

# Curriculum vitae

## Ólöf Guðný Geirsdóttir

**Born:** 03.11.1968; Reykjavik, Iceland

**Workplace:** University of Iceland, School of Health -faculty of food and nutrition

**Phone:** +354-525 5954

**Fax:** +354-543-4824

**E-mail:** [ogg@hi.is](mailto:ogg@hi.is)



**Google scholar profile:**

<http://scholar.google.com/citations?user=Br01tOwAAAAJ>

## Publication

### *Thesis*

**Ólöf Guðný Geirsdóttir**, PhD. thesis 2011 at University of Iceland – Physical activity and dietary intake in community dwelling older adults – Associations with body composition, muscle strength, physical function and other health-related outcomes. ISBN 978-9979-9928-8-2

**Ólöf Guðný Geirsdóttir**, M.S. thesis 2001 at University of Iceland – A study on Nutritional Status in Two Patients Groups at Landspítalinn University Hospital – Patients Receiving Enteral- and Parenteral Nutrition and Cancer Patients in Chemotherapy.

### *Other*

1. *Ráðleggingar um mataræði fyrir eldra fólk sem er við góða heilsu.* Embætti landlæknis. Fyrst gefið út í júlí 2017. Endurútféið í desember 2018. ISBN 978-9935-9373-7-7
2. *Einkenni vannæringar hjá eldra fólki og hvað er til ráða fyrir eldra fólk og aðstandendur þeirra.* Embætti Landlæknis. Útgefið í desember 2018. ISBN 978-9935-9373-8-4
3. *Ráðleggingar um mataræði fyrir hrumt eða veikt eldra fólk – ætlað fagfólki og öðrum umönnunaraðilum.* Útgefandi er Embætti landlæknis í samstarfi við Rannsóknarstofu Háskóla Íslands og Landspítala í öldrunarfræðum (RHLÖ). Útgefið 2018.
4. *Krabbameinsáætlun Íslands til 2020* Skýrsla ráðgjafarhóps með tillögu til heilbrigðisráðherra um íslenska krabbameinsáætlun til ársins 2020.  
<https://www.stjornarradid.is/verkefni/allar-frettir/frett/2017/07/07/Tillaga-ad-islenskri-krabbameinsaaetlun-til-arsins-2020-Notendamidud-thjonusta-i-ondvegi/>
5. *Næring og holdafar.* Fræðslurit um þroskahömlun. Ritstjórn: Bryndís Halldórsdóttir, Jóna G. Ingólfssdóttir, Stefán J Hreiðarsson og Tryggvi Sigurðsson. Háskólaútgáfan. 2008 (bls. 111-116)

## Articles

1. 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*. *BMJ Open Respir Res*. 2019 Jan 3;6(1):e000349. doi: 10.1136/bmjresp-2018-000349. eCollection 2019.
2. Chang M, Geirsdottir OG, Briem K, Jonsson PV, Thorsdottir I, Ramel A. *Hemoglobin Concentrations Predict Physical Function After A 12-Week Resistance Exercise Training and Subsequent Changes After 11 Months of Follow-Up Among Community Dwelling Older Adults*. *J Gerontol Geriatr Res* 2018;7:6.
3. H. Eymundsdottir, m. Chang, o.g. geirsdottir, p.v. jonsson, v. Gudnason, I. Launer. *Serum 25-hydroxy vitamin d, physical activity and cognitive function among older adults*. *J Aging Res Clin Practice* 2018;7:143-148
4. Ingadottir AR, Beck AM, Baldwin C, Weekes CE, Geirsdottir OG, Ramel A, Gislason T, Gunnarsdottir I. *Association of energy and protein intakes with length of stay, readmission and mortality in hospitalised patients with chronic obstructive pulmonary disease*. *Br J Nutr*. 2018 Mar;119(5):543-551. doi: 10.1017/S0007114517003919.
5. Ingadottir AR, Beck AM, Baldwin C, Weekes CE, Geirsdottir OG, Ramel A, Gislason T, Gunnarsdottir I. *Two components of the new ESPEN diagnostic criteria for malnutrition are independent predictors of lung function in hospitalized patients with chronic obstructive pulmonary disease (COPD)*. *Clin Nutr*. 2018 Aug;37(4):1323-1331. doi: 10.1016/j.clnu.2017.05.031. Epub 2017 Jun 8.
6. Fridthjofsdottir HG, Geirsdottir OG, Jonsdottir H, Steingrimsdottir L, Thorsdottir I, Thorgerisdottir H, Briem N, Gunnarsdottir I. 2017 *Dietary intake of young Icelanders with psychotic disorders and weight development over an 8-12 months period*. *Laeknabladid*. Juni;103(6):281-286. doi: 10.17992/lbl.2017.06.141. Icelandic.
7. 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*. *J Aging Res*. 2017;2017:5841083. doi: 10.1155/2017/5841083. Epub 2017 Aug 14.
8. Geirsdottir OG, Ramel A, Chang M, Briem K, Jonsson PV, Thorsdottir I. 2016 *Vitamin D and Associations with Walking Ability in Community-Dwelling Elderly Adults*. *Food Nutr Disor* 2016, 5:2. <http://dx.doi.org/10.4172/2324-9323.1000195>
9. Sóley S. Bender, Anna Bryndís Blöndal, Þorvarður Jón Löve, Ólöf Guðný Geirsdóttir, Andri S. Björnsson, Inga B. Árnadóttir, Helga Gottfreðsdóttir, Sigrún Vala Björnsdóttir, Urður Njarðvík. 2015 *Heilsutorg: interdisciplinary theoretical and clinical education along with health services for university students*. *Physiotherapy* 101:e156-e157 May 2015
10. Arnarson, O. Gudny Geirsdottir, Alfons Ramel , P. V. Jonsson, I. Thorsdottir. 2015 *Insulin-like growth factor-1 and resistance exercise in community dwelling old adults*. *The journal of nutrition, health & aging*. First online: 22 May 2015

11. Ramel A, Geirsdottir OG, Jonsson PV, Thorsdottiri I. 2015 *C-Reactive Protein and Resistance Exercise in Community Dwelling Old Adults*. J Nutr Health Aging. 2015;19(7):792-6. doi: 10.1007/s12603-015-0548-2.
12. Geirsdottir OG, Arnarson A, Ramel A, Briem K, Jonsson PV, Thorsdottir 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.
13. Guðrún Þuríður 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.
14. Geirsdottir OG, Arnarson A, Ramel A, Jonsson PV, Thorsdottir I. *Dietary protein intake is associated with lean body mass in community-dwelling older adults*. Nutr Res. 2013 Aug;33(8):608-12.
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16. Arnarson A, Gudny Geirsdottir O, Ramel A, Briem K, Jonsson PV, Thorsdottir I. *Effects of whey proteins and carbohydrates on the efficacy of resistance training in elderly people: double blind, randomized controlled trial*. Eur J Clin Nutr. 2013 Mar 13. doi: 10.1038/ejcn.2013.40. [Epub ahead of print]
17. Ramel A, Arnarson A, Geirsdottir OG, Jonsson PV, Thorsdottir I. *Glomerular filtration rate after a 12-week resistance exercise program with post-exercise protein ingestion in community dwelling elderly*. Nutrition. 2013 Jan 11. doi:pii: S0899-9007(12)00400-5. 10.1016/j.nut.2012.10.002. [Epub ahead of print].
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19. O. G. Geirsdottir; A. Arnarson; K. Briem; A. Ramel; P. V. Jonsson; I. Thorsdottir *Effect of 12-Week Resistance Exercise Program on Body Composition, Muscle Strength, Physical Function, and Glucose Metabolism in Healthy, Insulin-Resistant, and Diabetic Elderly Icelanders* The Journals of Gerontology Series A: Biological Sciences and Medical Sciences 2012; doi: 10.1093/gerona/gls096
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21. Geirsdottir OG, Arnarson A, Briem K, Ramel A, Tomasson K, Thorsdottir I. 2011 *Physical function predicts improvement in quality of life in elderly Icelanders after 12 weeks of resistance exercise*. JNHA. 16;62-66.
22. Geirsdottir OG, Inga Thorsdottir 2008 *Nutritional status of cancer patients in chemotherapy; dietary intake, nitrogen balance and screening*. Food and Nutrition Research. 52.

## ***In Icelandic***

1. Bender, S.S., Blöndal, A.B., Löve, Þ.J., Geirsdóttir, O.G., Björnsson, A.S., Arnadóttir, I.B., Gottfredsdóttir, H., Björnsdóttir, S.V, Njardvik, U. 2015 *Er þörf á sérstakri heilbrigðismóttöku fyrir Háskólanemendur?* The Icelandic Journal of Nursing. 91 (1), 54-60
2. Ólöf Guðný Geirsdóttir. Salt; Ertu að fá of mikið af því? Upplýsingar um notkun salts og áhrif þess á blóðþrýstinginn Tímarit Heilaheilla. 1:1.2013
3. Ólöf Guðný Geirsdóttir. 2012 *Lystarleysi*. Félagstíðindi eldri borgara í Reykjavík. 1:27
4. Ólöf G. Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Pálmi V Jónsson, Inga Þórsdóttir. 2011 *Áhrif 12 vikna styrktarþjálfunar á eldri Íslendinga*. Sjúkraþjálfarinn 2:12-14.
5. Ólöf G. Geirsdóttir, Ríkhartur Róbertsson. 2009. *Parkinson - Matur og lyf*. Bæklingur gefinn út af Parkinsonsamtökum Íslands.  
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6. Ólöf Guðný Geirsdóttir. *Salt- Ertu að fá of mikið af því?* Fréttabréf Heilaheilla. 2009.  
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7. Ólöf Guðný Geirsdóttir. *Matur og lyf*. Fréttabréf Parkinsonsamtakana. 2tbl. 19. árg. 2005
8. Ólöf Guðný Geirsdóttir. *Allt í einum grænum*. Mbl. 12.07.2005
9. Ólöf Guðný Geirsdóttir. *Er appelsínusafi óhollari en gos?* The Icelandic Web of Science 28.3.2000. <http://visindavefur.is/?id=301> (Skoðað 25.02.2011).
10. Ólöf Guðný Geirsdóttir. *Hver eru áhrif mismunandi fæðutegunda á húðsjúkdóminn sóra (psoriasis)?* The Icelandic Web of Science 2.4.2000. <http://www.why.is/svar.php?id=312> (Skoðað 25.02.2011).

## ***Presentations***

### ***International presentations & posters***

1. M. Chang Gudjonsson, O. G. Geirsdóttir, P. V. Jonsson, I. Thorsdóttir, A. Ramel, Associations Between BMI, Physical Function and Bone Health in Community-Dwelling Old Adults. GSA in Boston November 2018. Oral presentation by Chang
2. O. Geirsdóttir, M. Chang Gudjonsson, P. V. Jonsson, I. Thorsdóttir, A. Ramel. Anthropometric and Physical Changes in Community-Dwelling Old Adults During a 12-Week Resistance Exercise Program. GSA in Boston November 2018. Oral presentation by Geirsdóttir
  - A. Ramel, B. Baldursdóttir, O. Geirsdóttir, S. Whitney, P. V. Jonsson, E. K. Kristinsdóttir BMI, Postural Control, Physical Function, and Risk of Wrist Fracture in Middle-Aged and Old Icelandic Adults. GSA in Boston November 2018. Poster presentation by Baldursdóttir
3. M. Chang Gudjonsson, O. G. Geirsdóttir, P. V. Jonsson, I. Thorsdóttir, A. Ramel. Association Between Physical Activity and Vitamin D According to BMI Level Among Icelandic Older Adults. GSA in Boston November 2018. Poster presentation by Chang
4. Ramel, O. Geirsdóttir, M. Chang, P. V. Jonsson, I. Thorsdóttir. Determinants of Physical Function in Community-Dwelling Old Adults. GSA in Boston November 2018. Poster presentation by Ramel

5. M. Chang Gudjonsson, O. G. Geirsdottir, P. V. Jonsson, I. Thorsdottir, A. Ramel. Association Between Physical Activity and Vitamin D According to BMI Level Among Icelandic Older Adults. GSA in Boston November 2018. Poster presentation by Chang
  - A. Ramel, O. Geirsdottir, M. Chang, P. V. Jonsson, I. Thorsdottir Determinants of Physical Function in Community- Dwelling Old Adults. GSA in Boston November 2018. Poster presentation by Ramel
  - B. S. Blondal, A. Ramel, O. G. Geirsdottir. Nutritional Status of the Elderly After Discharge from the Acute Geriatric Unit. GSA in Boston November 2018. Poster presentation by Blöndal
6. H. Eymundsdottir, M. Chang, Gudjonsson, O. Geirsdottir, P. V. Jonsson, V. Gudnason, L. Launer, M. Jonsdottir, A. Ramel. Associations of Lifestyle Factors and 25 Hydroxyvitamin D According to Cognitive Status Among Older Adults. GSA in Boston November 2018. Poster presentation by Eymundsdóttir.
7. Milan Chang Guðjónsson, Ólöf Guðný Geirsdóttir, Tamara B. Harris, Laufey Steingrimsdóttir, Vilmundur Gudnason, Ingibjorg Gunnarsdóttir. Physical function and poor appetite among community dwelling older adults: Age, Gene/Environment Susceptibility-Reykjavik. NKG24 in Oslo 2018. Oral presentation by Chang
8. Ólöf Guðný Geirsdóttir. Body mass index is associated with higher bone mineral density but with lower vitamin D and poorer physical function in highly functional old Icelandic adults. NKG24 in Oslo 2018. Oral presentation by Geirsdóttir
9. Milan Chang Guðjónsson, Ólöf Guðný Geirsdóttir, Alfons Ramel, Ingemar Kåreholt, Sigurveig H. Sigurdarsdóttir. Association between education and status of receiving care among community dwelling older adults in Iceland. NKG24 in Oslo 2018. Poster presentation by Chang
10. Milan Chang, Alfons Ramel, Olof Gudny Geirsdottir, Palmi V. Jonsson, Inga Thorsdottir. Physical Function After the Resistance Training Among Older Adults With Metabolic Syndrome. NKG24 in Oslo 2018. Poster presentation by Chang
11. Hrafnhildur Eymundsdóttir, Milan Chang, Ólöf Geirsdóttir, Pálmi Jónsson, Vilmundur Gudnason, Launer Lenore, Alfons Ramel. 25 hydroxyvitamin D, midlife physical activity and cognitive function among older adults. NKG24 in Oslo 2018. Poster presentation by Eymundsdóttir
12. Milan Chang, Ólöf Guðný Geirsdóttir, Gudny Eiriksdóttir, Tamara Harris, Lenore J. Launer, Vilmundur Gudnason, Marjolein Visser, Ingibjorg Gunnarsdóttir. Poor appetite and associated health conditions among community dwelling older adults in Iceland. NKG24 in Oslo 2018. Poster presentation by Chang
13. Olof Gudny Geirsdottir. Physical function after resistance training among old adults with metabolic syndrome. 14<sup>th</sup> EuGMS in Berlin October 2018. Oral presentation by Geirsdottir
14. Alfons Ramel, Olof G Geirsdottir, Milan Chang, Palmi V. Jonsson. Short Physical Performance Battery and Obesity in Old Icelandic Adults. 14<sup>th</sup> EuGMS in Berlin October 2018. Poster presentation by Ramel

15. Milan Chang, Alfons Ramel, Olof Gudny Geirsdottir, Palmi V. Jonsson, Inga Thorsdottir  
Determinants of Physical Function in Community Dwelling Old Adults. 14<sup>th</sup> EuGMS in Berlin  
October 2018. Poster presentation by Chang
16. Milan Chang, Olof Gudny Geirsdottir, Palmi V. Jonsson, Inga Thorsdottir, Alfons Ramel.  
Anthropometric and Physical Changes in normal weight, overweight and obese community  
dwelling older adults during a 12-week resistance exercise program. 14<sup>th</sup> EuGMS in Berlin  
October 2018. Poster presentation by Chang
17. Ramel Alfons, Olof G. Geirsdottir, Chang Milan, Palmi V. Jonsson, Inga Thorsdottir. Leisure  
Time Physical Activity Is Not Associated with Higher 25OHD In Obese Community Dwelling  
Icelandic Old Adults. 14<sup>th</sup> EuGMS in Berlin October 2018. Poster presentation by Ramel
18. Olof Gudny Geirsdottir, Alfons Ramel, Milan Chang, Palmi V Jonsson, Inga Thorsdottir.  
Associations between BMI, physical function and bone health in community dwelling old  
adults. 14<sup>th</sup> EuGMS in Berlin October 2018. Poster presentation by Geirsdottir
19. Milan Chang, Alfons Ramel, Palmi V. Jonsson, Inga Thorsdottir, Olof Gudny Geirsdottir. The  
Prevalence of Metabolic Syndrome and Lifestyle Factors among Community Living Older  
Adults in Iceland: Cross-Sectional Study. 14<sup>th</sup> EuGMS in Berlin October 2018. Poster  
presentation by Chang
20. Olof Gudny Geirsdottir, Alfons Ramel, Milan Chang, Ingemar Kåreholt, Sigurveig H.  
Sigurdardottir. Education, Late Life Disability Level and Care Receiving Status among  
Community Dwelling Older Adults in Iceland. 14<sup>th</sup> EuGMS in Berlin October 2018. Poster  
presentation by Geirsdottir
21. A.R. Ingadottir, A.M. Beck, C. Baldwin, E. Weekes, O.G. Geirsdottir, A. Ramel, T. Gislason, I.  
Gunnarsdottir Two Components of the new ESPEN diagnostic criteria of malnutrition, body  
mass index and fat free mass index, are independent predictors of lung function in  
hospitalized patients with Chronic Obstructive Pulmonary Disease (COPD) EUGMS 2017  
*Poster presentation by Geirsdottir*
22. M. Chang Gudjonsson, O.G. Geirsdottir, G. Eiriksdottir, T.B. Harris, L.J. Launer, V. Gudnasson,  
M. Visser, I. Gunnarsdottir Prevalence of poor appetite and associated conditions among  
community dwelling older adults in Iceland: Age, Gene/Environment Susceptibility-Reykjavik  
Study EUGMS 2017 *Poster presentation by Chang*
23. M. Chang, O.G. Geirsdottir, A. Ramel, I.r Kåreholt, S.H. Sigurdarsdottir Association between  
education and status of receiving care among community dwelling older adults in Iceland  
EUGMS 2017 *Poster presentation by Chang*
  - A. Ramel, O. Geirsdottir, K. Briem, P. Jonsson, I. Thorsdottir. Anthropometric and  
physical changes in normal weight, overweight and obese community dwelling old  
adults during a 12 week resistance exercise program 10th Cachexia Conference  
taking place from 8-10 December 2017 in Rome, Italy *Poster presentation by Ramel*
24. Olof Gudny Geirsdottir. Nutritional status and policy in Iceland. Nordic prevention seminar on  
elderly nutrition 14-15th September 2017
25. Olof Gudny Geirsdottir Associations between dietary intake and resistance exercise with  
change in body composition and physical function among elderly (Iceland) EUGMS 2017 *Oral  
presentation by Geirsdottir*

26. M. Chang Gudjonsson, A. Ramel, O.G. Geirsdottir, P. Jonsson, I. Thorsdottir. Lifestyle choice and the prevalence of Metabolic syndrom in healthy community Living older adults. The Gerontological Society of America's (GSA) 69th Annual Scientific Meeting, taking place in New Orleans, Louisiana from November 16 to 20, 2016. *Poster presentation by Chang*
27. M. Chang Gudjonsson, A. Ramel, O.G. Geirsdottir, P. Jonsson, I. Thorsdottir. Metabolic syndrom and mobility Improvement after resistance training Among community living elderly. The Gerontological Society of America's (GSA) 69th Annual Scientific Meeting, taking place in New Orleans, Louisiana from November 16 to 20, 2016. *Poster presentation by Chang*
28. O. Geirsdottir, K.B. Kristbjornsdottir, A. Ramel, O.K. Magnusdottir. Malnutrition, dietary intake and plate waste in elderly patients. The Gerontological Society of America's (GSA) 69th Annual Scientific Meeting, taking place in New Orleans, Louisiana from November 16 to 20, 2016. *Poster presentation by Geirsdottir*
29. O.G Geirsdottir, A. Ramel, K. Briem, P. Jonsson. No gender specific response to resistance exercise in community dwelling old adults. The Gerontological Society of America's (GSA) 69th Annual Scientific Meeting, taking place in New Orleans, Louisiana from November 16 to 20, 2016. *Oral presentation by Geirsdottir*
  - A. Ramel, O. Geirsdottir, K. Briem, P. Jonsson, I. Thorsdottir. Age and physical function are related to drop-out from a resistance exercise program in old adults. The Gerontological Society of America's (GSA) 69th Annual Scientific Meeting, taking place in New Orleans, Louisiana from November 16 to 20, 2016. *Oral presentation by Ramel*
30. Olof G. Geirsdottir, Ramel A, Chang M, Briem K, Jonsson PV, Thorsdottir I. Resistance exercise and changes of physical performance and muscle parameter among older people. 23NKG2016 – 23<sup>rd</sup> Nordic Congress of Gerontology. Tampere., Finland. June 19-22, 2016. *Oral presentation by Geirsdottir*
31. Geirsdottir OG, Ramel A, Chang M, Briem K, Jonsson PV, Thorsdottir I. Serum vitamin D status and associations with walking ability in community dwelling old Icelanders. 23NKG2016 – 23<sup>rd</sup> Nordic Congress of Gerontology. Tampere., Finland. June 19-22, 2016. *Poster presentation by Geirsdottir*
32. Geirsdottir OG, Ramel A, Chang M, Jonsson PV, Thorsdottir I. *Outdoor Physical Activity, Fish Oil and Vitamin D in Older Icelandic Adults*. The Gerontological Society of America's (GSA) 68th Annual Scientific Meeting, taking place in Orlando, Florida from November 18 to 22, 2015. *Oral presentation by Geirsdottir*
33. Milan Chang, Alfons Ramel, Olof Geirsdottir, Palmi Jonsson, Inga Thorsdottir *Protein Intake Predicts Changes in Lean Mass in Elderly After a 12-Week Resistance Exercise Program*. The Gerontological Society of America's (GSA) 68th Annual Scientific Meeting, taking place in Orlando, Florida from November 18 to 22, 2015. *Poster presentation by Chang*
34. Alfons Ramel, Olof Geirsdottir, Milan Chang, Palmi Jonsson, Inga Thorsdottir *Body Composition and Risk Factors for Heart Disease in Free Living Elderly*. The Gerontological Society of America's (GSA) 68th Annual Scientific Meeting, taking place in Orlando, Florida from November 18 to 22, 2015. *Poster presentation by Ramel*

35. Geirsdóttir OG, Ramel A, Chang M, Jonsson PV, Thorsdóttir I. *Vitamin D and associations with gait speed in community dwelling old adults* within the Topic 4 Nutrition, public health, chronic diseases, to be presented at the 12th FENS European Nutrition Conference Berlin 2015 (19-23 október 2015) *Poster presentation by Geirsdóttir.*
36. Geirsdóttir OG, Ramel A, Chang M, Jonsson PV, Thorsdóttir I. *Outdoor physical activity, fish oil and vitamin D in older Icelandic adults.* within the Topic 4 Nutrition, public health, chronic diseases, to be presented at the 12th FENS European Nutrition Conference Berlin 2015 (19-23 október 2015) *Poster presentation by Geirsdóttir.*
37. Geirsdóttir OG, Ramel A, Chang M, Jonsson PV, Thorsdóttir I. *Outdoor Physical Activity, Fish Oil and Vitamin D in Older Icelandic Adults.* International Conference on Movement and Nutrition in Health and Disease to be held in Regensburg (12-14 June 2015). *Oral presentation by Geirsdóttir*
38. Geirsdóttir OG, Ramel A, Chang M, Jonsson PV, Thorsdóttir I. *Vitamin D intake and -status and associations with gait speed in community dwelling old adults.* International Conference on Movement and Nutrition in Health and Disease to be held in Regensburg (12-14 June 2015). *Oral presentation by Geirsdóttir*
39. Ólöf Guðný Geirsdóttir; Alfons Ramel; Kristín Briem; Pálmi V Jónsson; Inga Thorsdóttir. Changes in muscular strength and physical function in old adults six to 18 months after a 12-week resistance exercise program. 22nd NKG 25-28.maí 2014 *Poster presentation by Geirsdóttir*
40. Milan Chang; Olof G. Geirsdóttir; Alfons Ramel; Palmi V. Jonsson; Inga Thorsdóttir. Grip strength predicts improvement of cognitive function after 12 week resistance exercise training in healthy community dwelling older adults. 22nd NKG 25-28.maí 2014 *Poster presentation by Chang*
41. Olof Gudny Geirsdóttir; Alfons Ramel; Atli Arnarson; Palmi V. Jonsson; Inga Thorsdóttir. Insulin-like growth factor-1 and resistance exercise in community dwelling old adults. . 22nd NKG 25-28.maí 2014 *Poster presentation by Ramel*
42. Alfons Ramel; Olof Gudny Geirsdóttir; Palmi V Jonsson; Inga Thorsdóttir Measures of body fatness and cardio-vascular risk factors in community dwelling old adults. 22nd NKG 25-28.maí 2014 *Poster presentation by Ramel*
43. Ólöf Guðný Geirsdóttir; Alfons Ramel; Kristín Briem; Pálmi V Jónsson; Inga Thorsdóttir. Associations between protein intake and change in lean mass in community dwelling Icelandic elderly participated in a 12-week resistance exercise program. 22nd NKG 25-28.maí 2014 *Poster presentation by Geirsdóttir*
44. Geirsdóttir O G Associations between protein intake and change in lean mass in community dwelling Icelandic elderly participated in a 12-week resistance exercise program. 22nd NKG 25-28.maí 2014 *Oral presentation by Geirsdóttir*
45. Ramel A; Chang M; Geirsdóttir O G; Jonsson PV; Thorsdóttir I. Hemoglobin concentrations predict physical function after a 12-week resistance exercise training and and subsequent changes after 6 -18 months of follow-up in community dwelling old adults.22nd NKG 25-28.maí 2014 *Oral presentation by Ramel*



46. Geirsdóttir Ó G; Ramel A; Briem K; Jónsson PV Thorsdóttir I. Associations between serum 25(OH)D status, muscle mass, muscle strength and physical function in community dwelling Icelandic elderly 22nd NKG 25-28.maí 2014 *Oral presentation by Geirsdóttir*
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### ***In Icelandic***

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2. Ólöf Guðný Geirsdóttir Næring samhliða fjölþættri hreyfingu hinna eldri. Aldrei of seint – Heilsuefning eldri aldursþópá Ráðhús Reykjavíkur Ráðstefna 16. mars 2017 ÖFFÍ
3. Vilborg Kolbrún Vilmundardóttir Næringarástand skjólstæðinga Göngudeildar hjartabilunar á Landspítala. Dagur öldrunarþjónustu föstudaginn 31. mars 2017 á Hótel Natúra, Meistaraneimi í klínískri næringarfræði HÍ
4. Ólöf Guðný Geirsdóttir. Vannæring aldraðra. Málþing um vannæringu aldraða. Háskólatorg. 6. október 2016
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6. Ólöf Guðný Geirsdóttir ”Hjartavænt fæði - er það til?” GoRed - Iðnó . 21.febrúar 2016
7. Ólöf Guðný Geirsdóttir Næring og hreyfing Fræðslufundur Félags eldri borgara í Hafnarfirði og nefndar á vegum Íþróttá- og Ólympíusambands Íslands um málefni 60 ára og eldri. - Hvað getum við sjálf gert til að auka lífsgæðin á efri árum? Hraunsel Hafnarfirði. 6. Nóvember 2014. *Oral presentation Geirsdóttir*
8. Chang M, Geirsdóttir OG, Ramel A, Briem K, Jónsson PV, Þórsdóttir I. Handstyrkur spáir fyrir um aukna vitræna getu eftir 12 vikna styrktarþjálfun meðal aldraðra sem búa í heimahúsum og eru við góða heilsu. Lýðheilsa 2014 – Vegur til velferðar II. Vísindaráðstefna Félags Lýðheilsufræðinga. 28. Febrúar 2014. *Poster presentation by Chang*
9. Chang M, Geirsdóttir OG, Ramel A, Briem K, Jónsson PV, Þórsdóttir I. Lífsvenjur og hreyfigeta meðal heilbrigðra aldraðra einstaklinga sem búa í heimahúsum á Íslandi. Lýðheilsa 2014 – Vegur til velferðar II. Vísindaráðstefna Félags Lýðheilsufræðinga. 28. Febrúar 2014. *Poster presentation by Chang*
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16. Ólöf Guðný Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Kristinn Tómasson, Pálmi V Jónsson, Inga Þórsdóttir. *Tengsl fæðis og árangurs í styrktarþjálfun meðal aldraðra*. Lýðheilsa 2014, Vegur til Velferðar. Föstudaginn 28. febrúar 2014. *Oral presentation*
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19. Ólöf Guðný Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Kristinn Tómasson, Pálmi V Jónsson, Inga Þórsdóttir. *Líkamsfita og áhættuþættir fyrir hjarta- og æðasjúkdóma í eldri Íslendingum*. Lýðheilsa 2014, Vegur til Velferðar. Föstudaginn 28. febrúar 2014. *Poster presentation by Ó G Geirsdóttir*
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23. Guðrún Þuríður Höskuldsdóttir, Inga Dóra Kristjánsdóttir, Hjördís Jóhannsdóttir, Bára Benediktsdóttir, Bryndís Guðjónsdóttir, Ingibjörg Magnúsdóttir, Sólrún Rúnarsdóttir, Ólöf Guðný Geirsdóttir, Pálmi V Jónsson. *Eldra fólk á bráðamóttöku, spáþættir útkomu. Niðurstöður úr fjölþjóðarannsókn InterRAI*. Vísindi á vordögum 24. apríl -2. maí 2013. *Poster presentation*
24. Ólöf Guðný Geirsdóttir. *Getur næring og hreyfing hægt á öldrun?* Fyrirlestur fyrir starfsfólk Sóltúns. 4. apríl 2013. *Oral presentation*
25. Ólöf Guðný Geirsdóttir. *Hefur matur og hreyfing áhrif á hvernig við verðum gömul?* Fyrirlestur fyrir UMFÍ 22. mars 2013. *Oral presentation*
26. Ólöf Guðný Geirsdóttir. *Gildi hreyfingar og næringar*. Málþing Parkinsonsfélagsins 12. Jan 2013. *Oral presentation*
27. Ólöf Guðný Geirsdóttir. *Matur og næring á meðgöngu* Fræðsluerindi fyrir barnshafandi konur desember 2012. Ljósheimar. *Oral presentation*.

28. Ólöf Guðný Geirsdóttir. *Matur og næring barna og unglunga með Downs-heilkenni*. Fræðsla fyrir foreldra barna sem eiga börn með Downs-heilkenni 15. nóvember 2012. *Oral presentation*.
29. Ólöf Guðný Geirsdóttir. *Er hægt að stöðva öldrun með mat og hreyfingu*. Fræðsla fyrir sjúkráþjálfara í öldrunarþjónustu 8. nóvember 2012. *Oral presentation*.
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31. Atli Arnarson, Ólöf Guðný Geirsdóttir, Alfons Ramel, Pálmi V Jónsson, Laufey Steingrímisdóttir, Inga Þórsdóttir. *Fæðuvenjur og fylgni við blóðþrýsting meðal eldri Íslendinga*. Vísindavaka RANNÍS 28.09 2012. *Poster presentation*
32. Ólöf Guðný Geirsdóttir. *Næring og hreyfing eldri borgara*. Almennur fræðslufundur Öldrunarfræðafélags Íslands. 3. maí 2012. *Oral presentation*
33. Alfons Ramel, Atli Arnarson, Ólöf Guðný Geirsdóttir, Kristín Briem, Pálmi V Jónsson, Inga Þórsdóttir. *Nýrnastarfsemi hjá eldra fólki eftir 12 vikna styrktarþjálfun og próteindrykki*. Vísindi á vordögum 25.04-30.04 2012. *Poster presentation*
34. Alfons Ramel, Atli Arnarson, Ólöf Guðný Geirsdóttir, Kristín Briem, Pálmi V Jónsson, Inga Þórsdóttir. *Tengsl styrktarþjálfunar og CRP hjá eldra fólki*. Vísindi á vordögum 25.04-30.04 2012. *Poster presentation*
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36. Ólöf Guðný Geirsdóttir, Alfons Ramel, Atli Arnarson, Kristín Briem, Pálmi V Jónsson, Inga Þórsdóttir. *Breytingar í hreyfifærni eftir 12 vikna styrktarþjálfun hafa jákvætt forspágildi fyrir vitræna getu hjá eldra fólki*. Vísindi á vordögum 25.04-30.04 2012. *Poster presentation*
37. Ólöf Guðný Geirsdóttir. *Hreyfing og næring eldra fólks- Tengsl við líkamssamsetningu, vöðvastyrk, hreyfigetu og aðra heilsutengda þætti*. Heilsufar, líðan og aðstæður eldri borgara - niðurstöður nýrra rannsókna. Málþing LEB, RBF og Stofnunar stjórnsýslufræða og stjórn mála, Háskóla Íslands 17 apríl 2012. *Oral presentation*
38. Ólöf Guðný Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Kristinn Tómasson, Pálmi V Jónsson, Inga Þórsdóttir. *Hreyfing og næring eldra fólks- Tengsl við líkamssamsetningu, vöðvastyrk, hreyfigetu og aðra heilsutengda þætti*. Næringardagur LSH 12 mars 2012. *Oral presentation*
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40. Ólöf Guðný Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Kristinn Tómasson, Pálmi V Jónsson, Inga Þórsdóttir. *Tólf vikna styrktaræfingar auka heilsutengd lífsgæði hjá öldruðum*. Vísindi á vordögum. 28.04-05.05 2011. *Poster presentation*.
41. Ólöf Guðný Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Pálmi V Jónsson, Inga Þórsdóttir. *Viðhald vöðvastyrks meðal eldra fólks eftir 12 vikna styrktarþjálfun*. Vísindi á vordögum. 28.04-05.05 2011. *Poster presentation*.

42. Alfons Ramel, Ólöf Guðný Geirsdóttir, Atli Arnarson, Pálmi V Jónsson, Inga Þórsdóttir. *Staðbundin og heildræn rafleiðnimæling á fitulausum massa til samanburðar við DXA meðal aldraðra Íslendinga*. Vísindi á vordögum. 28.04-05.05 2011. *Poster presentation*.
43. Tinna Eysteinsdóttir, Inga Þórsdóttir, Ingibjörg Gunnarsdóttir, Ólöf Guðný Geirsdóttir, Vilmundur Guðnason og Laufey Steingrímsdóttir. *Mat á gildi tíðnisurningalista um fæðuval aldraðra*. Vísindi á vordögum. 28.04-05.05 2011. *Poster presentation*.
44. Geirsdóttir OG, Arnarson A, Briem K, Ramel A, Tomasson K, Jonsson PV, Thorsdóttir I. *Áhrif styrktaræfinga á heilsutengd lífsgæði eldra fólks*. Ráðstefna um heilsutengda ferðapjónustu í Hafnarfirði, Flensborgarskóli 2.apríl 2011. *Oral presentation*.
45. Arnarson A, Geirsdóttir OG, Briem K, Ramel A, Jonsson PV, Thorsdóttir I. *Áhrif styrktarþjálfunar og næringar á styrk og hreyfingu eldra fólks*. Ráðstefna um heilsutengda ferðapjónustu í Hafnarfirði, Flensborgarskóli 2.apríl 2011. *Oral presentation by A. Arnarson*.
46. Kristín Briem, Ólöf Guðný Geirsdóttir, Atli Arnarson, Alfons Ramel, Kristinn Tómasson, Inga Þórsdóttir. *Markviss styrkþjálfun aldraðra; áhrif á starfræna færni og heilsutengd lífsgæði*. Ráðstefna um rannsóknir í líf- og heilbrigðisvísindum (Conference in Health Science at University of Iceland) 05.01.2011. *Oral presentation by K.Briem*.
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48. Ólöf Guðný Geirsdóttir. *Næring og heilablóðfall – Fyrirbyggjandi mataræði*. Námskeið fagfólk um Heilablóðfall. Endurmenntun Háskóla Íslands. 24-25.10.2003