



Dear participant,

Thank you for your participation in nutritionDay worldwide in 2020 and for your effort. We are now able to present you your country report of the following sample size:

Number of participated center:	19
Number of participated units:	32
Number of patients:	456
Number of patients who gave consent:	426
Number of patients completing Sheet 3a:	418
Number of patients completing Sheet 3b:	419
Number of cancer patients:	79
Number of patients completing Sheet 2_onco:	27
Number of patients completing Sheet 3_onco:	27
Number of patients with 30-day outcome assessment:	328

This report compares your country to international reference database based on data from nutritionDay 2017-2019.

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospital.

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 2021. 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

1. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	373 [245-505]	375 [213-715]
2. Total number of admissions in the hospital last year	16750 [15349-21405]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	194 [135-330]	186 [90-417]
Medical specialists	203 [123-261]	124 [54-273]
Medical non-specialists	22 [4-80]	45 [19-116]
Nurses	652 [418-772]	440 [208-910]
Dieticians	8 [5-10]	5 [1-10]
Nutritionists	1 [0-2]	1 [0-5]
Pharmacists	9 [7-11]	8 [4-24]
Kitchen staff	36 [21-74]	32 [15-62]
Full time equivalent		
Total medical doctors	245 [154-488]	175 [76-394]
Medical specialists	156 [130-249]	121 [50-274]
Medical non-specialists	20 [19-142]	45 [18-138]
Nurses	518 [405-593]	380 [198-793]
Dieticians	6 [6-9]	5 [2-8]
Nutritionists	1 [0-2]	1 [0-3]
Pharmacists	8 [6-11]	7 [4-20]
Kitchen staff	25 [17-40]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	13 (100%) Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	11 (68.8%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	12 (75.0%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	11 (68.8%) Yes	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	6 (37.5%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	10 (62.5%) Yes	415 (76.4%) Yes
None	1 (6.3%) Yes	32 (5.9%) Yes
No answer given	3 (18.8%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	8 (50.0%) Yes	296 (54.5%) Yes

Oral nutrition supplements	5 (31.3%) Yes	219 (40.3%) Yes
Parenteral nutrition	9 (56.3%) Yes	349 (64.3%) Yes
Enteral nutrition	8 (50.0%) Yes	327 (60.2%) Yes
Dietary counseling	6 (37.5%) Yes	232 (42.7%) Yes
Specific dietary interventions	4 (25.0%) Yes	178 (32.8%) Yes
Screening for malnutrition	6 (37.5%) Yes	195 (35.9%) Yes
Risk of malnutrition	5 (31.3%) Yes	160 (29.5%) Yes
Malnutrition (in general)	8 (50.0%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	8 (50.0%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	4 (25.0%) Yes	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	6 (37.5%) Yes	264 (48.6%) Yes
Oral nutrition supplements	3 (18.8%) Yes	200 (36.8%) Yes
Parenteral nutrition	8 (50.0%) Yes	326 (60.0%) Yes
Enteral nutrition	7 (43.8%) Yes	310 (57.1%) Yes
Dietary counseling	4 (25.0%) Yes	208 (38.3%) Yes
Specific dietary interventions	3 (18.8%) Yes	160 (29.5%) Yes
Screening for malnutrition	6 (37.5%) Yes	162 (29.8%) Yes
Risk of malnutrition	5 (31.3%) Yes	138 (25.4%) Yes
Malnutrition (in general)	7 (43.8%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	7 (43.8%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	4 (25.0%) Yes	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	3 (9.4%)	20.5%
Internal Medicine / Cardiology	1 (3.1%)	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	11 (34.4%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	5 (15.6%)	8.0%
Interdisciplinary	1 (3.1%)	2.9%
Long term care	4 (12.5%)	2.6%
Neurology	-	4.0%
Surgery / General	1 (3.1%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (3.1%)	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	2 (6.3%)	1.0%
Others	3 (9.4%)	13.2%
2. Number of registered inpatients at noon	19 [15-21]	24 [18-31]
3. Total bed capacity of the unit	25 [24-28]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	2 [1-2]	3 [2-7]
Nurses	3 [3-5]	4 [3-7]
Nursing aides	1 [0-2]	2 [1-3]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-1]
Other staff involved in patient care	1 [1-3]	1 [0-3]
In training		
Medical doctors	1 [1-2]	1 [0-3]
Medical students	1 [0-2]	0 [0-2]
Nurses	2 [1-3]	1 [0-2]

Nursing aides	0 [0-0]	0 [0-1]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-2]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 23 (88.5%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 19 (73.1%) Yes 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 22 (84.6%) Yes 831 (72.3%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 3Yes 1155 (90.1%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 21 (80.8%) Yes 662 (57.6%) Yes

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

At admission

No routine screening	1 (3.1%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	4 (12.5%) Yes	85 (6.3%) Yes
Weighing / BMI only	4 (12.5%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	15 (46.9%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	-	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	3 (9.4%) Yes	27 (2.0%) Yes
Other formal tool	4 (12.5%) Yes	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	1 (3.1%)	64 (4.8%)

During hospital stay

No routine monitoring	-	120 (8.9%) Yes
No fixed criteria	1 (3.1%) Yes	101 (7.5%) Yes
Experience / visual assessment only	6 (18.8%) Yes	212 (15.8%) Yes
Weighing / BMI only	16 (50.0%) Yes	438 (32.5%) Yes
Other formal tool	5 (15.6%) Yes	378 (28.1%) Yes
I do not know	3 (9.4%) Yes	33 (2.5%) Yes
Missing	1 (3.1%)	64 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 22 (88.0%) Yes 954 (85.2%) Yes

11b. If yes, which one is mainly used?			
International guidelines	9 (40.9%)	Yes	266 (27.9%)
National guidelines	1 (4.5%)	Yes	148 (15.5%)
Standards on hospital level	5 (22.7%)	Yes	355 (37.2%)
Standards on unit level	5 (22.7%)	Yes	58 (6.1%)
Individual patient nutrition care plans	1 (4.5%)	Yes	111 (11.6%)
Other	-		8 (0.84%)
Missing	1 (4.5%)		8 (0.84%)

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

At risk

Watchful waiting	4 (12.5%)	Yes	355 (26.4%)
Discuss nutrition care activities during ward rounds	18 (56.3%)	Yes	572 (42.5%)
Develop an individual nutrition care plan	18 (56.3%)	Yes	675 (50.1%)
Initiate treatment / nutrition intervention	20 (62.5%)	Yes	739 (54.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	15 (46.9%)	Yes	739 (54.9%)
Consult a medical professional	6 (18.8%)	Yes	472 (35.1%)
Calculate energy requirements	10 (31.3%)	Yes	593 (44.1%)
Calculate protein requirements	9 (28.1%)	Yes	574 (42.6%)

Malnourished

Watchful waiting	5 (15.6%)	Yes	252 (18.7%)
Discuss nutrition care activities during ward rounds	16 (50.0%)	Yes	614 (45.6%)
Develop an individual nutrition care plan	17 (53.1%)	Yes	739 (54.9%)
Initiate treatment / nutrition intervention	18 (56.3%)	Yes	797 (59.2%)
Consult a nutrition expert (dietician, nutritionist, etc.)	14 (43.8%)	Yes	729 (54.2%)
Consult a medical professional	9 (28.1%)	Yes	540 (40.1%)
Calculate energy requirements	16 (50.0%)	Yes	686 (51.0%)
Calculate protein requirements	17 (53.1%)	Yes	670 (49.8%)

Every patient

Watchful waiting	24 (75.0%)	Yes	668 (49.6%)
Discuss nutrition care activities during ward rounds	10 (31.3%)	Yes	331 (24.6%)
Develop an individual nutrition care plan	9 (28.1%)	Yes	220 (16.3%)
Initiate treatment / nutrition intervention	9 (28.1%)	Yes	173 (12.9%)
Consult a nutrition expert (dietician, nutritionist, etc.)	14 (43.8%)	Yes	256 (19.0%)
Consult a medical professional	14 (43.8%)	Yes	267 (19.8%)
Calculate energy requirements	6 (18.8%)	Yes	166 (12.3%)
Calculate protein requirements	5 (15.6%)	Yes	148 (11.0%)

Never

Watchful waiting	1 (3.1%)	Yes	95 (7.1%)
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Discuss nutrition care activities during ward rounds	-	58 (4.3%) Yes
Develop an individual nutrition care plan	1 (3.1%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	-	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1.5%) Yes
Consult a medical professional	1 (3.1%) Yes	124 (9.2%) Yes
Calculate energy requirements	2 (6.3%) Yes	120 (8.9%) Yes
Calculate protein requirements	2 (6.3%) Yes	139 (10.3%) Yes

I do not know

Watchful waiting	-	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	-	49 (3.6%) Yes
Develop an individual nutrition care plan	1 (3.1%) Yes	43 (3.2%) Yes
Initiate treatment / nutrition intervention	-	37 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	39 (2.9%) Yes
Consult a medical professional	1 (3.1%) Yes	96 (7.1%) Yes
Calculate energy requirements	1 (3.1%) Yes	68 (5.1%) Yes
Calculate protein requirements	1 (3.1%) Yes	75 (5.6%) Yes

13. When do you routinely weigh your patients?

at admission	23 (71.9%) Yes	878 (65.2%) Yes
Within 24 hours	6 (18.8%) Yes	203 (15.1%) Yes
Within 48 hours	3 (9.4%) Yes	74 (5.5%) Yes
Within 72 hours	1 (3.1%) Yes	32 (2.4%) Yes
Every week	24 (75.0%) Yes	631 (46.9%) Yes
Occasionally	1 (3.1%) Yes	153 (11.4%) Yes
When requested	14 (43.8%) Yes	707 (52.5%) Yes
At discharge	-	65 (4.8%) Yes
Never	-	12 (0.89%) Yes
I do not know	-	8 (0.59%) Yes
No answer given	-	64 (4.8%)

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

Offer additional meals or in between snacks	26 (81.3%) Yes	1043 (77.5%) Yes
Offer meal choices	26 (81.3%) Yes	989 (73.5%) Yes
Offer different portion sizes	28 (87.5%) Yes	900 (66.9%) Yes
Consider food presentation	8 (25.0%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	29 (90.6%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	28 (87.5%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	8 (25.0%) Yes	399 (29.6%) Yes
Promote positive eating environment	10 (31.3%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	28 (87.5%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	31 (96.9%) Yes	1163 (86.4%) Yes
Other	3 (9.4%) Yes	101 (7.5%) Yes

I do not know	-	23 (1.7%) Yes
No answer given	1 (3.1%)	64 (4.8%)

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

Nutrition training is available	14 (43.8%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	12 (37.5%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	14 (43.8%) Yes	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	4 (12.5%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	20 (62.5%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	6 (18.8%)	196 (14.6%)

16. At admission what is asked and documented?

Change in weight	23 (71.9%) Yes	985 (73.2%) Yes
Eating habits/difficulties	22 (68.8%) Yes	932 (69.2%) Yes
Nutrition before admission	20 (62.5%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	6 (18.8%)	196 (14.6%)

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	26 (81.3%) Yes	965 (71.7%) Yes
nutrition treatment	17 (53.1%) Yes	759 (56.4%) Yes
None	-	53 (3.9%) Yes
I do not know	-	40 (3.0%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	15 (46.9%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	16 (50.0%) Yes	775 (57.6%) Yes
None	-	112 (8.3%) Yes
I do not know	5 (15.6%) Yes	136 (10.1%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	11 (50.0%) Yes	475 (44.9%) Yes
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19. Who filled in this sheet?

Head staff	18 (56.3%) Yes	369 (27.4%) Yes
Dietician	17 (53.1%) Yes	641 (47.6%) Yes
Nurse	5 (15.6%) Yes	339 (25.2%) Yes

Physician	-	140 (10.4%)	Yes
Administrative staff	-	22 (1.6%)	Yes
Other	-	87 (6.5%)	Yes
None	-	-	-
I do not know	-	16 (1.2%)	Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	426	24938
Age	79 [67-87]	67 [52-79]
Female	253 (59.4%)	12350 (49.5%)
Weight	72.0±18.5	70.6±18.8
Height	166±10	166±10
BMI	26.1±5.8	25.6±5.9

1. This hospital admission was...

planned	105 (24.6%)	8897 (35.7%)
an emergency	288 (67.6%)	14095 (56.5%)
I do not know	33 (7.7%)	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	48 (11.3%)	2401 (9.6%)
0200 Neoplasms	73 (17.1%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	33 (7.7%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	46 (10.8%)	3135 (12.6%)
0500 Mental health	77 (18.1%)	1229 (4.9%)
0600 Nervous system	43 (10.1%)	2384 (9.6%)
0700 Eye and adnexa	8 (1.9%)	314 (1.3%)
0800 Ear and mastoid process	1 (0.23%)	143 (0.57%)
0900 Circulatory system	116 (27.2%)	5456 (21.9%)
1000 Respiratory system	84 (19.7%)	3828 (15.4%)
1100 Digestive system	73 (17.1%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	14 (3.3%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	93 (21.8%)	4086 (16.4%)
1400 Genitourinary system	59 (13.8%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	-	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	4 (0.94%)	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	21 (4.9%)	1374 (5.5%)
1900 Injury, poisoning	21 (4.9%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	22 (5.2%)	760 (3.0%)
2100 Factors influencing health status and contact with health services	43 (10.1%)	967 (3.9%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	86 (23.3%)	4815 (20.0%)
Myocardial infarction	13 (3.5%)	1295 (5.4%)
Chronic lung disease	68 (18.5%)	3095 (12.9%)
Cerebral vascular disease	45 (12.1%)	2104 (8.8%)
Peripheral vascular disease	54 (14.5%)	2576 (10.7%)
Chronic liver disease	25 (6.8%)	1387 (5.8%)
Chronic kidney disease	62 (16.8%)	2780 (11.6%)
Diabetes	109 (29.5%)	5493 (22.8%)
Cancer	79 (21.5%)	5291 (22.0%)
Infection	95 (26.1%)	3401 (14.2%)
Dementia	68 (18.2%)	1201 (5.0%)
Major depressive disorder	51 (13.5%)	1146 (4.8%)
Other chronic mental disorder	59 (15.2%)	1129 (4.7%)
Other chronic disease	100 (26.8%)	6182 (25.7%)
None	33 (7.7%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	48 (11.3%)	4588 (18.4%)
Yes, acute	38 (8.9%)	1540 (6.2%)
No	249 (58.5%)	15619 (62.6%)
I do not know	6 (1.4%)	235 (0.94%)
Missing	85 (20.0%)	2956 (11.9%)

Days since operation	12 [6-21]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	6 (1.4%)	1928 (7.7%)
Yes, later	7 (1.6%)	1364 (5.5%)
No	312 (73.2%)	17466 (70.0%)
I do not know	16 (3.8%)	777 (3.1%)
Missing	85 (20.0%)	3403 (13.6%)

5. Previous ICU admission during this hospital stay? (Yes)	37 (10.7%)	2367 (10.6%)
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6. Is this patient terminally ill?	23 (5.4%)	1518 (6.1%)
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7. Fluid status

Normal	313 (73.5%)	19053 (76.4%)
Overloaded	44 (10.3%)	1296 (5.2%)
Dehydrated	14 (3.3%)	1231 (4.9%)
I do not know	55 (12.9%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

Oral	8 [6-11]	5 [2-8]
Other	2 [1-3]	2 [1-4]

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

Malnourished	98 (23.0%)	3162 (12.7%)
At risk	113 (26.5%)	4616 (18.5%)
No	200 (46.9%)	15318 (61.4%)
I do not know	15 (3.5%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	84 (19.7%)	8176 (32.8%)
5% Glucose solution	29 (6.8%)	2128 (8.5%)

11. Number of ONS drinks planned

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

Regular hospital food	250 (58.7%)	15131 (60.7%)
Fortified/enriched hospital food	153 (35.9%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	136 (31.9%)	4070 (16.3%)
Enteral nutrition	10 (2.3%)	1106 (4.4%)
Parenteral nutrition	8 (1.9%)	1022 (4.1%)
Special diet	121 (28.4%)	7501 (30.1%)
None	1 (0.2%)	982 (3.9%)

13a. All lines and Tubes

Central Venous	28 (8.1%)	2136 (9.6%)
Peripheral venous access	89 (25.6%)	11129 (49.9%)
Nasogastric	1 (0.29%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	1 (0.29%)	82 (0.37%)
Enterostoma	1 (0.29%)	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.29%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	314 (73.7%)	11685 (46.9%)

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

Yes, previously	4 (0.94%)	352 (1.4%)
Yes, ongoing	3 (0.70%)	210 (0.84%)
No	276 (64.8%)	18650 (74.8%)
I do not know	41 (9.6%)	2030 (8.1%)
Missing	102 (23.9%)	3696 (14.8%)

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

Energy requirements were determined	126 (36.3%)	8591 (38.5%)
Protein requirements were determined	99 (28.5%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	239 (68.9%)	9521 (42.7%)
Nutrition treatment plan was developed	184 (53.0%)	8177 (36.6%)
Nutrition expert was consulted	255 (73.5%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	226 (65.1%)	7448 (33.4%)
None	-	-

15a. Energy goal

< 500 kcal	21 (4.9%)	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	11 (2.6%)	1956 (7.8%)
1500-1999 kcal	113 (26.5%)	7632 (30.6%)
>=2000 kcal	47 (11.0%)	2380 (9.5%)
Not determined	128 (30.0%)	7419 (29.7%)
I do not know	27 (6.3%)	1959 (7.9%)
Missing	79 (18.5%)	2615 (10.5%)

15b. Energy intake

< 500 kcal	10 (2.3%)	1316 (5.3%)
500-999 kcal	10 (2.3%)	938 (3.8%)
1000-1499 kcal	49 (11.5%)	2996 (12.0%)
1500-1999 kcal	114 (26.8%)	5568 (22.3%)
>=2000 kcal	20 (4.7%)	1218 (4.9%)
Not determined	121 (28.4%)	7394 (29.6%)
I do not know	23 (5.4%)	2893 (11.6%)
Missing	79 (18.5%)	2615 (10.5%)

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

Improved	180 (42.3%)	11443 (45.9%)
Deteriorated	23 (5.4%)	1219 (4.9%)
Remained the same	98 (23.0%)	6079 (24.4%)
This patient has just been admitted	22 (5.2%)	1466 (5.9%)
I do not know	24 (5.6%)	2116 (8.5%)
Missing	79 (18.5%)	2615 (10.5%)

Length of hospital stay (days)	19 [13-36]	12 [6-23]
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Outcome Code

1= Still in the hospital	99 (23.2%)	2515 (10.1%)
2= Transferred to another hospital	5 (1.2%)	534 (2.1%)
3= Transferred to long term care	51 (12.0%)	1049 (4.2%)

4= Rehabilitation	15 (3.5%)	871 (3.5%)
5= Discharged home	129 (30.3%)	18594 (74.6%)
6= Death	10 (2.3%)	785 (3.1%)
7= Others	19 (4.5%)	410 (1.6%)
Missing	98 (23.0%)	180 (0.72%)

Readmitted since ND

1= No	164 (78.1%)	16760 (76.8%)
2= Yes, same hospital planned	11 (5.2%)	1458 (6.7%)
3= Yes, same hospital unplanned	18 (8.6%)	1363 (6.2%)
4= Yes, different hospital planned	1 (0.48%)	114 (0.52%)
5= Yes, different hospital unplanned	1 (0.48%)	114 (0.52%)
6= Unknown	2 (0.95%)	481 (2.2%)
Missing	14 (6.7%)	1471 (6.7%)

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	268 (64.1%)	15402 (63.5%)
I am vegetarian	4 (0.96%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	1 (0.24%)	204 (0.84%)
I avoid added sugars	41 (9.8%)	3626 (14.9%)
I avoid carbohydrates	8 (1.9%)	1383 (5.7%)
I eat a low fat-diet	13 (3.1%)	2463 (10.2%)
I am lactose intolerant	4 (0.96%)	809 (3.3%)
Other special diet due to intolerances/allergies	10 (2.4%)	416 (1.7%)
Other	22 (5.3%)	1608 (6.6%)
No answer given	80 (19.1%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	292 (69.9%)	19123 (78.8%)
In a nursing home or other live-in facility	28 (6.7%)	762 (3.1%)
I was transferred from another hospital	8 (1.9%)	1370 (5.6%)
Other	3 (0.72%)	330 (1.4%)
Missing	87 (20.8%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	153 (36.6%)	13831 (57.0%)
Yes, with someone's help	52 (12.4%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	98 (23.4%)	3228 (13.3%)
No, I have a wheelchair	10 (2.4%)	852 (3.5%)
No, I am bedridden	25 (6.0%)	1317 (5.4%)
Missing	80 (19.1%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	11 (2.6%)	1712 (7.1%)
Good	136 (32.5%)	7821 (32.2%)
Fair	135 (32.3%)	8148 (33.6%)
Poor	49 (11.7%)	3099 (12.8%)
Very poor	5 (1.2%)	710 (2.9%)
Missing	82 (19.6%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	6 [3-12]	5 [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?	7 [0-18]	6 [0-16]
--	----------	----------

6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	32 (7.7%)	4416 (18.2%)
3-5	96 (23.0%)	5773 (23.8%)
More than 5	171 (40.9%)	6835 (28.2%)
None	16 (3.8%)	3630 (15.0%)
I do not know	22 (5.3%)	820 (3.4%)
Missing	81 (19.4%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	103 (24.6%)	3823 (15.8%)
Yes, public insurance only	98 (23.4%)	11203 (46.2%)
Yes, both	53 (12.7%)	2662 (11.0%)
None	36 (8.6%)	2485 (10.2%)
I prefer not to answer	34 (8.1%)	986 (4.1%)
Missing	94 (22.5%)	3100 (12.8%)

8. What was your weight 5 years ago?

	74 [62-87]	72 [62-85]
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I do not know	101 (24.2%)	5440 (22.4%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	19 (4.5%)	2202 (9.1%)
Yes, unintentionally	137 (32.8%)	9411 (38.8%)
No, my weight stayed the same	117 (28.0%)	7247 (29.9%)
No, I gained weight	68 (16.3%)	2760 (11.4%)
I do not know	59 (14.1%)	2195 (9.0%)
Missing	18 (4.3%)	444 (1.8%)

9b. If yes, how many kg did you lose?

	6 [4-10]	6 [4-10]
--	----------	----------

I do not know	21 (13.5%)	1851 (15.9%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	79 (24.5%)	8227 (39.7%)
--	------------	--------------

11. Please indicate if you ...

... were weighed at admission	234 (69.4%)	12540 (58.3%)
... were informed about your nutrition status	162 (48.5%)	7803 (36.5%)
... were informed about nutrition care options	194 (57.7%)	7174 (33.6%)
... received special nutrition care	160 (47.8%)	6955 (32.7%)

12. How well have you eaten in the week before you were admitted to the hospital?

More than normal	8 (1.9%)	1099 (4.5%)
Normal	247 (58.9%)	14509 (60.0%)

About 3/4 of normal	49 (11.7%)	2651 (11.0%)
About half of normal	68 (16.2%)	3062 (12.7%)
About a quarter to nearly nothing	37 (8.8%)	2263 (9.4%)
I do not know	4 (0.95%)	231 (0.96%)
Missing	6 (1.4%)	362 (1.5%)

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

Very satisfied	62 (14.8%)	5394 (22.3%)
Somewhat satisfied	163 (38.9%)	7204 (29.8%)
Neutral	56 (13.4%)	4214 (17.4%)
Dissatisfied	16 (3.8%)	1854 (7.7%)
Very dissatisfied	16 (3.8%)	673 (2.8%)
I do not know	23 (5.5%)	1694 (7.0%)
Missing	83 (19.8%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	4 (0.95%)	2177 (9.0%)
Yes, from hospital staff	45 (10.7%)	1475 (6.1%)
No	279 (66.6%)	16830 (69.6%)
I do not know	-	282 (1.2%)
Missing	91 (21.7%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	273 (86.1%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	213 (50.8%)	11133 (46.0%)
1/2	100 (23.9%)	6143 (25.4%)
1/4	56 (13.4%)	3103 (12.8%)
Nothing	39 (9.3%)	2802 (11.6%)
Missing	11 (2.6%)	996 (4.1%)

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

Standard	225 (53.7%)	13732 (56.8%)
Smaller	37 (8.8%)	2093 (8.7%)
Larger	29 (6.9%)	1046 (4.3%)
I do not know	16 (3.8%)	2302 (9.5%)
Missing	112 (26.7%)	5004 (20.7%)

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

I did not like the type of food offered	28 (14.4%)	1945 (16.1%)
I did not like the smell/taste of the food	11 (5.6%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	-	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	-	281 (2.3%)
Due to food allergy/intolerance	-	105 (0.87%)
I was not hungry at that time	50 (25.6%)	1991 (16.5%)
I do not have my usual appetite	46 (23.6%)	3586 (29.8%)
I have problems chewing/swallowing	10 (5.1%)	716 (5.9%)
I normally eat less than what was served	21 (10.8%)	1383 (11.5%)
I had nausea/vomiting	11 (5.6%)	984 (8.2%)
I was too tired	21 (10.8%)	740 (6.1%)
I cannot eat without help	4 (2.1%)	191 (1.6%)
I was not allowed to eat	12 (6.2%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	5 (2.6%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	62 (31.8%)	1823 (15.1%)

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

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

19a. Did you eat any food apart from hospital food TODAY? 66 (21.0%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	35 (53.0%)	1820 (31.2%)
Salty snacks	9 (13.6%)	645 (11.1%)
Homemade food	6 (9.1%)	896 (15.4%)
Fruits	20 (30.3%)	2357 (40.4%)
Dairy products	12 (18.2%)	686 (11.8%)
Food delivered/restaurant	1 (1.5%)	272 (4.7%)
Sandwich	5 (7.6%)	347 (6.0%)
Other	4 (6.1%)	795 (13.6%)

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

Increased	57 (13.6%)	3329 (13.8%)
Decreased	81 (19.3%)	6808 (28.2%)
Stayed the same	167 (39.9%)	9055 (37.5%)
I do not know	29 (6.9%)	1479 (6.1%)
Missing	85 (20.3%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	190 (45.3%)	10558 (43.7%)
Weaker than at admission	54 (12.9%)	4610 (19.1%)
Same as at admission	122 (29.1%)	6833 (28.3%)
I was admitted today	15 (3.6%)	576 (2.4%)
I do not know	35 (8.4%)	1178 (4.9%)
Missing	3 (0.72%)	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	204 (48.7%)	14229 (58.9%)
No, only with assistance	154 (36.8%)	5989 (24.8%)
No, I stay in bed	45 (10.7%)	2912 (12.0%)
Missing	16 (3.8%)	1047 (4.3%)

23. Did anyone help you complete this questionnaire?	276 (82.9%)	13801 (65.2%)
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V. Oncology: Unit organisation and structures ("Sheet 1 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	3	291
Computerized system in hospital:	3 units (100%) YES	265 units (91%) YES
Nutritional treatment of cancer patients is part of overall care plan	3 units (100%) YES	268 units (92%) YES
Nutritional treatment is considered...		
Routinely	3 (100%)	187 (64,3%)
When patient asks	-	81 (27,8%)
When body weight loss > 10%	-	98 (33,7%)
During palliative phase	-	74 (25,4%)
Other	-	26 (8,93%)
Missing	-	18 (6,19%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	-	8 (2,75%)
No knowledge of the field	-	9 (3,09%)
No reimbursement	-	6 (2,06%)
It feeds the tumour	-	1 (0,34%)
Other	-	11 (3,78%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	2 (66,7%)	206 (70,8%)
Calculation of energy needs	3 (100%)	201 (69,1%)
Monitoring patients intake and use of oral supplements	3 (100%)	245 (84,2%)
None	-	5 (1,72%)
Other	1 (33,3%)	15 (5,15%)
Missing	-	8 (2,75%)
Nutritional therapy is not used due to		
Lack of evidence	-	2 (0,69%)
Lack of experience	-	6 (2,06%)
No reimbursement	-	5 (1,72%)
Lack of dietitians	-	6 (2,06%)
Lack of other experts	-	1 (0,34%)
Other	-	9 (3,09%)
Missing	-	2 (0,69%)
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

Regularly	2 (66,7%)	199 (68,4%)
At chemotherapy	1 (33,3%)	47 (16,2%)
When necessary	-	35 (12,0%)
Never	-	5 (1,72%)
Unknown	-	2 (0,69%)
Missing	-	3 (1,03%)

Anthropometrics (circumference)

Regularly	-	42 (14,4%)
At chemotherapy	-	6 (2,06%)
When necessary	2 (66,7%)	98 (33,7%)
Never	1 (33,3%)	122 (41,9%)
Unknown	-	12 (4,12%)
Missing	-	11 (3,78%)

BIA

Regularly	-	10 (3,44%)
At chemotherapy	-	3 (1,03%)
When necessary	2 (66,7%)	90 (30,9%)
Never	1 (33,3%)	165 (56,7%)
Unknown	-	12 (4,12%)
Missing	-	11 (3,78%)

CT SCAN

Regularly	-	9 (3,09%)
At chemotherapy	-	3 (1,03%)
When necessary	2 (66,7%)	67 (23,0%)
Never	1 (33,3%)	176 (60,5%)
Unknown	-	24 (8,25%)
Missing	-	12 (4,12%)

DEXA

Regularly	-	5 (1,72%)
At chemotherapy	-	1 (0,34%)
When necessary	1 (33,3%)	47 (16,2%)
Never	2 (66,7%)	197 (67,7%)
Unknown	-	28 (9,62%)
Missing	-	13 (4,47%)

Other (body composition)

Regularly	-	8 (2,75%)
At chemotherapy	-	2 (0,69%)

When necessary	-	42 (14,4%)
Never	1 (33,3%)	104 (35,7%)
Unknown	1 (33,3%)	38 (13,1%)
Missing	1 (33,3%)	97 (33,3%)

Body function:

Handgrip

Regularly	-	16 (5,50%)
At chemotherapy	-	8 (2,75%)
When necessary	1 (33,3%)	90 (30,9%)
Never	2 (66,7%)	153 (52,6%)
Unknown	-	14 (4,81%)
Missing	-	10 (3,44%)

6-minutes walking test

Regularly	-	10 (3,44%)
At chemotherapy	-	7 (2,41%)
When necessary	2 (66,7%)	68 (23,4%)
Never	1 (33,3%)	170 (58,4%)
Unknown	-	20 (6,87%)
Missing	-	16 (5,50%)

Other (body function)

Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	-	55 (18,9%)
Never	1 (33,3%)	108 (37,1%)
Unknown	-	33 (11,3%)
Missing	2 (66,7%)	80 (27,5%)

Nutritional requirements, calculated

Regularly	1 (33,3%)	87 (29,9%)
At chemotherapy	1 (33,3%)	4 (1,37%)
When necessary	1 (33,3%)	135 (46,4%)
Never	-	20 (6,87%)
Unknown	-	6 (2,06%)
Missing	-	39 (13,4%)

Nutritional intake:

Every meal

Regularly	1 (33,3%)	78 (26,8%)
At chemotherapy	-	3 (1,03%)
When necessary	2 (66,7%)	124 (42,6%)
Never	-	31 (10,7%)

Unknown	-	15 (5,15%)
Missing	-	40 (13,7%)
1 meal per day		
Regularly	-	33 (11,3%)
At chemotherapy	-	4 (1,37%)
When necessary	1 (33,3%)	90 (30,9%)
Never	1 (33,3%)	59 (20,3%)
Unknown	-	20 (6,87%)
Missing	1 (33,3%)	85 (29,2%)
2 meals per day		
Regularly	-	32 (11,0%)
At chemotherapy	-	3 (1,03%)
When necessary	1 (33,3%)	89 (30,6%)
Never	1 (33,3%)	60 (20,6%)
Unknown	-	20 (6,87%)
Missing	1 (33,3%)	87 (29,9%)
24h recall		
Regularly	1 (33,3%)	63 (21,6%)
At chemotherapy	1 (33,3%)	8 (2,75%)
When necessary	1 (33,3%)	117 (40,2%)
Never	-	39 (13,4%)
Unknown	-	14 (4,81%)
Missing	-	50 (17,2%)
Other (nutritional intake)		
Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	-	62 (21,3%)
Never	1 (33,3%)	46 (15,8%)
Unknown	-	35 (12,0%)
Missing	2 (66,7%)	133 (45,7%)
Questionnaire completed by		
Dietitian	3 (100%)	128 (44,0%)
Nurse	-	69 (23,7%)
Physician	-	56 (19,2%)
Nutritional scientist	-	30 (10,3%)
Other	-	2 (0,69%)
Missing	-	6 (2,06%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	27	2862
Demographic data:		
Age (years)	69 [32-85]	64 [18-120]
Female gender	14 (51,9%)	1301 (45,5%)
Weight (kg)	86,7 ± 19,3	67,0 ± 16,8
Height (cm)	173,4 ± 10,2	165,5 ± 9,8
BMI (kg/m ²)	28,7 ± 5,7	24,3 ± 5,0
Outpatient (o)/Ward (w)		
Outpatient(o)	-	118 (4,12%)
Ward (w)	27 (100%)	2736 (95,6%)
Missing	-	8 (0,28%)
Goal of Therapy		
Curative	19 (70,4%)	1803 (63,0%)
Palliative	8 (29,6%)	895 (31,3%)
Terminal	-	96 (3,35%)
Missing	-	68 (2,38%)
Reason for admission		
Clinical diagnostics	1 (3,70%)	368 (12,9%)
Therapy	15 (55,6%)	1326 (46,3%)
Surgery related	-	515 (18,0%)
Treatment complications	10 (37,0%)	409 (14,3%)
Poor health status	4 (14,8%)	386 (13,5%)
Independent care difficult	-	25 (0,87%)
Missing	-	2 (0,07%)
Present cancer diagnosis		
Breast	2 (7,41%)	223 (7,79%)
Colon, rectum	2 (7,41%)	395 (13,8%)
Prostate	2 (7,41%)	107 (3,74%)
Lung	2 (7,41%)	306 (10,7%)
Skin	3 (11,1%)	25 (0,87%)
Kidney/bladder	5 (18,5%)	126 (4,40%)
Gastric/oesophageal	1 (3,70%)	291 (10,2%)
Pancreas	-	133 (4,65%)
Lymphoma	1 (3,70%)	232 (8,11%)
Ears nose throat (ENT)	-	114 (3,98%)
Leukaemia	-	241 (8,42%)

Genital tract	-	115 (4,02%)
Liver	1 (3,70%)	194 (6,78%)
Sarcoma	1 (3,70%)	47 (1,64%)
Brain	1 (3,70%)	47 (1,64%)
Testicular	-	19 (0,66%)
Other	6 (22,2%)	332 (11,6%)
Missing	-	42 (1,47%)

Time since diagnosis

0-2 months	6 (22,2%)	823 (28,8%)
3-5 months	6 (22,2%)	486 (17,0%)
6-12 months	3 (11,1%)	494 (17,3%)
1-2 years	5 (18,5%)	371 (13,0%)
2-4 years	5 (18,5%)	272 (9,50%)
> 4 years	2 (7,41%)	297 (10,4%)
Missing	-	69 (2,41%)

Cancer staging

0=Carcinoma in situ	-	141 (4,93%)
I=Localized	3 (11,1%)	540 (18,9%)
II=Early locally advanced	7 (25,9%)	482 (16,8%)
III=Late locally advanced	4 (14,8%)	436 (15,2%)
IV=Metastasised	13 (48,1%)	871 (30,4%)
Missing	-	392 (13,7%)

Time since first therapy start

No therapy	1 (3,70%)	237 (8,28%)
Tumour staging/diagnosis	1 (3,70%)	311 (10,9%)
0-2 months	11 (40,7%)	814 (28,4%)
3-5 months	4 (14,8%)	381 (13,3%)
6-12 months	4 (14,8%)	422 (14,7%)
1-2 years	3 (11,1%)	298 (10,4%)
2-4 years	3 (11,1%)	223 (7,79%)
> 4 years	1 (3,70%)	228 (7,97%)
Missing	-	60 (2,10%)

Therapy situation

Diagnosis	1 (3,70%)	309 (10,8%)
Chemotherapy 1st line	12 (44,4%)	622 (21,7%)
Chemotherapy > 1st line	3 (11,1%)	518 (18,1%)
Radiotherapy	1 (3,70%)	271 (9,47%)
Target therapy	6 (22,2%)	74 (2,59%)
Hormone therapy	2 (7,41%)	31 (1,08%)
Palliative	2 (7,41%)	242 (8,46%)

Surgery	-	632 (22,1%)
Cancer related complications	2 (7,41%)	285 (9,96%)
Therapy related complications	-	119 (4,16%)
Missing	-	64 (2,24%)

Infections

None	11 (40,7%)	2103 (73,5%)
Local	6 (22,2%)	430 (15,0%)
General	9 (33,3%)	241 (8,42%)
Missing	1 (3,70%)	88 (3,07%)

Nutrition Treatment

No special diet	10 (37,0%)	1203 (42,0%)
Individualized diet plan	12 (44,4%)	798 (27,9%)
Energy rich/protein rich ONS	12 (44,4%)	577 (20,2%)
Enteral nutrition (via NGT/PEG)	-	143 (5,00%)
Parenteral nutrition	2 (7,41%)	213 (7,44%)
ONS enriched with special nutrients	-	103 (3,60%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	39 (1,36%)
Personal preferences	8 (29,6%)	324 (11,3%)
Counselling	6 (22,2%)	214 (7,48%)
Other	-	117 (4,09%)
Missing	-	1 (0,03%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	27	2832
Body weight prior to becoming ill	86 [52-120]	70 [17-196]
Actual body weight	80 [52-119]	65 [11-196]
Change in weight was		
Intentional	2 (7,41%)	129 (4,51%)
Unintentional	13 (48,1%)	1854 (64,8%)
Weight is stable	6 (22,2%)	476 (16,6%)
Missing	5 (18,5%)	89 (3,11%)
During the last week		
Patients who have had pain:		
Not at all	12 (44,4%)	962 (33,6%)
A little	8 (29,6%)	867 (30,3%)
Quite a bit	2 (7,41%)	476 (16,6%)
Very much	5 (18,5%)	340 (11,9%)
Missing	-	196 (6,85%)
Patients who needed a rest:		
Not at all	5 (18,5%)	590 (20,6%)
A little	9 (33,3%)	881 (30,8%)
Quite a bit	8 (29,6%)	679 (23,7%)
Very much	5 (18,5%)	480 (16,8%)
Missing	-	204 (7,13%)
Patients who felt weak:		
Not at all	8 (29,6%)	600 (21,0%)
A little	6 (22,2%)	891 (31,1%)
Quite a bit	8 (29,6%)	682 (23,8%)
Very much	5 (18,5%)	472 (16,5%)
Missing	-	197 (6,88%)
Patients who felt depressed:		
Not at all	11 (40,7%)	1073 (37,5%)
A little	12 (44,4%)	858 (30,0%)
Quite a bit	4 (14,8%)	429 (15,0%)
Very much	-	251 (8,77%)
Missing	-	209 (7,30%)

Patients who were tired:

Not at all	4 (14,8%)	621 (21,7%)
A little	10 (37,0%)	927 (32,4%)
Quite a bit	8 (29,6%)	643 (22,5%)
Very much	5 (18,5%)	444 (15,5%)
Missing	-	200 (6,99%)

Patients whose pain interfered with their daily activities:

Not at all	15 (55,6%)	1081 (37,8%)
A little	3 (11,1%)	684 (23,9%)
Quite a bit	6 (22,2%)	480 (16,8%)
Very much	3 (11,1%)	365 (12,8%)
Missing	-	215 (7,51%)

Patients who lacked appetite:

Not at all	15 (55,6%)	980 (34,2%)
A little	2 (7,41%)	721 (25,2%)
Quite a bit	4 (14,8%)	507 (17,7%)
Very much	6 (22,2%)	418 (14,6%)
Missing	-	206 (7,20%)

Just now**Patients who have pain:**

Not at all	21 (77,8%)	1172 (41,0%)
A little	5 (18,5%)	967 (33,8%)
Quite a bit	1 (3,70%)	355 (12,4%)
Very much	-	138 (4,82%)
Missing	-	205 (7,16%)

Patients who need a rest:

Not at all	8 (29,6%)	616 (21,5%)
A little	12 (44,4%)	1030 (36,0%)
Quite a bit	3 (11,1%)	635 (22,2%)
Very much	3 (11,1%)	332 (11,6%)
Missing	1 (3,70%)	219 (7,65%)

Patients who feel weak:

Not at all	14 (51,9%)	724 (25,3%)
A little	8 (29,6%)	964 (33,7%)
Quite a bit	5 (18,5%)	606 (21,2%)
Very much	-	321 (11,2%)
Missing	-	217 (7,58%)

Patients who are depressed:

Not at all	23 (85,2%)	1215 (42,5%)
A little	2 (7,41%)	857 (29,9%)
Quite a bit	2 (7,41%)	350 (12,2%)
Very much	-	179 (6,25%)
Missing	-	221 (7,72%)

Patients who are tired:

Not at all	6 (22,2%)	745 (26,0%)
A little	15 (55,6%)	1024 (35,8%)
Quite a bit	5 (18,5%)	536 (18,7%)
Very much	-	299 (10,4%)
Missing	1 (3,70%)	223 (7,79%)

Patients whose pain interferes with their daily activities:

Not at all	20 (74,1%)	1157 (40,4%)
A little	1 (3,70%)	748 (26,1%)
Quite a bit	4 (14,8%)	409 (14,3%)
Very much	-	273 (9,54%)
Missing	2 (7,41%)	239 (8,35%)

Patients who lack appetite:

Not at all	16 (59,3%)	1071 (37,4%)
A little	4 (14,8%)	757 (26,5%)
Quite a bit	4 (14,8%)	459 (16,0%)
Very much	2 (7,41%)	303 (10,6%)
Missing	1 (3,70%)	233 (8,14%)

Reasons for change in appetite/food intake

Nausea/Vomiting	3 (11,1%)	552 (19,3%)
Inflammation in mouth	2 (7,41%)	129 (4,51%)
Pain	-	406 (14,2%)
Constipation	1 (3,70%)	248 (8,67%)
Diarrhea	2 (7,41%)	178 (6,22%)
Change in taste/smell	2 (7,41%)	415 (14,5%)
Early satiation/Loss of appetite	6 (22,2%)	663 (23,2%)
Other	3 (11,1%)	441 (15,4%)
Missing	1 (3,70%)	97 (3,39%)

Maximum activity performed by patients

Able to do sports	1 (3,70%)	121 (4,23%)
Fully active	8 (29,6%)	370 (12,9%)
Able to carry out light activities	9 (33,3%)	646 (22,6%)
Able to carry out self care	6 (22,2%)	732 (25,6%)
Able to carry out limited self care	1 (3,70%)	403 (14,1%)

Confined to bed or chair	2 (7,41%)	372 (13,0%)
Missing	-	207 (7,23%)
Patient takes additional (without prescription)		
Nothing	24 (88,9%)	1841 (64,3%)
Herbal tea	-	259 (9,05%)
Nutritional supplements	2 (7,41%)	274 (9,57%)
Multivitamin	1 (3,70%)	134 (4,68%)
Other medication	-	98 (3,42%)
Other	-	131 (4,58%)
Missing	-	235 (8,21%)
Additional activities performed		
Nothing	22 (81,5%)	2056 (71,8%)
Psychotherapy	1 (3,70%)	65 (2,27%)
Yoga	-	38 (1,33%)
Meditation	-	112 (3,91%)
Progressive muscle relaxation	-	46 (1,61%)
Qigong	-	8 (0,28%)
Other	3 (11,1%)	318 (11,1%)
Missing	2 (7,41%)	270 (9,43%)
Patients having difficulties in complying with treatment	7 (25,9%)	632 (22,1%)
Patients needing help to complete questionnaire	18 (66,7%)	1569 (54,8%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	17 (63,0%)	1913 (66,8%)

	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
1. Are you COVID-19 positive TODAY?		
Yes	10 (2.3%)	-
No	280 (65.7%)	-
I do not know	46 (10.8%)	-
Missing	90 (21.1%)	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	53 (12.4%)	-
3-6 months	8 (1.9%)	-
6-12 months	7 (1.6%)	-
>1 year	1 (0.23%)	-
never	119 (27.9%)	-
I do not know	99 (23.2%)	-
Missing	139 (32.6%)	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	22 (5.2%)	-
No	98 (23.0%)	-
I do not know	104 (24.4%)	-
Missing	202 (47.4%)	-