

English

Information Letter for Parent/Guardian**Food and Nutrition of 10th Graders – Autumn 2026*****“This is no big deal”***

Dear 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 of the study:

The aim of the study is to obtain information about the diet of this age group in Iceland, the body's nutritional status, health, and related factors. The results will increase knowledge and provide a basis for improving dietary recommendations for adolescents and promoting better health in the future.

Introduction:

Schools were selected at random, and your child's school has agreed to participate. We look forward to working with you, your child, and the school, and hope that everyone will benefit from and enjoy the experience.

Procedure:

The study uses an established method for dietary research that has been used both in Iceland and internationally. Participation in the study involves two individual interviews, at least one week apart, in which everything the participant ate and drank during the 24 hours preceding each interview will be reviewed (24-hour dietary recall). In addition, there will be general questions concerning dietary habits and related factors, such as physical activity. The interview takes approximately 30 minutes.

We request your permission for the school health service to provide information about the children's growth, health, and well-being. This information will be linked anonymously (using encryption) to the dietary data; the same factors will not be asked about during the interview.

To assess the relationship between diet, the body's nutritional status, and health, participants are also asked to provide a blood sample in the form of a finger-prick blood drop, a urine sample, and a saliva sample. **NOTE:** These samples are important to the study alongside the interview, but participation in providing each individual sample is, of course, voluntary.

The interviews will take place at the school during school hours and will be conducted by researchers. Participants will be informed that their answers will be treated confidentially and that the results of the study will always be presented as averages and distributions of proportions, meaning that individual responses cannot be linked to individual participants. Children will also be informed that they do not have to answer all questions in the interview.

Principal investigators: Inga Þórsdóttir prófessor emerita og Birna Þórisdóttir lektor, Háskóli Íslands

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

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

Qualified healthcare professionals will provide guidance and assistance, if needed, when collecting the blood sample (finger prick) and saliva sample. The urine sample is collected by participants at home and returned to the school in a sample container inside an opaque bag, where it is handed to a nurse or researcher.

Recognition is given for participation in the form of a gift certificate for a cinema ticket of the child's own choice.

Traceability and storage of data:

All information provided during the interview and obtained through the study will be treated as confidential. Research data will be stored securely and encrypted for all processing so that responses or other results cannot be linked to individual participants. The encryption key will be kept by the persons responsible for the study in a locked storage facility. Teachers and other school staff will not have access to the results of the study.

Permission is requested to retain the study results and data for use in subsequent related research on diet and health.

Risk and cost:

There are no risks associated with participating in the study. Participation does not involve any costs.

Results:

The researchers are solely interested in the overall results in order to improve dietary recommendations for adolescents and promote better health in the future.

You and your child may request information about results concerning your child's diet or analyses of samples when these become available. The study's responsible persons hold the encryption key, which may be used to access individual data if a participant requests and gives permission to receive their individual results.

Consent:

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

The study is conducted in collaboration with the Directorate of Health. Municipalities, participating schools, the Development Centre for Primary Health Care, 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

tinnaodins@hi.is

Tel.: [849 2982](tel:8492982)

Principal investigators: Inga Þórsdóttir prófessor emerita og Birna Þórisdóttir lektor, Háskóli Íslands
Researchers: Tinna Óðinsdóttir, Sigurbjörg Bjarnadóttir, Jenny June Tómasdóttir, Bryndís E. Birgisdóttir, Hólmfríður Þorgeirsdóttir
Other collaborators: Anna Sigríður Ólafsdóttir, Ellen Alma Tryggvadóttir, Jóhanna Eyrún Torfadóttir, Þórhallur Ingi Halldórsson