

EDITORIAL INTRODUCTION

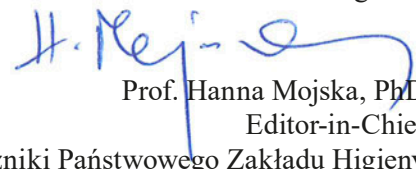
Ladies and Gentlemen,

The first 1,000 days of a child's life have a fundamental impact on health, not only during childhood but also throughout later life. It is estimated that intrauterine growth restriction (IUGR) affects between 3% and 10% of pregnancies worldwide, carrying with it the risk of impaired development in the child. The article by N. Ababsi et al., which opens Issue No. 2 of 2026 of the journal *Roczniki Państwowego Zakładu Higieny*, addresses this important problem and presents the results of a systematic review of publications concerning the developmental aspects of 2-year-old children born with intrauterine growth restriction (IUGR). In this issue, we also present a review article by D. Szynal and T. Olszowski addressing the issue of professional burnout among nurses in the context of patient relationships, a topic initiated in the first issue of 2026, an article that garnered significant interest among our readers. The following article by I.M. Yakubu et al. provides a review of research results from a period of over 20 years regarding lead exposure, based, among other things, on clinical studies of blood lead levels in children in Nigeria. The authors also identified sources of lead exposure in this country, the associated health consequences, and intervention measures, including treatment and prevention programmes. The topic of nutrition in the context of various disease was presented by authors from the Slovak University of Agriculture in Nitra. In the first study, M. Kijovská et al. assessed the association between adherence to the Mediterranean diet and the progression of multiple sclerosis, taking disease duration into account, among patients from three countries: Slovakia, Italy, and the United Kingdom. In turn, L. Šubová et al., in a pilot study, assessed the energy and macronutrient intake among 40 individuals diagnosed with type 1 and type 2 diabetes, based on a three-day dietary record. The significance of differences in blood biochemical markers between patients with type 1 and type 2 diabetes was also assessed. Food safety was discussed in an article by J. Falandysz et al. The authors presented the results of 30 years of research on radiocaesium contamination in *Imleria badia* (Bay Bolete). In this issue, I would also like to draw your attention to an article by S. Bouchefra presenting the results of using multimedia to support active nutrition education among students in Morocco.

I invite you to read the latest publications in *Roczniki Państwowego Zakładu Higieny* and consider submitting your original and review articles to this journal.



Kind regards,


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