

Candidate supervisor's information summary form

Name and surname, degree, title: Joanna Myszkowska-Ryciak, BEng PhD DSc	
Scientific discipline/ disciplines	nutrition and food technology
Professional development (degrees and titles) in chronological order	2019 – DSc in nutrition and food technology 2005 – PhD in nutrition and food technology
Most important publications/ patents in the last 3 years (maximum 10)	<p>Bondyra-Wiśniewska, B.; Myszkowska-Ryciak, J.; Harton, A. Impact of lifestyle intervention programs for overweight and obese children and adolescents on body weight and selected cardiometabolic factors - a systematic review. <i>Int. J. Environ. Res. Public Health</i> 2021, 18(4): 2061. https://doi.org/10.3390/ijerph18042061</p> <p>Harton A., Myszkowska-Ryciak J.: Nutritional education is an effective tool in improving beverages assortment in nurseries in Poland. <i>Healthcare</i> 2021, 9(3): 274. https://doi.org/10.3390/healthcare9030274.</p> <p>Dudek, H.; Myszkowska-Ryciak, J.; Wojewódzka-Wiewiórska, A. Profiles of Food Insecurity: Similarities and Differences across Selected CEE Countries. <i>Energies</i> 2021, 14, 5070. https://doi.org/10.3390/en14165070</p> <p>Tracz, J.; Gajewska, D.; Myszkowska-Ryciak, J. The Association between the Type of Delivery and Factors Associated with Exclusive Breastfeeding Practice among Polish Women—A Cross-Sectional Study. <i>Int. J. Environ. Res. Public Health</i> 2021, 18, 10987. https://doi.org/10.3390/ijerph182010987.</p> <p>Dudek, H.; Myszkowska-Ryciak, J. Food Insecurity in Central-Eastern Europe: Does Gender Matter? <i>Sustainability</i> 2022, 14, 5435. https://doi.org/10.3390/su14095435</p> <p>Osowiecka, K.; Myszkowska-Ryciak, J. The Influence of Nutritional Intervention in the Treatment of Hashimoto's Thyroiditis—A Systematic Review. <i>Nutrients</i> 2023, 15, 1041. https://doi.org/10.3390/nu15041041</p> <p>Osowiecka, K.; Skrypnik, D.; Myszkowska-Ryciak, J. Assessment of the Impact of Nutritional Intervention with the Probiotic <i>Lactiplantibacillus plantarum</i> 299v on Nutritional Status and Quality of Life of Hashimoto's Thyroiditis Patients—A Randomized Double-Blind Study Protocol. <i>J. Pers. Med.</i> 2023, 13, 1659. https://doi.org/10.3390/jpm13121659</p>

<p>Experience in work with doctoral students (defended doctoral dissertations, initiated doctoral programmes/procedures) in chronological order</p>	<p>Assistant supervisor: defended doctoral dissertations (2023): Analysis of polymorphism in the FTO gene and its relationship with diet in obese people. Supervisor of 2 PhD thesis (last year of doctoral programmes, defence planned 2024):</p> <ol style="list-style-type: none"> 1. Assessment of the impact of a nutritional intervention using the probiotic <i>Lactobacillus plantarum</i> 299v (Lp299v) on selected elements of the nutritional status and quality of life of patients with Hashimoto's disease. 2. Development of a personalized model of dietary counseling addressed to breastfeeding women
<p>Project/grants achievements (in the last 10 years)</p>	<p>research projects: 1. "Eating healthy, growing healthily" (Danone Ecosystem, 2014-2017); 2. "Wise nutrition, healthy generation" (The Coca-Cola Foundation, 2013-2014) educational projects: 1. "Yellow Plate" (The Kulczyk Foundation, 2017-2020); 2. "Keep the Balance" (Swiss-Polish Cooperation Program, 2012-2016); 3. „Conducting scientific research in the field of nutrition of children and adolescents as well as developing and implementing a nutrition education program for students in grades I-VI of primary schools. Acronym: Junior – Edu-Nutrition (2022-2023)</p>
<p>Topic – research problem – for which the candidate supervisor seeks a doctoral student</p>	<ol style="list-style-type: none"> 1. The impact of nutritional education and dietary counselling on the diet, nutritional status and health of selected population groups of healthy people or people with a selected disease. 2. Determinants of the diet and nutritional status of healthy people or people with a selected disease.
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