

Information Letter for 10th Graders about the National Dietary Survey

Food and Nutrition of 10th Graders – Autumn 2026

“This is no big deal”

Dear 10th Grader,

You are 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 that will increase knowledge, provide a good basis for better dietary recommendations, and contribute to better health in the future.

Introduction:

Schools were selected at random, and your school has agreed to participate. We look forward to working with you and your school and hope that everyone will benefit from and enjoy taking part.

Procedure:

We will use an established method in dietary research called a **24-hour dietary recall**. Two interviews will be conducted at least one week apart, during which everything you ate and drank during the 24 hours before each interview will be reviewed. There will also be general questions about dietary habits and related factors, such as physical activity. The interview takes approximately 30 minutes.

We ask for your permission for the school health service to provide information about your growth, health, and well-being. This information will be linked anonymously (using encryption) to the dietary data, and you will not be asked about these factors during the interview.

To assess the relationship between your diet, the body’s nutritional status, and health, you are also asked to provide a **blood sample (from your finger), a urine sample, and a saliva sample**. **NOTE:** These components are important to the study, but participation in providing each individual sample is, of course, voluntary.

The interviews will take place at school during school hours and will be conducted by researchers. You will receive instructions and assistance, if needed, when providing the blood sample (drops of blood from your finger) and saliva sample. You will need to collect the urine sample at home and return it to the school in a sample container inside an opaque bag, handing it to a nurse or researcher.

Recognition is given for participation in the form of a gift certificate for a cinema ticket of your choice.

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

Other 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

Confidentiality:

All information you provide during the study will be treated as confidential. Your answers will be stored securely and encrypted for all analysis of the group as a whole, and it will not be possible to link your answers to you. The encryption key will be kept by the persons responsible for the study in a locked storage facility.

We ask for your permission to retain the results and data from the study for use in subsequent related research on diet and health. Teachers and other staff at your school will not have access to the results of the study.

Risk and cost:

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

Results:

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

When the results are available, you may request information about your own dietary and nutrient-related results or analyses of your samples, when available. We can use the encryption key to retrieve information about you if you request it, and by making such a request you give permission for us to retrieve your information.

Participation is voluntary, and you may stop participating at any time without giving an explanation. This will have no effect on future communication with the study team or on healthcare services.

Approvals:

The study is conducted in cooperation 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 implementation of the study.

If you have any questions, please contact:

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