



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:	12
Number of participated units:	29
Number of patients:	508
Number of patients who gave consent:	419
Number of patients completing Sheet 3a:	393
Number of patients completing Sheet 3b:	391
Number of cancer patients:	231
Number of patients completing Sheet 2_onco:	175
Number of patients completing Sheet 3_onco:	170
Number of patients with 30-day outcome assessment:	295

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	586 [372-968]	375 [213-715]
2. Total number of admissions in the hospital last year	29269 [19065-44130]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	176 [161-531]	186 [90-417]
Medical specialists	154 [99-405]	124 [54-273]
Medical non-specialists	111 [69-252]	45 [19-116]
Nurses	479 [344-500]	440 [208-910]
Dieticians	4 [3-12]	5 [1-10]
Nutritionists	1 [1-1]	1 [0-5]
Pharmacists	5 [1-19]	8 [4-24]
Kitchen staff	35 [16-40]	32 [15-62]
Full time equivalent		
Total medical doctors	394 [203-688]	175 [76-394]
Medical specialists	201 [105-350]	121 [50-274]
Medical non-specialists	193 [98-338]	45 [18-138]
Nurses	570 [469-1037]	380 [198-793]
Dieticians	3 [3-4]	5 [2-8]
Nutritionists	1 [1-1]	1 [0-3]
Pharmacists	3 [2-8]	7 [4-20]
Kitchen staff	30 [26-43]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	4 (44.4%) Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	8 (72.7%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	4 (36.4%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	2 (18.2%) Yes	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	4 (36.4%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	6 (54.5%) Yes	415 (76.4%) Yes
None	2 (18.2%) Yes	32 (5.9%) Yes
No answer given	2 (18.2%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	3 (27.3%) Yes	296 (54.5%) Yes

Oral nutrition supplements	3 (27.3%) Yes	219 (40.3%) Yes
Parenteral nutrition	7 (63.6%) Yes	349 (64.3%) Yes
Enteral nutrition	5 (45.5%) Yes	327 (60.2%) Yes
Dietary counseling	4 (36.4%) Yes	232 (42.7%) Yes
Specific dietary interventions	3 (27.3%) Yes	178 (32.8%) Yes
Screening for malnutrition	4 (36.4%) Yes	195 (35.9%) Yes
Risk of malnutrition	4 (36.4%) Yes	160 (29.5%) Yes
Malnutrition (in general)	6 (54.5%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	7 (63.6%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	1 (9.1%) Yes	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	3 (27.3%) Yes	264 (48.6%) Yes
Oral nutrition supplements	2 (18.2%) Yes	200 (36.8%) Yes
Parenteral nutrition	5 (45.5%) Yes	326 (60.0%) Yes
Enteral nutrition	4 (36.4%) Yes	310 (57.1%) Yes
Dietary counseling	4 (36.4%) Yes	208 (38.3%) Yes
Specific dietary interventions	3 (27.3%) Yes	160 (29.5%) Yes
Screening for malnutrition	4 (36.4%) Yes	162 (29.8%) Yes
Risk of malnutrition	3 (27.3%) Yes	138 (25.4%) Yes
Malnutrition (in general)	7 (63.6%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	7 (63.6%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	1 (9.1%) Yes	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	7 (24.1%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	2 (6.9%)	7.6%
Internal Medicine / Geriatrics	2 (6.9%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	7 (24.1%)	8.0%
Interdisciplinary	2 (6.9%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	8 (27.6%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	1 (3.4%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
2. Number of registered inpatients at noon	21 [15-28]	24 [18-31]
3. Total bed capacity of the unit	25 [24-32]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	3 [2-5]	3 [2-7]
Nurses	3 [3-5]	4 [3-7]
Nursing aides	1 [0-1]	2 [1-3]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-1]
Other staff involved in patient care	1 [1-2]	1 [0-3]
In training		
Medical doctors	1 [0-1]	1 [0-3]
Medical students	1 [0-1]	0 [0-2]
Nurses	1 [0-1]	1 [0-2]

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

5. Is there a nutrition support team in your hospital available? 21 (77.8%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 20 (74.1%) Yes 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 13 (48.1%) Yes 831 (72.3%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 28 (96.6%) Yes 1155 (90.1%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 13 (48.1%) Yes 662 (57.6%) Yes

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

At admission

No routine screening	2 (6.9%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	1 (3.4%) Yes	85 (6.3%) Yes
Weighing / BMI only	6 (20.7%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	18 (62.1%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	-	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	-	218 (16.2%) Yes
I do not know	2 (6.9%) Yes	10 (0.74%) Yes
Missing	-	64 (4.8%)

During hospital stay

No routine monitoring	2 (6.9%) Yes	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	2 (6.9%) Yes	212 (15.8%) Yes
Weighing / BMI only	16 (55.2%) Yes	438 (32.5%) Yes
Other formal tool	9 (31.0%) Yes	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	-	64 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 20 (74.1%) Yes 954 (85.2%) Yes

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

International guidelines	5 (25.0%) Yes	266 (27.9%) Yes
National guidelines	11 (55.0%) Yes	148 (15.5%) Yes
Standards on hospital level	4 (20.0%) Yes	355 (37.2%) Yes
Standards on unit level	-	58 (6.1%) Yes
Individual patient nutrition care plans	-	111 (11.6%) Yes
Other	-	8 (0.84%) Yes
Missing	-	8 (0.84%)

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

Watchful waiting	12 (41.4%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	10 (34.5%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	16 (55.2%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	19 (65.5%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	18 (62.1%) Yes	739 (54.9%) Yes
Consult a medical professional	7 (24.1%) Yes	472 (35.1%) Yes
Calculate energy requirements	12 (41.4%) Yes	593 (44.1%) Yes
Calculate protein requirements	12 (41.4%) Yes	574 (42.6%) Yes

Malnourished

Watchful waiting	-	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	9 (31.0%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	18 (62.1%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	23 (79.3%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	22 (75.9%) Yes	729 (54.2%) Yes
Consult a medical professional	19 (65.5%) Yes	540 (40.1%) Yes
Calculate energy requirements	14 (48.3%) Yes	686 (51.0%) Yes
Calculate protein requirements	14 (48.3%) Yes	670 (49.8%) Yes

Every patient

Watchful waiting	5 (17.2%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	3 (10.3%) Yes	331 (24.6%) Yes
Develop an individual nutrition care plan	1 (3.4%) Yes	220 (16.3%) Yes
Initiate treatment / nutrition intervention	2 (6.9%) Yes	173 (12.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (6.9%) Yes	256 (19.0%) Yes
Consult a medical professional	1 (3.4%) Yes	267 (19.8%) Yes
Calculate energy requirements	-	166 (12.3%) Yes
Calculate protein requirements	-	148 (11.0%) Yes

Never

Watchful waiting	6 (20.7%) Yes	95 (7.1%) Yes
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Discuss nutrition care activities during ward rounds	11 (37.9%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	2 (6.9%) 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	2 (6.9%) Yes	124 (9.2%) Yes
Calculate energy requirements	9 (31.0%) Yes	120 (8.9%) Yes
Calculate protein requirements	8 (27.6%) Yes	139 (10.3%) Yes

I do not know

Watchful waiting	5 (17.2%) Yes	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	1 (3.4%) Yes	49 (3.6%) Yes
Develop an individual nutrition care plan	2 (6.9%) 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	2 (6.9%) Yes	96 (7.1%) Yes
Calculate energy requirements	2 (6.9%) Yes	68 (5.1%) Yes
Calculate protein requirements	3 (10.3%) Yes	75 (5.6%) Yes

13. When do you routinely weigh your patients?

at admission	23 (79.3%) Yes	878 (65.2%) Yes
Within 24 hours	3 (10.3%) Yes	203 (15.1%) Yes
Within 48 hours	-	74 (5.5%) Yes
Within 72 hours	1 (3.4%) Yes	32 (2.4%) Yes
Every week	11 (37.9%) Yes	631 (46.9%) Yes
Occasionally	3 (10.3%) Yes	153 (11.4%) Yes
When requested	20 (69.0%) Yes	707 (52.5%) Yes
At discharge	1 (3.4%) Yes	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	23 (79.3%) Yes	1043 (77.5%) Yes
Offer meal choices	24 (82.8%) Yes	989 (73.5%) Yes
Offer different portion sizes	15 (51.7%) Yes	900 (66.9%) Yes
Consider food presentation	13 (44.8%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	23 (79.3%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	23 (79.3%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (10.3%) Yes	399 (29.6%) Yes
Promote positive eating environment	1 (3.4%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	17 (58.6%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	29 (100%) Yes	1163 (86.4%) Yes
Other	1 (3.4%) Yes	101 (7.5%) Yes

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

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

Nutrition training is available	11 (37.9%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	13 (44.8%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	10 (34.5%) Yes	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	10 (34.5%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	18 (62.1%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	1 (3.4%) Yes	59 (4.4%) Yes
No answer given	2 (6.9%)	196 (14.6%)

16. At admission what is asked and documented?

Change in weight	25 (86.2%) Yes	985 (73.2%) Yes
Eating habits/difficulties	23 (79.3%) Yes	932 (69.2%) Yes
Nutrition before admission	13 (44.8%) Yes	746 (55.4%) Yes
None	1 (3.4%) Yes	20 (1.5%) Yes
I do not know	1 (3.4%) Yes	39 (2.9%) Yes
No answer given	2 (6.9%)	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	22 (75.9%) Yes	965 (71.7%) Yes
nutrition treatment	17 (58.6%) Yes	759 (56.4%) Yes
None	2 (6.9%) Yes	53 (3.9%) Yes
I do not know	1 (3.4%) Yes	40 (3.0%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	20 (69.0%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	16 (55.2%) Yes	775 (57.6%) Yes
None	-	112 (8.3%) Yes
I do not know	5 (17.2%) Yes	136 (10.1%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	16 (59.3%) Yes	475 (44.9%) Yes
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19. Who filled in this sheet?

Head staff	6 (20.7%) Yes	369 (27.4%) Yes
Dietician	11 (37.9%) Yes	641 (47.6%) Yes
Nurse	10 (34.5%) Yes	339 (25.2%) Yes

Physician	2 (6.9%) Yes	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	2 (6.9%) Yes	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	419	24938
Age	69 [57-78]	67 [52-79]
Female	207 (49.4%)	12350 (49.5%)
Weight	75.2±19.9	70.6±18.8
Height	171±10	166±10
BMI	25.7±6.0	25.6±5.9

1. This hospital admission was...

planned	256 (61.1%)	8897 (35.7%)
an emergency	114 (27.2%)	14095 (56.5%)
I do not know	49 (11.7%)	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	40 (9.5%)	2401 (9.6%)
0200 Neoplasms	208 (49.6%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	39 (9.3%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	84 (20.0%)	3135 (12.6%)
0500 Mental health	19 (4.5%)	1229 (4.9%)
0600 Nervous system	25 (6.0%)	2384 (9.6%)
0700 Eye and adnexa	11 (2.6%)	314 (1.3%)
0800 Ear and mastoid process	4 (0.95%)	143 (0.57%)
0900 Circulatory system	117 (27.9%)	5456 (21.9%)
1000 Respiratory system	74 (17.7%)	3828 (15.4%)
1100 Digestive system	177 (42.2%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	19 (4.5%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	94 (22.4%)	4086 (16.4%)
1400 Genitourinary system	76 (18.1%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	2 (0.48%)	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	1 (0.24%)	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	32 (7.6%)	1374 (5.5%)
1900 Injury, poisoning	3 (0.72%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	760 (3.0%)
2100 Factors influencing health status and contact with health services	20 (4.8%)	967 (3.9%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	76 (18.2%)	4815 (20.0%)
Myocardial infarction	19 (4.6%)	1295 (5.4%)
Chronic lung disease	50 (12.0%)	3095 (12.9%)
Cerebral vascular disease	26 (6.2%)	2104 (8.8%)
Peripheral vascular disease	52 (12.4%)	2576 (10.7%)
Chronic liver disease	37 (8.9%)	1387 (5.8%)
Chronic kidney disease	65 (15.7%)	2780 (11.6%)
Diabetes	70 (17.0%)	5493 (22.8%)
Cancer	231 (55.5%)	5291 (22.0%)
Infection	44 (10.6%)	3401 (14.2%)
Dementia	5 (1.2%)	1201 (5.0%)
Major depressive disorder	11 (2.7%)	1146 (4.8%)
Other chronic mental disorder	18 (4.3%)	1129 (4.7%)
Other chronic disease	96 (23.1%)	6182 (25.7%)
None	55 (13.1%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	111 (26.5%)	4588 (18.4%)
Yes, acute	19 (4.5%)	1540 (6.2%)
No	263 (62.8%)	15619 (62.6%)
I do not know	2 (0.48%)	235 (0.94%)
Missing	24 (5.7%)	2956 (11.9%)

Days since operation	5 [2-10]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	17 (4.1%)	1928 (7.7%)
Yes, later	21 (5.0%)	1364 (5.5%)
No	304 (72.6%)	17466 (70.0%)
I do not know	7 (1.7%)	777 (3.1%)
Missing	70 (16.7%)	3403 (13.6%)

5. Previous ICU admission during this hospital stay? (Yes)

58 (14.5%)	2367 (10.6%)
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6. Is this patient terminally ill?

59 (14.1%)	1518 (6.1%)
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7. Fluid status

Normal	287 (68.5%)	19053 (76.4%)
Overloaded	18 (4.3%)	1296 (5.2%)
Dehydrated	16 (3.8%)	1231 (4.9%)
I do not know	98 (23.4%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	67 (16.0%)	3162 (12.7%)
At risk	38 (9.1%)	4616 (18.5%)
No	276 (65.9%)	15318 (61.4%)
I do not know	38 (9.1%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	143 (34.1%)	8176 (32.8%)
5% Glucose solution	5 (1.2%)	2128 (8.5%)

11. Number of ONS drinks planned

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

Regular hospital food	332 (79.2%)	15131 (60.7%)
Fortified/enriched hospital food	47 (11.2%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	56 (13.4%)	4070 (16.3%)
Enteral nutrition	14 (3.3%)	1106 (4.4%)
Parenteral nutrition	23 (5.5%)	1022 (4.1%)
Special diet	54 (12.9%)	7501 (30.1%)
None	10 (2.4%)	982 (3.9%)

13a. All lines and Tubes

Central Venous	94 (23.4%)	2136 (9.6%)
Peripheral venous access	225 (56.1%)	11129 (49.9%)
Nasogastric	4 (1.00%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	5 (1.2%)	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	2 (0.50%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	5 (1.2%)	91 (0.41%)
None	124 (29.6%)	11685 (46.9%)

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

Yes, previously	4 (0.95%)	352 (1.4%)
Yes, ongoing	1 (0.24%)	210 (0.84%)
No	340 (81.1%)	18650 (74.8%)
I do not know	46 (11.0%)	2030 (8.1%)
Missing	28 (6.7%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	63 (15.7%)	8591 (38.5%)
Protein requirements were determined	49 (12.2%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	132 (32.9%)	9521 (42.7%)
Nutrition treatment plan was developed	54 (13.5%)	8177 (36.6%)
Nutrition expert was consulted	71 (17.7%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	82 (20.4%)	7448 (33.4%)
None	-	-

15a. Energy goal

< 500 kcal	4 (0.95%)	783 (3.1%)
500-999 kcal	3 (0.72%)	194 (0.78%)
1000-1499 kcal	20 (4.8%)	1956 (7.8%)
1500-1999 kcal	99 (23.6%)	7632 (30.6%)
>=2000 kcal	36 (8.6%)	2380 (9.5%)
Not determined	202 (48.2%)	7419 (29.7%)
I do not know	37 (8.8%)	1959 (7.9%)
Missing	18 (4.3%)	2615 (10.5%)

15b. Energy intake

< 500 kcal	7 (1.7%)	1316 (5.3%)
500-999 kcal	15 (3.6%)	938 (3.8%)
1000-1499 kcal	41 (9.8%)	2996 (12.0%)
1500-1999 kcal	55 (13.1%)	5568 (22.3%)
>=2000 kcal	12 (2.9%)	1218 (4.9%)
Not determined	204 (48.7%)	7394 (29.6%)
I do not know	67 (16.0%)	2893 (11.6%)
Missing	18 (4.3%)	2615 (10.5%)

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

Improved	114 (27.2%)	11443 (45.9%)
Deteriorated	41 (9.8%)	1219 (4.9%)
Remained the same	147 (35.1%)	6079 (24.4%)
This patient has just been admitted	30 (7.2%)	1466 (5.9%)
I do not know	69 (16.5%)	2116 (8.5%)
Missing	18 (4.3%)	2615 (10.5%)

Length of hospital stay (days)	11 [6-22]	12 [6-23]
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Outcome Code

1= Still in the hospital	16 (3.8%)	2515 (10.1%)
2= Transferred to another hospital	6 (1.4%)	534 (2.1%)
3= Transferred to long term care	3 (0.72%)	1049 (4.2%)

4= Rehabilitation	14 (3.3%)	871 (3.5%)
5= Discharged home	239 (57.0%)	18594 (74.6%)
6= Death	10 (2.4%)	785 (3.1%)
7= Others	7 (1.7%)	410 (1.6%)
Missing	124 (29.6%)	180 (0.72%)

Readmitted since ND

1= No	198 (72.8%)	16760 (76.8%)
2= Yes, same hospital planned	32 (11.8%)	1458 (6.7%)
3= Yes, same hospital unplanned	35 (12.9%)	1363 (6.2%)
4= Yes, different hospital planned	-	114 (0.52%)
5= Yes, different hospital unplanned	-	114 (0.52%)
6= Unknown	-	481 (2.2%)
Missing	4 (1.5%)	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	277 (70.5%)	15402 (63.5%)
I am vegetarian	16 (4.1%)	445 (1.8%)
I adhere to a vegan diet	1 (0.25%)	160 (0.66%)
I eat gluten-free diet	4 (1.0%)	204 (0.84%)
I avoid added sugars	59 (15.0%)	3626 (14.9%)
I avoid carbohydrates	11 (2.8%)	1383 (5.7%)
I eat a low fat-diet	51 (13.0%)	2463 (10.2%)
I am lactose intolerant	11 (2.8%)	809 (3.3%)
Other special diet due to intolerances/allergies	8 (2.0%)	416 (1.7%)
Other	22 (5.6%)	1608 (6.6%)
No answer given	32 (8.1%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	340 (86.5%)	19123 (78.8%)
In a nursing home or other live-in facility	9 (2.3%)	762 (3.1%)
I was transferred from another hospital	15 (3.8%)	1370 (5.6%)
Other	6 (1.5%)	330 (1.4%)
Missing	23 (5.9%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	256 (65.1%)	13831 (57.0%)
Yes, with someone's help	32 (8.1%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	49 (12.5%)	3228 (13.3%)
No, I have a wheelchair	20 (5.1%)	852 (3.5%)
No, I am bedridden	13 (3.3%)	1317 (5.4%)
Missing	23 (5.9%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	21 (5.3%)	1712 (7.1%)
Good	130 (33.1%)	7821 (32.2%)
Fair	131 (33.3%)	8148 (33.6%)
Poor	72 (18.3%)	3099 (12.8%)
Very poor	15 (3.8%)	710 (2.9%)
Missing	24 (6.1%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	5 [3-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-3]	1 [0-2]

... how many nights in total have you spent in hospital?	9 [3-21]	6 [0-16]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	88 (22.4%)	4416 (18.2%)
3-5	102 (26.0%)	5773 (23.8%)
More than 5	118 (30.0%)	6835 (28.2%)
None	54 (13.7%)	3630 (15.0%)
I do not know	11 (2.8%)	820 (3.4%)
Missing	20 (5.1%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	35 (8.9%)	3823 (15.8%)
Yes, public insurance only	279 (71.0%)	11203 (46.2%)
Yes, both	50 (12.7%)	2662 (11.0%)
None	1 (0.25%)	2485 (10.2%)
I prefer not to answer	5 (1.3%)	986 (4.1%)
Missing	23 (5.9%)	3100 (12.8%)

8. What was your weight 5 years ago?

	80 [70-93]	72 [62-85]
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I do not know	60 (15.3%)	5440 (22.4%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	37 (9.4%)	2202 (9.1%)
Yes, unintentionally	199 (50.6%)	9411 (38.8%)
No, my weight stayed the same	98 (24.9%)	7247 (29.9%)
No, I gained weight	33 (8.4%)	2760 (11.4%)
I do not know	17 (4.3%)	2195 (9.0%)
Missing	9 (2.3%)	444 (1.8%)

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

	7 [4-11]	6 [4-10]
--	----------	----------

I do not know	19 (8.1%)	1851 (15.9%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	173 (49.9%)	8227 (39.7%)
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11. Please indicate if you ...

... were weighed at admission	189 (50.4%)	12540 (58.3%)
... were informed about your nutrition status	124 (33.4%)	7803 (36.5%)
... were informed about nutrition care options	108 (29.3%)	7174 (33.6%)
... received special nutrition care	91 (24.5%)	6955 (32.7%)

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

More than normal	16 (4.1%)	1099 (4.5%)
Normal	208 (53.2%)	14509 (60.0%)

About 3/4 of normal	48 (12.3%)	2651 (11.0%)
About half of normal	70 (17.9%)	3062 (12.7%)
About a quarter to nearly nothing	44 (11.3%)	2263 (9.4%)
I do not know	-	231 (0.96%)
Missing	5 (1.3%)	362 (1.5%)

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

Very satisfied	62 (15.9%)	5394 (22.3%)
Somewhat satisfied	136 (34.8%)	7204 (29.8%)
Neutral	83 (21.2%)	4214 (17.4%)
Dissatisfied	43 (11.0%)	1854 (7.7%)
Very dissatisfied	12 (3.1%)	673 (2.8%)
I do not know	28 (7.2%)	1694 (7.0%)
Missing	27 (6.9%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	2 (0.51%)	2177 (9.0%)
Yes, from hospital staff	22 (5.6%)	1475 (6.1%)
No	309 (79.0%)	16830 (69.6%)
I do not know	6 (1.5%)	282 (1.2%)
Missing	52 (13.3%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	234 (69.9%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	115 (29.4%)	11133 (46.0%)
1/2	123 (31.5%)	6143 (25.4%)
1/4	78 (19.9%)	3103 (12.8%)
Nothing	36 (9.2%)	2802 (11.6%)
Missing	39 (10.0%)	996 (4.1%)

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

Standard	224 (57.3%)	13732 (56.8%)
Smaller	29 (7.4%)	2093 (8.7%)
Larger	7 (1.8%)	1046 (4.3%)
I do not know	53 (13.6%)	2302 (9.5%)
Missing	78 (19.9%)	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	43 (18.1%)	1945 (16.1%)
I did not like the smell/taste of the food	32 (13.5%)	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	1 (0.42%)	281 (2.3%)
Due to food allergy/intolerance	2 (0.84%)	105 (0.87%)
I was not hungry at that time	51 (21.5%)	1991 (16.5%)
I do not have my usual appetite	103 (43.5%)	3586 (29.8%)
I have problems chewing/swallowing	22 (9.3%)	716 (5.9%)
I normally eat less than what was served	30 (12.7%)	1383 (11.5%)
I had nausea/vomiting	27 (11.4%)	984 (8.2%)
I was too tired	21 (8.9%)	740 (6.1%)
I cannot eat without help	-	191 (1.6%)
I was not allowed to eat	25 (10.5%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	13 (5.5%)	733 (6.1%)
I did not get requested food	8 (3.4%)	124 (1.0%)
No answer given	19 (8.0%)	1823 (15.1%)

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

Water	5 [4-8]	3 [2-6]
Tea	2 [1-3]	1 [0-3]
Coffee	1 [1-2]	1 [1-2]
Milk	1 [0-1]	1 [0-1]
Fruit juice	1 [1-2]	1 [0-2]
Soft drinks	1 [0-3]	0 [0-1]
Nutrition drink	1 [0-2]	0 [0-1]
Other	0 [0-1]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 77 (23.4%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	24 (31.2%)	1820 (31.2%)
Salty snacks	5 (6.5%)	645 (11.1%)
Homemade food	8 (10.4%)	896 (15.4%)
Fruits	22 (28.6%)	2357 (40.4%)
Dairy products	15 (19.5%)	686 (11.8%)
Food delivered/restaurant	2 (2.6%)	272 (4.7%)
Sandwich	7 (9.1%)	347 (6.0%)
Other	12 (15.6%)	795 (13.6%)

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

Increased	25 (6.4%)	3329 (13.8%)
Decreased	175 (44.8%)	6808 (28.2%)
Stayed the same	109 (27.9%)	9055 (37.5%)
I do not know	33 (8.4%)	1479 (6.1%)
Missing	49 (12.5%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	117 (29.9%)	10558 (43.7%)
Weaker than at admission	105 (26.9%)	4610 (19.1%)
Same as at admission	130 (33.2%)	6833 (28.3%)
I was admitted today	14 (3.6%)	576 (2.4%)
I do not know	19 (4.9%)	1178 (4.9%)
Missing	6 (1.5%)	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	285 (72.9%)	14229 (58.9%)
No, only with assistance	67 (17.1%)	5989 (24.8%)
No, I stay in bed	26 (6.6%)	2912 (12.0%)
Missing	13 (3.3%)	1047 (4.3%)

23. Did anyone help you complete this questionnaire?	134 (37.5%)	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:	21	291
Computerized system in hospital:	20 units (95%) YES	265 units (91%) YES
Nutritional treatment of cancer patients is part of overall care plan	19 units (90%) YES	268 units (92%) YES
Nutritional treatment is considered...		
Routinely	11 (52,4%)	187 (64,3%)
When patient asks	14 (66,7%)	81 (27,8%)
When body weight loss > 10%	17 (81,0%)	98 (33,7%)
During palliative phase	14 (66,7%)	74 (25,4%)
Other	6 (28,6%)	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	1 (4,76%)	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	16 (76,2%)	206 (70,8%)
Calculation of energy needs	15 (71,4%)	201 (69,1%)
Monitoring patients intake and use of oral supplements	21 (100%)	245 (84,2%)
None	-	5 (1,72%)
Other	-	15 (5,15%)
Missing	-	8 (2,75%)
Nutritional therapy is not used due to		
Lack of evidence	-	2 (0,69%)
Lack of experience	1 (4,76%)	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	14 (66,7%)	199 (68,4%)
At chemotherapy	3 (14,3%)	47 (16,2%)
When necessary	4 (19,0%)	35 (12,0%)
Never	-	5 (1,72%)
Unknown	-	2 (0,69%)
Missing	-	3 (1,03%)

Anthropometrics (circumference)

Regularly	-	42 (14,4%)
At chemotherapy	1 (4,76%)	6 (2,06%)
When necessary	12 (57,1%)	98 (33,7%)
Never	4 (19,0%)	122 (41,9%)
Unknown	1 (4,76%)	12 (4,12%)
Missing	3 (14,3%)	11 (3,78%)

BIA

Regularly	-	10 (3,44%)
At chemotherapy	-	3 (1,03%)
When necessary	15 (71,4%)	90 (30,9%)
Never	1 (4,76%)	165 (56,7%)
Unknown	2 (9,52%)	12 (4,12%)
Missing	3 (14,3%)	11 (3,78%)

CT SCAN

Regularly	-	9 (3,09%)
At chemotherapy	-	3 (1,03%)
When necessary	2 (9,52%)	67 (23,0%)
Never	14 (66,7%)	176 (60,5%)
Unknown	2 (9,52%)	24 (8,25%)
Missing	3 (14,3%)	12 (4,12%)

DEXA

Regularly	-	5 (1,72%)
At chemotherapy	-	1 (0,34%)
When necessary	3 (14,3%)	47 (16,2%)
Never	13 (61,9%)	197 (67,7%)
Unknown	2 (9,52%)	28 (9,62%)
Missing	3 (14,3%)	13 (4,47%)

Other (body composition)

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

When necessary	-	42 (14,4%)
Never	2 (9,52%)	104 (35,7%)
Unknown	14 (66,7%)	38 (13,1%)
Missing	5 (23,8%)	97 (33,3%)

Body function:

Handgrip

Regularly	-	16 (5,50%)
At chemotherapy	-	8 (2,75%)
When necessary	11 (52,4%)	90 (30,9%)
Never	7 (33,3%)	153 (52,6%)
Unknown	-	14 (4,81%)
Missing	3 (14,3%)	10 (3,44%)

6-minutes walking test

Regularly	-	10 (3,44%)
At chemotherapy	-	7 (2,41%)
When necessary	2 (9,52%)	68 (23,4%)
Never	15 (71,4%)	170 (58,4%)
Unknown	1 (4,76%)	20 (6,87%)
Missing	3 (14,3%)	16 (5,50%)

Other (body function)

Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	1 (4,76%)	55 (18,9%)
Never	3 (14,3%)	108 (37,1%)
Unknown	13 (61,9%)	33 (11,3%)
Missing	4 (19,0%)	80 (27,5%)

Nutritional requirements, calculated

Regularly	8 (38,1%)	87 (29,9%)
At chemotherapy	-	4 (1,37%)
When necessary	7 (33,3%)	135 (46,4%)
Never	3 (14,3%)	20 (6,87%)
Unknown	-	6 (2,06%)
Missing	3 (14,3%)	39 (13,4%)

Nutritional intake:

Every meal

Regularly	11 (52,4%)	78 (26,8%)
At chemotherapy	-	3 (1,03%)
When necessary	2 (9,52%)	124 (42,6%)
Never	5 (23,8%)	31 (10,7%)

Unknown	-	15 (5,15%)
Missing	3 (14,3%)	40 (13,7%)
1 meal per day		
Regularly	1 (4,76%)	33 (11,3%)
At chemotherapy	-	4 (1,37%)
When necessary	2 (9,52%)	90 (30,9%)
Never	4 (19,0%)	59 (20,3%)
Unknown	2 (9,52%)	20 (6,87%)
Missing	12 (57,1%)	85 (29,2%)
2 meals per day		
Regularly	1 (4,76%)	32 (11,0%)
At chemotherapy	-	3 (1,03%)
When necessary	1 (4,76%)	89 (30,6%)
Never	5 (23,8%)	60 (20,6%)
Unknown	2 (9,52%)	20 (6,87%)
Missing	12 (57,1%)	87 (29,9%)
24h recall		
Regularly	1 (4,76%)	63 (21,6%)
At chemotherapy	-	8 (2,75%)
When necessary	2 (9,52%)	117 (40,2%)
Never	4 (19,0%)	39 (13,4%)
Unknown	2 (9,52%)	14 (4,81%)
Missing	12 (57,1%)	50 (17,2%)
Other (nutritional intake)		
Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	-	62 (21,3%)
Never	3 (14,3%)	46 (15,8%)
Unknown	11 (52,4%)	35 (12,0%)
Missing	7 (33,3%)	133 (45,7%)
Questionnaire completed by		
Dietitian	8 (38,1%)	128 (44,0%)
Nurse	10 (47,6%)	69 (23,7%)
Physician	1 (4,76%)	56 (19,2%)
Nutritional scientist	2 (9,52%)	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:	175	2862
Demographic data:		
Age (years)	66 [20-90]	64 [18-120]
Female gender	82 (46,9%)	1301 (45,5%)
Weight (kg)	75,9 ± 22,1	67,0 ± 16,8
Height (cm)	172,0 ± 9,9	165,5 ± 9,8
BMI (kg/m ²)	25,6 ± 6,6	24,3 ± 5,0
Outpatient (o)/Ward (w)		
Outpatient(o)	-	118 (4,12%)
Ward (w)	175 (100%)	2736 (95,6%)
Missing	-	8 (0,28%)
Goal of Therapy		
Curative	126 (72,0%)	1803 (63,0%)
Palliative	47 (26,9%)	895 (31,3%)
Terminal	2 (1,14%)	96 (3,35%)
Missing	-	68 (2,38%)
Reason for admission		
Clinical diagnostics	20 (11,4%)	368 (12,9%)
Therapy	94 (53,7%)	1326 (46,3%)
Surgery related	29 (16,6%)	515 (18,0%)
Treatment complications	13 (7,43%)	409 (14,3%)
Poor health status	26 (14,9%)	386 (13,5%)
Independent care difficult	-	25 (0,87%)
Missing	-	2 (0,07%)
Present cancer diagnosis		
Breast	15 (8,57%)	223 (7,79%)
Colon, rectum	27 (15,4%)	395 (13,8%)
Prostate	6 (3,43%)	107 (3,74%)
Lung	6 (3,43%)	306 (10,7%)
Skin	2 (1,14%)	25 (0,87%)
Kidney/bladder	12 (6,86%)	126 (4,40%)
Gastric/oesophageal	15 (8,57%)	291 (10,2%)
Pancreas	13 (7,43%)	133 (4,65%)
Lymphoma	33 (18,9%)	232 (8,11%)
Ears nose throat (ENT)	8 (4,57%)	114 (3,98%)
Leukaemia	5 (2,86%)	241 (8,42%)

Genital tract	8 (4,57%)	115 (4,02%)
Liver	5 (2,86%)	194 (6,78%)
Sarcoma	6 (3,43%)	47 (1,64%)
Brain	4 (2,29%)	47 (1,64%)
Testicular	-	19 (0,66%)
Other	11 (6,29%)	332 (11,6%)
Missing	-	42 (1,47%)

Time since diagnosis

0-2 months	56 (32,0%)	823 (28,8%)
3-5 months	34 (19,4%)	486 (17,0%)
6-12 months	25 (14,3%)	494 (17,3%)
1-2 years	20 (11,4%)	371 (13,0%)
2-4 years	19 (10,9%)	272 (9,50%)
> 4 years	20 (11,4%)	297 (10,4%)
Missing	1 (0,57%)	69 (2,41%)

Cancer staging

0=Carcinoma in situ	2 (1,14%)	141 (4,93%)
I=Localized	32 (18,3%)	540 (18,9%)
II=Early locally advanced	27 (15,4%)	482 (16,8%)
III=Late locally advanced	21 (12,0%)	436 (15,2%)
IV=Metastasised	76 (43,4%)	871 (30,4%)
Missing	17 (9,71%)	392 (13,7%)

Time since first therapy start

No therapy	4 (2,29%)	237 (8,28%)
Tumour staging/diagnosis	12 (6,86%)	311 (10,9%)
0-2 months	94 (53,7%)	814 (28,4%)
3-5 months	20 (11,4%)	381 (13,3%)
6-12 months	13 (7,43%)	422 (14,7%)
1-2 years	8 (4,57%)	298 (10,4%)
2-4 years	12 (6,86%)	223 (7,79%)
> 4 years	14 (8,00%)	228 (7,97%)
Missing	1 (0,57%)	60 (2,10%)

Therapy situation

Diagnosis	12 (6,86%)	309 (10,8%)
Chemotherapy 1st line	68 (38,9%)	622 (21,7%)
Chemotherapy > 1st line	18 (10,3%)	518 (18,1%)
Radiotherapy	32 (18,3%)	271 (9,47%)
Target therapy	1 (0,57%)	74 (2,59%)
Hormone therapy	1 (0,57%)	31 (1,08%)
Palliative	6 (3,43%)	242 (8,46%)

Surgery	36 (20,6%)	632 (22,1%)
Cancer related complications	15 (8,57%)	285 (9,96%)
Therapy related complications	11 (6,29%)	119 (4,16%)
Missing	-	64 (2,24%)

Infections

None	134 (76,6%)	2103 (73,5%)
Local	23 (13,1%)	430 (15,0%)
General	17 (9,71%)	241 (8,42%)
Missing	1 (0,57%)	88 (3,07%)

Nutrition Treatment

No special diet	102 (58,3%)	1203 (42,0%)
Individualized diet plan	19 (10,9%)	798 (27,9%)
Energy rich/protein rich ONS	38 (21,7%)	577 (20,2%)
Enteral nutrition (via NGT/PEG)	3 (1,71%)	143 (5,00%)
Parenteral nutrition	15 (8,57%)	213 (7,44%)
ONS enriched with special nutrients	4 (2,29%)	103 (3,60%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	39 (1,36%)
Personal preferences	15 (8,57%)	324 (11,3%)
Counselling	13 (7,43%)	214 (7,48%)
Other	2 (1,14%)	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:	170	2832
Body weight prior to becoming ill	80 [45-175]	70 [17-196]
Actual body weight	72 [40-155]	65 [11-196]
Change in weight was		
Intentional	11 (6,29%)	129 (4,51%)
Unintentional	124 (70,9%)	1854 (64,8%)
Weight is stable	15 (8,57%)	476 (16,6%)
Missing	6 (3,43%)	89 (3,11%)
During the last week		
Patients who have had pain:		
Not at all	50 (28,6%)	962 (33,6%)
A little	37 (21,1%)	867 (30,3%)
Quite a bit	42 (24,0%)	476 (16,6%)
Very much	26 (14,9%)	340 (11,9%)
Missing	17 (9,71%)	196 (6,85%)
Patients who needed a rest:		
Not at all	25 (14,3%)	590 (20,6%)
A little	32 (18,3%)	881 (30,8%)
Quite a bit	49 (28,0%)	679 (23,7%)
Very much	49 (28,0%)	480 (16,8%)
Missing	17 (9,71%)	204 (7,13%)
Patients who felt weak:		
Not at all	34 (19,4%)	600 (21,0%)
A little	30 (17,1%)	891 (31,1%)
Quite a bit	40 (22,9%)	682 (23,8%)
Very much	47 (26,9%)	472 (16,5%)
Missing	19 (10,9%)	197 (6,88%)
Patients who felt depressed:		
Not at all	65 (37,1%)	1073 (37,5%)
A little	41 (23,4%)	858 (30,0%)
Quite a bit	24 (13,7%)	429 (15,0%)
Very much	21 (12,0%)	251 (8,77%)
Missing	17 (9,71%)	209 (7,30%)

Patients who were tired:

Not at all	25 (14,3%)	621 (21,7%)
A little	38 (21,7%)	927 (32,4%)
Quite a bit	42 (24,0%)	643 (22,5%)
Very much	46 (26,3%)	444 (15,5%)
Missing	18 (10,3%)	200 (6,99%)

Patients whose pain interfered with their daily activities:

Not at all	61 (34,9%)	1081 (37,8%)
A little	28 (16,0%)	684 (23,9%)
Quite a bit	24 (13,7%)	480 (16,8%)
Very much	40 (22,9%)	365 (12,8%)
Missing	17 (9,71%)	215 (7,51%)

Patients who lacked appetite:

Not at all	50 (28,6%)	980 (34,2%)
A little	36 (20,6%)	721 (25,2%)
Quite a bit	31 (17,7%)	507 (17,7%)
Very much	40 (22,9%)	418 (14,6%)
Missing	16 (9,14%)	206 (7,20%)

Just now**Patients who have pain:**

Not at all	79 (45,1%)	1172 (41,0%)
A little	46 (26,3%)	967 (33,8%)
Quite a bit	23 (13,1%)	355 (12,4%)
Very much	7 (4,00%)	138 (4,82%)
Missing	17 (9,71%)	205 (7,16%)

Patients who need a rest:

Not at all	38 (21,7%)	616 (21,5%)
A little	52 (29,7%)	1030 (36,0%)
Quite a bit	39 (22,3%)	635 (22,2%)
Very much	25 (14,3%)	332 (11,6%)
Missing	19 (10,9%)	219 (7,65%)

Patients who feel weak:

Not at all	44 (25,1%)	724 (25,3%)
A little	44 (25,1%)	964 (33,7%)
Quite a bit	41 (23,4%)	606 (21,2%)
Very much	24 (13,7%)	321 (11,2%)
Missing	18 (10,3%)	217 (7,58%)

Patients who are depressed:

Not at all	64 (36,6%)	1215 (42,5%)
A little	48 (27,4%)	857 (29,9%)
Quite a bit	28 (16,0%)	350 (12,2%)
Very much	12 (6,86%)	179 (6,25%)
Missing	19 (10,9%)	221 (7,72%)

Patients who are tired:

Not at all	35 (20,0%)	745 (26,0%)
A little	59 (33,7%)	1024 (35,8%)
Quite a bit	37 (21,1%)	536 (18,7%)
Very much	22 (12,6%)	299 (10,4%)
Missing	20 (11,4%)	223 (7,79%)

Patients whose pain interferes with their daily activities:

Not at all	64 (36,6%)	1157 (40,4%)
A little	41 (23,4%)	748 (26,1%)
Quite a bit	29 (16,6%)	409 (14,3%)
Very much	20 (11,4%)	273 (9,54%)
Missing	18 (10,3%)	239 (8,35%)

Patients who lack appetite:

Not at all	58 (33,1%)	1071 (37,4%)
A little	37 (21,1%)	757 (26,5%)
Quite a bit	32 (18,3%)	459 (16,0%)
Very much	28 (16,0%)	303 (10,6%)
Missing	18 (10,3%)	233 (8,14%)

Reasons for change in appetite/food intake

Nausea/Vomiting	24 (13,7%)	552 (19,3%)
Inflammation in mouth	13 (7,43%)	129 (4,51%)
Pain	13 (7,43%)	406 (14,2%)
Constipation	15 (8,57%)	248 (8,67%)
Diarrhea	19 (10,9%)	178 (6,22%)
Change in taste/smell	20 (11,4%)	415 (14,5%)
Early satiation/Loss of appetite	34 (19,4%)	663 (23,2%)
Other	28 (16,0%)	441 (15,4%)
Missing	20 (11,4%)	97 (3,39%)

Maximum activity performed by patients

Able to do sports	5 (2,86%)	121 (4,23%)
Fully active	27 (15,4%)	370 (12,9%)
Able to carry out light activities	38 (21,7%)	646 (22,6%)
Able to carry out self care	36 (20,6%)	732 (25,6%)
Able to carry out limited self care	35 (20,0%)	403 (14,1%)

Confined to bed or chair	11 (6,29%)	372 (13,0%)
Missing	22 (12,6%)	207 (7,23%)

Patient takes additional (without prescription)

Nothing	93 (53,1%)	1841 (64,3%)
Herbal tea	22 (12,6%)	259 (9,05%)
Nutritional supplements	31 (17,7%)	274 (9,57%)
Multivitamin	9 (5,14%)	134 (4,68%)
Other medication	7 (4,00%)	98 (3,42%)
Other	2 (1,14%)	131 (4,58%)
Missing	23 (13,1%)	235 (8,21%)

Additional activities performed

Nothing	107 (61,1%)	2056 (71,8%)
Psychotherapy	5 (2,86%)	65 (2,27%)
Yoga	1 (0,57%)	38 (1,33%)
Meditation	8 (4,57%)	112 (3,91%)
Progressive muscle relaxation	4 (2,29%)	46 (1,61%)
Qigong	-	8 (0,28%)
Other	31 (17,7%)	318 (11,1%)
Missing	21 (12,0%)	270 (9,43%)

Patients having difficulties in complying with treatment	30 (17,1%)	632 (22,1%)
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Patients needing help to complete questionnaire	50 (28,6%)	1569 (54,8%)
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Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	92 (52,6%)	1913 (66,8%)
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	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
1. Are you COVID-19 positive TODAY?		
Yes	1 (0.24%)	-
No	344 (82.1%)	-
I do not know	39 (9.3%)	-
Missing	35 (8.4%)	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	34 (8.1%)	-
3-6 months	3 (0.72%)	-
6-12 months	3 (0.72%)	-
>1 year	-	-
never	190 (45.3%)	-
I do not know	78 (18.6%)	-
Missing	111 (26.5%)	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	4 (0.95%)	-
No	156 (37.2%)	-
I do not know	116 (27.7%)	-
Missing	143 (34.1%)	-