



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
China

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:

Number of centers on nutritionDay:	8
Number of units on nutritionDay:	10
Number of patients on nutritionDay:	445
Number of patients who gave consent:	435
Number of patients completing Sheet 3a:	422
Number of patients completing Sheet 3b:	418
Number of cancer patients on nutritionDay:	170
Number of patients completing Sheet 2_onco:	157
Number of patients completing Sheet 3_onco:	157
Number of patients with 30-day outcome assessment:	336

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
1. Total number of beds in hospital	3000 [2521-3763]	305 [180-526]
2. Total number of admissions in the hospital last year	161000 [111908-150704]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	1711 [1485-2100]	162 [65-328]
Medical specialists	1200 [900-1970]	108 [44-210]
Medical non-specialists	506 [100-770]	35 [12-81]
Nurses	2000 [1600-2507]	346 [124-710]
Dieticians	12 [4-13]	4 [1-8]
Nutritionists	3 [2-4]	1 [0-4]
Pharmacists	104 [66-110]	6 [3-14]
Kitchen staff	121 [41-225]	28 [11-55]
Full time equivalent		
Total medical doctors	1225 [1121-1475]	126 [56-296]
Medical specialists	1050 [807-1393]	88 [44-210]
Medical non-specialists	175 [83-314]	33 [11-83]
Nurses	1950 [1450-2525]	317 [123-726]
Dieticians	8 [4-12]	4 [1-7]
Nutritionists	2 [2-3]	1 [0-4]
Pharmacists	107 [95-123]	5 [2-11]
Kitchen staff	121 [41-225]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	7 (100%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	7 (100%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	3 (42.9%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	1 (14.3%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	1 (14.3%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (28.6%) Yes	250 (70.6%) Yes
None	1 (14.3%) Yes	30 (8.5%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	4 (57.1%) Yes	175 (49.4%) Yes
Oral nutrition supplements	5 (71.4%) Yes	141 (39.8%) Yes

Parenteral nutrition	6 (85.7%) Yes	202 (57.1%) Yes
Enteral nutrition	5 (71.4%) Yes	167 (47.2%) Yes
Dietary counseling	2 (28.6%) Yes	120 (33.9%) Yes
Specific dietary interventions	-	104 (29.4%) Yes
Screening for malnutrition	2 (28.6%) Yes	88 (24.9%) Yes
Risk of malnutrition	1 (14.3%) Yes	90 (25.4%) Yes
Malnutrition (in general)	-	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	154 (43.5%) Yes
No information available from billing/finance/controlling	-	55 (15.5%) Yes
No answer given	-	28 (7.9%)

Codes routinely used

Nutrition Support	3 (42.9%) Yes	139 (39.3%) Yes
Oral nutrition supplements	5 (71.4%) Yes	111 (31.4%) Yes
Parenteral nutrition	7 (100%) Yes	177 (50.0%) Yes
Enteral nutrition	4 (57.1%) Yes	145 (41.0%) Yes
Dietary counseling	1 (14.3%) Yes	88 (24.9%) Yes
Specific dietary interventions	1 (14.3%) Yes	84 (23.7%) Yes
Screening for malnutrition	2 (28.6%) Yes	68 (19.2%) Yes
Risk of malnutrition	1 (14.3%) Yes	61 (17.2%) Yes
Malnutrition (in general)	-	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	126 (35.6%) Yes
No information available from billing/finance/controlling	-	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	-	92 (20.0%)
Internal Medicine / Cardiology	-	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	2 (20.0%)	31 (6.8%)
Internal Medicine / Geriatrics	-	37 (8.1%)
Internal Medicine / Infectious diseases	-	5 (1.1%)
Internal Medicine / Nephrology	-	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	-	35 (7.6%)
Interdisciplinary	-	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	7 (70.0%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (10.0%)	6 (1.3%)
Surgery / Neurosurgery	-	4 (0.9%)
Surgery / Orthopedic	-	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	-	7 (1.5%)
Gynecology / Obstetrics	-	10 (2.2%)
Pediatrics	-	-
Psychiatry	-	3 (0.7%)
Others	-	48 (10.5%)
2. Number of registered inpatients at noon	48 [44-85]	24 [17-35]
3. Total bed capacity of the unit	50 [45-90]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	16 [13-21]	4 [2-8]
Nurses	18 [11-21]	5 [4-8]
Nursing aides	0 [0-2]	2 [1-4]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	0 [0-0]	1 [0-2]
Other staff involved in patient care	0 [0-0]	1 [0-3]
In training		
Medical doctors	0 [0-5]	1 [0-3]
Medical students	7 [6-9]	1 [0-2]
Nurses	2 [0-6]	1 [0-3]

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

5. Is there a nutrition support team in your hospital available? 10 (100%) Yes 323 (73.6%) Yes

6. Does the unit have a nutrition care strategy? 8 (80.0%) Yes 316 (72.0%) Yes

7. Is there a person in your unit responsible for nutrition care? 7 (70.0%) Yes 317 (72.2%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 5 (50.0%) Yes 395 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 4 (40.0%) Yes 268 (61.0%) Yes

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

At admission

No routine screening	1 (10.0%) Yes	45 (9.8%) Yes
No fixed criteria	-	10 (2.2%) Yes
Experience / visual assessment only	-	43 (9.4%) Yes
Weighing / BMI only	2 (20.0%) Yes	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	7 (70.0%) Yes	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	-	28 (6.1%) Yes
Malnutrition Screening tool (MST)	-	42 (9.2%) Yes
SNAQ	-	2 (0.44%) Yes
Other formal tool	-	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	-	20 (4.4%)

During hospital stay

No routine monitoring	1 (10.0%) Yes	43 (9.4%) Yes
No fixed criteria	1 (10.0%) Yes	44 (9.6%) Yes
Experience / visual assessment only	-	90 (19.6%) Yes
Weighing / BMI only	5 (50.0%) Yes	132 (28.8%) Yes
Other formal tool	3 (30.0%) Yes	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	-	20 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 7 (70.0%) Yes 343 (78.7%) Yes

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

International guidelines	5 (71.4%) Yes	86 (25.1%) Yes
National guidelines	-	56 (16.3%) Yes
Standards on hospital level	-	115 (33.5%) Yes
Standards on unit level	-	23 (6.7%) Yes
Individual patient nutrition care plans	2 (28.6%) 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	6 (60.0%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	7 (70.0%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	5 (50.0%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	5 (50.0%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (40.0%) Yes	285 (62.1%) Yes
Consult a medical professional	5 (50.0%) Yes	172 (37.5%) Yes
Calculate energy requirements	7 (70.0%) Yes	232 (50.5%) Yes
Calculate protein requirements	7 (70.0%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	3 (30.0%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	6 (60.0%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	6 (60.0%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	6 (60.0%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (60.0%) Yes	284 (61.9%) Yes
Consult a medical professional	2 (20.0%) Yes	183 (39.9%) Yes
Calculate energy requirements	3 (30.0%) Yes	261 (56.9%) Yes
Calculate protein requirements	3 (30.0%) Yes	257 (56.0%) Yes

Every patient

Watchful waiting	4 (40.0%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	-	126 (27.5%) Yes
Develop an individual nutrition care plan	-	74 (16.1%) Yes
Initiate treatment / nutrition intervention	-	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	73 (15.9%) Yes
Consult a medical professional	-	101 (22.0%) Yes
Calculate energy requirements	2 (20.0%) Yes	50 (10.9%) Yes
Calculate protein requirements	2 (20.0%) Yes	44 (9.6%) Yes

Never

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

Develop an individual nutrition care plan	-	31 (6.8%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	8 (1.7%) Yes
Consult a medical professional	2 (20.0%) Yes	49 (10.7%) Yes
Calculate energy requirements	-	50 (10.9%) Yes
Calculate protein requirements	-	54 (11.8%) Yes

I do not know

Watchful waiting	-	20 (4.4%) Yes
Discuss nutrition care activities during ward rounds	-	10 (2.2%) Yes
Develop an individual nutrition care plan	-	5 (1.1%) Yes
Initiate treatment / nutrition intervention	-	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.87%) Yes
Consult a medical professional	-	18 (3.9%) Yes
Calculate energy requirements	1 (10.0%) Yes	11 (2.4%) Yes
Calculate protein requirements	1 (10.0%) Yes	13 (2.8%) Yes

13. When do you routinely weigh your patients?

at admission	9 (90.0%) Yes	291 (63.4%) Yes
Within 24 hours	2 (20.0%) Yes	64 (13.9%) Yes
Within 48 hours	-	20 (4.4%) Yes
Within 72 hours	-	13 (2.8%) Yes
Every week	6 (60.0%) Yes	152 (33.1%) Yes
Occasionally	-	59 (12.9%) Yes
When requested	2 (20.0%) Yes	207 (45.1%) Yes
At discharge	1 (10.0%) Yes	20 (4.4%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	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	2 (20.0%) Yes	338 (73.6%) Yes
Offer meal choices	7 (70.0%) Yes	336 (73.2%) Yes
Offer different portion sizes	1 (10.0%) Yes	282 (61.4%) Yes
Consider food presentation	1 (10.0%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	5 (50.0%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	6 (60.0%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	2 (20.0%) Yes	51 (11.1%) Yes
Promote positive eating environment	-	82 (17.9%) Yes
Consider cultural/religious preferences	2 (20.0%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	3 (30.0%) Yes	214 (46.6%) Yes
Other	2 (20.0%) Yes	29 (6.3%) Yes
I do not know	-	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	9 (90.0%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	1 (10.0%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	1 (10.0%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	4 (40.0%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (50.0%) Yes	291 (63.4%) Yes
None	-	21 (4.6%) Yes
I do not know	-	11 (2.4%) Yes
No answer given	-	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	10 (100%) Yes	358 (78.0%) Yes
Eating habits/difficulties	10 (100%) Yes	336 (73.2%) Yes
Nutrition before admission	7 (70.0%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	-	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	9 (90.0%) Yes	323 (70.4%) Yes
nutrition treatment	3 (30.0%) Yes	270 (58.8%) Yes
None	1 (10.0%) Yes	30 (6.5%) Yes
I do not know	3 (30.0%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (50.0%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	5 (50.0%) Yes	258 (56.2%) Yes
None	1 (10.0%) Yes	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	6 (60.0%) Yes	162 (43.9%) Yes
--	---------------	-----------------

19. Who filled in this sheet?

Head staff	1 (10.0%) Yes	117 (25.5%) Yes
Dietician	3 (30.0%) Yes	236 (51.4%) Yes
Nurse	3 (30.0%) Yes	124 (27.0%) Yes
Physician	5 (50.0%) Yes	72 (15.7%) Yes
Administrative staff	-	4 (0.87%) Yes

Other	-	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	435	8743
Age	59 [48-67]	67 [53-78]
Female	176 (40.5%)	4410 (50.4%)
Weight	61.5±13.0	69.1±18.8
Height	165±8	164±10
BMI	22.4±3.8	25.5±6.0

1. This hospital admission was...

planned	353 (81.1%)	3052 (34.9%)
an emergency	36 (8.3%)	5037 (57.6%)
I do not know	46 (10.6%)	654 (7.5%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	6 (1.4%)	801 (9.2%)
0200 Neoplasms	213 (49.0%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	3 (0.69%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	23 (5.3%)	1043 (11.9%)
0500 Mental health	-	333 (3.8%)
0600 Nervous system	5 (1.1%)	762 (8.7%)
0700 Eye and adnexa	-	131 (1.5%)
0800 Ear and mastoid process	-	70 (0.80%)
0900 Circulatory system	59 (13.6%)	1723 (19.7%)
1000 Respiratory system	14 (3.2%)	1358 (15.5%)
1100 Digestive system	262 (60.2%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	16 (3.7%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	9 (2.1%)	1276 (14.6%)
1400 Genitourinary system	6 (1.4%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.23%)	123 (1.4%)
1600 Conditions originating in the perinatal period	-	21 (0.24%)
1700 Congenital/chromosomal abnormalities	-	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	11 (2.5%)	391 (4.5%)
1900 Injury, poisoning	1 (0.23%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	5 (1.1%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	4 (0.92%)	210 (2.4%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	30 (6.9%)	1569 (22.2%)
-----------------------	-----------	--------------

Myocardial infarction	3 (0.69%)	394 (5.8%)
Chronic lung disease	17 (3.9%)	1080 (15.5%)
Cerebral vascular disease	28 (6.5%)	745 (10.9%)
Peripheral vascular disease	10 (2.3%)	869 (12.6%)
Chronic liver disease	44 (10.1%)	441 (6.5%)
Chronic kidney disease	6 (1.4%)	821 (11.9%)
Diabetes	41 (9.5%)	1899 (26.8%)
Cancer	170 (39.3%)	1733 (24.8%)
Infection	27 (6.3%)	1103 (15.8%)
Dementia	1 (0.23%)	374 (5.5%)
Major depressive disorder	1 (0.23%)	377 (5.6%)
Other chronic mental disorder	5 (1.2%)	378 (5.6%)
Other chronic disease	24 (5.8%)	1968 (27.8%)
None	155 (35.6%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	219 (50.3%)	1743 (19.9%)
Yes, acute	7 (1.6%)	539 (6.2%)
No	191 (43.9%)	6145 (70.3%)
I do not know	-	126 (1.4%)
Missing	18 (4.1%)	190 (2.2%)

Days since operation	3 [2-9]	4 [1-13]
----------------------	---------	----------

4b. Planned operation during this hospital stay

Yes, today or tomorrow	35 (8.0%)	738 (8.4%)
Yes, later	78 (17.9%)	513 (5.9%)
No	145 (33.3%)	6496 (74.3%)
I do not know	21 (4.8%)	414 (4.7%)
Missing	156 (35.9%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	75 (17.2%)	934 (10.7%)
---	------------	-------------

6. Is this patient terminally ill?	9 (2.1%)	630 (7.2%)
---	----------	------------

7. Fluid status

Normal	403 (92.6%)	6866 (78.5%)
Overloaded	1 (0.23%)	500 (5.7%)
Dehydrated	6 (1.4%)	450 (5.1%)
I do not know	25 (5.7%)	927 (10.6%)
Missing	-	-

8. Number of different medications planned

Oral	1 [0-2]	5 [2-8]
------	---------	---------

Other	3 [0-5]	2 [1-4]
-------	---------	---------

9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	36 (8.3%)	871 (10.0%)
At risk	90 (20.7%)	1543 (17.6%)
No	251 (57.7%)	5642 (64.5%)
I do not know	58 (13.3%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	254 (58.4%)	3469 (39.7%)
5% Glucose solution	187 (43.0%)	860 (9.8%)

11. Number of ONS drinks planned

0 [0-0]	0 [0-0]
---------	---------

12. Nutrition intake

Regular hospital food	166 (38.2%)	4849 (55.5%)
Fortified/enriched hospital food	24 (5.5%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	46 (10.6%)	998 (11.4%)
Enteral nutrition	76 (17.5%)	485 (5.5%)
Parenteral nutrition	145 (33.3%)	479 (5.5%)
Special diet	50 (11.5%)	3072 (35.1%)
None	52 (12.0%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	92 (21.1%)	734 (8.4%)
Peripheral venous access	154 (35.4%)	4122 (47.1%)
Nasogastric	63 (14.5%)	258 (3.0%)
Nasojejunal	30 (6.9%)	38 (0.43%)
Nasoduodenal	5 (1.1%)	22 (0.25%)
Enterostoma	9 (2.1%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.23%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	4 (0.92%)	27 (0.31%)
None	195 (44.8%)	3894 (44.5%)

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

Yes, previously	3 (0.69%)	87 (1.00%)
Yes, ongoing	8 (1.8%)	80 (0.92%)
No	398 (91.5%)	7278 (83.2%)
I do not know	21 (4.8%)	846 (9.7%)
Missing	5 (1.1%)	452 (5.2%)

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

Energy requirements were determined	302 (69.4%)	3103 (35.5%)
-------------------------------------	-------------	--------------

Protein requirements were determined	294 (67.6%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	105 (24.1%)	3893 (44.5%)
Nutrition treatment plan was developed	121 (27.8%)	3013 (34.5%)
Nutrition expert was consulted	56 (12.9%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	89 (20.5%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	13 (3.0%)	268 (3.1%)
500-999 kcal	10 (2.3%)	93 (1.1%)
1000-1499 kcal	85 (19.5%)	884 (10.1%)
1500-1999 kcal	138 (31.7%)	2574 (29.4%)
>=2000 kcal	49 (11.3%)	958 (11.0%)
Not determined	49 (11.3%)	3200 (36.6%)
I do not know	91 (20.9%)	730 (8.3%)
Missing	-	36 (0.41%)

15b. Energy intake

< 500 kcal	62 (14.3%)	530 (6.1%)
500-999 kcal	45 (10.3%)	483 (5.5%)
1000-1499 kcal	75 (17.2%)	1101 (12.6%)
1500-1999 kcal	95 (21.8%)	1928 (22.1%)
>=2000 kcal	12 (2.8%)	584 (6.7%)
Not determined	54 (12.4%)	2964 (33.9%)
I do not know	92 (21.1%)	1101 (12.6%)
Missing	-	52 (0.59%)

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

Improved	273 (62.8%)	4436 (50.7%)
Deteriorated	8 (1.8%)	485 (5.5%)
Remained the same	122 (28.0%)	2411 (27.6%)
This patient has just been admitted	22 (5.1%)	555 (6.3%)
I do not know	10 (2.3%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	15 [9-22]	12 [6-24]
--------------------------------	-----------	-----------

Outcome Code

1= Still in the hospital	17 (3.9%)	748 (8.6%)
2= Transferred to another hospital	8 (1.8%)	211 (2.4%)
3= Transferred to long term care	-	360 (4.1%)
4= Rehabilitation	226 (52.0%)	486 (5.6%)
5= Discharged home	84 (19.3%)	6417 (73.4%)
6= Death	1 (0.23%)	260 (3.0%)

7= Others	-	173 (2.0%)
Missing	99 (22.8%)	88 (1.0%)

Readmitted since ND

1= No	265 (83.1%)	6055 (78.3%)
2= Yes, same hospital planned	34 (10.7%)	457 (5.9%)
3= Yes, same hospital unplanned	5 (1.6%)	454 (5.9%)
4= Yes, different hospital planned	-	44 (0.57%)
5= Yes, different hospital unplanned	-	44 (0.57%)
6= Unknown	10 (3.1%)	299 (3.9%)
Missing	1 (0.31%)	386 (5.0%)

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

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	345 (81.8%)	5885 (69.8%)
I am vegetarian	13 (3.1%)	142 (1.7%)
I adhere to a vegan diet	6 (1.4%)	50 (0.59%)
I eat gluten-free diet	1 (0.24%)	73 (0.87%)
I avoid added sugars	17 (4.0%)	1290 (15.3%)
I avoid carbohydrates	6 (1.4%)	477 (5.7%)
I eat a low fat-diet	15 (3.6%)	972 (11.5%)
I am lactose intolerant	5 (1.2%)	328 (3.9%)
Other special diet due to intolerances/allergies	4 (0.95%)	171 (2.0%)
Other	11 (2.6%)	603 (7.2%)
No answer given	13 (3.1%)	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	350 (82.9%)	7497 (89.0%)
In a nursing home or other live-in facility	1 (0.24%)	287 (3.4%)
I was transferred from another hospital	65 (15.4%)	418 (5.0%)
Other	5 (1.2%)	139 (1.6%)
Missing	1 (0.24%)	87 (1.0%)
3. In general, are you able to walk?		
Yes	352 (83.4%)	5392 (64.0%)
Yes, with someone's help	26 (6.2%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	6 (1.4%)	1107 (13.1%)
No, I have a wheelchair	5 (1.2%)	355 (4.2%)
No, I am bedridden	31 (7.3%)	548 (6.5%)
Missing	2 (0.47%)	127 (1.5%)
4. In general, how would you say your health is?		
Very good	26 (6.2%)	615 (7.3%)
Good	172 (40.8%)	3078 (36.5%)
Fair	190 (45.0%)	3196 (37.9%)
Poor	29 (6.9%)	1144 (13.6%)
Very poor	5 (1.2%)	254 (3.0%)
Missing	-	141 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	1 [0-3]	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?	3 [0-15]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	148 (35.1%)	1638 (19.4%)
3-5	103 (24.4%)	2272 (27.0%)
More than 5	20 (4.7%)	2608 (30.9%)
None	137 (32.5%)	1375 (16.3%)
I do not know	13 (3.1%)	429 (5.1%)
Missing	1 (0.24%)	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	18 (4.3%)	1250 (14.8%)
Yes, public insurance only	322 (76.3%)	4213 (50.0%)
Yes, both	19 (4.5%)	1101 (13.1%)
None	48 (11.4%)	1114 (13.2%)
I prefer not to answer	12 (2.8%)	483 (5.7%)
Missing	3 (0.71%)	267 (3.2%)

8. What was your weight 5 years ago?		
	63 [55-73]	70 [60-83]
I do not know	80 (19.0%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	136 (32.2%)	795 (9.4%)
Yes, unintentionally	60 (14.2%)	3179 (37.7%)
No, my weight stayed the same	181 (42.9%)	2488 (29.5%)
No, I gained weight	19 (4.5%)	911 (10.8%)
I do not know	24 (5.7%)	856 (10.2%)
Missing	2 (0.47%)	199 (2.4%)

9b. If yes, how many kg did you lose?		
	5 [3-10]	6 [3-10]
I do not know	18 (9.2%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)		
	351 (84.4%)	3142 (39.1%)

11. Please indicate if you ...		
... were weighed at admission	393 (93.3%)	4710 (56.2%)
... were informed about your nutrition status	140 (33.4%)	2651 (32.0%)
... were informed about nutrition care options	111 (26.5%)	2341 (28.3%)
... received special nutrition care	65 (15.6%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	4 (0.96%)	366 (4.4%)
Normal	300 (71.8%)	5184 (62.0%)
About 3/4 of normal	26 (6.2%)	801 (9.6%)
About half of normal	29 (6.9%)	1028 (12.3%)

About a quarter to nearly nothing	52 (12.4%)	750 (9.0%)
I do not know	4 (0.96%)	82 (0.98%)
Missing	3 (0.72%)	157 (1.9%)

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

Very satisfied	41 (9.8%)	2303 (27.5%)
Somewhat satisfied	70 (16.7%)	2525 (30.2%)
Neutral	133 (31.8%)	1669 (19.9%)
Dissatisfied	33 (7.9%)	652 (7.8%)
Very dissatisfied	12 (2.9%)	252 (3.0%)
I do not know	116 (27.8%)	712 (8.5%)
Missing	13 (3.1%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	56 (13.4%)	910 (10.9%)
Yes, from hospital staff	20 (4.8%)	544 (6.5%)
No	308 (73.7%)	6450 (77.1%)
I do not know	10 (2.4%)	107 (1.3%)
Missing	24 (5.7%)	357 (4.3%)

15. Were you able to eat without interruption TODAY? (Yes)	161 (42.5%)	5869 (74.5%)
---	-------------	--------------

16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	74 (17.7%)	4051 (48.4%)
1/2	59 (14.1%)	1966 (23.5%)
1/4	60 (14.4%)	1005 (12.0%)
Nothing	210 (50.2%)	975 (11.7%)
Missing	15 (3.6%)	371 (4.4%)

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

Standard	113 (27.0%)	5388 (64.4%)
Smaller	83 (19.9%)	778 (9.3%)
Larger	6 (1.4%)	328 (3.9%)
I do not know	88 (21.1%)	848 (10.1%)
Missing	128 (30.6%)	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	38 (11.6%)	570 (14.4%)
I did not like the smell/taste of the food	13 (4.0%)	443 (11.2%)
The food did not fit my cultural/religious preferences	1 (0.30%)	47 (1.2%)
The food was too hot	-	14 (0.35%)
The food was too cold	2 (0.61%)	86 (2.2%)
Due to food allergy/intolerance	-	25 (0.63%)
I was not hungry at that time	32 (9.7%)	672 (17.0%)

I do not have my usual appetite	53 (16.1%)	1114 (28.2%)
I have problems chewing/swallowing	9 (2.7%)	225 (5.7%)
I normally eat less than what was served	11 (3.3%)	428 (10.8%)
I had nausea/vomiting	4 (1.2%)	327 (8.3%)
I was too tired	6 (1.8%)	219 (5.5%)
I cannot eat without help	2 (0.61%)	68 (1.7%)
I was not allowed to eat	152 (46.2%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	16 (4.9%)	234 (5.9%)
I did not get requested food	5 (1.5%)	53 (1.3%)
No answer given	22 (6.7%)	481 (12.2%)

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

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

19a. Did you eat any food apart from hospital food TODAY? 158 (40.8%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	6 (3.8%)	501 (24.5%)
Salty snacks	9 (5.7%)	273 (13.3%)
Homemade food	23 (14.6%)	302 (14.7%)
Fruits	72 (45.6%)	724 (35.4%)
Dairy products	11 (7.0%)	212 (10.4%)
Food delivered/restaurant	24 (15.2%)	84 (4.1%)
Sandwich	3 (1.9%)	139 (6.8%)
Other	34 (21.5%)	400 (19.5%)

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

Increased	9 (2.2%)	1138 (13.6%)
Decreased	253 (60.5%)	2694 (32.2%)
Stayed the same	125 (29.9%)	3504 (41.9%)
I do not know	19 (4.5%)	582 (7.0%)
Missing	12 (2.9%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	78 (18.7%)	3635 (43.4%)
Weaker than at admission	129 (30.9%)	1458 (17.4%)
Same as at admission	164 (39.2%)	2363 (28.2%)

I was admitted today	7 (1.7%)	236 (2.8%)
I do not know	26 (6.2%)	454 (5.4%)
Missing	14 (3.3%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	292 (69.9%)	4925 (58.9%)
No, only with assistance	57 (13.6%)	2067 (24.7%)
No, I stay in bed	47 (11.2%)	929 (11.1%)
Missing	22 (5.3%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	156 (38.3%)	5634 (69.0%)
---	-------------	--------------

V. Oncology: Unit organisation and structures ("Sheet 1 onco"):

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	5	113
Computerized system in hospital:	5 units (100%) YES	109 units (96%) YES
Nutritional treatment of cancer patients is part of overall care plan	5 units (100%) YES	95 units (84%) YES
Nutritional treatment is considered...		
Routinely	3 (60,0%)	56 (49.6%)
When patient asks	-	29 (25.7%)
When body weight loss > 10%	2 (40,0%)	39 (34.5%)
During palliative phase	1 (20,0%)	33 (29.2%)
Other	-	6 (5.31%)
Missing	-	17 (15.0%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	-	7 (6.19%)
No knowledge of the field	1 (20,0%)	7 (6.19%)
No reimbursement	-	7 (6.19%)
It feeds the tumour	-	1 (0.88%)
Other	-	4 (3.54%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	3 (60,0%)	64 (56.6%)
Calculation of energy needs	3 (60,0%)	82 (72.6%)
Monitoring patients intake and use of oral supplements	3 (60,0%)	99 (87.6%)
None	-	4 (3.54%)
Other	-	5 (4.42%)
Missing	-	2 (1.77%)
Nutritional therapy is not used due to		
Lack of evidence	-	2 (1.77%)
Lack of experience	1 (20,0%)	6 (5.31%)
No reimbursement	-	3 (2.65%)
Lack of dietitians	-	8 (7.08%)
Lack of other experts	-	3 (2.65%)
Other	-	1 (0.88%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

Regularly	5 (100%)	75 (66.4%)
At chemotherapy	-	12 (10.6%)
When necessary	-	23 (20.4%)
Never	-	1 (0.88%)
Unknown	-	1 (0.88%)
Missing	-	1 (0.88%)

Anthropometrics (circumference)

Regularly	2 (40,0%)	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	1 (20,0%)	40 (35.4%)
Never	-	53 (46.9%)
Unknown	1 (20,0%)	1 (0.88%)
Missing	1 (20,0%)	6 (5.31%)

BIA

Regularly	1 (20,0%)	5 (4.42%)
At chemotherapy	-	-
When necessary	-	23 (20.4%)
Never	3 (60,0%)	77 (68.1%)
Unknown	1 (20,0%)	3 (2.65%)
Missing	-	5 (4.42%)

CT SCAN

Regularly	2 (40,0%)	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	1 (20,0%)	29 (25.7%)
Never	1 (20,0%)	70 (61.9%)
Unknown	1 (20,0%)	3 (2.65%)
Missing	-	4 (3.54%)

DEXA

Regularly	1 (20,0%)	2 (1.77%)
At chemotherapy	-	-
When necessary	-	15 (13.3%)
Never	2 (40,0%)	83 (73.5%)
Unknown	2 (40,0%)	8 (7.08%)
Missing	-	5 (4.42%)

Other (body composition)

Regularly	-	1 (0.88%)
-----------	---	-----------

At chemotherapy	-	-
When necessary	-	16 (14.2%)
Never	1 (20,0%)	40 (35.4%)
Unknown	1 (20,0%)	19 (16.8%)
Missing	3 (60,0%)	37 (32.7%)

Body function:

Handgrip

Regularly	2 (40,0%)	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	1 (20,0%)	36 (31.9%)
Never	1 (20,0%)	60 (53.1%)
Unknown	1 (20,0%)	4 (3.54%)
Missing	-	6 (5.31%)

6-minutes walking test

Regularly	1 (20,0%)	3 (2.65%)
At chemotherapy	-	-
When necessary	-	32 (28.3%)
Never	2 (40,0%)	66 (58.4%)
Unknown	1 (20,0%)	5 (4.42%)
Missing	1 (20,0%)	7 (6.19%)

Other (body function)

Regularly	-	4 (3.54%)
At chemotherapy	-	-
When necessary	1 (20,0%)	22 (19.5%)
Never	2 (40,0%)	45 (39.8%)
Unknown	1 (20,0%)	15 (13.3%)
Missing	1 (20,0%)	27 (23.9%)

Nutritional requirements, calculated

Regularly	3 (60,0%)	32 (28.3%)
At chemotherapy	-	-
When necessary	2 (40,0%)	64 (56.6%)
Never	-	5 (4.42%)
Unknown	-	-
Missing	-	12 (10.6%)

Nutritional intake:

Every meal

Regularly	-	31 (27.4%)
At chemotherapy	-	1 (0.88%)
When necessary	3 (60,0%)	49 (43.4%)

Never	-	13 (11.5%)
Unknown	1 (20,0%)	6 (5.31%)
Missing	1 (20,0%)	13 (11.5%)
1 meal per day		
Regularly	-	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	3 (60,0%)	34 (30.1%)
Never	-	19 (16.8%)
Unknown	1 (20,0%)	9 (7.96%)
Missing	1 (20,0%)	38 (33.6%)
2 meals per day		
Regularly	-	12 (10.6%)
At chemotherapy	-	-
When necessary	3 (60,0%)	33 (29.2%)
Never	-	20 (17.7%)
Unknown	1 (20,0%)	9 (7.96%)
Missing	1 (20,0%)	39 (34.5%)
24h recall		
Regularly	2 (40,0%)	27 (23.9%)
At chemotherapy	-	2 (1.77%)
When necessary	2 (40,0%)	40 (35.4%)
Never	-	12 (10.6%)
Unknown	1 (20,0%)	7 (6.19%)
Missing	-	25 (22.1%)
Other (nutritional intake)		
Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	2 (40,0%)	16 (14.2%)
Never	-	22 (19.5%)
Unknown	1 (20,0%)	17 (15.0%)
Missing	2 (40,0%)	56 (49.6%)
Questionnaire completed by		
Dietitian	1 (20,0%)	40 (35.4%)
Nurse	-	29 (25.7%)
Physician	3 (60,0%)	38 (33.6%)
Nutritional scientist	-	5 (4.42%)
Other	-	-
Missing	1 (20,0%)	1 (0.88%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	157	959
Demographic data:		
Age (years)	63 [18-88]	66 [18-96]
Female gender	54 (34,4%)	378 (39.4%)
Weight (kg)	61,0 ± 12,7	65.1 ± 16.5
Height (cm)	164,9 ± 7,9	165.9 ± 9.9
BMI (kg/m2)	22,3 ± 3,5	23.7 ± 4.7
Outpatient (o)/Ward (w)		
Outpatient(o)	50 (31,8%)	63 (6.57%)
Ward (w)	107 (68,2%)	892 (93.0%)
Missing	-	4 (0.42%)
Goal of Therapy		
Curative	78 (49,7%)	554 (57.8%)
Palliative	77 (49,0%)	343 (35.8%)
Terminal	2 (1,27%)	37 (3.86%)
Missing	-	25 (2.61%)
Reason for admission		
Clinical diagnostics	11 (7,01%)	104 (10.8%)
Therapy	110 (70,1%)	469 (48.9%)
Surgery related	42 (26,8%)	200 (20.9%)
Treatment complications	4 (2,55%)	119 (12.4%)
Poor health status	-	118 (12.3%)
Independent care difficult	-	6 (0.63%)
Missing	-	-
Present cancer diagnosis		
Breast	1 (0,64%)	51 (5.32%)
Colon, rectum	30 (19,1%)	163 (17.0%)
Prostate	-	29 (3.02%)
Lung	-	75 (7.82%)
Skin	-	4 (0.42%)
Kidney/bladder	-	30 (3.13%)
Gastric/oesophageal	61 (38,9%)	144 (15.0%)
Pancreas	13 (8,28%)	63 (6.57%)
Lymphoma	2 (1,27%)	94 (9.80%)
Ears nose throat (ENT)	-	41 (4.28%)
Leukaemia	-	74 (7.72%)
Genital tract	-	32 (3.34%)

Liver	43 (27,4%)	103 (10.7%)
Sarcoma	-	8 (0.83%)
Brain	-	11 (1.15%)
Testicular	-	-
Other	13 (8,28%)	73 (7.61%)
Missing	-	11 (1.15%)

Time since diagnosis

0-2 months	106 (67,5%)	344 (35.9%)
3-5 months	17 (10,8%)	159 (16.6%)
6-12 months	9 (5,73%)	152 (15.8%)
1-2 years	7 (4,46%)	118 (12.3%)
2-4 years	7 (4,46%)	77 (8.03%)
> 4 years	9 (5,73%)	87 (9.07%)
Missing	2 (1,27%)	19 (1.98%)

Cancer staging

0=Carcinoma in situ	4 (2,55%)	35 (3.65%)
I=Localized	75 (47,8%)	202 (21.1%)
II=Early locally advanced	19 (12,1%)	159 (16.6%)
III=Late locally advanced	30 (19,1%)	168 (17.5%)
IV=Metastasised	25 (15,9%)	287 (29.9%)
Missing	4 (2,55%)	108 (11.3%)

Time since first therapy start

No therapy	45 (28,7%)	125 (13.0%)
Tumour staging/diagnosis	8 (5,10%)	63 (6.57%)
0-2 months	69 (43,9%)	267 (27.8%)
3-5 months	15 (9,55%)	128 (13.3%)
6-12 months	4 (2,55%)	135 (14.1%)
1-2 years	5 (3,18%)	90 (9.38%)
2-4 years	4 (2,55%)	59 (6.15%)
> 4 years	9 (5,73%)	98 (10.2%)
Missing	1 (0,64%)	16 (1.67%)

Therapy situation

Diagnosis	12 (7,64%)	107 (11.2%)
Chemotherapy 1st line	8 (5,10%)	175 (18.2%)
Chemotherapy > 1st line	-	142 (14.8%)
Radiotherapy	-	67 (6.99%)
Target therapy	1 (0,64%)	30 (3.13%)
Hormone therapy	-	12 (1.25%)
Palliative	3 (1,91%)	108 (11.3%)
Surgery	130 (82,8%)	322 (33.6%)

Cancer related complications	2 (1,27%)	57 (5.94%)
Therapy related complications	2 (1,27%)	36 (3.75%)
Missing	-	13 (1.36%)

Infections

None	146 (93,0%)	731 (76.2%)
Local	5 (3,18%)	136 (14.2%)
General	5 (3,18%)	70 (7.30%)
Missing	1 (0,64%)	22 (2.29%)

Nutrition Treatment

No special diet	60 (38,2%)	453 (47.2%)
Individualized diet plan	16 (10,2%)	228 (23.8%)
Energy rich/protein rich ONS	4 (2,55%)	120 (12.5%)
Enteral nutrition (via NGT/PEG)	26 (16,6%)	52 (5.42%)
Parenteral nutrition	60 (38,2%)	128 (13.3%)
ONS enriched with special nutrients	3 (1,91%)	19 (1.98%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	1 (0,64%)	7 (0.73%)
Personal preferences	-	109 (11.4%)
Counselling	-	54 (5.63%)
Other	-	27 (2.82%)
Missing	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	157	951
Body weight prior to becoming ill	63 [40-100]	70 [22-180]
Actual body weight	60 [34-113]	63 [21-128]
Change in weight was		
Intentional	5 (3,18%)	31 (3.23%)
Unintentional	88 (56,1%)	607 (63.3%)
Weight is stable	47 (29,9%)	154 (16.1%)
Missing	4 (2,55%)	30 (3.13%)
During the last week		
Patients who have had pain:		
Not at all	73 (46,5%)	329 (34.3%)
A little	48 (30,6%)	263 (27.4%)
Quite a bit	31 (19,7%)	161 (16.8%)
Very much	3 (1,91%)	107 (11.2%)
Missing	2 (1,27%)	87 (9.07%)
Patients who needed a rest:		
Not at all	53 (33,8%)	230 (24.0%)
A little	63 (40,1%)	279 (29.1%)
Quite a bit	35 (22,3%)	212 (22.1%)
Very much	1 (0,64%)	125 (13.0%)
Missing	2 (1,27%)	95 (9.91%)
Patients who felt weak:		
Not at all	65 (41,4%)	228 (23.8%)
A little	58 (36,9%)	266 (27.7%)
Quite a bit	25 (15,9%)	224 (23.4%)
Very much	4 (2,55%)	135 (14.1%)
Missing	2 (1,27%)	92 (9.59%)
Patients who felt depressed:		
Not at all	76 (48,4%)	348 (36.3%)
A little	58 (36,9%)	303 (31.6%)
Quite a bit	11 (7,01%)	125 (13.0%)
Very much	4 (2,55%)	72 (7.51%)
Missing	2 (1,27%)	89 (9.28%)
Patients who were tired:		

Not at all	67 (42,7%)	241 (25.1%)
A little	58 (36,9%)	283 (29.5%)
Quite a bit	22 (14,0%)	213 (22.2%)
Very much	2 (1,27%)	116 (12.1%)
Missing	3 (1,91%)	89 (9.28%)

Patients whose pain interfered with their daily activities:

Not at all	83 (52,9%)	373 (38.9%)
A little	38 (24,2%)	220 (22.9%)
Quite a bit	26 (16,6%)	142 (14.8%)
Very much	4 (2,55%)	110 (11.5%)
Missing	2 (1,27%)	94 (9.80%)

Patients who lacked appetite:

Not at all	73 (46,5%)	347 (36.2%)
A little	51 (32,5%)	238 (24.8%)
Quite a bit	19 (12,1%)	149 (15.5%)
Very much	6 (3,82%)	113 (11.8%)
Missing	2 (1,27%)	95 (9.91%)

Just now

Patients who have pain:

Not at all	50 (31,8%)	375 (39.1%)
A little	62 (39,5%)	304 (31.7%)
Quite a bit	34 (21,7%)	122 (12.7%)
Very much	3 (1,91%)	45 (4.69%)
Missing	4 (2,55%)	98 (10.2%)

Patients who need a rest:

Not at all	27 (17,2%)	192 (20.0%)
A little	60 (38,2%)	322 (33.6%)
Quite a bit	56 (35,7%)	230 (24.0%)
Very much	6 (3,82%)	98 (10.2%)
Missing	3 (1,91%)	96 (10.0%)

Patients who feel weak:

Not at all	36 (22,9%)	209 (21.8%)
A little	61 (38,9%)	313 (32.6%)
Quite a bit	47 (29,9%)	219 (22.8%)
Very much	4 (2,55%)	99 (10.3%)
Missing	3 (1,91%)	98 (10.2%)

Patients who are depressed:

Not at all	60 (38,2%)	375 (39.1%)
------------	------------	-------------

A little	67 (42,7%)	314 (32.7%)
Quite a bit	19 (12,1%)	116 (12.1%)
Very much	2 (1,27%)	39 (4.07%)
Missing	3 (1,91%)	96 (10.0%)

Patients who are tired:

Not at all	41 (26,1%)	222 (23.1%)
A little	66 (42,0%)	343 (35.8%)
Quite a bit	39 (24,8%)	197 (20.5%)
Very much	3 (1,91%)	82 (8.55%)
Missing	3 (1,91%)	94 (9.80%)

Patients whose pain interferes with their daily activities:

Not at all	45 (28,7%)	339 (35.3%)
A little	50 (31,8%)	259 (27.0%)
Quite a bit	43 (27,4%)	154 (16.1%)
Very much	5 (3,18%)	80 (8.34%)
Missing	4 (2,55%)	100 (10.4%)

Patients who lack appetite:

Not at all	45 (28,7%)	327 (34.1%)
A little	59 (37,6%)	264 (27.5%)
Quite a bit	30 (19,1%)	157 (16.4%)
Very much	12 (7,64%)	92 (9.59%)
Missing	3 (1,91%)	99 (10.3%)

Reasons for change in appetite/food intake

Nausea/Vomiting	21 (13,4%)	154 (16.1%)
Inflammation in mouth	2 (1,27%)	55 (5.74%)
Pain	34 (21,7%)	116 (12.1%)
Constipation	10 (6,37%)	64 (6.67%)
Diarrhea	1 (0,64%)	42 (4.38%)
Change in taste/smell	4 (2,55%)	104 (10.8%)
Early satiation/Loss of appetite	32 (20,4%)	217 (22.6%)
Other	43 (27,4%)	165 (17.2%)
Missing	10 (6,37%)	45 (4.69%)

Maximum activity performed by patients

Able to do sports	13 (8,28%)	38 (3.96%)
Fully active	31 (19,7%)	125 (13.0%)
Able to carry out light activities	34 (21,7%)	184 (19.2%)
Able to carry out self care	20 (12,7%)	215 (22.4%)
Able to carry out limited self care	18 (11,5%)	146 (15.2%)
Confined to bed or chair	37 (23,6%)	142 (14.8%)

Missing	3 (1,91%)	96 (10.0%)
Patient takes additional (without prescription)		
Nothing	124 (79,0%)	611 (63.7%)
Herbal tea	2 (1,27%)	75 (7.82%)
Nutritional supplements	7 (4,46%)	61 (6.36%)
Multivitamin	1 (0,64%)	37 (3.86%)
Other medication	11 (7,01%)	44 (4.59%)
Other	7 (4,46%)	49 (5.11%)
Missing	5 (3,18%)	116 (12.1%)
Additional activities performed		
Nothing	130 (82,8%)	710 (74.0%)
Psychotherapy	-	17 (1.77%)
Yoga	-	9 (0.94%)
Meditation	8 (5,10%)	21 (2.19%)
Progressive muscle relaxation	6 (3,82%)	14 (1.46%)
Qigong	-	1 (0.10%)
Other	8 (5,10%)	68 (7.09%)
Missing	6 (3,82%)	129 (13.5%)
Patients having difficulties in complying with treatment	21 (13,4%)	181 (18.9%)
Patients needing help to complete questionnaire	91 (58,0%)	545 (56.8%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	113 (72,0%)	549 (57.2%)