



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. In each interview, everything you ate and drank on the previous day will be reviewed. There will also 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 growth, health, and well-being. This information will be linked to the dietary data in coded form, and you will not be asked about these factors as part of the study. To assess the relationship between your diet, nutritional status, and health, you are asked to provide a finger-prick blood sample, a urine sample, and a saliva sample. NOTE: These samples are important to the study, but providing each 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 finger-prick blood sample 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. **After completing your participation in the study, you will receive a voucher for a cinema ticket to a film of your choice.**

Confidentiality: All information you provide during the study will be kept confidential. Your responses will be securely stored and coded for analysis. Results will be reported only at group level, and no participant will be identifiable. The code key will be kept in secure, locked storage accessible only to the researchers responsible for the study. We ask for your permission to retain the results and study data for future related research on diet and health. Teachers and other school staff will not have access to the results of the study.

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

Results: The researchers are interested only in group-level results, which will be used to improve dietary recommendations for adolescents and contribute to better health in the future. **Once available, you may request your individual dietary and nutrient intake results, as well as the results of your sample analyses.** By doing so, you authorise the study team to use the code key to retrieve your results. Participation is voluntary, and you may withdraw at any time without giving an explanation. 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 cooperation 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 implementation of the study.

If you have any questions, please contact: **Tinna Óðinsdóttir** - landsrannsokn@hi.is, tel.: **849 2982**

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