

EDITORIAL INTRODUCTION

Ladies and Gentlemen,

I would like to present to you issue No. 1/2026 of the journal *Roczniki Państwowego Zakładu Higieny* (Annals of the National Institute of Hygiene), which opens with an article by S.S. Albaseer et al. describing the presence of small or trace amounts of ethanol in various food products that are commonly considered alcohol-free or labeled as „zero alcohol” or „alcohol-free,” along with an assessment of the health risks associated with their consumption, especially in vulnerable groups. In this issue, we also publish a review article by D. Szynal and T. Olszowski on burnout syndrome in nurses. Burnout syndrome is currently a problem for many professional groups, but in medical professions, it can pose a threat to the health and lives of patients. In turn, U. Kacprzak et al., based on literature data from recent years, described the effects of using a ketogenic diet in adults with obesity, together with an assessment of the safety of this type of diet, due to the growing popularity of its use. Excessive table salt consumption is a significant risk factor for cardiovascular disease, among other conditions. E. Rychlik et al. assessed trends in salt consumption in Poland using data from Household Budget Surveys from 2015-2024. The authors found that although a decline in salt consumption in g/person/day is observed, the amounts consumed still significantly exceed the World Health Organization's recommendations. A comparison of adherence to the Mediterranean diet among adolescents from urban and rural areas in Morocco, using the KIDMED questionnaire, was the subject of an evaluation conducted by H. Barouaca and K. Faraj. Obesity and limited physical activity are risk factors for many diseases and health disorders. E. Lyulina et al. assessed the association between the prevalence of obesity and insufficient physical activity in adults and life expectancy at birth, using data from 2000 to 2020 in 172 countries. Another publication in this issue, by L. Ouahmane et al., presents research confirming the *in vitro* antibacterial and antifungal properties of essential oils extracted from the peels of four types of Moroccan citrus fruits. The authors also point to the potential for widespread use of essential oils in biomedicine and industry.

I invite you to read and publish in the journal *Roczniki Państwowego Zakładu Higieny*.



Kind regards,


Prof. Hanna Mojska, PhD
Editor-in-Chief
Roczniki Państwowego Zakładu Higieny