



**nutritionDay**  
WORLDWIDE

*Country Report*  
*nutritionDay 2020*  
*Japan*

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:	2
Number of participated units:	9
Number of patients:	302
Number of patients who gave consent:	280
Number of patients completing Sheet 3a:	188
Number of patients completing Sheet 3b:	186
Number of cancer patients:	77
Number of patients completing Sheet 2_onco:	72
Number of patients completing Sheet 3_onco:	72
Number of patients with 30-day outcome assessment:	280

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
<b>1. Total number of beds in hospital</b>	457 [451-462]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	101506 [92351-110660]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	129 [111-147]	186 [90-417]
Medical specialists	71 [71-71]	124 [54-273]
Medical non-specialists	22 [22-22]	45 [19-116]
Nurses	423 [387-458]	440 [208-910]
Dieticians	11 [11-12]	5 [1-10]
Nutritionists	5 [3-8]	1 [0-5]
Pharmacists	25 [24-26]	8 [4-24]
Kitchen staff	10 [10-10]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	-	175 [76-394]
Medical specialists	-	121 [50-274]
Medical non-specialists	-	45 [18-138]
Nurses	-	380 [198-793]
Dieticians	-	5 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	-	7 [4-20]
Kitchen staff	-	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (100%) Yes	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	2 (100%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	2 (100%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	1 (50.0%) Yes	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (100%) Yes	415 (76.4%) Yes
None	-	32 (5.9%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	-	296 (54.5%) Yes

Oral nutrition supplements	-	219 (40.3%)	Yes
Parenteral nutrition	1 (50.0%)	Yes	349 (64.3%)
Enteral nutrition	-	327 (60.2%)	Yes
Dietary counseling	-	232 (42.7%)	Yes
Specific dietary interventions	-	178 (32.8%)	Yes
Screening for malnutrition	-	195 (35.9%)	Yes
Risk of malnutrition	-	160 (29.5%)	Yes
Malnutrition (in general)	-	262 (48.3%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	251 (46.2%)	Yes
No information available from billing/finance/controlling	1 (50.0%)	Yes	104 (19.2%)
No answer given	-	-	-

### Codes routinely used

Nutrition Support	-	264 (48.6%)	Yes
Oral nutrition supplements	-	200 (36.8%)	Yes
Parenteral nutrition	1 (50.0%)	Yes	326 (60.0%)
Enteral nutrition	-	310 (57.1%)	Yes
Dietary counseling	-	208 (38.3%)	Yes
Specific dietary interventions	-	160 (29.5%)	Yes
Screening for malnutrition	-	162 (29.8%)	Yes
Risk of malnutrition	-	138 (25.4%)	Yes
Malnutrition (in general)	-	238 (43.8%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	218 (40.1%)	Yes
No information available from billing/finance/controlling	1 (50.0%)	Yes	115 (21.2%)
No answer given	-	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	-	20.5%
Internal Medicine / Cardiology	1 (11.1%)	4.3%
Internal Medicine / Gastroenterology & hepatology	2 (22.2%)	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	1 (11.1%)	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	1 (11.1%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	2 (22.2%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	1 (11.1%)	1.4%
Gynecology / Obstetrics	1 (11.1%)	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
<b>2. Number of registered inpatients at noon</b>	<b>38 [30-43]</b>	<b>24 [18-31]</b>
<b>3. Total bed capacity of the unit</b>	<b>51 [45-54]</b>	<b>29 [24-38]</b>
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	7 [6-9]	3 [2-7]
Nurses	13 [12-14]	4 [3-7]
Nursing aides	2 [0-2]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	0 [0-0]	1 [0-1]
Other staff involved in patient care	0 [0-0]	1 [0-3]
<b>In training</b>		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	0 [0-0]	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 [0-0]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 9 (100%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 9 (100%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 2 (22.2%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 8 (88.9%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 8 (88.9%) Yes 662 (57.6%) Yes

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

**At admission**

No routine screening	-	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	7 (77.8%) Yes	85 (6.3%) Yes
Weighing / BMI only	-	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	1 (11.1%) 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	1 (11.1%) Yes	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	-	64 (4.8%)

**During hospital stay**

No routine monitoring	-	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	7 (77.8%) Yes	212 (15.8%) Yes
Weighing / BMI only	-	438 (32.5%) Yes
Other formal tool	2 (22.2%) 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?** 9 (100%) Yes 954 (85.2%) Yes

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

International guidelines	-	266 (27.9%) Yes
National guidelines	-	148 (15.5%) Yes
Standards on hospital level	5 (55.6%) Yes	355 (37.2%) Yes
Standards on unit level	2 (22.2%) Yes	58 (6.1%) Yes
Individual patient nutrition care plans	2 (22.2%) Yes	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	8 (88.9%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	8 (88.9%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	7 (77.8%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	6 (66.7%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (66.7%) Yes	739 (54.9%) Yes
Consult a medical professional	5 (55.6%) Yes	472 (35.1%) Yes
Calculate energy requirements	7 (77.8%) Yes	593 (44.1%) Yes
Calculate protein requirements	7 (77.8%) Yes	574 (42.6%) Yes

**Malnourished**

Watchful waiting	7 (77.8%) Yes	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	9 (100%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	7 (77.8%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	9 (100%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (100%) Yes	729 (54.2%) Yes
Consult a medical professional	8 (88.9%) Yes	540 (40.1%) Yes
Calculate energy requirements	7 (77.8%) Yes	686 (51.0%) Yes
Calculate protein requirements	7 (77.8%) Yes	670 (49.8%) Yes

**Every patient**

Watchful waiting	-	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	-	331 (24.6%) Yes
Develop an individual nutrition care plan	2 (22.2%) Yes	220 (16.3%) Yes
Initiate treatment / nutrition intervention	-	173 (12.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	256 (19.0%) Yes
Consult a medical professional	-	267 (19.8%) Yes
Calculate energy requirements	2 (22.2%) Yes	166 (12.3%) Yes
Calculate protein requirements	2 (22.2%) Yes	148 (11.0%) Yes

**Never**

Watchful waiting	-	95 (7.1%) Yes
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Discuss nutrition care activities during ward rounds	-	58 (4.3%) Yes
Develop an individual nutrition care plan	-	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	-	124 (9.2%) Yes
Calculate energy requirements	-	120 (8.9%) Yes
Calculate protein requirements	-	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	-	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	-	96 (7.1%) Yes
Calculate energy requirements	-	68 (5.1%) Yes
Calculate protein requirements	-	75 (5.6%) Yes

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

at admission	8 (88.9%) Yes	878 (65.2%) Yes
Within 24 hours	-	203 (15.1%) Yes
Within 48 hours	-	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	8 (88.9%) Yes	631 (46.9%) Yes
Occasionally	7 (77.8%) Yes	153 (11.4%) Yes
When requested	8 (88.9%) Yes	707 (52.5%) Yes
At discharge	1 (11.1%) 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	9 (100%) Yes	1043 (77.5%) Yes
Offer meal choices	9 (100%) Yes	989 (73.5%) Yes
Offer different portion sizes	9 (100%) Yes	900 (66.9%) Yes
Consider food presentation	9 (100%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	9 (100%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	9 (100%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	9 (100%) Yes	399 (29.6%) Yes
Promote positive eating environment	9 (100%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	2 (22.2%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	9 (100%) Yes	1163 (86.4%) Yes
Other	1 (11.1%) 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	9 (100%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	-	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	9 (100%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	9 (100%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	-	196 (14.6%)

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

Change in weight	9 (100%) Yes	985 (73.2%) Yes
Eating habits/difficulties	9 (100%) Yes	932 (69.2%) Yes
Nutrition before admission	9 (100%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	-	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	9 (100%) Yes	965 (71.7%) Yes
nutrition treatment	7 (77.8%) 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	2 (22.2%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	5 (55.6%) Yes	775 (57.6%) Yes
None	4 (44.4%) Yes	112 (8.3%) Yes
I do not know	-	136 (10.1%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	1 (12.5%) Yes	475 (44.9%) Yes
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### 19. Who filled in this sheet?

Head staff	-	369 (27.4%) Yes
Dietician	1 (11.1%) Yes	641 (47.6%) Yes
Nurse	1 (11.1%) Yes	339 (25.2%) Yes



Physician	7 (77.8%) Yes	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	280	24938
Age	77 [67-83]	67 [52-79]
Female	127 (45.4%)	12350 (49.5%)
Weight	55.4±12.8	70.6±18.8
Height	159±10	166±10
BMI	21.8±4.3	25.6±5.9

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

planned	113 (40.4%)	8897 (35.7%)
an emergency	167 (59.6%)	14095 (56.5%)
I do not know	-	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	39 (13.9%)	2401 (9.6%)
0200 Neoplasms	71 (25.4%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	3 (1.1%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	18 (6.4%)	3135 (12.6%)
0500 Mental health	-	1229 (4.9%)
0600 Nervous system	24 (8.6%)	2384 (9.6%)
0700 Eye and adnexa	11 (3.9%)	314 (1.3%)
0800 Ear and mastoid process	2 (0.71%)	143 (0.57%)
0900 Circulatory system	29 (10.4%)	5456 (21.9%)
1000 Respiratory system	47 (16.8%)	3828 (15.4%)
1100 Digestive system	75 (26.8%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	11 (3.9%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	42 (15.0%)	4086 (16.4%)
1400 Genitourinary system	27 (9.6%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	6 (2.1%)	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	2 (0.71%)	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	1374 (5.5%)
1900 Injury, poisoning	11 (3.9%)	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	-	967 (3.9%)
No answer given	-	-

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

Cardiac insufficiency	23 (8.2%)	4815 (20.0%)
Myocardial infarction	7 (2.5%)	1295 (5.4%)
Chronic lung disease	19 (6.8%)	3095 (12.9%)
Cerebral vascular disease	41 (14.9%)	2104 (8.8%)
Peripheral vascular disease	77 (27.7%)	2576 (10.7%)
Chronic liver disease	19 (6.8%)	1387 (5.8%)
Chronic kidney disease	24 (8.7%)	2780 (11.6%)
Diabetes	64 (23.0%)	5493 (22.8%)
Cancer	77 (27.6%)	5291 (22.0%)
Infection	19 (6.8%)	3401 (14.2%)
Dementia	25 (9.0%)	1201 (5.0%)
Major depressive disorder	2 (0.72%)	1146 (4.8%)
Other chronic mental disorder	9 (3.2%)	1129 (4.7%)
Other chronic disease	41 (14.7%)	6182 (25.7%)
None	56 (20.0%)	4918 (19.7%)

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

Yes, planned	72 (25.7%)	4588 (18.4%)
Yes, acute	21 (7.5%)	1540 (6.2%)
No	187 (66.8%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	-	2956 (11.9%)

Days since operation	6 [1-14]	4 [1-13]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	24 (8.6%)	1928 (7.7%)
Yes, later	5 (1.8%)	1364 (5.5%)
No	249 (88.9%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	2 (0.71%)	3403 (13.6%)

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

21 (7.5%)	2367 (10.6%)
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#### 6. Is this patient terminally ill?

11 (3.9%)	1518 (6.1%)
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#### 7. Fluid status

Normal	220 (78.6%)	19053 (76.4%)
Overloaded	13 (4.6%)	1296 (5.2%)
Dehydrated	16 (5.7%)	1231 (4.9%)
I do not know	31 (11.1%)	3358 (13.5%)
Missing	-	-

**8. Number of different medications planned**

Oral	5 [2-7]	5 [2-8]
Other	0 [0-0]	2 [1-4]

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

Malnourished	55 (19.6%)	3162 (12.7%)
At risk	59 (21.1%)	4616 (18.5%)
No	165 (58.9%)	15318 (61.4%)
I do not know	1 (0.36%)	1842 (7.4%)
Missing	-	-

**10. IV Fluids**

Electrolyte solution (NaCl, Ringers lactate, etc)	100 (35.7%)	8176 (32.8%)
5% Glucose solution	8 (2.9%)	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	157 (56.1%)	15131 (60.7%)
Fortified/enriched hospital food	3 (1.1%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	14 (5.0%)	4070 (16.3%)
Enteral nutrition	9 (3.2%)	1106 (4.4%)
Parenteral nutrition	45 (16.1%)	1022 (4.1%)
Special diet	92 (32.9%)	7501 (30.1%)
None	1 (0.4%)	982 (3.9%)

**13a. All lines and Tubes**

Central Venous	17 (6.1%)	2136 (9.6%)
Peripheral venous access	99 (35.4%)	11129 (49.9%)
Nasogastric	5 (1.8%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	3 (1.1%)	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	2 (0.71%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	162 (57.9%)	11685 (46.9%)

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

Yes, previously	4 (1.4%)	352 (1.4%)
Yes, ongoing	-	210 (0.84%)
No	239 (85.4%)	18650 (74.8%)
I do not know	24 (8.6%)	2030 (8.1%)
Missing	13 (4.6%)	3696 (14.8%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	257 (91.8%)	8591 (38.5%)
Protein requirements were determined	243 (86.8%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	130 (46.4%)	9521 (42.7%)
Nutrition treatment plan was developed	157 (56.1%)	8177 (36.6%)
Nutrition expert was consulted	70 (25.0%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	87 (31.1%)	7448 (33.4%)
None	-	-

#### **15a. Energy goal**

< 500 kcal	4 (1.4%)	783 (3.1%)
500-999 kcal	52 (18.6%)	194 (0.78%)
1000-1499 kcal	108 (38.6%)	1956 (7.8%)
1500-1999 kcal	69 (24.6%)	7632 (30.6%)
>=2000 kcal	13 (4.6%)	2380 (9.5%)
Not determined	5 (1.8%)	7419 (29.7%)
I do not know	29 (10.4%)	1959 (7.9%)
Missing	-	2615 (10.5%)

#### **15b. Energy intake**

< 500 kcal	22 (7.9%)	1316 (5.3%)
500-999 kcal	44 (15.7%)	938 (3.8%)
1000-1499 kcal	83 (29.6%)	2996 (12.0%)
1500-1999 kcal	67 (23.9%)	5568 (22.3%)
>=2000 kcal	13 (4.6%)	1218 (4.9%)
Not determined	6 (2.1%)	7394 (29.6%)
I do not know	45 (16.1%)	2893 (11.6%)
Missing	-	2615 (10.5%)

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

Improved	87 (31.1%)	11443 (45.9%)
Deteriorated	16 (5.7%)	1219 (4.9%)
Remained the same	122 (43.6%)	6079 (24.4%)
This patient has just been admitted	38 (13.6%)	1466 (5.9%)
I do not know	17 (6.1%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	16 [8-26]	12 [6-23]
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#### **Outcome Code**

1= Still in the hospital	47 (16.8%)	2515 (10.1%)
2= Transferred to another hospital	3 (1.1%)	534 (2.1%)
3= Transferred to long term care	12 (4.3%)	1049 (4.2%)

4= Rehabilitation	11 (3.9%)	871 (3.5%)
5= Discharged home	195 (69.6%)	18594 (74.6%)
6= Death	9 (3.2%)	785 (3.1%)
7= Others	3 (1.1%)	410 (1.6%)
Missing	-	180 (0.72%)

#### Readmitted since ND

1= No	206 (89.6%)	16760 (76.8%)
2= Yes, same hospital planned	11 (4.8%)	1458 (6.7%)
3= Yes, same hospital unplanned	13 (5.7%)	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	-	1471 (6.7%)

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	145 (77.1%)	15402 (63.5%)
I am vegetarian	6 (3.2%)	445 (1.8%)
I adhere to a vegan diet	15 (8.0%)	160 (0.66%)
I eat gluten-free diet	3 (1.6%)	204 (0.84%)
I avoid added sugars	24 (12.8%)	3626 (14.9%)
I avoid carbohydrates	9 (4.8%)	1383 (5.7%)
I eat a low fat-diet	19 (10.1%)	2463 (10.2%)
I am lactose intolerant	8 (4.3%)	809 (3.3%)
Other special diet due to intolerances/allergies	8 (4.3%)	416 (1.7%)
Other	12 (6.4%)	1608 (6.6%)
No answer given	13 (6.9%)	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	178 (94.7%)	19123 (78.8%)
In a nursing home or other live-in facility	5 (2.7%)	762 (3.1%)
I was transferred from another hospital	1 (0.53%)	1370 (5.6%)
Other	3 (1.6%)	330 (1.4%)
Missing	1 (0.53%)	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	137 (72.9%)	13831 (57.0%)
Yes, with someone's help	4 (2.1%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	26 (13.8%)	3228 (13.3%)
No, I have a wheelchair	14 (7.4%)	852 (3.5%)
No, I am bedridden	3 (1.6%)	1317 (5.4%)
Missing	4 (2.1%)	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	21 (11.2%)	1712 (7.1%)
Good	49 (26.1%)	7821 (32.2%)
Fair	69 (36.7%)	8148 (33.6%)
Poor	41 (21.8%)	3099 (12.8%)
Very poor	4 (2.1%)	710 (2.9%)
Missing	4 (2.1%)	2769 (11.4%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	6 [2-12]	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?	0 [0-14]	6 [0-16]
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#### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	33 (17.6%)	4416 (18.2%)
3-5	40 (21.3%)	5773 (23.8%)
More than 5	62 (33.0%)	6835 (28.2%)
None	42 (22.3%)	3630 (15.0%)
I do not know	7 (3.7%)	820 (3.4%)
Missing	4 (2.1%)	2785 (11.5%)

#### 7. Do you have health insurance?

Yes, private insurance only	4 (2.1%)	3823 (15.8%)
Yes, public insurance only	88 (46.8%)	11203 (46.2%)
Yes, both	88 (46.8%)	2662 (11.0%)
None	2 (1.1%)	2485 (10.2%)
I prefer not to answer	2 (1.1%)	986 (4.1%)
Missing	4 (2.1%)	3100 (12.8%)

#### 8. What was your weight 5 years ago?

	60 [53-67]	72 [62-85]
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I do not know	56 (29.8%)	5440 (22.4%)
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#### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	14 (7.4%)	2202 (9.1%)
Yes, unintentionally	52 (27.7%)	9411 (38.8%)
No, my weight stayed the same	77 (41.0%)	7247 (29.9%)
No, I gained weight	17 (9.0%)	2760 (11.4%)
I do not know	21 (11.2%)	2195 (9.0%)
Missing	7 (3.7%)	444 (1.8%)

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

	4 [2-7]	6 [4-10]
--	---------	----------

I do not know	10 (15.2%)	1851 (15.9%)
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#### 10. Did you know about your hospitalisation two days before admission? (Yes)

	92 (50.8%)	8227 (39.7%)
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#### 11. Please indicate if you ...

... were weighed at admission	147 (78.6%)	12540 (58.3%)
... were informed about your nutrition status	76 (40.6%)	7803 (36.5%)
... were informed about nutrition care options	27 (14.4%)	7174 (33.6%)
... received special nutrition care	23 (12.3%)	6955 (32.7%)

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

More than normal	12 (6.5%)	1099 (4.5%)
Normal	127 (68.3%)	14509 (60.0%)



About 3/4 of normal	15 (8.1%)	2651 (11.0%)
About half of normal	14 (7.5%)	3062 (12.7%)
About a quarter to nearly nothing	9 (4.8%)	2263 (9.4%)
I do not know	-	231 (0.96%)
Missing	9 (4.8%)	362 (1.5%)

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

Very satisfied	25 (13.4%)	5394 (22.3%)
Somewhat satisfied	30 (16.1%)	7204 (29.8%)
Neutral	67 (36.0%)	4214 (17.4%)
Dissatisfied	25 (13.4%)	1854 (7.7%)
Very dissatisfied	4 (2.2%)	673 (2.8%)
I do not know	13 (7.0%)	1694 (7.0%)
Missing	22 (11.8%)	3144 (13.0%)

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

Yes, from family or friends	-	2177 (9.0%)
Yes, from hospital staff	8 (4.3%)	1475 (6.1%)
No	168 (90.3%)	16830 (69.6%)
I do not know	1 (0.54%)	282 (1.2%)
Missing	9 (4.8%)	3413 (14.1%)

### 15. Were you able to eat without interruption TODAY? (Yes)

143 (82.7%) 15256 (74.7%)

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

About all	136 (73.1%)	11133 (46.0%)
1/2	21 (11.3%)	6143 (25.4%)
1/4	9 (4.8%)	3103 (12.8%)
Nothing	9 (4.8%)	2802 (11.6%)
Missing	11 (5.9%)	996 (4.1%)

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

Standard	113 (60.8%)	13732 (56.8%)
Smaller	24 (12.9%)	2093 (8.7%)
Larger	12 (6.5%)	1046 (4.3%)
I do not know	23 (12.4%)	2302 (9.5%)
Missing	14 (7.5%)	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	3 (7.7%)	1945 (16.1%)
I did not like the smell/taste of the food	7 (17.9%)	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 (2.6%)	281 (2.3%)
Due to food allergy/intolerance	-	105 (0.87%)
I was not hungry at that time	6 (15.4%)	1991 (16.5%)
I do not have my usual appetite	9 (23.1%)	3586 (29.8%)
I have problems chewing/swallowing	1 (2.6%)	716 (5.9%)
I normally eat less than what was served	5 (12.8%)	1383 (11.5%)
I had nausea/vomiting	4 (10.3%)	984 (8.2%)
I was too tired	5 (12.8%)	740 (6.1%)
I cannot eat without help	-	191 (1.6%)
I was not allowed to eat	4 (10.3%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	3 (7.7%)	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	8 (20.5%)	1823 (15.1%)

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

Water	1 [0-3]	3 [2-6]
Tea	2 [1-4]	1 [0-3]
Coffee	0 [0-1]	1 [1-2]
Milk	0 [0-1]	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?** 37 (20.6%) 5831 (29.2%)

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

Sweet snacks	13 (35.1%)	1820 (31.2%)
Salty snacks	6 (16.2%)	645 (11.1%)
Homemade food	3 (8.1%)	896 (15.4%)
Fruits	7 (18.9%)	2357 (40.4%)
Dairy products	4 (10.8%)	686 (11.8%)
Food delivered/restaurant	1 (2.7%)	272 (4.7%)
Sandwich	2 (5.4%)	347 (6.0%)
Other	9 (24.3%)	795 (13.6%)

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

Increased	15 (8.1%)	3329 (13.8%)
Decreased	33 (17.7%)	6808 (28.2%)
Stayed the same	85 (45.7%)	9055 (37.5%)
I do not know	23 (12.4%)	1479 (6.1%)
Missing	30 (16.1%)	3506 (14.5%)

**21. TODAY I feel...**

Stronger than at admission	60 (32.3%)	10558 (43.7%)
Weaker than at admission	19 (10.2%)	4610 (19.1%)
Same as at admission	68 (36.6%)	6833 (28.3%)
I was admitted today	13 (7.0%)	576 (2.4%)
I do not know	19 (10.2%)	1178 (4.9%)
Missing	7 (3.8%)	422 (1.7%)

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

Yes	124 (66.7%)	14229 (58.9%)
No, only with assistance	48 (25.8%)	5989 (24.8%)
No, I stay in bed	5 (2.7%)	2912 (12.0%)
Missing	9 (4.8%)	1047 (4.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	72 (39.3%)	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:	6	291
Computerized system in hospital:	6 units (100%) YES	265 units (91%) YES
Nutritional treatment of cancer patients is part of overall care plan	6 units (100%) YES	268 units (92%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	1 (16,7%)	187 (64,3%)
When patient asks	4 (66,7%)	81 (27,8%)
When body weight loss > 10%	5 (83,3%)	98 (33,7%)
During palliative phase	5 (83,3%)	74 (25,4%)
Other	-	26 (8,93%)
Missing	-	18 (6,19%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
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%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	6 (100%)	206 (70,8%)
Calculation of energy needs	6 (100%)	201 (69,1%)
Monitoring patients intake and use of oral supplements	6 (100%)	245 (84,2%)
None	-	5 (1,72%)
Other	-	15 (5,15%)
Missing	-	8 (2,75%)
<b>Nutritional therapy is not used due to</b>		
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%)
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

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

Regularly	6 (100%)	199 (68,4%)
At chemotherapy	-	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	6 (100%)	98 (33,7%)
Never	-	122 (41,9%)
Unknown	-	12 (4,12%)
Missing	-	11 (3,78%)

**BIA**

Regularly	-	10 (3,44%)
At chemotherapy	-	3 (1,03%)
When necessary	6 (100%)	90 (30,9%)
Never	-	165 (56,7%)
Unknown	-	12 (4,12%)
Missing	-	11 (3,78%)

**CT SCAN**

Regularly	-	9 (3,09%)
At chemotherapy	-	3 (1,03%)
When necessary	6 (100%)	67 (23,0%)
Never	-	176 (60,5%)
Unknown	-	24 (8,25%)
Missing	-	12 (4,12%)

**DEXA**

Regularly	-	5 (1,72%)
At chemotherapy	-	1 (0,34%)
When necessary	1 (16,7%)	47 (16,2%)
Never	5 (83,3%)	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	5 (83,3%)	42 (14,4%)
Never	-	104 (35,7%)
Unknown	-	38 (13,1%)
Missing	1 (16,7%)	97 (33,3%)

### Body function:

#### Handgrip

Regularly	-	16 (5,50%)
At chemotherapy	-	8 (2,75%)
When necessary	6 (100%)	90 (30,9%)
Never	-	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	6 (100%)	68 (23,4%)
Never	-	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	6 (100%)	55 (18,9%)
Never	-	108 (37,1%)
Unknown	-	33 (11,3%)
Missing	-	80 (27,5%)

#### Nutritional requirements, calculated

Regularly	3 (50,0%)	87 (29,9%)
At chemotherapy	-	4 (1,37%)
When necessary	3 (50,0%)	135 (46,4%)
Never	-	20 (6,87%)
Unknown	-	6 (2,06%)
Missing	-	39 (13,4%)

#### Nutritional intake:

##### Every meal

Regularly	6 (100%)	78 (26,8%)
At chemotherapy	-	3 (1,03%)
When necessary	-	124 (42,6%)
Never	-	31 (10,7%)

Unknown	-	15 (5,15%)
Missing	-	40 (13,7%)
<b>1 meal per day</b>		
Regularly	5 (83,3%)	33 (11,3%)
At chemotherapy	-	4 (1,37%)
When necessary	-	90 (30,9%)
Never	-	59 (20,3%)
Unknown	-	20 (6,87%)
Missing	1 (16,7%)	85 (29,2%)
<b>2 meals per day</b>		
Regularly	5 (83,3%)	32 (11,0%)
At chemotherapy	-	3 (1,03%)
When necessary	-	89 (30,6%)
Never	-	60 (20,6%)
Unknown	-	20 (6,87%)
Missing	1 (16,7%)	87 (29,9%)
<b>24h recall</b>		
Regularly	5 (83,3%)	63 (21,6%)
At chemotherapy	-	8 (2,75%)
When necessary	-	117 (40,2%)
Never	-	39 (13,4%)
Unknown	-	14 (4,81%)
Missing	1 (16,7%)	50 (17,2%)
<b>Other (nutritional intake)</b>		
Regularly	-	14 (4,81%)
At chemotherapy	-	1 (0,34%)
When necessary	2 (33,3%)	62 (21,3%)
Never	-	46 (15,8%)
Unknown	-	35 (12,0%)
Missing	4 (66,7%)	133 (45,7%)
<b>Questionnaire completed by</b>		
Dietitian	1 (16,7%)	128 (44,0%)
Nurse	-	69 (23,7%)
Physician	5 (83,3%)	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:	72	2862
<b>Demographic data:</b>		
Age (years)	77 [37-91]	64 [18-120]
Female gender	21 (29,2%)	1301 (45,5%)
Weight (kg)	56,0 ± 11,6	67,0 ± 16,8
Height (cm)	161,2 ± 8,7	165,5 ± 9,8
BMI (kg/m2)	21,5 ± 3,9	24,3 ± 5,0
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	-	118 (4,12%)
Ward (w)	72 (100%)	2736 (95,6%)
Missing	-	8 (0,28%)
<b>Goal of Therapy</b>		
Curative	31 (43,1%)	1803 (63,0%)
Palliative	30 (41,7%)	895 (31,3%)
Terminal	11 (15,3%)	96 (3,35%)
Missing	-	68 (2,38%)
<b>Reason for admission</b>		
Clinical diagnostics	6 (8,33%)	368 (12,9%)
Therapy	27 (37,5%)	1326 (46,3%)
Surgery related	18 (25,0%)	515 (18,0%)
Treatment complications	10 (13,9%)	409 (14,3%)
Poor health status	11 (15,3%)	386 (13,5%)
Independent care difficult	4 (5,56%)	25 (0,87%)
Missing	-	2 (0,07%)
<b>Present cancer diagnosis</b>		
Breast	3 (4,17%)	223 (7,79%)
Colon, rectum	10 (13,9%)	395 (13,8%)
Prostate	4 (5,56%)	107 (3,74%)
Lung	11 (15,3%)	306 (10,7%)
Skin	1 (1,39%)	25 (0,87%)
Kidney/bladder	8 (11,1%)	126 (4,40%)
Gastric/oesophageal	13 (18,1%)	291 (10,2%)
Pancreas	6 (8,33%)	133 (4,65%)
Lymphoma	-	232 (8,11%)
Ears nose throat (ENT)	6 (8,33%)	114 (3,98%)
Leukaemia	-	241 (8,42%)



Genital tract	-	115 (4,02%)
Liver	4 (5,56%)	194 (6,78%)
Sarcoma	-	47 (1,64%)
Brain	2 (2,78%)	47 (1,64%)
Testicular	-	19 (0,66%)
Other	5 (6,94%)	332 (11,6%)
Missing	-	42 (1,47%)

### Time since diagnosis

0-2 months	29 (40,3%)	823 (28,8%)
3-5 months	12 (16,7%)	486 (17,0%)
6-12 months	12 (16,7%)	494 (17,3%)
1-2 years	7 (9,72%)	371 (13,0%)
2-4 years	2 (2,78%)	272 (9,50%)
> 4 years	10 (13,9%)	297 (10,4%)
Missing	-	69 (2,41%)

### Cancer staging

0=Carcinoma in situ	6 (8,33%)	141 (4,93%)
I=Localized	7 (9,72%)	540 (18,9%)
II=Early locally advanced	17 (23,6%)	482 (16,8%)
III=Late locally advanced	13 (18,1%)	436 (15,2%)
IV=Metastasised	29 (40,3%)	871 (30,4%)
Missing	-	392 (13,7%)

### Time since first therapy start

No therapy	8 (11,1%)	237 (8,28%)
Tumour staging/diagnosis	8 (11,1%)	311 (10,9%)
0-2 months	29 (40,3%)	814 (28,4%)
3-5 months	12 (16,7%)	381 (13,3%)
6-12 months	11 (15,3%)	422 (14,7%)
1-2 years	7 (9,72%)	298 (10,4%)
2-4 years	2 (2,78%)	223 (7,79%)
> 4 years	10 (13,9%)	228 (7,97%)
Missing	1 (1,39%)	60 (2,10%)

### Therapy situation

Diagnosis	9 (12,5%)	309 (10,8%)
Chemotherapy 1st line	16 (22,2%)	622 (21,7%)
Chemotherapy > 1st line	10 (13,9%)	518 (18,1%)
Radiotherapy	7 (9,72%)	271 (9,47%)
Target therapy	4 (5,56%)	74 (2,59%)
Hormone therapy	1 (1,39%)	31 (1,08%)
Palliative	2 (2,78%)	242 (8,46%)

Surgery	20 (27,8%)	632 (22,1%)
Cancer related complications	16 (22,2%)	285 (9,96%)
Therapy related complications	8 (11,1%)	119 (4,16%)
Missing	-	64 (2,24%)

### Infections

None	60 (83,3%)	2103 (73,5%)
Local	12 (16,7%)	430 (15,0%)
General	-	241 (8,42%)
Missing	-	88 (3,07%)

### Nutrition Treatment

No special diet	42 (58,3%)	1203 (42,0%)
Individualized diet plan	7 (9,72%)	798 (27,9%)
Energy rich/protein rich ONS	5 (6,94%)	577 (20,2%)
Enteral nutrition (via NGT/PEG)	4 (5,56%)	143 (5,00%)
Parenteral nutrition	17 (23,6%)	213 (7,44%)
ONS enriched with special nutrients	3 (4,17%)	103 (3,60%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	39 (1,36%)
Personal preferences	4 (5,56%)	324 (11,3%)
Counselling	-	214 (7,48%)
Other	1 (1,39%)	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:	72	2832
Body weight prior to becoming ill	64 [38-85]	70 [17-196]
Actual body weight	56 [34-81]	65 [11-196]
<b>Change in weight was</b>		
Intentional	2 (2,78%)	129 (4,51%)
Unintentional	33 (45,8%)	1854 (64,8%)
Weight is stable	-	476 (16,6%)
Missing	2 (2,78%)	89 (3,11%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	19 (26,4%)	962 (33,6%)
A little	17 (23,6%)	867 (30,3%)
Quite a bit	3 (4,17%)	476 (16,6%)
Very much	-	340 (11,9%)
Missing	33 (45,8%)	196 (6,85%)
<b>Patients who needed a rest:</b>		
Not at all	16 (22,2%)	590 (20,6%)
A little	16 (22,2%)	881 (30,8%)
Quite a bit	4 (5,56%)	679 (23,7%)
Very much	1 (1,39%)	480 (16,8%)
Missing	35 (48,6%)	204 (7,13%)
<b>Patients who felt weak:</b>		
Not at all	6 (8,33%)	600 (21,0%)
A little	20 (27,8%)	891 (31,1%)
Quite a bit	8 (11,1%)	682 (23,8%)
Very much	5 (6,94%)	472 (16,5%)
Missing	33 (45,8%)	197 (6,88%)
<b>Patients who felt depressed:</b>		
Not at all	10 (13,9%)	1073 (37,5%)
A little	22 (30,6%)	858 (30,0%)
Quite a bit	6 (8,33%)	429 (15,0%)
Very much	1 (1,39%)	251 (8,77%)
Missing	33 (45,8%)	209 (7,30%)

**Patients who were tired:**

Not at all	10 (13,9%)	621 (21,7%)
A little	26 (36,1%)	927 (32,4%)
Quite a bit	1 (1,39%)	643 (22,5%)
Very much	2 (2,78%)	444 (15,5%)
Missing	33 (45,8%)	200 (6,99%)

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

Not at all	19 (26,4%)	1081 (37,8%)
A little	9 (12,5%)	684 (23,9%)
Quite a bit	7 (9,72%)	480 (16,8%)
Very much	1 (1,39%)	365 (12,8%)
Missing	35 (48,6%)	215 (7,51%)

**Patients who lacked appetite:**

Not at all	15 (20,8%)	980 (34,2%)
A little	14 (19,4%)	721 (25,2%)
Quite a bit	5 (6,94%)	507 (17,7%)
Very much	4 (5,56%)	418 (14,6%)
Missing	34 (47,2%)	206 (7,20%)

**Just now****Patients who have pain:**

Not at all	25 (34,7%)	1172 (41,0%)
A little	10 (13,9%)	967 (33,8%)
Quite a bit	3 (4,17%)	355 (12,4%)
Very much	-	138 (4,82%)
Missing	34 (47,2%)	205 (7,16%)

**Patients who need a rest:**

Not at all	21 (29,2%)	616 (21,5%)
A little	11 (15,3%)	1030 (36,0%)
Quite a bit	4 (5,56%)	635 (22,2%)
Very much	2 (2,78%)	332 (11,6%)
Missing	34 (47,2%)	219 (7,65%)

**Patients who feel weak:**

Not at all	6 (8,33%)	724 (25,3%)
A little	17 (23,6%)	964 (33,7%)
Quite a bit	10 (13,9%)	606 (21,2%)
Very much	5 (6,94%)	321 (11,2%)
Missing	34 (47,2%)	217 (7,58%)

**Patients who are depressed:**

Not at all	11 (15,3%)	1215 (42,5%)
A little	21 (29,2%)	857 (29,9%)
Quite a bit	6 (8,33%)	350 (12,2%)
Very much	1 (1,39%)	179 (6,25%)
Missing	33 (45,8%)	221 (7,72%)

#### Patients who are tired:

Not at all	10 (13,9%)	745 (26,0%)
A little	26 (36,1%)	1024 (35,8%)
Quite a bit	1 (1,39%)	536 (18,7%)
Very much	2 (2,78%)	299 (10,4%)
Missing	33 (45,8%)	223 (7,79%)

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

Not at all	20 (27,8%)	1157 (40,4%)
A little	14 (19,4%)	748 (26,1%)
Quite a bit	2 (2,78%)	409 (14,3%)
Very much	2 (2,78%)	273 (9,54%)
Missing	34 (47,2%)	239 (8,35%)

#### Patients who lack appetite:

Not at all	17 (23,6%)	1071 (37,4%)
A little	15 (20,8%)	757 (26,5%)
Quite a bit	3 (4,17%)	459 (16,0%)
Very much	4 (5,56%)	303 (10,6%)
Missing	33 (45,8%)	233 (8,14%)

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

Nausea/Vomiting	2 (2,78%)	552 (19,3%)
Inflammation in mouth	1 (1,39%)	129 (4,51%)
Pain	3 (4,17%)	406 (14,2%)
Constipation	6 (8,33%)	248 (8,67%)
Diarrhea	5 (6,94%)	178 (6,22%)
Change in taste/smell	3 (4,17%)	415 (14,5%)
Early satiation/Loss of appetite	7 (9,72%)	663 (23,2%)
Other	5 (6,94%)	441 (15,4%)
Missing	2 (2,78%)	97 (3,39%)

#### Maximum activity performed by patients

Able to do sports	2 (2,78%)	121 (4,23%)
Fully active	9 (12,5%)	370 (12,9%)
Able to carry out light activities	7 (9,72%)	646 (22,6%)
Able to carry out self care	10 (13,9%)	732 (25,6%)
Able to carry out limited self care	7 (9,72%)	403 (14,1%)

Confined to bed or chair	2 (2,78%)	372 (13,0%)
Missing	35 (48,6%)	207 (7,23%)
<b>Patient takes additional (without prescription)</b>		
Nothing	30 (41,7%)	1841 (64,3%)
Herbal tea	-	259 (9,05%)
Nutritional supplements	1 (1,39%)	274 (9,57%)
Multivitamin	2 (2,78%)	134 (4,68%)
Other medication	4 (5,56%)	98 (3,42%)
Other	-	131 (4,58%)
Missing	36 (50,0%)	235 (8,21%)
<b>Additional activities performed</b>		
Nothing	26 (36,1%)	2056 (71,8%)
Psychotherapy	-	65 (2,27%)
Yoga	-	38 (1,33%)
Meditation	3 (4,17%)	112 (3,91%)
Progressive muscle relaxation	-	46 (1,61%)
Qigong	-	8 (0,28%)
Other	1 (1,39%)	318 (11,1%)
Missing	42 (58,3%)	270 (9,43%)
<b>Patients having difficulties in complying with treatment</b>		
	5 (6,94%)	632 (22,1%)
<b>Patients needing help to complete questionnaire</b>		
	12 (16,7%)	1569 (54,8%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>		
	15 (20,8%)	1913 (66,8%)

	<i>YOUR RESULTS</i>	<i>REFERENCE RESULTS</i>
<b>1. Are you COVID-19 positive TODAY?</b>		
Yes	10 (3.6%)	-
No	249 (88.9%)	-
I do not know	2 (0.71%)	-
Missing	19 (6.8%)	-
<b>2. Have you been tested COVID-19 positive in the last:</b>		
0-3 months	9 (3.2%)	-
3-6 months	-	-
6-12 months	-	-
>1 year	-	-
never	250 (89.3%)	-
I do not know	2 (0.71%)	-
Missing	19 (6.8%)	-
<b>3. Have you been hospitalized during your COVID-19 infection?</b>		
Yes	9 (3.2%)	-
No	251 (89.6%)	-
I do not know	-	-
Missing	20 (7.1%)	-