



HÁSKÓLI ÍSLANDS



LANDSPÍTALI
HÁSKÓLASJÚKRAHÚS



HJARTAVERND



Workshop about diet and nutrition of children held by Unit for Nutrition Research at the University of Iceland/University Hospital Landspítali in collaboration with the Icelandic Heart Association

27th of September 2013, 13:30-16:00 at Lögberg—University of Iceland

Are we on heading in the right direction? Does the society need to change emphasis or methods in the field of health promotion of diet and nutrition for children?

Hafdís Helgadóttir, will hold a Master's degree lecture; *Dietary intake and blood lipid profile in six-year-old Icelandic children 2001-2002 and 2011-2012.*

After the lecture short presentations and panel of experts in the field of public health will discuss the issue and seek to answer the questions above.

Moderator: **Inga Þórsdóttir, president of Health Sciences, University of Iceland**

Gunnar Sigurðsson, professor and M.D., Icelandic Heart Association;

Effect of desirable lifestyle changes in adults and its impact on CHD in Iceland 1981-2006.

Hólmfríður Þorgeirsdóttir, project manager of health determinants regarding nutrition, Directorate of Health;

Priorities and projects in the field of child nutrition

Helga Sigurðardóttir, manager of School Division Canteens in Reykjavik City;

Focus in Reykjavik School Canteens regarding nutrition and diet.

Ingibjörg Gunnarsdóttir, professor and director of Unit of Nutrition Research; *summary*

This workshop arises from the European Heart Health Strategy II project which has received co-funding from the European Union, in the framework of the Health Programme. Sole responsibility for workshop lies with the organisers; the Executive Agency is not responsible for any use that may be made of the information contained herein