

Nordic symposium

Energy drinks and young people

22 October 2019

Grand Hotel Reykjavík

Meeting hall:

Gullteigur

Registration

Register with your name, email and place of work at mast@mast.is before 17 October 2019.

09:45 – 10:00 Registration and coffee

10:00 – 10:10 Opening

Jón Gíslason Director General of the Icelandic Food and Veterinary Authority (MAST)

10:10 – 10:25 Energy drinks and Icelandic young people in a changing society!

Prof. Ingibjörg Gunnarsdóttir, University of Iceland

10:25 – 10:55 24/7 Insomniacs: sleep deprivation, energy drinks and other factors – a study in young people

Margrét Lilja Guðmundsdóttir, Univ. of Reykjavik

10:55 – 11:20 Sleep habits among young Icelanders - Energy drinks, screen time and other influential factors

Dr. Erla Björnsdóttir, University of Reykjavik

11:20 – 12:10 Adolescent caffeine use and associated behaviors:

Summary of latest research evidence
Associate Prof. Alfgeir L. Kristjansson, West Virginia University

12:10 – 13:00 Lunch

13:00 – 13:45 The risk of caffeine consumption from multiple sources among 8-18 year-olds in Norway

Dr. Ellen Bruzell, VKM (The Norwegian Scientific Committee for Food and Environment)

13:45 – 14:15 How do Nordic countries regulate energy drinks?

Sandra Fisker Tomczyk, DVFA (The Danish Veterinary and Food Administration) and Zulema Sullca Porta, MAST (The Icelandic Food and veterinary Authority)

14:15 – 14:30 Break

14:30 – 15:00 Do health authorities, schools, colleges and sports clubs need to work together?

Sigríður Kristín Hrafnkelsdóttir (Directorate of Health), Ása Sjöfn Lórens dóttir (Development Centre for Primary Healthcare) and Friða Rún Thordardóttir (The National Olympic and Sports Association of Iceland)

15:00 – 15:30 Panel discussion – The way forward