



Dear participant,

Thank you for your participation in nutritionDay worldwide in 2016 and for your effort. We are now able to present you your country report of the following sample size:

<b>Number of centers on nutritionDay:</b>	<b>58</b>
<b>Number of units on nutritionDay:</b>	<b>135</b>
<b>Number of patients on nutritionDay:</b>	<b>2153</b>
<b>Number of patients who gave consent:</b>	<b>2071</b>
<b>Number of patients completing Sheet 3a:</b>	<b>2006</b>
<b>Number of patients completing Sheet 3b:</b>	<b>1984</b>
<b>Number of cancer patients on nutritionDay:</b>	<b>335</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>164</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>159</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>1960</b>

This report compares your country to international reference database based on data from nutritionDay 2016.

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospitals.

Part II reflects the organisation and the structure of the units.

Part III describes the patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

Part V is your oncology Report.

**Next year's nutritionDay will take place in November 2017. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

## I. Hospital capacity and staffing ("Hospital sheet"):

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	337 [247-540]	305 [180-526]
<b>2. Total number of admissions in the hospital last year</b>	15047 [11491-23994]	17891 [8741-38415]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	157 [109-256]	162 [65-328]
Medical specialists	125 [103-164]	108 [44-210]
Medical non-specialists	9 [3-32]	35 [12-81]
Nurses	460 [323-718]	346 [124-710]
Dieticians	7 [5-12]	4 [1-8]
Nutritionists	0 [0-2]	1 [0-4]
Pharmacists	6 [4-8]	6 [3-14]
Kitchen staff	31 [23-47]	28 [11-55]
<b>Full time equivalent</b>		
Total medical doctors	108 [62-180]	126 [56-296]
Medical specialists	100 [68-125]	88 [44-210]
Medical non-specialists	10 [2-37]	33 [11-83]
Nurses	310 [245-552]	317 [123-726]
Dieticians	6 [4-9]	4 [1-7]
Nutritionists	0 [0-2]	1 [0-4]
Pharmacists	4 [3-8]	5 [2-11]
Kitchen staff	23 [17-38]	25 [12-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	41 (85.4%) Yes	269 (76.0%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	33 (68.8%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	43 (89.6%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	36 (75.0%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	16 (33.3%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	34 (70.8%) Yes	250 (70.6%) Yes
None	3 (6.3%) Yes	30 (8.5%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	19 (39.6%) Yes	175 (49.4%) Yes
Oral nutrition supplements	9 (18.8%) Yes	141 (39.8%) Yes

Parenteral nutrition	25 (52.1%) Yes	202 (57.1%) Yes
Enteral nutrition	20 (41.7%) Yes	167 (47.2%) Yes
Dietary counseling	13 (27.1%) Yes	120 (33.9%) Yes
Specific dietary interventions	10 (20.8%) Yes	104 (29.4%) Yes
Screening for malnutrition	16 (33.3%) Yes	88 (24.9%) Yes
Risk of malnutrition	17 (35.4%) Yes	90 (25.4%) Yes
Malnutrition (in general)	20 (41.7%) Yes	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	21 (43.8%) Yes	154 (43.5%) Yes
No information available from billing/finance/controlling	10 (20.8%) Yes	55 (15.5%) Yes
No answer given	-	28 (7.9%)

### Codes routinely used

Nutrition Support	12 (25.0%) Yes	139 (39.3%) Yes
Oral nutrition supplements	7 (14.6%) Yes	111 (31.4%) Yes
Parenteral nutrition	24 (50.0%) Yes	177 (50.0%) Yes
Enteral nutrition	19 (39.6%) Yes	145 (41.0%) Yes
Dietary counseling	9 (18.8%) Yes	88 (24.9%) Yes
Specific dietary interventions	8 (16.7%) Yes	84 (23.7%) Yes
Screening for malnutrition	10 (20.8%) Yes	68 (19.2%) Yes
Risk of malnutrition	10 (20.8%) Yes	61 (17.2%) Yes
Malnutrition (in general)	18 (37.5%) Yes	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	21 (43.8%) Yes	126 (35.6%) Yes
No information available from billing/finance/controlling	10 (20.8%) Yes	68 (19.2%) Yes
No answer given	-	42 (11.9%)

## II. Unit organisation and structures ("Sheet 1a/1b"):

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	17 (12.6%)	92 (20.0%)
Internal Medicine / Cardiology	4 (3.0%)	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	13 (9.6%)	31 (6.8%)
Internal Medicine / Geriatrics	38 (28.1%)	37 (8.1%)
Internal Medicine / Infectious diseases	-	5 (1.1%)
Internal Medicine / Nephrology	3 (2.2%)	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	9 (6.7%)	35 (7.6%)
Interdisciplinary	5 (3.7%)	21 (4.6%)
Long term care	9 (6.7%)	7 (1.5%)
Neurology	3 (2.2%)	14 (3.1%)
Surgery / General	8 (5.9%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	3 (2.2%)	6 (1.3%)
Surgery / Neurosurgery	1 (0.7%)	4 (0.9%)
Surgery / Orthopedic	5 (3.7%)	19 (4.1%)
Trauma	1 (0.7%)	7 (1.5%)
Ear Nose Throat (ENT)	2 (1.5%)	7 (1.5%)
Gynecology / Obstetrics	-	10 (2.2%)
Pediatrics	-	-
Psychiatry	2 (1.5%)	3 (0.7%)
Others	12 (8.9%)	48 (10.5%)
<b>2. Number of registered inpatients at noon</b>	22 [19-26]	24 [17-35]
<b>3. Total bed capacity of the unit</b>	29 [25-30]	31 [25-44]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	2 [1-2]	4 [2-8]
Nurses	4 [3-5]	5 [4-8]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-2]
Other staff involved in patient care	1 [1-2]	1 [0-3]
<b>In training</b>		
Medical doctors	1 [0-2]	1 [0-3]
Medical students	1 [0-2]	1 [0-2]
Nurses	2 [1-3]	1 [0-3]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-1]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-1]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 115 (85.2%) Yes 323 (73.6%) Yes

**6. Does the unit have a nutrition care strategy?** 98 (72.6%) Yes 316 (72.0%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 85 (63.0%) Yes 317 (72.2%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 134 (99.3%) Yes 395 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 96 (71.1%) Yes 268 (61.0%) Yes

**10. How do you MAINLY screen/monitor patients for malnutrition?**

**At admission**

No routine screening	12 (8.9%) Yes	45 (9.8%) Yes
No fixed criteria	1 (0.74%) Yes	10 (2.2%) Yes
Experience / visual assessment only	8 (5.9%) Yes	43 (9.4%) Yes
Weighing / BMI only	17 (12.6%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	78 (57.8%) Yes	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (1.5%) Yes	28 (6.1%) Yes
Malnutrition Screening tool (MST)	-	42 (9.2%) Yes
SNAQ	2 (1.5%) Yes	2 (0.44%) Yes
Other formal tool	15 (11.1%) Yes	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	-	20 (4.4%)

**During hospital stay**

No routine monitoring	8 (5.9%) Yes	43 (9.4%) Yes
No fixed criteria	6 (4.4%) Yes	44 (9.6%) Yes
Experience / visual assessment only	23 (17.0%) Yes	90 (19.6%) Yes
Weighing / BMI only	68 (50.4%) Yes	132 (28.8%) Yes
Other formal tool	25 (18.5%) Yes	121 (26.4%) Yes
I do not know	5 (3.7%) Yes	9 (2.0%) Yes
Missing	-	20 (4.4%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 99 (73.9%) Yes 343 (78.7%) Yes

**11b. If yes, which one is mainly used?**

International guidelines	35 (35.4%) Yes	86 (25.1%) Yes
National guidelines	4 (4.0%) Yes	56 (16.3%) Yes
Standards on hospital level	35 (35.4%) Yes	115 (33.5%) Yes
Standards on unit level	9 (9.1%) Yes	23 (6.7%) Yes
Individual patient nutrition care plans	16 (16.2%) Yes	56 (16.3%) Yes
Other	-	4 (1.2%) Yes
Missing	-	3 (0.87%)

**12. What is routinely done in your unit for given patient groups?****At risk**

Watchful waiting	25 (18.5%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	63 (46.7%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	81 (60.0%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	93 (68.9%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	86 (63.7%) Yes	285 (62.1%) Yes
Consult a medical professional	41 (30.4%) Yes	172 (37.5%) Yes
Calculate energy requirements	54 (40.0%) Yes	232 (50.5%) Yes
Calculate protein requirements	55 (40.7%) Yes	226 (49.2%) Yes

**Malnourished**

Watchful waiting	24 (17.8%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	70 (51.9%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	75 (55.6%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	90 (66.7%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	73 (54.1%) Yes	284 (61.9%) Yes
Consult a medical professional	54 (40.0%) Yes	183 (39.9%) Yes
Calculate energy requirements	81 (60.0%) Yes	261 (56.9%) Yes
Calculate protein requirements	79 (58.5%) Yes	257 (56.0%) Yes

**Every patient**

Watchful waiting	99 (73.3%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	41 (30.4%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	35 (25.9%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	21 (15.6%) Yes	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	48 (35.6%) Yes	73 (15.9%) Yes
Consult a medical professional	56 (41.5%) Yes	101 (22.0%) Yes
Calculate energy requirements	18 (13.3%) Yes	50 (10.9%) Yes
Calculate protein requirements	17 (12.6%) Yes	44 (9.6%) Yes

**Never**

Watchful waiting	-	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	7 (5.2%) Yes	38 (8.3%) Yes

Develop an individual nutrition care plan	3 (2.2%) Yes	31 (6.8%) Yes
Initiate treatment / nutrition intervention	2 (1.5%) Yes	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	8 (1.7%) Yes
Consult a medical professional	7 (5.2%) Yes	49 (10.7%) Yes
Calculate energy requirements	14 (10.4%) Yes	50 (10.9%) Yes
Calculate protein requirements	14 (10.4%) Yes	54 (11.8%) Yes

#### **I do not know**

Watchful waiting	1 (0.74%) Yes	20 (4.4%) Yes
Discuss nutrition care activities during ward rounds	2 (1.5%) Yes	10 (2.2%) Yes
Develop an individual nutrition care plan	1 (0.74%) Yes	5 (1.1%) Yes
Initiate treatment / nutrition intervention	1 (0.74%) Yes	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.87%) Yes
Consult a medical professional	3 (2.2%) Yes	18 (3.9%) Yes
Calculate energy requirements	5 (3.7%) Yes	11 (2.4%) Yes
Calculate protein requirements	6 (4.4%) Yes	13 (2.8%) Yes

#### **13. When do you routinely weigh your patients?**

at admission	84 (62.2%) Yes	291 (63.4%) Yes
Within 24 hours	32 (23.7%) Yes	64 (13.9%) Yes
Within 48 hours	14 (10.4%) Yes	20 (4.4%) Yes
Within 72 hours	6 (4.4%) Yes	13 (2.8%) Yes
Every week	86 (63.7%) Yes	152 (33.1%) Yes
Occasionally	7 (5.2%) Yes	59 (12.9%) Yes
When requested	63 (46.7%) Yes	207 (45.1%) Yes
At discharge	11 (8.1%) Yes	20 (4.4%) Yes
Never	-	8 (1.7%) Yes
I do not know	2 (1.5%) Yes	1 (0.22%) Yes
No answer given	3 (5.0%)	22 (4.8%)

#### **14. What do you do to support adequate food intake of patients?**

Offer additional meals or in between snacks	118 (87.4%) Yes	338 (73.6%) Yes
Offer meal choices	105 (77.8%) Yes	336 (73.2%) Yes
Offer different portion sizes	119 (88.1%) Yes	282 (61.4%) Yes
Consider food presentation	40 (29.6%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	123 (91.1%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	117 (86.7%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	26 (19.3%) Yes	51 (11.1%) Yes
Promote positive eating environment	41 (30.4%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	103 (76.3%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	114 (84.4%) Yes	214 (46.6%) Yes
Other	10 (7.4%) Yes	29 (6.3%) Yes
I do not know	4 (3.0%) Yes	6 (1.3%) Yes
No answer given	-	20 (4.4%)

**15. Which nutrition-related standards or routine activities exist in your unit?**

Nutrition training is available	75 (55.6%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	71 (52.6%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	75 (55.6%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	34 (25.2%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	81 (60.0%) Yes	291 (63.4%) Yes
None	-	21 (4.6%) Yes
I do not know	1 (0.74%) Yes	11 (2.4%) Yes
No answer given	15 (11.1%)	36 (7.8%)

**16. At admission what is asked and documented?**

Change in weight	107 (79.3%) Yes	358 (78.0%) Yes
Eating habits/difficulties	103 (76.3%) Yes	336 (73.2%) Yes
Nutrition before admission	89 (65.9%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	2 (1.5%) Yes	5 (1.1%) Yes
No answer given	8 (5.9%)	38 (8.3%)

**17. On what forms is there a specific part about eating, nutrition or malnutrition?****a. Patient Record has a section for ...**

indicating if the patient is malnourished or at risk of malnutrition	116 (85.9%) Yes	323 (70.4%) Yes
nutrition treatment	81 (60.0%) Yes	270 (58.8%) Yes
None	1 (0.74%) Yes	30 (6.5%) Yes
I do not know	81 (60.0%) Yes	270 (58.8%) Yes

**b. Discharge Letter ...**

summarizes nutrition treatment received during stay	59 (43.7%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	70 (51.9%) Yes	258 (56.2%) Yes
None	4 (3.0%) Yes	56 (12.2%) Yes
I do not know	2 (1.5%) Yes	23 (5.0%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	62 (62.0%) Yes	162 (43.9%) Yes
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**19. Who filled in this sheet?**

Head staff	69 (51.1%) Yes	117 (25.5%) Yes
Dietician	83 (61.5%) Yes	236 (51.4%) Yes
Nurse	39 (28.9%) Yes	124 (27.0%) Yes
Physician	11 (8.1%) Yes	72 (15.7%) Yes
Administrative staff	-	4 (0.87%) Yes



Other	7 (5.2%) Yes	7 (1.5%) Yes
None	-	-
I do not know	-	3 (0.65%) Yes

### III. Patient demographics, medical information & Outcome ("Sheet 2a/2b"):

	YOUR RESULTS	REFERENCE RESULTS
Total	2071	8743
Age	75 [63-85]	67 [53-78]
Female	1152 (55.6%)	4410 (50.4%)
Weight	72.3±18.9	69.1±18.8
Height	166±9	164±10
BMI	26.2±6.1	25.5±6.0

#### 1. This hospital admission was...

planned	806 (38.9%)	3052 (34.9%)
an emergency	1097 (53.0%)	5037 (57.6%)
I do not know	168 (8.1%)	654 (7.5%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	245 (11.8%)	801 (9.2%)
0200 Neoplasms	246 (11.9%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	99 (4.8%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	211 (10.2%)	1043 (11.9%)
0500 Mental health	185 (8.9%)	333 (3.8%)
0600 Nervous system	219 (10.6%)	762 (8.7%)
0700 Eye and adnexa	19 (0.92%)	131 (1.5%)
0800 Ear and mastoid process	2 (0.10%)	70 (0.80%)
0900 Circulatory system	405 (19.6%)	1723 (19.7%)
1000 Respiratory system	452 (21.8%)	1358 (15.5%)
1100 Digestive system	395 (19.1%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	72 (3.5%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	487 (23.5%)	1276 (14.6%)
1400 Genitourinary system	195 (9.4%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.05%)	123 (1.4%)
1600 Conditions originating in the perinatal period	-	21 (0.24%)
1700 Congenital/chromosomal abnormalities	1 (0.05%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	64 (3.1%)	391 (4.5%)
1900 Injury, poisoning	115 (5.6%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	52 (2.5%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	154 (7.4%)	210 (2.4%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	475 (24.1%)	1569 (22.2%)
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Myocardial infarction	93 (4.8%)	394 (5.8%)
Chronic lung disease	415 (21.2%)	1080 (15.5%)
Cerebral vascular disease	215 (11.0%)	745 (10.9%)
Peripheral vascular disease	387 (19.8%)	869 (12.6%)
Chronic liver disease	102 (5.2%)	441 (6.5%)
Chronic kidney disease	218 (11.2%)	821 (11.9%)
Diabetes	438 (22.5%)	1899 (26.8%)
Cancer	335 (17.3%)	1733 (24.8%)
Infection	348 (17.9%)	1103 (15.8%)
Dementia	182 (9.3%)	374 (5.5%)
Major depressive disorder	204 (10.5%)	377 (5.6%)
Other chronic mental disorder	133 (6.9%)	378 (5.6%)
Other chronic disease	480 (24.9%)	1968 (27.8%)
None	251 (12.1%)	1394 (15.9%)

#### 4a. Previous operation during this hospital stay

Yes, planned	425 (20.5%)	1743 (19.9%)
Yes, acute	121 (5.8%)	539 (6.2%)
No	1451 (70.1%)	6145 (70.3%)
I do not know	37 (1.8%)	126 (1.4%)
Missing	37 (1.8%)	190 (2.2%)

Days since operation	7 [2-21]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	53 (2.6%)	738 (8.4%)
Yes, later	29 (1.4%)	513 (5.9%)
No	1634 (78.9%)	6496 (74.3%)
I do not know	227 (11.0%)	414 (4.7%)
Missing	128 (6.2%)	582 (6.7%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	198 (9.6%)	934 (10.7%)
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<b>6. Is this patient terminally ill?</b>	70 (3.4%)	630 (7.2%)
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#### 7. Fluid status

Normal	1471 (71.0%)	6866 (78.5%)
Overloaded	133 (6.4%)	500 (5.7%)
Dehydrated	99 (4.8%)	450 (5.1%)
I do not know	368 (17.8%)	927 (10.6%)
Missing	-	-

#### 8. Number of different medications planned

Oral	7 [5-10]	5 [2-8]
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Other	2 [1-3]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	411 (19.8%)	871 (10.0%)
At risk	486 (23.5%)	1543 (17.6%)
No	1000 (48.3%)	5642 (64.5%)
I do not know	174 (8.4%)	687 (7.9%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	403 (19.5%)	3469 (39.7%)
5% Glucose solution	266 (12.8%)	860 (9.8%)

### 11. Number of ONS drinks planned

0 [0-1]	0 [0-0]
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### 12. Nutrition intake

Regular hospital food	1130 (54.6%)	4849 (55.5%)
Fortified/enriched hospital food	553 (26.7%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	463 (22.4%)	998 (11.4%)
Enteral nutrition	42 (2.0%)	485 (5.5%)
Parenteral nutrition	44 (2.1%)	479 (5.5%)
Special diet	703 (33.9%)	3072 (35.1%)
None	102 (4.9%)	474 (5.4%)

### 13a. All lines and Tubes

Central Venous	129 (6.2%)	734 (8.4%)
Peripheral venous access	524 (25.3%)	4122 (47.1%)
Nasogastric	16 (0.77%)	258 (3.0%)
Nasojejunal	4 (0.19%)	38 (0.43%)
Nasoduodenal	18 (0.87%)	22 (0.25%)
Enterostoma	4 (0.19%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	12 (0.58%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	9 (0.43%)	27 (0.31%)
None	1405 (67.8%)	3894 (44.5%)

### 13b. Were there complications with nutrition related lines and tubes since admission?

Yes, previously	34 (1.6%)	87 (1.00%)
Yes, ongoing	4 (0.19%)	80 (0.92%)
No	1499 (72.4%)	7278 (83.2%)
I do not know	276 (13.3%)	846 (9.7%)
Missing	258 (12.5%)	452 (5.2%)

### 14. Please indicate if any of the following was done for this patient since admission

Energy requirements were determined	631 (30.5%)	3103 (35.5%)
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Protein requirements were determined	573 (27.7%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	906 (43.7%)	3893 (44.5%)
Nutrition treatment plan was developed	805 (38.9%)	3013 (34.5%)
Nutrition expert was consulted	1018 (49.2%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	916 (44.2%)	2363 (27.0%)
None	-	-

### 15a. Energy goal

< 500 kcal	135 (6.5%)	268 (3.1%)
500-999 kcal	5 (0.24%)	93 (1.1%)
1000-1499 kcal	77 (3.7%)	884 (10.1%)
1500-1999 kcal	704 (34.0%)	2574 (29.4%)
>=2000 kcal	255 (12.3%)	958 (11.0%)
Not determined	740 (35.7%)	3200 (36.6%)
I do not know	154 (7.4%)	730 (8.3%)
Missing	1 (0.05%)	36 (0.41%)

### 15b. Energy intake

< 500 kcal	186 (9.0%)	530 (6.1%)
500-999 kcal	86 (4.2%)	483 (5.5%)
1000-1499 kcal	200 (9.7%)	1101 (12.6%)
1500-1999 kcal	439 (21.2%)	1928 (22.1%)
>=2000 kcal	102 (4.9%)	584 (6.7%)
Not determined	809 (39.1%)	2964 (33.9%)
I do not know	247 (11.9%)	1101 (12.6%)
Missing	2 (0.10%)	52 (0.59%)

### 16. Since admission, this patient's health status has...

Improved	1007 (48.6%)	4436 (50.7%)
Deteriorated	126 (6.1%)	485 (5.5%)
Remained the same	504 (24.3%)	2411 (27.6%)
This patient has just been admitted	179 (8.6%)	555 (6.3%)
I do not know	255 (12.3%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	17 [8-28]	12 [6-24]
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### Outcome Code

1= Still in the hospital	241 (11.6%)	748 (8.6%)
2= Transferred to another hospital	46 (2.2%)	211 (2.4%)
3= Transferred to long term care	248 (12.0%)	360 (4.1%)
4= Rehabilitation	53 (2.6%)	486 (5.6%)
5= Discharged home	1290 (62.3%)	6417 (73.4%)
6= Death	66 (3.2%)	260 (3.0%)

7= Others	16 (0.77%)	173 (2.0%)
Missing	111 (5.4%)	88 (1.0%)

#### Readmitted since ND

1= No	1340 (78.7%)	6055 (78.3%)
2= Yes, same hospital planned	91 (5.3%)	457 (5.9%)
3= Yes, same hospital unplanned	79 (4.6%)	454 (5.9%)
4= Yes, different hospital planned	4 (0.23%)	44 (0.57%)
5= Yes, different hospital unplanned	4 (0.23%)	44 (0.57%)
6= Unknown	58 (3.4%)	299 (3.9%)
Missing	126 (7.4%)	386 (5.0%)

#### IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b"):

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	1529 (76.2%)	5885 (69.8%)
I am vegetarian	33 (1.6%)	142 (1.7%)
I adhere to a vegan diet	2 (0.10%)	50 (0.59%)
I eat gluten-free diet	19 (0.95%)	73 (0.87%)
I avoid added sugars	251 (12.5%)	1290 (15.3%)
I avoid carbohydrates	66 (3.3%)	477 (5.7%)
I eat a low fat-diet	140 (7.0%)	972 (11.5%)
I am lactose intolerant	36 (1.8%)	328 (3.9%)
Other special diet due to intolerances/allergies	44 (2.2%)	171 (2.0%)
Other	116 (5.8%)	603 (7.2%)
No answer given	17 (0.85%)	162 (1.9%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	1716 (85.5%)	7497 (89.0%)
In a nursing home or other live-in facility	136 (6.8%)	287 (3.4%)
I was transferred from another hospital	112 (5.6%)	418 (5.0%)
Other	25 (1.2%)	139 (1.6%)
Missing	17 (0.85%)	87 (1.0%)
<b>3. In general, are you able to walk?</b>		
Yes	980 (48.9%)	5392 (64.0%)
Yes, with someone's help	195 (9.7%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	561 (28.0%)	1107 (13.1%)
No, I have a wheelchair	139 (6.9%)	355 (4.2%)
No, I am bedridden	89 (4.4%)	548 (6.5%)
Missing	42 (2.1%)	127 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	100 (5.0%)	615 (7.3%)
Good	738 (36.8%)	3078 (36.5%)
Fair	785 (39.1%)	3196 (37.9%)
Poor	295 (14.7%)	1144 (13.6%)
Very poor	58 (2.9%)	254 (3.0%)
Missing	30 (1.5%)	141 (1.7%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	8 [3-12]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]
... how many nights in total have you spent in hospital?	4 [0-15]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	270 (13.5%)	1638 (19.4%)
3-5	510 (25.4%)	2272 (27.0%)
More than 5	953 (47.5%)	2608 (30.9%)
None	139 (6.9%)	1375 (16.3%)
I do not know	113 (5.6%)	429 (5.1%)
Missing	21 (1.0%)	106 (1.3%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	516 (25.7%)	1250 (14.8%)
Yes, public insurance only	656 (32.7%)	4213 (50.0%)
Yes, both	160 (8.0%)	1101 (13.1%)
None	266 (13.3%)	1114 (13.2%)
I prefer not to answer	310 (15.5%)	483 (5.7%)
Missing	98 (4.9%)	267 (3.2%)

<b>8. What was your weight 5 years ago?</b>	74 [63-85]	70 [60-83]
I do not know	458 (22.8%)	2268 (26.9%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	133 (6.6%)	795 (9.4%)
Yes, unintentionally	877 (43.7%)	3179 (37.7%)
No, my weight stayed the same	538 (26.8%)	2488 (29.5%)
No, I gained weight	249 (12.4%)	911 (10.8%)
I do not know	154 (7.7%)	856 (10.2%)
Missing	55 (2.7%)	199 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>	7 [4-10]	6 [3-10]
I do not know	165 (16.3%)	672 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	687 (35.8%)	3142 (39.1%)
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<b>11. Please indicate if you ...</b>		
... were weighed at admission	1207 (61.2%)	4710 (56.2%)
... were informed about your nutrition status	712 (36.8%)	2651 (32.0%)
... were informed about nutrition care options	774 (40.0%)	2341 (28.3%)
... received special nutrition care	725 (37.4%)	2232 (27.0%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	60 (3.0%)	366 (4.4%)
Normal	1115 (56.2%)	5184 (62.0%)
About 3/4 of normal	246 (12.4%)	801 (9.6%)
About half of normal	308 (15.5%)	1028 (12.3%)



About a quarter to nearly nothing	211 (10.6%)	750 (9.0%)
I do not know	7 (0.35%)	82 (0.98%)
Missing	37 (1.9%)	157 (1.9%)

### 13. In general, how satisfied are you with the food at the hospital?

Very satisfied	307 (15.5%)	2303 (27.5%)
Somewhat satisfied	969 (48.8%)	2525 (30.2%)
Neutral	325 (16.4%)	1669 (19.9%)
Dissatisfied	184 (9.3%)	652 (7.8%)
Very dissatisfied	53 (2.7%)	252 (3.0%)
I do not know	110 (5.5%)	712 (8.5%)
Missing	36 (1.8%)	255 (3.0%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	53 (2.7%)	910 (10.9%)
Yes, from hospital staff	216 (10.9%)	544 (6.5%)
No	1620 (81.7%)	6450 (77.1%)
I do not know	8 (0.40%)	107 (1.3%)
Missing	87 (4.4%)	357 (4.3%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	1411 (76.1%)	5869 (74.5%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	860 (43.3%)	4051 (48.4%)
1/2	543 (27.4%)	1966 (23.5%)
1/4	321 (16.2%)	1005 (12.0%)
Nothing	178 (9.0%)	975 (11.7%)
Missing	82 (4.1%)	371 (4.4%)

### 16b. The portion size of the meal I ordered TODAY was...

Standard	1385 (69.8%)	5388 (64.4%)
Smaller	177 (8.9%)	778 (9.3%)
Larger	120 (6.0%)	328 (3.9%)
I do not know	101 (5.1%)	848 (10.1%)
Missing	201 (10.1%)	1026 (12.3%)

### 17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	181 (17.4%)	570 (14.4%)
I did not like the smell/taste of the food	109 (10.5%)	443 (11.2%)
The food did not fit my cultural/religious preferences	8 (0.77%)	47 (1.2%)
The food was too hot	2 (0.19%)	14 (0.35%)
The food was too cold	19 (1.8%)	86 (2.2%)
Due to food allergy/intolerance	3 (0.29%)	25 (0.63%)
I was not hungry at that time	237 (22.7%)	672 (17.0%)

I do not have my usual appetite	255 (24.5%)	1114 (28.2%)
I have problems chewing/swallowing	68 (6.5%)	225 (5.7%)
I normally eat less than what was served	151 (14.5%)	428 (10.8%)
I had nausea/vomiting	63 (6.0%)	327 (8.3%)
I was too tired	81 (7.8%)	219 (5.5%)
I cannot eat without help	20 (1.9%)	68 (1.7%)
I was not allowed to eat	50 (4.8%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	27 (2.6%)	234 (5.9%)
I did not get requested food	7 (0.67%)	53 (1.3%)
No answer given	236 (22.6%)	481 (12.2%)

#### 18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours

Water	4 [2-6]	3 [2-5]
Tea	1 [0-2]	1 [0-2]
Coffee	2 [2-3]	1 [0-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	1 [0-1]	1 [0-2]
Soft drinks	1 [0-2]	0 [0-1]
Nutrition drink	1 [0-1]	0 [0-1]
Other	1 [0-1]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY?** 533 (29.9%) 2048 (26.7%)

#### 19b. If yes, what did you eat?

Sweet snacks	289 (54.2%)	501 (24.5%)
Salty snacks	60 (11.3%)	273 (13.3%)
Homemade food	56 (10.5%)	302 (14.7%)
Fruits	171 (32.1%)	724 (35.4%)
Dairy products	56 (10.5%)	212 (10.4%)
Food delivered/restaurant	7 (1.3%)	84 (4.1%)
Sandwich	24 (4.5%)	139 (6.8%)
Other	40 (7.5%)	400 (19.5%)

#### 20. How has your food intake changed since your hospital admission?

Increased	357 (18.0%)	1138 (13.6%)
Decreased	524 (26.4%)	2694 (32.2%)
Stayed the same	900 (45.4%)	3504 (41.9%)
I do not know	115 (5.8%)	582 (7.0%)
Missing	88 (4.4%)	450 (5.4%)

#### 21. TODAY I feel...

Stronger than at admission	772 (38.9%)	3635 (43.4%)
Weaker than at admission	393 (19.8%)	1458 (17.4%)
Same as at admission	630 (31.8%)	2363 (28.2%)

I was admitted today	53 (2.7%)	236 (2.8%)
I do not know	83 (4.2%)	454 (5.4%)
Missing	53 (2.7%)	222 (2.7%)

**22. Can you walk without assistance TODAY?**

Yes	973 (49.0%)	4925 (58.9%)
No, only with assistance	656 (33.1%)	2067 (24.7%)
No, I stay in bed	197 (9.9%)	929 (11.1%)
Missing	158 (8.0%)	447 (5.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	1382 (72.1%)	5634 (69.0%)
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## V. Oncology: Unit organisation and structures ("Sheet 1 onco"):

	YOUR RESULTS	REFERENCE RESULTS
<b>Number of units with cancer patients:</b>	37	113
<b>Computerized system in hospital:</b>	37 units (100%) YES	109 units (96%) YES
<b>Nutritional treatment of cancer patients is part of overall care plan</b>	35 units (95%) YES	95 units (84%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	34 (91,9%)	56 (49.6%)
When patient asks	10 (27,0%)	29 (25.7%)
When body weight loss > 10%	8 (21,6%)	39 (34.5%)
During palliative phase	5 (13,5%)	33 (29.2%)
Other	-	6 (5.31%)
Missing	2 (5,41%)	17 (15.0%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	7 (6.19%)
No knowledge of the field	-	7 (6.19%)
No reimbursement	-	7 (6.19%)
It feeds the tumour	-	1 (0.88%)
Other	1 (2,70%)	4 (3.54%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	25 (67,6%)	64 (56.6%)
Calculation of energy needs	30 (81,1%)	82 (72.6%)
Monitoring patients intake and use of oral supplements	34 (91,9%)	99 (87.6%)
None	-	4 (3.54%)
Other	1 (2,70%)	5 (4.42%)
Missing	-	2 (1.77%)
<b>Nutritional therapy is not used due to</b>		
Lack of evidence	-	2 (1.77%)
Lack of experience	-	6 (5.31%)
No reimbursement	-	3 (2.65%)
Lack of dietitians	1 (2,70%)	8 (7.08%)
Lack of other experts	-	3 (2.65%)
Other	-	1 (0.88%)
Missing	-	-
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

**Anthropometry/Body composition:****Body weight**

Regularly	26 (70,3%)	75 (66.4%)
At chemotherapy	10 (27,0%)	12 (10.6%)
When necessary	1 (2,70%)	23 (20.4%)
Never	-	1 (0.88%)
Unknown	-	1 (0.88%)
Missing	-	1 (0.88%)

**Anthropometrics (circumference)**

Regularly	-	12 (10.6%)
At chemotherapy	1 (2,70%)	1 (0.88%)
When necessary	9 (24,3%)	40 (35.4%)
Never	26 (70,3%)	53 (46.9%)
Unknown	-	1 (0.88%)
Missing	1 (2,70%)	6 (5.31%)

**BIA**

Regularly	-	5 (4.42%)
At chemotherapy	-	-
When necessary	4 (10,8%)	23 (20.4%)
Never	32 (86,5%)	77 (68.1%)
Unknown	-	3 (2.65%)
Missing	1 (2,70%)	5 (4.42%)

**CT SCAN**

Regularly	1 (2,70%)	6 (5.31%)
At chemotherapy	1 (2,70%)	1 (0.88%)
When necessary	8 (21,6%)	29 (25.7%)
Never	26 (70,3%)	70 (61.9%)
Unknown	-	3 (2.65%)
Missing	1 (2,70%)	4 (3.54%)

**DEXA**

Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	6 (16,2%)	15 (13.3%)
Never	27 (73,0%)	83 (73.5%)
Unknown	3 (8,11%)	8 (7.08%)
Missing	1 (2,70%)	5 (4.42%)

**Other (body composition)**

Regularly	-	1 (0.88%)
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At chemotherapy	-	-
When necessary	2 (5,41%)	16 (14.2%)
Never	12 (32,4%)	40 (35.4%)
Unknown	6 (16,2%)	19 (16.8%)
Missing	17 (45,9%)	37 (32.7%)

### Body function:

#### Handgrip

Regularly	-	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	8 (21,6%)	36 (31.9%)
Never	27 (73,0%)	60 (53.1%)
Unknown	1 (2,70%)	4 (3.54%)
Missing	1 (2,70%)	6 (5.31%)

#### 6-minutes walking test

Regularly	1 (2,70%)	3 (2.65%)
At chemotherapy	-	-
When necessary	10 (27,0%)	32 (28.3%)
Never	23 (62,2%)	66 (58.4%)
Unknown	1 (2,70%)	5 (4.42%)
Missing	2 (5,41%)	7 (6.19%)

#### Other (body function)

Regularly	1 (2,70%)	4 (3.54%)
At chemotherapy	-	-
When necessary	5 (13,5%)	22 (19.5%)
Never	16 (43,2%)	45 (39.8%)
Unknown	5 (13,5%)	15 (13.3%)
Missing	10 (27,0%)	27 (23.9%)

#### Nutritional requirements, calculated

Regularly	12 (32,4%)	32 (28.3%)
At chemotherapy	-	-
When necessary	21 (56,8%)	64 (56.6%)
Never	-	5 (4.42%)
Unknown	-	-
Missing	4 (10,8%)	12 (10.6%)

#### Nutritional intake:

##### Every meal

Regularly	7 (18,9%)	31 (27.4%)
At chemotherapy	1 (2,70%)	1 (0.88%)
When necessary	20 (54,1%)	49 (43.4%)

Never	1 (2,70%)	13 (11.5%)
Unknown	-	6 (5.31%)
Missing	8 (21,6%)	13 (11.5%)
<b>1 meal per day</b>		
Regularly	3 (8,11%)	12 (10.6%)
At chemotherapy	1 (2,70%)	1 (0.88%)
When necessary	13 (35,1%)	34 (30.1%)
Never	4 (10,8%)	19 (16.8%)
Unknown	-	9 (7.96%)
Missing	16 (43,2%)	38 (33.6%)
<b>2 meals per day</b>		
Regularly	2 (5,41%)	12 (10.6%)
At chemotherapy	-	-
When necessary	13 (35,1%)	33 (29.2%)
Never	4 (10,8%)	20 (17.7%)
Unknown	-	9 (7.96%)
Missing	18 (48,6%)	39 (34.5%)
<b>24h recall</b>		
Regularly	15 (40,5%)	27 (23.9%)
At chemotherapy	2 (5,41%)	2 (1.77%)
When necessary	11 (29,7%)	40 (35.4%)
Never	1 (2,70%)	12 (10.6%)
Unknown	-	7 (6.19%)
Missing	8 (21,6%)	25 (22.1%)
<b>Other (nutritional intake)</b>		
Regularly	1 (2,70%)	2 (1.77%)
At chemotherapy	-	-
When necessary	2 (5,41%)	16 (14.2%)
Never	6 (16,2%)	22 (19.5%)
Unknown	4 (10,8%)	17 (15.0%)
Missing	24 (64,9%)	56 (49.6%)
<b>Questionnaire completed by</b>		
Dietitian	26 (70,3%)	40 (35.4%)
Nurse	7 (18,9%)	29 (25.7%)
Physician	4 (10,8%)	38 (33.6%)
Nutritional scientist	-	5 (4.42%)
Other	-	-
Missing	-	1 (0.88%)

## V. Oncology: Cancer patients - Diagnosis & therapy ("Sheet 2 onco"):

	YOUR RESULTS	REFERENCE RESULTS
<b>Number of patients completing Sheet 2_onco:</b>	164	959
<b>Demographic data:</b>		
Age (years)	70 [24-96]	66 [18-96]
Female gender	85 (51,8%)	378 (39.4%)
Weight (kg)	68,5 ± 17,1	65.1 ± 16.5
Height (cm)	167,6 ± 10,1	165.9 ± 9.9
BMI (kg/m2)	24,3 ± 5,4	23.7 ± 4.7
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	8 (4,88%)	63 (6.57%)
Ward (w)	154 (93,9%)	892 (93.0%)
Missing	2 (1,22%)	4 (0.42%)
<b>Goal of Therapy</b>		
Curative	91 (55,5%)	554 (57.8%)
Palliative	53 (32,3%)	343 (35.8%)
Terminal	4 (2,44%)	37 (3.86%)
Missing	16 (9,76%)	25 (2.61%)
<b>Reason for admission</b>		
Clinical diagnostics	15 (9,15%)	104 (10.8%)
Therapy	52 (31,7%)	469 (48.9%)
Surgery related	25 (15,2%)	200 (20.9%)
Treatment complications	23 (14,0%)	119 (12.4%)
Poor health status	56 (34,1%)	118 (12.3%)
Independent care difficult	2 (1,22%)	6 (0.63%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	21 (12,8%)	51 (5.32%)
Colon, rectum	19 (11,6%)	163 (17.0%)
Prostate	8 (4,88%)	29 (3.02%)
Lung	32 (19,5%)	75 (7.82%)
Skin	-	4 (0.42%)
Kidney/bladder	4 (2,44%)	30 (3.13%)
Gastric/oesophageal	3 (1,83%)	144 (15.0%)
Pancreas	7 (4,27%)	63 (6.57%)
Lymphoma	10 (6,10%)	94 (9.80%)
Ears nose throat (ENT)	17 (10,4%)	41 (4.28%)
Leukaemia	11 (6,71%)	74 (7.72%)
Genital tract	15 (9,15%)	32 (3.34%)



Liver	9 (5,49%)	103 (10.7%)
Sarcoma	-	8 (0.83%)
Brain	3 (1,83%)	11 (1.15%)
Testicular	-	-
Other	9 (5,49%)	73 (7.61%)
Missing	8 (4,88%)	11 (1.15%)

#### Time since diagnosis

0-2 months	28 (17,1%)	344 (35.9%)
3-5 months	21 (12,8%)	159 (16.6%)
6-12 months	40 (24,4%)	152 (15.8%)
1-2 years	20 (12,2%)	118 (12.3%)
2-4 years	14 (8,54%)	77 (8.03%)
> 4 years	30 (18,3%)	87 (9.07%)
Missing	10 (6,10%)	19 (1.98%)

#### Cancer staging

0=Carcinoma in situ	4 (2,44%)	35 (3.65%)
I=Localized	21 (12,8%)	202 (21.1%)
II=Early locally advanced	22 (13,4%)	159 (16.6%)
III=Late locally advanced	29 (17,7%)	168 (17.5%)
IV=Metastasised	67 (40,9%)	287 (29.9%)
Missing	21 (12,8%)	108 (11.3%)

#### Time since first therapy start

No therapy	14 (8,54%)	125 (13.0%)
Tumour staging/diagnosis	6 (3,66%)	63 (6.57%)
0-2 months	27 (16,5%)	267 (27.8%)
3-5 months	21 (12,8%)	128 (13.3%)
6-12 months	36 (22,0%)	135 (14.1%)
1-2 years	16 (9,76%)	90 (9.38%)
2-4 years	10 (6,10%)	59 (6.15%)
> 4 years	27 (16,5%)	98 (10.2%)
Missing	10 (6,10%)	16 (1.67%)

#### Therapy situation

Diagnosis	11 (6,71%)	107 (11.2%)
Chemotherapy 1st line	22 (13,4%)	175 (18.2%)
Chemotherapy > 1st line	28 (17,1%)	142 (14.8%)
Radiotherapy	10 (6,10%)	67 (6.99%)
Target therapy	7 (4,27%)	30 (3.13%)
Hormone therapy	7 (4,27%)	12 (1.25%)
Palliative	37 (22,6%)	108 (11.3%)
Surgery	27 (16,5%)	322 (33.6%)

Cancer related complications	6 (3,66%)	57 (5.94%)
Therapy related complications	5 (3,05%)	36 (3.75%)
Missing	18 (11,0%)	13 (1.36%)

### **Infections**

None	79 (48,2%)	731 (76.2%)
Local	37 (22,6%)	136 (14.2%)
General	23 (14,0%)	70 (7.30%)
Missing	25 (15,2%)	22 (2.29%)

### **Nutrition Treatment**

No special diet	27 (16,5%)	453 (47.2%)
Individualized diet plan	84 (51,2%)	228 (23.8%)
Energy rich/protein rich ONS	61 (37,2%)	120 (12.5%)
Enteral nutrition (via NGT/PEG)	11 (6,71%)	52 (5.42%)
Parenteral nutrition	12 (7,32%)	128 (13.3%)
ONS enriched with special nutrients	4 (2,44%)	19 (1.98%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	2 (1,22%)	7 (0.73%)
Personal preferences	44 (26,8%)	109 (11.4%)
Counselling	24 (14,6%)	54 (5.63%)
Other	10 (6,10%)	27 (2.82%)
Missing	-	-

## V. Oncology: Cancer patients - Appetite, food intake & quality of life ("Sheet 3 onco"):

	YOUR RESULTS	REFERENCE RESULTS
<b>Number of patients completing Sheet 3_onco:</b>	159	951
<b>Body weight prior to becoming ill</b>	74 [40-134]	70 [22-180]
<b>Actual body weight</b>	67 [33-125]	63 [21-128]
<b>Change in weight was</b>		
Intentional	2 (1,22%)	31 (3.23%)
Unintentional	105 (64,0%)	607 (63.3%)
Weight is stable	26 (15,9%)	154 (16.1%)
Missing	10 (6,10%)	30 (3.13%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	49 (29,9%)	329 (34.3%)
A little	42 (25,6%)	263 (27.4%)
Quite a bit	29 (17,7%)	161 (16.8%)
Very much	25 (15,2%)	107 (11.2%)
Missing	17 (10,4%)	87 (9.07%)
<b>Patients who needed a rest:</b>		
Not at all	13 (7,93%)	230 (24.0%)
A little	36 (22,0%)	279 (29.1%)
Quite a bit	45 (27,4%)	212 (22.1%)
Very much	51 (31,1%)	125 (13.0%)
Missing	17 (10,4%)	95 (9.91%)
<b>Patients who felt weak:</b>		
Not at all	24 (14,6%)	228 (23.8%)
A little	34 (20,7%)	266 (27.7%)
Quite a bit	38 (23,2%)	224 (23.4%)
Very much	49 (29,9%)	135 (14.1%)
Missing	16 (9,76%)	92 (9.59%)
<b>Patients who felt depressed:</b>		
Not at all	63 (38,4%)	348 (36.3%)
A little	41 (25,0%)	303 (31.6%)
Quite a bit	24 (14,6%)	125 (13.0%)
Very much	16 (9,76%)	72 (7.51%)
Missing	18 (11,0%)	89 (9.28%)
<b>Patients who were tired:</b>		

Not at all	20 (12,2%)	241 (25.1%)
A little	39 (23,8%)	283 (29.5%)
Quite a bit	42 (25,6%)	213 (22.2%)
Very much	43 (26,2%)	116 (12.1%)
Missing	18 (11,0%)	89 (9.28%)

#### **Patients whose pain interfered with their daily activities:**

Not at all	57 (34,8%)	373 (38.9%)
A little	29 (17,7%)	220 (22.9%)
Quite a bit	35 (21,3%)	142 (14.8%)
Very much	21 (12,8%)	110 (11.5%)
Missing	18 (11,0%)	94 (9.80%)

#### **Patients who lacked appetite:**

Not at all	51 (31,1%)	347 (36.2%)
A little	33 (20,1%)	238 (24.8%)
Quite a bit	34 (20,7%)	149 (15.5%)
Very much	28 (17,1%)	113 (11.8%)
Missing	17 (10,4%)	95 (9.91%)

#### **Just now**

#### **Patients who have pain:**

Not at all	65 (39,6%)	375 (39.1%)
A little	45 (27,4%)	304 (31.7%)
Quite a bit	25 (15,2%)	122 (12.7%)
Very much	10 (6,10%)	45 (4.69%)
Missing	18 (11,0%)	98 (10.2%)

#### **Patients who need a rest:**

Not at all	14 (8,54%)	192 (20.0%)
A little	44 (26,8%)	322 (33.6%)
Quite a bit	53 (32,3%)	230 (24.0%)
Very much	34 (20,7%)	98 (10.2%)
Missing	18 (11,0%)	96 (10.0%)

#### **Patients who feel weak:**

Not at all	26 (15,9%)	209 (21.8%)
A little	46 (28,0%)	313 (32.6%)
Quite a bit	39 (23,8%)	219 (22.8%)
Very much	34 (20,7%)	99 (10.3%)
Missing	18 (11,0%)	98 (10.2%)

#### **Patients who are depressed:**

Not at all	72 (43,9%)	375 (39.1%)
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A little	41 (25,0%)	314 (32.7%)
Quite a bit	24 (14,6%)	116 (12.1%)
Very much	7 (4,27%)	39 (4.07%)
Missing	19 (11,6%)	96 (10.0%)

#### Patients who are tired:

Not at all	18 (11,0%)	222 (23.1%)
A little	51 (31,1%)	343 (35.8%)
Quite a bit	45 (27,4%)	197 (20.5%)
Very much	29 (17,7%)	82 (8.55%)
Missing	18 (11,0%)	94 (9.80%)

#### Patients whose pain interferes with their daily activities:

Not at all	58 (35,4%)	339 (35.3%)
A little	32 (19,5%)	259 (27.0%)
Quite a bit	28 (17,1%)	154 (16.1%)
Very much	23 (14,0%)	80 (8.34%)
Missing	21 (12,8%)	100 (10.4%)

#### Patients who lack appetite:

Not at all	48 (29,3%)	327 (34.1%)
A little	31 (18,9%)	264 (27.5%)
Quite a bit	35 (21,3%)	157 (16.4%)
Very much	28 (17,1%)	92 (9.59%)
Missing	22 (13,4%)	99 (10.3%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	32 (19,5%)	154 (16.1%)
Inflammation in mouth	13 (7,93%)	55 (5.74%)
Pain	27 (16,5%)	116 (12.1%)
Constipation	9 (5,49%)	64 (6.67%)
Diarrhea	11 (6,71%)	42 (4.38%)
Change in taste/smell	27 (16,5%)	104 (10.8%)
Early satiation/Loss of appetite	44 (26,8%)	217 (22.6%)
Other	27 (16,5%)	165 (17.2%)
Missing	4 (2,44%)	45 (4.69%)

#### Maximum activity performed by patients

Able to do sports	3 (1,83%)	38 (3.96%)
Fully active	22 (13,4%)	125 (13.0%)
Able to carry out light activities	28 (17,1%)	184 (19.2%)
Able to carry out self care	33 (20,1%)	215 (22.4%)
Able to carry out limited self care	33 (20,1%)	146 (15.2%)
Confined to bed or chair	27 (16,5%)	142 (14.8%)

Missing	18 (11,0%)	96 (10.0%)
<b>Patient takes additional (without prescription)</b>		
Nothing	98 (59,8%)	611 (63.7%)
Herbal tea	7 (4,27%)	75 (7.82%)
Nutritional supplements	24 (14,6%)	61 (6.36%)
Multivitamin	7 (4,27%)	37 (3.86%)
Other medication	6 (3,66%)	44 (4.59%)
Other	3 (1,83%)	49 (5.11%)
Missing	24 (14,6%)	116 (12.1%)
<b>Additional activities performed</b>		
Nothing	112 (68,3%)	710 (74.0%)
Psychotherapy	8 (4,88%)	17 (1.77%)
Yoga	1 (0,61%)	9 (0.94%)
Meditation	6 (3,66%)	21 (2.19%)
Progressive muscle relaxation	-	14 (1.46%)
Qigong	-	1 (0.10%)
Other	14 (8,54%)	68 (7.09%)
Missing	25 (15,2%)	129 (13.5%)
<b>Patients having difficulties in complying with treatment</b>	45 (27,4%)	181 (18.9%)
<b>Patients needing help to complete questionnaire</b>	91 (55,5%)	545 (56.8%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>	80 (48,8%)	549 (57.2%)