

Research

Research Field: Human nutrition, geriatric nutrition, healthy aging, clinical nutrition, sustainability and human nutrition, interdisciplinary teamwork

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Wikipedia page: None

UN Sustainable development goals: 2) Zero Hunger, 3) Good Health and Well-being, 4) Quality Education, 5) Gender Equality, 6) Clean Water and Sanitation, 9) Industry, Innovation and Infrastructure, 11) Sustainable cities and communities, 12) Responsible Consumption and Production, 13) Climate Action, 14) Life Below Water, 15) Life on Land, 17) Partnerships for the Goals.

Education

Degree	Type of degree	University	Date
Ph.D.	Human nutrition	University of Iceland	2011
Diploma certified Education in undergraduate Teaching		Iceland College of Education	2004
M.Sc.	Human nutrition	University of Iceland, in association with Karolinska Instituted in Stockholm (Public Health Nutrition)	2001
B.Sc.	Food Science	University of Iceland	1999

Other Activities

Position		Date
Vice-Dean	University of Iceland, Faculty of Food Science and Nutrition	2021-present
Dean	University of Iceland, Faculty of Food Science and Nutrition	2018-2021
Winner of prize for promising researcher in gerontology at NKG24 in Oslo		2018
Associate professor	University of Iceland, Faculty of Food Science and Nutrition	2017-present
Assistant professor	University of Iceland, Faculty of Food Science and Nutrition	2012-2017
Research manager	The Icelandic Gerontological Research Center (RHLÖ)	2011-2018
Clinical Nutritionist	Landspítali-University Hospital/different units	2000-2008

Supervision of Postgraduate Students

Masters students: Supervisor of 12 graduated MSc students, currently supervising 2 MSc students.

PhD students: Currently supervising 2 PhD students (main or co-supervisor) and in 2 PhD committee.

Publications

Geirsdóttir, Ólöf G., Bell, Jack J. (Eds.) *Interdisciplinary Nutritional Management and Care for Older Adults. An Evidence-Based Practical Guide for Nurses*. 2021 Springer Nature ISBN 978-3-030-63892-4. <https://www.springer.com/gp/book/9783030638917>

Geirsdóttir Ó.G., Hertz K., Santy-Tomlinson J., Johansen A., Bell J.J. (2021) *Overview of Nutrition Care in Geriatrics and Orthogeriatrics*. In: Geirsdóttir Ó.G., Bell J.J. (eds) *Interdisciplinary Nutritional Management and Care for Older Adults. Perspectives in Nursing Management and Care for Older Adults*. Springer, Cham. https://doi.org/10.1007/978-3-030-63892-4_1

Holst M., Geirsdóttir Ó.G., Bell J.J. (2021) *Nutrition Support in Older Adults*. In: Geirsdóttir Ó.G., Bell J.J. (eds) *Interdisciplinary Nutritional Management and Care for Older Adults. Perspectives in Nursing Management and Care for Older Adults*. Springer, Cham. https://doi.org/10.1007/978-3-030-63892-4_5

Geirsdóttir Ó.G, Bell J.J (2021) *Part II: Special Topics in Geriatric Nutrition. Editorial: Specialised Versus Supportive Nutritional Care in Ageing: A Conundrum*. In: Geirsdóttir Ó.G., Bell J.J. (eds) *Interdisciplinary Nutritional Management and Care for Older Adults. Perspectives in Nursing Management and Care for Older Adults*. Springer, Cham. <https://link.springer.com/content/pdf/bfm%3A978-3-030-63892-4%2F2%2F1.pdf>

Geirsdóttir OG, Chang M, Jonsson PV, Thorsdóttir I, Ramel A. *Living alone is associated with poorer muscular strength, lower 25-hydroxy-vitamin D and lower bone mineral density in Icelandic community dwelling old adults*. Accepted in *AS Nutritional Health Journal* 15.06.2021

Geirsdóttir OG, Chang M, Briem K, Jonsson PV, Thorsdóttir I, Ramel A. *Determinants of physical function in community dwelling old people*. Submitted to *Journal of Geriatrics and Gerontology*. Accepted 06.2021

Jyväkörpi, S.K., Ramel, A., Strandberg, T.E., Olof G Geirsdóttir et al. *The sarcopenia and physical frailty in older people: multi-component treatment strategies (SPRINTT) project: description and feasibility of a nutrition intervention in community-dwelling older Europeans*. *European Geriatric Medicine*, 2021, 12(2), pp. 303–312.

Elidóttir AS, Sveinsdóttir K, Ingadóttir B, Geirsdóttir OG, Jonsson PV, Rothenberg E, Hardardóttir I, Freysdóttir J, Ramel A. *Effects of seaweed extract on carbohydrate metabolism and inflammation in overweight and obese adults*. *Current nutrition and food science* 2021,17:216 - 224.

Eymundsdóttir H, Ramel A, Geirsdóttir OG, Skuladóttir SS, Guðmundsson LS, Jonsson PV, Guðnason V, Launer L, Jonsdóttir MK, Chang M. *Body weight changes and longitudinal associations with cognitive decline among old community dwelling old adults*. *Alzheimers Dement (Amst)*. 2021 Feb 20;13(1):e12163.

Jack J. Bell, Ólöf Guðný Geirsdóttir, Karen Hertz, Julie Santy-Tomlinson, Sigrún Sunna Skuladóttir, Stefano Eleuteri, Antony Johansen. *Nutritional Care of the Older Patient with Fragility Fracture: Opportunities for Systematised, Interdisciplinary Approaches Across Acute Care, Rehabilitation and Secondary Prevention Settings*. Pages 311-329. Springer, Cham. 2020 ISBN 978-3-030-48126-1. <https://doi.org/10.1007/978-3-030-48126-1>

Eymundsdóttir, H., Chang, M., Geirsdóttir, O.G. Maria Jonsdóttir, Palmi V Jonsson, Vilmundur Guðnason, Alfons Ramel. *Lifestyle and 25-hydroxy-vitamin D among community-dwelling old adults with dementia, mild cognitive impairment, or normal cognitive function*. *Aging Clin Exp Res* (2020). <https://doi.org/10.1007/s40520-020-01531-1>

Geirsdóttir OG, Chang M, Jonsson PV, Thorsdóttir I, Ramel A. *Associations of physical activity with vitamin D status depends on obesity status in old adults*. *Clinical Nutrition ESPEN*, Volume 39, 2020, Pages 222-226, ISSN 2405-4577. <https://doi.org/10.1016/j.clnesp.2020.06.009>

Arora Ros Ingadóttir, Eva Björg Björgvinsdóttir, Anne Marie Beck, Christine Baldwin, C. Elizabeth Weekes, Olof Gudny Geirsdóttir, Alfons Ramel, Bryndis Eva Birgisdóttir, Thorarinn Gíslason, Ingibjörg Gunnarsdóttir. *Effect of two different nutritional supplements on postprandial glucose response and energy- and protein intake in hospitalised patients with COPD: A randomised cross-over study*. *Clinical Nutrition*, Volume 39, Issue 4, 2020, Pages 1085-1091, ISSN 0261-5614. <https://doi.org/10.1016/j.clnu.2019.04.010>

Milan Chang, Alfons Ramel, Palmi V Jonsson, Inga Thorsdóttir, Olof Geirsdóttir. *Association between grip strength and cognitive function among community-dwelling older adults*. *Innov Aging*. 2019 Nov; 3(Suppl 1): S483–S484. Published online 2019 Nov 8. doi: 10.1093/geroni/igz038.1797. PMID: PMC6840064

Hrafnhildur Eymundsdóttir, Milan Chang, Olof Geirsdóttir, Maria Jonsdóttir, Palmi V Jonsson, Vilmundur Guðnason, Alfons Ramel. *Longitudinal association between serum 25 hydroxy vitamin d and cognitive function among Icelandic older adults*. *Innov Aging*. 2019 Nov; 3(Suppl 1): S484. Published online 2019 Nov 8. doi: 10.1093/geroni/igz038.1799. PMID: PMC6840848

Milan Chang, Alfons Ramel, PV Jonsson, I Thorsdóttir, Olof Gudny Geirsdóttir. *The effect of cognitive function on mobility improvement among community-living older adults: A 12-week resistance exercise intervention study*. *Aging, Neuropsychology, and Cognition A Journal on Normal and Dysfunctional Development*. 2019 ISSN: 1382-5585 (1744-4128 (Online) Journal homepage: <https://www.tandfonline.com/loi/nanc20>;

O.G. Geirsdóttir, M. Chang, P.V. Jonsson, I. Thorsdóttir, A. Ramel. *Obesity, Physical Function, and Training Success in Community-Dwelling Nonsarcopenic Old Adults*. *Journal of Aging Research*. 2019 ID 5340328, <https://doi.org/10.1155/2019/5340328>

Milan Chang, Olof G. Geirsdottir, Sigurveig H. Sigurdarsdottir, Ingemar Kåreholt, Alfons Ramel. *Associations between education and need for care among community dwelling older adults in Iceland*. 2019 Scand J Caring Sci.

Ingadottir AR, Beck AM, Baldwin C, Weekes CE, Geirsdottir OG, Ramel A, Gislason T, Gunnarsdottir I. *Oral nutrition supplements and between-meal snacks for nutrition therapy in patients with COPD identified as at nutritional risk: a randomised feasibility trial*. 2019 BMJ Open Respir Res. 3;6(1):e000349. doi: 10.1136/bmjresp-2018-000349.

Geirsdottir OG, Gisladottir E, Þorgeirsdottir H. *National guidelines for food and nutrition for old people in good health*. [Ráðleggingar um mataræði fyrir eldra fólk sem er við góða heilsu.] Director of Health. 2018. ISBN 978-9935-9373-7-7

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Geirsdottir OG, Gisladottir E, Þorgeirsdottir H. *Guidelines for sick and frail old people – for health care persons*. [Ráðleggingar um mataræði fyrir hrúmt eða veikt eldra fólk – ætlað fagfólki og öðrum umönnunaraðilum.] Director of Health. 2018. ISBN 978-9935-9373-6-0

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Geirsdottir OG, Chang M, Briem K, Jonsson PV, Thorsdottir I, Ramel A. 2017 *Gender, Success, and Drop-Out during a Resistance Exercise Program in Community Dwelling Old Adults*. 2017 J Aging Res.5841083. doi: 10.1155/2017/5841083. Epub 2017 Aug 14.

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Geirsdóttir OG, Arnarson A, Ramel A, Briem K, Jonsson PV, Thorsdóttir I. 2015 Muscular strength and physical function in elderly adults 6-18 months after a 12-week resistance exercise program. *2015 Scand J Public Health*. 43(1):76-82. doi: 10.1177/1403494814560842. Epub 2014 Nov 27.

Guðrún Puríður Höskuldsdóttir, Ólöf Guðný Geirsdóttir, Inga Dóra Kristjánsdóttir, Hjördís Jóhannesdóttir, Bára Benediktsdóttir, Bryndís Guðjónsdóttir, Ingibjörg Magnúsdóttir, Sólrún Rúnarsdóttir, Pálmi V. Jónsson fyrir InterRAI ED rannsóknarhópin. Eldra fólk á bráðadeild: íslenskar niðurstöður úr fjölþjóðarannsókn InterRAI. *The Icelandic Medical Journal* 2014; 100: 19-24.

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Arnarson A, Geirsdóttir OG, Ramel A, Briem K, Jonsson PV, Thorsdóttir I. Response to 'Increasing physical activity requires increasing energy intake in elderly' *Eur J Clin Nutr*. 2013 Jun 19. doi: 10.1038/ejcn.2013.114.

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Geirsdóttir OG, Arnarson A, Briem K, Ramel A, Tomasson K, Thorsdóttir I. 2011 Physical function predicts improvement in quality of life in elderly Icelanders after 12 weeks of resistance exercise. *JNHA*. 16;62-66.

Geirsdóttir OG, Inga Thorsdóttir 2008 Nutritional status of cancer patients in chemotherapy; dietary intake, nitrogen balance and screening. *Food and Nutrition Research*. 52.