10th Graders – Autumn 2026** *“This is no big deal”*.

Aim and purpose: The aim of the study is to obtain information about the diets of adolescents in Iceland, their nutritional status, health, and related factors. The findings will increase knowledge and provide a basis for improving dietary recommendations for adolescents and promoting better health in the future.

Introduction: Schools were randomly selected, and your child’s school has agreed to participate. We look forward to working with you, your child and the school, and hope everyone benefits from and enjoys taking part.

Procedure: The study uses an established dietary assessment method called a 24-hour dietary recall, which has been used in Iceland and internationally. Participation involves two individual interviews at least one week apart. In each interview, everything your child ate and drank the previous day will be reviewed. In addition, there will be general questions about dietary habits and related factors, such as physical activity. Each interview takes approximately 30 minutes. We ask for your permission for the school health service to provide information about your child’s growth, health, and well-being. This information will be linked to the dietary data in coded form, and your child will not be asked about these factors in the interviews. To assess the relationship between diet, nutritional status, and health, participants are also asked to provide a finger-prick blood sample, a urine sample, and a saliva sample. NOTE: These samples are important components of the study, but providing each sample is voluntary.

The interviews will take place at school during school hours and will be conducted by researchers. Participants will be informed that their answers will be kept confidential and that results will be presented as group averages and percentages. No individual participant will therefore be identifiable from the reported results. Participants will also be informed that they do not have to answer every question in the interviews.

Trained healthcare professionals will provide instructions and assistance, if needed, with the collection of the finger-prick blood sample and saliva sample. Participants will collect the urine sample at home, place the sample container in an opaque bag, and hand it to a nurse or researcher at school. After completing their participation in the study, your child will receive a voucher for a cinema ticket to a film of their choice.

Confidentiality and data storage: All information provided during the interviews and collected as part of the study will be treated as confidential. Research data will be stored securely and coded for analysis, meaning that participants will not be directly identifiable. The code key will be kept in a secure, locked storage and will be accessible only to the researchers responsible for the study. Teachers and other school staff will not have access to the study results. Permission is requested to retain the study results and data for use in future related research on diet and health.

Risks and costs: No particular risks are associated with participating in the study. Participation does not involve any costs.

Results: The researchers are interested only in group-level results in order to improve dietary recommendations for adolescents and promote better health in the future. You and your child may request results relating to your child’s diet or sample analyses once they become available. A request for individual results also authorises the study team to use the code key to retrieve them.

Principal Investigator: Inga Þórsdóttir prófessor emerita, Háskóli Íslands

Researchers: Tinna Óðinsdóttir, Sigurbjörg Bjarnadóttir, Jenny June Tómasdóttir, Birna Þórisdóttir, Bryndís E. Birgisdóttir, Hólmfríður Þorgeirsdóttir

Other collaborators: Anna Sigríður Ólafsdóttir, Ellen Alma Tryggvadóttir, Jóhanna Eyrún Torfadóttir, Þórhallur Ingi Halldórsson



Consent: Participation is entirely voluntary. Parents/guardians may, together with their child, withdraw consent and end participation at any time without giving a reason. This will have no effect on your future communication with the study team or your access to healthcare services.

Approvals: The study is conducted in collaboration with the Directorate of Health, Municipalities, participating schools, the Development Centre for Primary Healthcare in Iceland, and the National Bioethics Committee have approved the study. The Icelandic Data Protection Authority has raised no objections to the conduct of the study.

If you have any questions, please contact: Tinna Óðinsdóttir landsrannsokn@hi.is, tel.: [849 2982](tel:8492982)

Principal Investigator: Inga Þórsdóttir prófessor emerita, Háskóli Íslands

Researchers: Tinna Óðinsdóttir, Sigurbjörg Bjarnadóttir, Jenny June Tómasdóttir, Birna Þórisdóttir, Bryndís E. Birgisdóttir, Hólmfríður Þorgeirsdóttir

Other collaborators: Anna Sigríður Ólafsdóttir, Ellen Alma Tryggvadóttir, Jóhanna Eyrún Torfadóttir, Þórhallur Ingi Halldórsson