

Miðvikudaginn 20. september í Kjarna (kennslustofu á 2. hæð SAK) og á Teams

## VEGGSPJÖLD

**Age-related changes and tracking of cardiorespiratory fitness from childhood to late adolescence.** Thuridur Helga Ingvarsdóttir<sup>1</sup>, Erlingur Johannsson<sup>1 2</sup>, Vaka Rognvaldsdóttir<sup>1</sup>, Runa Stefansdóttir<sup>1</sup>, Nanna Yr Arnardóttir<sup>3</sup>.

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**Prediabetes Prevalence Health Literacy and Wellbeing among urban and rural residents in primary care in North Iceland.** Arnardóttir, E., PhD student<sup>1</sup>, Graue, M. Professor<sup>2</sup>, Hope-Kolltveit, B-C. post-doc<sup>2</sup>, Sigurðardóttir, A.K. Professor<sup>1</sup>, Skinner, T. Professor<sup>3</sup>.

<sup>1</sup>University of Akureyri, Iceland, <sup>2</sup>Western Norway University of Applied Sciences, Norway, <sup>3</sup>La Trobe University, Bendigo, & Centre for Behavioural Research in Diabetes, Melbourne, Australia.

**Þróun líkamsþyngdar kvenna á barneignaraldri á Norðurlandi 2004-2022.** Kamilla Dóra Jónsdóttir<sup>1</sup>, Laufey Hrólfsdóttir<sup>2</sup>, Björn Gunnarsson<sup>2</sup>, Ingibjörg Hanna Jónsdóttir<sup>1</sup>, Þórhallur Ingi Halldórsson<sup>3</sup>, Alexander Kr. Smárason<sup>2</sup>.

<sup>1</sup>Sjúkrahúsið á Akureyri, <sup>2</sup>Heilbrigðisvísindastofnun Háskólangs á Akureyri og Sjúkrahússins á Akureyri, <sup>3</sup>Rannsóknarstofa í næringarfræði Landspítala og matvæla og næringarfræðideild Háskóla Íslands.

**Stillbirth in Iceland 1996 - 2021 incident and etiology.** Ragnheiður I. Bjarnadóttir<sup>1</sup>, Þóra Steffensen<sup>2</sup>, Alexander Smárason<sup>3</sup>, Karin Pettersson<sup>4</sup>, Nikos Papadogiannakis<sup>4</sup>, Jóhanna Gunnarsdóttir<sup>1</sup>.

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**A Pilot Study to Evaluate Efficacy of Brief Behavioral and Sleep hygiene Education with Mindfullness Intervention on Sleep Duration, Timing, Quality, Anxiety, Depression, and Quality of Life in Adolescents.** Ingibjorg Magnusdottir BSc<sup>1 2</sup>, Solveig Magnusdottir MD<sup>3</sup>, Audur Karen Gunnlaugsdottir BSc<sup>1 2 4</sup>, Hugi Hilmissen MA<sup>3</sup>, Laufey Hrolfssdottir PhD<sup>5</sup>, Anna Eyfjord Eiriksdottir M.paed<sup>1</sup>.

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**Mikilvægi fjölskyldna við hjúkrun Viðhorf hjúkrunarfræðinga á Sjúkrahúsínu á Akureyri.** María Sól Jóhannesdóttir<sup>1</sup>, Ólafía María Aikman<sup>1</sup>, Selma Sif Haraldsdóttir<sup>1</sup>, Dr. Eydís Kr. Sveinbjarnardóttir<sup>1 3</sup>, Áslaug Felixdóttir<sup>2</sup>, Snæbjörn Ómar Guðjónsson<sup>2 3</sup>

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**Obstructive Sleep Apnea in children: Clinical examination, intervention and treatment follow-up.** Magnús Ingi Birkisson<sup>1</sup>, Erla Guðbjörg Hallgrímsdóttir<sup>1 2</sup>, Ingibjörg Ösp Ingólfssdóttir<sup>1 3</sup>, Sólveig Magnúsdóttir<sup>4</sup>, Gróa Björk Jóhannesdóttir<sup>1</sup>, Laufey Hrólfsdóttir<sup>1 5</sup>, Gísli Einar Árnason<sup>6</sup>, Hannes Petersen<sup>1 3</sup>.

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**Bráðaþjálfun landsbyggðarlækna.** Ásta Evlalíá Hrafnkelsdóttir<sup>1</sup>, Hjalti Már Björnsson<sup>1 2</sup>, Jón Pálmi Óskarsson<sup>3</sup>, Steinþór Runólfsson<sup>4</sup>.

<sup>1</sup>Læknadeild Háskóla Íslands, <sup>2</sup>Bráðamóttaka Landspítala, <sup>3</sup>Bráðamóttaka Sjúkrahússins á Akureyri, <sup>4</sup>Heilbrigðisstofnun Suðurlands.

**Að halda þjónustukeðjunni gangandi - Sýn heilbrigðisstarfsfólks á samstarf heilbrigðisstofnana sem þjónusta eldri borgara er búa heima á Akureyri.** Guðmundur Magnússon<sup>1</sup>, Dr. Árún Kristín Sigurðardóttir<sup>1 2</sup>, Dr. Kristín Þórarinsdóttir<sup>1 2</sup>.

<sup>1</sup>Háskólinn á Akureyri, <sup>2</sup>Sjúkrahúsið á Akureyri.

**Næringarástand eldra fólks í sjálfstæðri búsetu á Akureyri og nágrenni.** Sandra Ásgrímsdóttir<sup>1 2 3</sup>, Árún Kristín Sigurðardóttir<sup>1 3</sup>, Berglind Soffía Blöndal<sup>1 4</sup>, Laufey Hrólfsdóttir<sup>1 5</sup>.

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**Fæðuval og notkun bætiefna sem innihalda D-vítamín á meðgöngu of eftir fæðingu.** Styrmir Hallsson<sup>1</sup>, Þórhallur Ingi Halldórsson<sup>1</sup>, Bryndís Eva Birgisdóttir<sup>1</sup>, Laufey Hrólfsdóttir<sup>3 4</sup>, Ellen Alma Tryggvadóttir<sup>1</sup>, Ingibjörg Th. Hreiðarsdóttir<sup>2</sup>, Hildur Harðardóttir<sup>5</sup>, Ingibjörg Gunnarsdóttir<sup>1 2</sup>.

<sup>1</sup>Háskóli Íslands, <sup>2</sup>Landspítali, <sup>3</sup>Háskólinn á Akureyri, <sup>4</sup>Sjúkrahúsið á Akureyri, <sup>5</sup>Livio Reykjavík.

**Sleep Duration, Timing and Quality in Healthy Adolescents: Association with Anxiety, Depression and Chronotype; a pilot study.** Solveig Magnusdottir MD MSc MBA<sup>1</sup>, Ingibjorg Magnusdottir BC<sup>2 3</sup>, Audur Karen Gunnlaugsdottir Bsc<sup>2 3 4</sup>, Hugi Hilmisson MA<sup>1</sup>, Laufey Hrolfssdottir PhD<sup>5</sup>, Anna Eyfjord Eiriksdottir M.paed<sup>2</sup>.

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**Einstaklingar með krabbamein: helsustýrirót, líkamleg og sálfélagsleg líðan.** Þórhalla Sigurðardóttir<sup>1 2</sup>, Elísabet Hjörleifsdóttir<sup>2</sup>, Eva Halapi<sup>2</sup>.

<sup>1</sup>Sjúkrahúsið á Akureyri, <sup>2</sup>Háskólinn á Akureyri.

**Physical activity and glycemic control among adults living with coronary heart disease.** Svavarssdóttir MH<sup>1</sup>, Björnsdóttir KM<sup>2</sup>.

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