

Dear participant,

Thank you for participating to nutritionDay worldwide in 2021. Your country report consists of the following sample size:

|   |            |
|---|------------|
| <b>Number of participated center:</b>                     | <b>12</b>  |
| <b>Number of participated units:</b>                      | <b>52</b>  |
| <b>Number of patients:</b>                                | <b>678</b> |
| <b>Number of patients who gave consent:</b>               | <b>594</b> |
| <b>Number of patients completing Sheet 3a:</b>            | <b>591</b> |
| <b>Number of patients completing Sheet 3b:</b>            | <b>589</b> |
| <b>Number of cancer patients:</b>                         | <b>172</b> |
| <b>Number of patients completing Sheet 2_onco:</b>        | <b>78</b>  |
| <b>Number of patients completing Sheet 3_onco:</b>        | <b>78</b>  |
| <b>Number of patients with 30-day outcome assessment:</b> | <b>444</b> |

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

The report consists of 6 parts:

Part I reflects capacity and staffing of your hospital.

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

Part III describes 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 the oncology Report.

Part VI COVID-19

**Participate again to next year's nutritionDay in November 2022! Repeated participation allows benchmarking and monitoring the nutrition care in your country. For more information visit [www.nutritionDay.org](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!



Prof. Dr. Michael Hiesmayr

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

|  | YOUR RESULTS       | REFERENCE RESULTS  |
|--|--------------------|--------------------|
| <b>1. Total number of beds in hospital</b>   | 989 [271-1093]     | 375 [213-715]      |
| <b>2. Total number of admissions in the hospital last year</b>   | 26391 [7946-35328] | 18870 [9512-38961] |
| <b>3. Total number of staff in the hospital</b>  |                    |                    |
| Total medical doctors  | 385 [176-519]      | 186 [90-417]       |
| Medical specialists  | 277 [188-322]      | 124 [54-273]       |
| Medical non-specialists  | 45 [24-193]        | 45 [19-116]        |
| Nurses   | 815 [244-1016]     | 440 [208-910]      |
| Dieticians   | 7 [0-15]           | 5 [1-10]           |
| Nutritionists  | 5 [2-12]           | 1 [0-5]            |
| Pharmacists  | 20 [8-22]          | 8 [4-24]           |
| Kitchen staff  | 27 [24-49]         | 32 [15-62]         |
| <b>Full time equivalent</b>  |                    |                    |
| Total medical doctors  | 319 [228-444]      | 175 [76-394]       |
| Medical specialists  | 250 [193-314]      | 121 [50-274]       |
| Medical non-specialists  | 70 [34-130]        | 45 [18-138]        |
| Nurses   | 729 [489-1044]     | 380 [198-793]      |
| Dieticians   | 7 [4-11]           | 5 [2-8]            |
| Nutritionists  | 4 [2-5]            | 1 [0-3]            |
| Pharmacists  | 13 [11-21]         | 7 [4-20]           |
| Kitchen staff  | 36 [24-52]         | 30 [14-57]         |
| <b>4. Does the hospital have a nutrition care strategy?</b>  | 8 (100%) Yes       | 439 (80.8%) Yes    |
| <b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>                    |                    |                    |
| Nutrition training is available  | 7 (77.8%) Yes      | 391 (72.0%) Yes    |
| Nutrition steering committee is available  | 7 (77.8%) Yes      | 328 (60.4%) Yes    |
| Quality indicators are recorded and reported to national or regional level                                   | 4 (44.4%) Yes      | 229 (42.2%) Yes    |
| Quality indicators are used for internal benchmarking  | 7 (77.8%) Yes      | 299 (55.1%) Yes    |
| Patient feedback about food and food service is collected using a questionnaire                              | 7 (77.8%) Yes      | 415 (76.4%) Yes    |
| None   | -                  | 32 (5.9%) Yes      |
| No answer given  | 1 (11.1%)          | -                  |
| <b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b> |                    |                    |
| <b>Codes available</b>   |                    |                    |
| Nutrition Support  | 7 (77.8%) Yes      | 296 (54.5%) Yes    |

|   |               |                 |
|---|---------------|-----------------|
| Oral nutrition supplements                                | 7 (77.8%) Yes | 219 (40.3%) Yes |
| Parenteral nutrition                                      | 7 (77.8%) Yes | 349 (64.3%) Yes |
| Enteral nutrition   | 7 (77.8%) Yes | 327 (60.2%) Yes |
| Dietary counseling  | 6 (66.7%) Yes | 232 (42.7%) Yes |
| Specific dietary interventions                            | 5 (55.6%) Yes | 178 (32.8%) Yes |
| Screening for malnutrition                                | 5 (55.6%) Yes | 195 (35.9%) Yes |
| Risk of malnutrition                                      | 5 (55.6%) Yes | 160 (29.5%) Yes |
| Malnutrition (in general)                                 | 4 (44.4%) Yes | 262 (48.3%) Yes |
| Severity of malnutrition (i.e. mild, moderate, severe)    | 4 (44.4%) Yes | 251 (46.2%) Yes |
| No information available from billing/finance/controlling | -             | 104 (19.2%) Yes |
| No answer given   | -             | -               |

### Codes routinely used

|   |               |                 |
|---|---------------|-----------------|
| Nutrition Support   | 5 (55.6%) Yes | 264 (48.6%) Yes |
| Oral nutrition supplements                                | 6 (66.7%) Yes | 200 (36.8%) Yes |
| Parenteral nutrition                                      | 6 (66.7%) Yes | 326 (60.0%) Yes |
| Enteral nutrition   | 6 (66.7%) Yes | 310 (57.1%) Yes |
| Dietary counseling  | 5 (55.6%) Yes | 208 (38.3%) Yes |
| Specific dietary interventions                            | 4 (44.4%) Yes | 160 (29.5%) Yes |
| Screening for malnutrition                                | 5 (55.6%) Yes | 162 (29.8%) Yes |
| Risk of malnutrition                                      | 4 (44.4%) Yes | 138 (25.4%) Yes |
| Malnutrition (in general)                                 | 3 (33.3%) Yes | 238 (43.8%) Yes |
| Severity of malnutrition (i.e. mild, moderate, severe)    | 3 (33.3%) Yes | 218 (40.1%) Yes |
| No information available from billing/finance/controlling | -             | 115 (21.2%) Yes |
| No answer given   | -             | -               |

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

|  | YOUR RESULTS | REFERENCE RESULTS |
|--|--------------|-------------------|
| Internal Medicine / General  | 6 (11.5%)    | 20.5%             |
| Internal Medicine / Cardiology   | 2 (3.8%)     | 4.3%              |
| Internal Medicine / Gastroenterology & hepatology                            | 1 (1.9%)     | 7.6%              |
| Internal Medicine / Geriatrics   | 2 (3.8%)     | 9.5%              |
| Internal Medicine / Infectious diseases                                      | -            | 0.5%              |
| Internal Medicine / Nephrology   | 1 (1.9%)     | 1.3%              |
| Internal Medicine / Oncology (incl. radiotherapy)                            | 8 (15.4%)    | 8.0%              |
| Interdisciplinary  | -            | 2.9%              |
| Long term care   | 1 (1.9%)     | 2.6%              |
| Neurology  | 3 (5.8%)     | 4.0%              |
| Surgery / General  | 8 (15.4%)    | 14.5%             |
| Surgery/ Cardiac/Vascular/Thoracic   | 4 (7.7%)     | 1.8%              |
| Surgery / Neurosurgery   | -            | 0.7%              |
| Surgery / Orthopedic   | 2 (3.8%)     | 3.5%              |
| Trauma   | -            | 0.6%              |
| Ear Nose Throat (ENT)  | -            | 1.4%              |
| Gynecology / Obstetrics  | 1 (1.9%)     | 1.6%              |
| Pediatrics   | -            | 0.4%              |
| Psychiatry   | -            | 1.0%              |
| Others   | 13 (25.0%)   | 13.2%             |
| <b>2. Number of registered inpatients at noon</b>                            | 17 [13-19]   | 24 [18-31]        |
| <b>3. Total bed capacity of the unit</b>                                     | 22 [16-29]   | 29 [24-38]        |
| <b>4. Number of each type of staff in the unit for TODAY’s morning shift</b> |              |                   |
| <b>Fully trained</b>   |              |                   |
| Medical doctors  | 4 [2-5]      | 3 [2-7]           |
| Nurses   | 3 [3-5]      | 4 [3-7]           |
| Nursing aides  | 2 [1-2]      | 2 [1-3]           |
| Dieticians   | 0 [0-1]      | 1 [0-1]           |
| Nutritionists  | 1 [1-1]      | 0 [0-1]           |
| Administrative staff   | 1 [0-1]      | 1 [0-1]           |
| Other staff involved in patient care   | 1 [0-1]      | 1 [0-3]           |
| <b>In training</b>   |              |                   |
| Medical doctors  | 2 [1-2]      | 1 [0-3]           |
| Medical students   | 1 [0-2]      | 0 [0-2]           |
| Nurses   | 1 [1-2]      | 1 [0-2]           |

|                                      |         |         |
|--------------------------------------|---------|---------|
| Nursing aides                        | 0 [0-0] | 0 [0-1] |
| Dieticians                           | 0 [0-0] | 0 [0-0] |
| Nutritionists                        | 1 [0-1] | 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?** 34 (91.9%) Yes 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 37 (100%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 34 (91.9%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 4Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 34 (91.9%) 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                            | 1 (1.9%) Yes   | 13 (0.97%) Yes  |
| Experience / visual assessment only          | -              | 85 (6.3%) Yes   |
| Weighing / BMI only                          | 2 (3.8%) Yes   | 193 (14.3%) Yes |
| Nutritional Risk Screening (NRS) 2002        | 14 (26.9%) Yes | 455 (33.8%) Yes |
| Malnutrition Universal Screening Tool (MUST) | 9 (17.3%) Yes  | 86 (6.4%) Yes   |
| Malnutrition Screening tool (MST)            | 5 (9.6%) Yes   | 94 (7.0%) Yes   |
| SNAQ   | 5 (9.6%) Yes   | 27 (2.0%) Yes   |
| Other formal tool                            | 5 (9.6%) Yes   | 218 (16.2%) Yes |
| I do not know                                | -              | 10 (0.74%) Yes  |
| Missing                                      | 11 (21.2%)     | 64 (4.8%)       |

**During hospital stay**

|                                     |                |                 |
|-------------------------------------|----------------|-----------------|
| No routine monitoring               | 1 (1.9%) Yes   | 120 (8.9%) Yes  |
| No fixed criteria                   | 1 (1.9%) Yes   | 101 (7.5%) Yes  |
| Experience / visual assessment only | 1 (1.9%) Yes   | 212 (15.8%) Yes |
| Weighing / BMI only                 | 10 (19.2%) Yes | 438 (32.5%) Yes |
| Other formal tool                   | 28 (53.8%) Yes | 378 (28.1%) Yes |
| I do not know                       | -              | 33 (2.5%) Yes   |
| Missing                             | 11 (21.2%)     | 64 (4.8%)       |

**11a. Do you routinely use guidelines or standards for nutrition care?** 35 (100%) Yes 954 (85.2%) Yes

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

|   |                |                 |
|---|----------------|-----------------|
| International guidelines                | 12 (34.3%) Yes | 266 (27.9%) Yes |
| National guidelines                     | -              | 148 (15.5%) Yes |
| Standards on hospital level             | 19 (54.3%) Yes | 355 (37.2%) Yes |
| Standards on unit level                 | 2 (5.7%) Yes   | 58 (6.1%) Yes   |
| Individual patient nutrition care plans | 2 (5.7%) 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   | 11 (21.2%) Yes | 355 (26.4%) Yes |
| Discuss nutrition care activities during ward rounds       | 24 (46.2%) Yes | 572 (42.5%) Yes |
| Develop an individual nutrition care plan                  | 36 (69.2%) Yes | 675 (50.1%) Yes |
| Initiate treatment / nutrition intervention                | 37 (71.2%) Yes | 739 (54.9%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 32 (61.5%) Yes | 739 (54.9%) Yes |
| Consult a medical professional                             | 29 (55.8%) Yes | 472 (35.1%) Yes |
| Calculate energy requirements                              | 34 (65.4%) Yes | 593 (44.1%) Yes |
| Calculate protein requirements                             | 35 (67.3%) Yes | 574 (42.6%) Yes |

**Malnourished**

|  |                |                 |
|--|----------------|-----------------|
| Watchful waiting   | 9 (17.3%) Yes  | 252 (18.7%) Yes |
| Discuss nutrition care activities during ward rounds       | 24 (46.2%) Yes | 614 (45.6%) Yes |
| Develop an individual nutrition care plan                  | 31 (59.6%) Yes | 739 (54.9%) Yes |
| Initiate treatment / nutrition intervention                | 32 (61.5%) Yes | 797 (59.2%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 28 (53.8%) Yes | 729 (54.2%) Yes |
| Consult a medical professional                             | 27 (51.9%) Yes | 540 (40.1%) Yes |
| Calculate energy requirements                              | 32 (61.5%) Yes | 686 (51.0%) Yes |
| Calculate protein requirements                             | 29 (55.8%) Yes | 670 (49.8%) Yes |

**Every patient**

|  |                |                 |
|--|----------------|-----------------|
| Watchful waiting   | 28 (53.8%) Yes | 668 (49.6%) Yes |
| Discuss nutrition care activities during ward rounds       | 11 (21.2%) Yes | 331 (24.6%) Yes |
| Develop an individual nutrition care plan                  | 1 (1.9%) Yes   | 220 (16.3%) Yes |
| Initiate treatment / nutrition intervention                | -              | 173 (12.9%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 4 (7.7%) Yes   | 256 (19.0%) Yes |
| Consult a medical professional                             | 6 (11.5%) Yes  | 267 (19.8%) Yes |
| Calculate energy requirements                              | 1 (1.9%) Yes   | 166 (12.3%) Yes |
| Calculate protein requirements                             | 1 (1.9%) Yes   | 148 (11.0%) Yes |

**Never**

|                  |              |               |
|------------------|--------------|---------------|
| Watchful waiting | 1 (1.9%) Yes | 95 (7.1%) Yes |
|------------------|--------------|---------------|

|  |              |                 |
|--|--------------|-----------------|
| 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                             | 1 (1.9%) 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                  | - | 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    | 38 (73.1%) Yes | 878 (65.2%) Yes |
| Within 24 hours | 5 (9.6%) Yes   | 203 (15.1%) Yes |
| Within 48 hours | -              | 74 (5.5%) Yes   |
| Within 72 hours | -              | 32 (2.4%) Yes   |
| Every week      | 32 (61.5%) Yes | 631 (46.9%) Yes |
| Occasionally    | 1 (1.9%) Yes   | 153 (11.4%) Yes |
| When requested  | 27 (51.9%) Yes | 707 (52.5%) Yes |
| At discharge    | 9 (17.3%) 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                     | 41 (78.8%) Yes | 1043 (77.5%) Yes |
| Offer meal choices  | 37 (71.2%) Yes | 989 (73.5%) Yes  |
| Offer different portion sizes                                   | 32 (61.5%) Yes | 900 (66.9%) Yes  |
| Consider food presentation                                      | 8 (15.4%) Yes  | 460 (34.2%) Yes  |
| Change food texture/consistency as needed                       | 39 (75.0%) Yes | 1106 (82.2%) Yes |
| Consider patient problems with eating and drinking              | 40 (76.9%) Yes | 1111 (82.5%) Yes |
| Ensure that mealtimes are undisturbed/protected mealtime policy | 33 (63.5%) Yes | 399 (29.6%) Yes  |
| Promote positive eating environment                             | 35 (67.3%) Yes | 493 (36.6%) Yes  |
| Consider cultural/religious preferences                         | 37 (71.2%) Yes | 999 (74.2%) Yes  |
| Consider patient allergies / intolerances                       | 40 (76.9%) Yes | 1163 (86.4%) Yes |
| Other   | 3 (5.8%) Yes   | 101 (7.5%) Yes   |

|                 |            |               |
|-----------------|------------|---------------|
| I do not know   | -          | 23 (1.7%) Yes |
| No answer given | 11 (21.2%) | 64 (4.8%)     |

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

|   |                |                 |
|---|----------------|-----------------|
| Nutrition training is available   | 28 (53.8%) Yes | 772 (57.4%) Yes |
| Reporting of nutrition related information to hospital managers                 | 31 (59.6%) Yes | 544 (40.4%) Yes |
| Quality indicators are recorded and reported to national or regional level      | 20 (38.5%) Yes | 422 (31.4%) Yes |
| Quality indicators are used for internal benchmarking                           | 31 (59.6%) Yes | 494 (36.7%) Yes |
| Patient feedback about food and food service is collected using a questionnaire | 28 (53.8%) Yes | 805 (59.8%) Yes |
| None  | -              | 38 (2.8%) Yes   |
| I do not know   | -              | 59 (4.4%) Yes   |
| No answer given   | 15 (28.8%)     | 196 (14.6%)     |

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

|                            |                |                 |
|----------------------------|----------------|-----------------|
| Change in weight           | 37 (71.2%) Yes | 985 (73.2%) Yes |
| Eating habits/difficulties | 36 (69.2%) Yes | 932 (69.2%) Yes |
| Nutrition before admission | 32 (61.5%) Yes | 746 (55.4%) Yes |
| None                       | -              | 20 (1.5%) Yes   |
| I do not know              | -              | 39 (2.9%) Yes   |
| No answer given            | 15 (28.8%)     | 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 | 37 (71.2%) Yes | 965 (71.7%) Yes |
| nutrition treatment  | 26 (50.0%) 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 | 29 (55.8%) Yes | 573 (42.6%) Yes |
| makes future nutrition-related recommendations      | 34 (65.4%) Yes | 775 (57.6%) Yes |
| None  | -              | 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> | 28 (77.8%) Yes | 475 (44.9%) Yes |
|--|----------------|-----------------|

### 19. Who filled in this sheet?

|            |                |                 |
|------------|----------------|-----------------|
| Head staff | 7 (13.5%) Yes  | 369 (27.4%) Yes |
| Dietician  | 23 (44.2%) Yes | 641 (47.6%) Yes |
| Nurse      | 17 (32.7%) Yes | 339 (25.2%) Yes |



|                      |              |                 |
|----------------------|--------------|-----------------|
| Physician            | 5 (9.6%) Yes | 140 (10.4%) Yes |
| Administrative staff | -            | 22 (1.6%) Yes   |
| Other                | 4 (7.7%) 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  | 594          | 24938             |
| Age    | 69 [57-77]   | 67 [52-79]        |
| Female | 284 (47.8%)  | 12350 (49.5%)     |
| Weight | 79.3±18.5    | 70.6±18.8         |
| Height | 171±9        | 166±10            |
| BMI    | 27.1±5.7     | 25.6±5.9          |

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

|                 |             |               |
|-----------------|-------------|---------------|
| planned         | 302 (50.8%) | 8897 (35.7%)  |
| an emergency    | 256 (43.1%) | 14095 (56.5%) |
| I do not know   | 36 (6.1%)   | 1946 (7.8%)   |
| No answer given | -           | -             |

#### 2a. Diagnosis at admission

|  |             |              |
|--|-------------|--------------|
| 0100 Infectious and parasitic diseases   | 51 (8.6%)   | 2401 (9.6%)  |
| 0200 Neoplasms   | 143 (24.1%) | 4540 (18.2%) |
| 0300 Blood and bloodforming organs and the immune mechanism                          | 59 (9.9%)   | 1745 (7.0%)  |
| 0400 Endocrine, nutritional and metabolic diseases                                   | 155 (26.1%) | 3135 (12.6%) |
| 0500 Mental health   | 23 (3.9%)   | 1229 (4.9%)  |
| 0600 Nervous system  | 69 (11.6%)  | 2384 (9.6%)  |
| 0700 Eye and adnexa  | 14 (2.4%)   | 314 (1.3%)   |
| 0800 Ear and mastoid process   | 2 (0.34%)   | 143 (0.57%)  |
| 0900 Circulatory system  | 208 (35.0%) | 5456 (21.9%) |
| 1000 Respiratory system  | 75 (12.6%)  | 3828 (15.4%) |
| 1100 Digestive system  | 197 (33.2%) | 6160 (24.7%) |
| 1200 Skin and subcutaneous tissue  | 23 (3.9%)   | 1185 (4.8%)  |
| 1300 Musculoskeletal system and connective tissue                                    | 113 (19.0%) | 4086 (16.4%) |
| 1400 Genitourinary system  | 76 (12.8%)  | 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  | 5 (0.84%)   | 57 (0.23%)   |
| 1800 Symptoms, signs, abnormal clinical/lab findings                                 | 32 (5.4%)   | 1374 (5.5%)  |
| 1900 Injury, poisoning   | 18 (3.0%)   | 699 (2.8%)   |
| 2000 External causes of morbidity and mortality (e.g. transport accidents, assaults) | 44 (7.4%)   | 760 (3.0%)   |
| 2100 Factors influencing health status and contact with health services              | 3 (0.51%)   | 967 (3.9%)   |
| No answer given  | -           | -            |

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

|                               |             |              |
|-------------------------------|-------------|--------------|
| Cardiac insufficiency         | 159 (27.8%) | 4815 (20.0%) |
| Myocardial infarction         | 19 (3.4%)   | 1295 (5.4%)  |
| Chronic lung disease          | 90 (16.0%)  | 3095 (12.9%) |
| Cerebral vascular disease     | 70 (12.3%)  | 2104 (8.8%)  |
| Peripheral vascular disease   | 130 (22.9%) | 2576 (10.7%) |
| Chronic liver disease         | 66 (11.8%)  | 1387 (5.8%)  |
| Chronic kidney disease        | 107 (19.3%) | 2780 (11.6%) |
| Diabetes                      | 166 (29.2%) | 5493 (22.8%) |
| Cancer                        | 172 (30.6%) | 5291 (22.0%) |
| Infection                     | 77 (13.7%)  | 3401 (14.2%) |
| Dementia                      | 13 (2.3%)   | 1201 (5.0%)  |
| Major depressive disorder     | 49 (8.7%)   | 1146 (4.8%)  |
| Other chronic mental disorder | 19 (3.4%)   | 1129 (4.7%)  |
| Other chronic disease         | 226 (39.9%) | 6182 (25.7%) |
| None                          | 70 (11.8%)  | 4918 (19.7%) |

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

|               |             |               |
|---------------|-------------|---------------|
| Yes, planned  | 111 (18.7%) | 4588 (18.4%)  |
| Yes, acute    | 65 (10.9%)  | 1540 (6.2%)   |
| No            | 414 (69.7%) | 15619 (62.6%) |
| I do not know | 2 (0.34%)   | 235 (0.94%)   |
| Missing       | 2 (0.34%)   | 2956 (11.9%)  |

|                      |          |          |
|----------------------|----------|----------|
| Days since operation | 3 [2-14] | 4 [1-13] |
|----------------------|----------|----------|

#### 4b. Planned operation during this hospital stay

|                        |             |               |
|------------------------|-------------|---------------|
| Yes, today or tomorrow | 44 (7.4%)   | 1928 (7.7%)   |
| Yes, later             | 36 (6.1%)   | 1364 (5.5%)   |
| No                     | 504 (84.8%) | 17466 (70.0%) |
| I do not know          | 4 (0.67%)   | 777 (3.1%)    |
| Missing                | 6 (1.0%)    | 3403 (13.6%)  |

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

|             |              |
|-------------|--------------|
| 115 (19.4%) | 2367 (10.6%) |
|-------------|--------------|

#### 6. Is this patient terminally ill?

|           |             |
|-----------|-------------|
| 11 (1.9%) | 1518 (6.1%) |
|-----------|-------------|

#### 7. Fluid status

|               |             |               |
|---------------|-------------|---------------|
| Normal        | 482 (81.1%) | 19053 (76.4%) |
| Overloaded    | 27 (4.5%)   | 1296 (5.2%)   |
| Dehydrated    | 40 (6.7%)   | 1231 (4.9%)   |
| I do not know | 45 (7.6%)   | 3358 (13.5%)  |
| Missing       | -           | -             |

## 8. Number of different medications planned

|       |         |         |
|-------|---------|---------|
| Oral  | 6 [3-9] | 5 [2-8] |
| Other | 2 [1-3] | 2 [1-4] |

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

|               |             |               |
|---------------|-------------|---------------|
| Malnourished  | 55 (9.3%)   | 3162 (12.7%)  |
| At risk       | 140 (23.6%) | 4616 (18.5%)  |
| No            | 392 (66.0%) | 15318 (61.4%) |
| I do not know | 7 (1.2%)    | 1842 (7.4%)   |
| Missing       | -           | -             |

## 10. IV Fluids

|   |             |              |
|---|-------------|--------------|
| Electrolyte solution (NaCl, Ringers lactate, etc) | 187 (31.5%) | 8176 (32.8%) |
| 5% Glucose solution                               | 23 (3.9%)   | 2128 (8.5%)  |

## 11. Number of ONS drinks planned

0 [0-1] 0 [0-0]

## 12. Nutrition intake

|   |             |               |
|---|-------------|---------------|
| Regular hospital food                       | 383 (64.5%) | 15131 (60.7%) |
| Fortified/enriched hospital food            | 53 (8.9%)   | 3290 (13.2%)  |
| Protein/energy supplement (e.g. ONS drinks) | 137 (23.1%) | 4070 (16.3%)  |
| Enteral nutrition                           | 22 (3.7%)   | 1106 (4.4%)   |
| Parenteral nutrition                        | 21 (3.5%)   | 1022 (4.1%)   |
| Special diet                                | 176 (29.6%) | 7501 (30.1%)  |
| None  | 10 (1.7%)   | 982 (3.9%)    |

## 13a. All lines and Tubes

|   |             |               |
|---|-------------|---------------|
| Central Venous                              | 73 (12.3%)  | 2136 (9.6%)   |
| Peripheral venous access                    | 292 (49.2%) | 11129 (49.9%) |
| Nasogastric                                 | 6 (1.0%)    | 528 (2.4%)    |
| Nasojejunal                                 | 3 (0.51%)   | 115 (0.52%)   |
| Nasoduodenal                                | -           | 82 (0.37%)    |
| Enterostoma                                 | 8 (1.3%)    | 100 (0.45%)   |
| Percutaneous endoscopy/surgical gastrostomy | 9 (1.5%)    | 216 (0.97%)   |
| Percutaneous endoscopy/surgical jejunostomy | 2 (0.34%)   | 91 (0.41%)    |
| None  | 227 (38.2%) | 11685 (46.9%) |

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

|                 |             |               |
|-----------------|-------------|---------------|
| Yes, previously | 10 (1.7%)   | 352 (1.4%)    |
| Yes, ongoing    | -           | 210 (0.84%)   |
| No              | 506 (85.2%) | 18650 (74.8%) |
| I do not know   | 49 (8.2%)   | 2030 (8.1%)   |
| Missing         | 29 (4.9%)   | 3696 (14.8%)  |

| <b>14. Please indicate if any of the following was done for this patient since admission</b> |             |              |
|--|-------------|--------------|
| Energy requirements were determined  | 201 (33.8%) | 8591 (38.5%) |
| Protein requirements were determined   | 169 (28.5%) | 7723 (34.6%) |
| Food/Nutrition intake was recorded in the patient record                                     | 197 (33.2%) | 9521 (42.7%) |
| Nutrition treatment plan was developed   | 144 (24.2%) | 8177 (36.6%) |
| Nutrition expert was consulted   | 184 (31.0%) | 8667 (38.8%) |
| Malnutrition status is recorded in the patient record  | 100 (16.8%) | 7448 (33.4%) |
| None   | -           | -            |

| <b>15a. Energy goal</b> |             |              |
|-------------------------|-------------|--------------|
| < 500 kcal              | 6 (1.0%)    | 783 (3.1%)   |
| 500-999 kcal            | 2 (0.34%)   | 194 (0.78%)  |
| 1000-1499 kcal          | 19 (3.2%)   | 1956 (7.8%)  |
| 1500-1999 kcal          | 137 (23.1%) | 7632 (30.6%) |
| >=2000 kcal             | 170 (28.6%) | 2380 (9.5%)  |
| Not determined          | 240 (40.4%) | 7419 (29.7%) |
| I do not know           | 20 (3.4%)   | 1959 (7.9%)  |
| Missing                 | -           | 2615 (10.5%) |

| <b>15b. Energy intake</b> |             |              |
|---------------------------|-------------|--------------|
| < 500 kcal                | 23 (3.9%)   | 1316 (5.3%)  |
| 500-999 kcal              | 31 (5.2%)   | 938 (3.8%)   |
| 1000-1499 kcal            | 62 (10.4%)  | 2996 (12.0%) |
| 1500-1999 kcal            | 102 (17.2%) | 5568 (22.3%) |
| >=2000 kcal               | 111 (18.7%) | 1218 (4.9%)  |
| Not determined            | 238 (40.1%) | 7394 (29.6%) |
| I do not know             | 27 (4.5%)   | 2893 (11.6%) |
| Missing                   | -           | 2615 (10.5%) |

| <b>16. Since admission, this patient's health status has...</b> |             |               |
|---|-------------|---------------|
| Improved  | 329 (55.4%) | 11443 (45.9%) |
| Deteriorated  | 21 (3.5%)   | 1219 (4.9%)   |
| Remained the same   | 184 (31.0%) | 6079 (24.4%)  |
| This patient has just been admitted                             | 32 (5.4%)   | 1466 (5.9%)   |
| I do not know   | 28 (4.7%)   | 2116 (8.5%)   |
| Missing   | -           | 2615 (10.5%)  |
| Length of hospital stay (days)                                  | 14 [8-26]   | 12 [6-23]     |

| <b>Outcome Code</b>                |           |              |
|------------------------------------|-----------|--------------|
| 1= Still in the hospital           | 28 (4.7%) | 2515 (10.1%) |
| 2= Transferred to another hospital | 18 (3.0%) | 534 (2.1%)   |
| 3= Transferred to long term care   | 20 (3.4%) | 1049 (4.2%)  |

|                    |             |               |
|--------------------|-------------|---------------|
| 4= Rehabilitation  | 19 (3.2%)   | 871 (3.5%)    |
| 5= Discharged home | 347 (58.4%) | 18594 (74.6%) |
| 6= Death           | 9 (1.5%)    | 785 (3.1%)    |
| 7= Others          | 3 (0.51%)   | 410 (1.6%)    |
| Missing            | 150 (25.3%) | 180 (0.72%)   |

#### Readmitted since nutritionDay

|                                      |             |               |
|--------------------------------------|-------------|---------------|
| 1= No                                | 332 (80.4%) | 16760 (76.8%) |
| 2= Yes, same hospital planned        | 43 (10.4%)  | 1458 (6.7%)   |
| 3= Yes, same hospital unplanned      | 8 (1.9%)    | 1363 (6.2%)   |
| 4= Yes, different hospital planned   | 2 (0.48%)   | 114 (0.52%)   |
| 5= Yes, different hospital unplanned | 2 (0.48%)   | 114 (0.52%)   |
| 6= Unknown                           | 8 (1.9%)    | 481 (2.2%)    |
| Missing                              | 15 (3.6%)   | 1471 (6.7%)   |

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

**YOUR RESULTS      REFERENCE RESULTS**

|   | YOUR RESULTS | REFERENCE RESULTS |
|---|--------------|-------------------|
| <b>1. What are your typical dietary habits?</b>   |              |                   |
| No special dietary habits   | 458 (77.5%)  | 15402 (63.5%)     |
| I am vegetarian   | 7 (1.2%)     | 445 (1.8%)        |
| I adhere to a vegan diet  | 3 (0.51%)    | 160 (0.66%)       |
| I eat gluten-free diet  | 3 (0.51%)    | 204 (0.84%)       |
| I avoid added sugars  | 61 (10.3%)   | 3626 (14.9%)      |
| I avoid carbohydrates   | 59 (10.0%)   | 1383 (5.7%)       |
| I eat a low fat-diet  | 21 (3.6%)    | 2463 (10.2%)      |
| I am lactose intolerant   | 11 (1.9%)    | 809 (3.3%)        |
| Other special diet due to intolerances/allergies  | 10 (1.7%)    | 416 (1.7%)        |
| Other   | 30 (5.1%)    | 1608 (6.6%)       |
| No answer given   | 3 (0.51%)    | 2801 (11.5%)      |
| <b>2. Where did you live before your current hospital admission?</b>                        |              |                   |
| At home   | 540 (91.4%)  | 19123 (78.8%)     |
| In a nursing home or other live-in facility   | 16 (2.7%)    | 762 (3.1%)        |
| I was transferred from another hospital   | 25 (4.2%)    | 1370 (5.6%)       |
| Other   | 8 (1.4%)     | 330 (1.4%)        |
| Missing   | 2 (0.34%)    | 2674 (11.0%)      |
| <b>3. In general, are you able to walk?</b>   |              |                   |
| Yes   | 359 (60.7%)  | 13831 (57.0%)     |
| Yes, with someone's help  | 36 (6.1%)    | 2252 (9.3%)       |
| Yes, independently using a cane, walker, or crutches  | 128 (21.7%)  | 3228 (13.3%)      |
| No, I have a wheelchair   | 18 (3.0%)    | 852 (3.5%)        |
| No, I am bedridden  | 45 (7.6%)    | 1317 (5.4%)       |
| Missing   | 5 (0.85%)    | 2779 (11.5%)      |
| <b>4. In general, how would you say your health is?</b>                                     |              |                   |
| Very good   | 24 (4.1%)    | 1712 (7.1%)       |
| Good  | 198 (33.5%)  | 7821 (32.2%)      |
| Fair  | 234 (39.6%)  | 8148 (33.6%)      |
| Poor  | 118 (20.0%)  | 3099 (12.8%)      |
| Very poor   | 15 (2.5%)    | 710 (2.9%)        |
| Missing   | 2 (0.34%)    | 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?  | 5 [2-10]     | 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? | 5 [0-19] | 6 [0-16] |
|--|----------|----------|

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

|               |             |              |
|---------------|-------------|--------------|
| 1-2           | 124 (21.0%) | 4416 (18.2%) |
| 3-5           | 157 (26.6%) | 5773 (23.8%) |
| More than 5   | 221 (37.4%) | 6835 (28.2%) |
| None          | 76 (12.9%)  | 3630 (15.0%) |
| I do not know | 11 (1.9%)   | 820 (3.4%)   |
| Missing       | 2 (0.34%)   | 2785 (11.5%) |

### 7. Do you have health insurance?

|                             |             |               |
|-----------------------------|-------------|---------------|
| Yes, private insurance only | 12 (2.0%)   | 3823 (15.8%)  |
| Yes, public insurance only  | 537 (90.9%) | 11203 (46.2%) |
| Yes, both                   | 25 (4.2%)   | 2662 (11.0%)  |
| None                        | 9 (1.5%)    | 2485 (10.2%)  |
| I prefer not to answer      | 5 (0.85%)   | 986 (4.1%)    |
| Missing                     | 3 (0.51%)   | 3100 (12.8%)  |

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

|               |            |            |
|---------------|------------|------------|
| I do not know | 80 [70-94] | 72 [62-85] |
|---------------|------------|------------|

|               |            |              |
|---------------|------------|--------------|
| I do not know | 86 (14.6%) | 5440 (22.4%) |
|---------------|------------|--------------|

### 9a. Have you lost weight within the last 3 months?

|                               |             |              |
|-------------------------------|-------------|--------------|
| Yes, intentionally            | 51 (8.6%)   | 2202 (9.1%)  |
| Yes, unintentionally          | 269 (45.5%) | 9411 (38.8%) |
| No, my weight stayed the same | 185 (31.3%) | 7247 (29.9%) |
| No, I gained weight           | 55 (9.3%)   | 2760 (11.4%) |
| I do not know                 | 29 (4.9%)   | 2195 (9.0%)  |
| Missing                       | 2 (0.34%)   | 444 (1.8%)   |

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

|               |          |          |
|---------------|----------|----------|
| I do not know | 6 [4-10] | 6 [4-10] |
|---------------|----------|----------|

|               |            |              |
|---------------|------------|--------------|
| I do not know | 35 (10.9%) | 1851 (15.9%) |
|---------------|------------|--------------|

### 10. Did you know about your hospitalisation two days before admission? (Yes)

|  |             |              |
|--|-------------|--------------|
|  | 299 (51.9%) | 8227 (39.7%) |
|--|-------------|--------------|

### 11. Please indicate if you ...

|  |             |               |
|--|-------------|---------------|
| ... were weighed at admission                  | 324 (54.9%) | 12540 (58.3%) |
| ... were informed about your nutrition status  | 264 (44.7%) | 7803 (36.5%)  |
| ... were informed about nutrition care options | 254 (43.1%) | 7174 (33.6%)  |
| ... received special nutrition care            | 234 (39.7%) | 6955 (32.7%)  |

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

|                  |             |               |
|------------------|-------------|---------------|
| More than normal | 20 (3.4%)   | 1099 (4.5%)   |
| Normal           | 407 (69.1%) | 14509 (60.0%) |



|                                   |            |              |
|-----------------------------------|------------|--------------|
| About 3/4 of normal               | 64 (10.9%) | 2651 (11.0%) |
| About half of normal              | 62 (10.5%) | 3062 (12.7%) |
| About a quarter to nearly nothing | 32 (5.4%)  | 2263 (9.4%)  |
| I do not know                     | 2 (0.34%)  | 231 (0.96%)  |
| Missing                           | 2 (0.34%)  | 362 (1.5%)   |

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

|                    |             |              |
|--------------------|-------------|--------------|
| Very satisfied     | 144 (24.4%) | 5394 (22.3%) |
| Somewhat satisfied | 237 (40.2%) | 7204 (29.8%) |
| Neutral            | 118 (20.0%) | 4214 (17.4%) |
| Dissatisfied       | 44 (7.5%)   | 1854 (7.7%)  |
| Very dissatisfied  | 8 (1.4%)    | 673 (2.8%)   |
| I do not know      | 34 (5.8%)   | 1694 (7.0%)  |
| Missing            | 4 (0.68%)   | 3144 (13.0%) |

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

|                             |             |               |
|-----------------------------|-------------|---------------|
| Yes, from family or friends | 4 (0.68%)   | 2177 (9.0%)   |
| Yes, from hospital staff    | 40 (6.8%)   | 1475 (6.1%)   |
| No                          | 533 (90.5%) | 16830 (69.6%) |
| I do not know               | 2 (0.34%)   | 282 (1.2%)    |
| Missing                     | 10 (1.7%)   | 3413 (14.1%)  |

|   |             |               |
|---|-------------|---------------|
| <b>15. Were you able to eat without interruption TODAY? (Yes)</b> | 478 (82.7%) | 15256 (74.7%) |
|---|-------------|---------------|

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

|           |             |               |
|-----------|-------------|---------------|
| About all | 274 (46.5%) | 11133 (46.0%) |
| 1/2       | 199 (33.8%) | 6143 (25.4%)  |
| 1/4       | 58 (9.8%)   | 3103 (12.8%)  |
| Nothing   | 56 (9.5%)   | 2802 (11.6%)  |
| Missing   | 2 (0.34%)   | 996 (4.1%)    |

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

|               |             |               |
|---------------|-------------|---------------|
| Standard      | 364 (61.8%) | 13732 (56.8%) |
| Smaller       | 35 (5.9%)   | 2093 (8.7%)   |
| Larger        | 105 (17.8%) | 1046 (4.3%)   |
| I do not know | 55 (9.3%)   | 2302 (9.5%)   |
| Missing       | 30 (5.1%)   | 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                | 9 (2.9%)   | 1945 (16.1%) |
| I did not like the smell/taste of the food             | 44 (14.1%) | 1480 (12.3%) |
| The food did not fit my cultural/religious preferences | 2 (0.64%)  | 127 (1.1%)   |
| The food was too hot                                   | -          | 54 (0.45%)   |

|  |            |              |
|--|------------|--------------|
| The food was too cold                              | 3 (0.96%)  | 281 (2.3%)   |
| Due to food allergy/intolerance                    | -          | 105 (0.87%)  |
| I was not hungry at that time                      | 87 (27.8%) | 1991 (16.5%) |
| I do not have my usual appetite                    | 78 (24.9%) | 3586 (29.8%) |
| I have problems chewing/swallowing                 | 31 (9.9%)  | 716 (5.9%)   |
| I normally eat less than what was served           | 88 (28.1%) | 1383 (11.5%) |
| I had nausea/vomiting                              | 12 (3.8%)  | 984 (8.2%)   |
| I was too tired                                    | 13 (4.2%)  | 740 (6.1%)   |
| I cannot eat without help                          | -          | 191 (1.6%)   |
| I was not allowed to eat                           | 36 (11.5%) | 1088 (9.0%)  |
| I had an exam, surgery, or test and missed my meal | 6 (1.9%)   | 733 (6.1%)   |
| I did not get requested food                       | 2 (0.64%)  | 124 (1.0%)   |
| No answer given                                    | 17 (5.4%)  | 1823 (15.1%) |

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

|                 |         |         |
|-----------------|---------|---------|
| Water           | 4 [2-6] | 3 [2-6] |
| Tea             | 5 [3-7] | 1 [0-3] |
| Coffee          | 1 [1-1] | 1 [1-2] |
| Milk            | 1 [0-1] | 1 [0-1] |
| Fruit juice     | 1 [0-2] | 1 [0-2] |
| Soft drinks     | 1 [0-4] | 0 [0-1] |
| Nutrition drink | 1 [1-2] | 0 [0-1] |
| Other           | 0 [0-2] | 0 [0-1] |

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 134 (23.2%) 5831 (29.2%)

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

|                           |            |              |
|---------------------------|------------|--------------|
| Sweet snacks              | 43 (32.1%) | 1820 (31.2%) |
| Salty snacks              | 22 (16.4%) | 645 (11.1%)  |
| Homemade food             | 13 (9.7%)  | 896 (15.4%)  |
| Fruits                    | 54 (40.3%) | 2357 (40.4%) |
| Dairy products            | 19 (14.2%) | 686 (11.8%)  |
| Food delivered/restaurant | -          | 272 (4.7%)   |
| Sandwich                  | 2 (1.5%)   | 347 (6.0%)   |
| Other                     | 16 (11.9%) | 795 (13.6%)  |

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

|                 |             |              |
|-----------------|-------------|--------------|
| Increased       | 75 (12.7%)  | 3329 (13.8%) |
| Decreased       | 100 (17.0%) | 6808 (28.2%) |
| Stayed the same | 364 (61.8%) | 9055 (37.5%) |
| I do not know   | 41 (7.0%)   | 1479 (6.1%)  |
| Missing         | 9 (1.5%)    | 3506 (14.5%) |

## 21. TODAY I feel...

|                            |             |               |
|----------------------------|-------------|---------------|
| Stronger than at admission | 197 (33.4%) | 10558 (43.7%) |
| Weaker than at admission   | 137 (23.3%) | 4610 (19.1%)  |
| Same as at admission       | 226 (38.4%) | 6833 (28.3%)  |
| I was admitted today       | 10 (1.7%)   | 576 (2.4%)    |
| I do not know              | 17 (2.9%)   | 1178 (4.9%)   |
| Missing                    | 2 (0.34%)   | 422 (1.7%)    |

## 22. Can you walk without assistance TODAY?

|                          |             |               |
|--------------------------|-------------|---------------|
| Yes                      | 377 (64.0%) | 14229 (58.9%) |
| No, only with assistance | 127 (21.6%) | 5989 (24.8%)  |
| No, I stay in bed        | 68 (11.5%)  | 2912 (12.0%)  |
| Missing                  | 17 (2.9%)   | 1047 (4.3%)   |

## 23. Did anyone help you complete this questionnaire? (Yes)

|             |               |
|-------------|---------------|
| 402 (68.8%) | 13801 (65.2%) |
|-------------|---------------|

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

|   | YOUR RESULTS       | REFERENCE RESULTS   |
|---|--------------------|---------------------|
| Number of units with cancer patients:   | 8                  | 291                 |
| Computerized system in hospital:  | 8 units (100%) YES | 265 units (91%) YES |
| Nutritional treatment of cancer patients is part of overall care plan         | 8 units (100%) YES | 268 units (92%) YES |
| <b>Nutritional treatment is considered...</b>                                 |                    |                     |
| Routinely   | 7 (87,5%)          | 187 (64,3%)         |
| When patient asks   | 1 (12,5%)          | 81 (27,8%)          |
| When body weight loss > 10%   | 3 (37,5%)          | 98 (33,7%)          |
| During palliative phase   | 1 (12,5%)          | 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   | 4 (50,0%)          | 206 (70,8%)         |
| Calculation of energy needs   | 7 (87,5%)          | 201 (69,1%)         |
| Monitoring patients intake and use of oral supplements                        | 8 (100%)           | 245 (84,2%)         |
| None  | -                  | 5 (1,72%)           |
| Other   | 1 (12,5%)          | 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       | 7 (87,5%) | 199 (68,4%) |
| At chemotherapy | 1 (12,5%) | 47 (16,2%)  |
| When necessary  | -         | 35 (12,0%)  |
| Never           | -         | 5 (1,72%)   |
| Unknown         | -         | 2 (0,69%)   |
| Missing         | -         | 3 (1,03%)   |

**Anthropometrics (circumference)**

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 6 (75,0%) | 42 (14,4%)  |
| At chemotherapy | 1 (12,5%) | 6 (2,06%)   |
| When necessary  | -         | 98 (33,7%)  |
| Never           | 1 (12,5%) | 122 (41,9%) |
| Unknown         | -         | 12 (4,12%)  |
| Missing         | -         | 11 (3,78%)  |

**BIA**

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 1 (12,5%) | 10 (3,44%)  |
| At chemotherapy | -         | 3 (1,03%)   |
| When necessary  | 3 (37,5%) | 90 (30,9%)  |
| Never           | 4 (50,0%) | 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 (25,0%) | 67 (23,0%)  |
| Never           | 2 (25,0%) | 176 (60,5%) |
| Unknown         | 3 (37,5%) | 24 (8,25%)  |
| Missing         | 1 (12,5%) | 12 (4,12%)  |

**DEXA**

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | -         | 5 (1,72%)   |
| At chemotherapy | -         | 1 (0,34%)   |
| When necessary  | 3 (37,5%) | 47 (16,2%)  |
| Never           | 1 (12,5%) | 197 (67,7%) |
| Unknown         | 3 (37,5%) | 28 (9,62%)  |
| Missing         | 1 (12,5%) | 13 (4,47%)  |

**Other (body composition)**

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

|                |           |             |
|----------------|-----------|-------------|
| When necessary | -         | 42 (14,4%)  |
| Never          | 1 (12,5%) | 104 (35,7%) |
| Unknown        | 4 (50,0%) | 38 (13,1%)  |
| Missing        | 3 (37,5%) | 97 (33,3%)  |

### Body function:

#### Handgrip

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 2 (25,0%) | 16 (5,50%)  |
| At chemotherapy | -         | 8 (2,75%)   |
| When necessary  | 3 (37,5%) | 90 (30,9%)  |
| Never           | 2 (25,0%) | 153 (52,6%) |
| Unknown         | -         | 14 (4,81%)  |
| Missing         | 1 (12,5%) | 10 (3,44%)  |

#### 6-minutes walking test

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 1 (12,5%) | 10 (3,44%)  |
| At chemotherapy | -         | 7 (2,41%)   |
| When necessary  | -         | 68 (23,4%)  |
| Never           | 6 (75,0%) | 170 (58,4%) |
| Unknown         | -         | 20 (6,87%)  |
| Missing         | 1 (12,5%) | 16 (5,50%)  |

#### Other (body function)

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 1 (12,5%) | 14 (4,81%)  |
| At chemotherapy | -         | 1 (0,34%)   |
| When necessary  | 3 (37,5%) | 55 (18,9%)  |
| Never           | 1 (12,5%) | 108 (37,1%) |
| Unknown         | 1 (12,5%) | 33 (11,3%)  |
| Missing         | 2 (25,0%) | 80 (27,5%)  |

#### Nutritional requirements, calculated

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 3 (37,5%) | 87 (29,9%)  |
| At chemotherapy | -         | 4 (1,37%)   |
| When necessary  | 5 (62,5%) | 135 (46,4%) |
| Never           | -         | 20 (6,87%)  |
| Unknown         | -         | 6 (2,06%)   |
| Missing         | -         | 39 (13,4%)  |

### Nutritional intake:

#### Every meal

|                 |           |             |
|-----------------|-----------|-------------|
| Regularly       | 2 (25,0%) | 78 (26,8%)  |
| At chemotherapy | -         | 3 (1,03%)   |
| When necessary  | 4 (50,0%) | 124 (42,6%) |
| Never           | -         | 31 (10,7%)  |

|                                   |           |             |
|-----------------------------------|-----------|-------------|
| Unknown                           | -         | 15 (5,15%)  |
| Missing                           | 2 (25,0%) | 40 (13,7%)  |
| <b>1 meal per day</b>             |           |             |
| Regularly                         | -         | 33 (11,3%)  |
| At chemotherapy                   | -         | 4 (1,37%)   |
| When necessary                    | 2 (25,0%) | 90 (30,9%)  |
| Never                             | -         | 59 (20,3%)  |
| Unknown                           | -         | 20 (6,87%)  |
| Missing                           | 6 (75,0%) | 85 (29,2%)  |
| <b>2 meals per day</b>            |           |             |
| Regularly                         | -         | 32 (11,0%)  |
| At chemotherapy                   | -         | 3 (1,03%)   |
| When necessary                    | 2 (25,0%) | 89 (30,6%)  |
| Never                             | -         | 60 (20,6%)  |
| Unknown                           | -         | 20 (6,87%)  |
| Missing                           | 6 (75,0%) | 87 (29,9%)  |
| <b>24h recall</b>                 |           |             |
| Regularly                         | 5 (62,5%) | 63 (21,6%)  |
| At chemotherapy                   | -         | 8 (2,75%)   |
| When necessary                    | 1 (12,5%) | 117 (40,2%) |
| Never                             | -         | 39 (13,4%)  |
| Unknown                           | -         | 14 (4,81%)  |
| Missing                           | 2 (25,0%) | 50 (17,2%)  |
| <b>Other (nutritional intake)</b> |           |             |
| Regularly                         | -         | 14 (4,81%)  |
| At chemotherapy                   | -         | 1 (0,34%)   |
| When necessary                    | 1 (12,5%) | 62 (21,3%)  |
| Never                             | -         | 46 (15,8%)  |
| Unknown                           | -         | 35 (12,0%)  |
| Missing                           | 7 (87,5%) | 133 (45,7%) |
| <b>Questionnaire completed by</b> |           |             |
| Dietitian                         | 1 (12,5%) | 128 (44,0%) |
| Nurse                             | 1 (12,5%) | 69 (23,7%)  |
| Physician                         | 1 (12,5%) | 56 (19,2%)  |
| Nutritional scientist             | 5 (62,5%) | 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: | 78           | 2862              |
| <b>Demographic data:</b>                    |              |                   |
| Age (years)                                 | 69 [33-85]   | 64 [18-120]       |
| Female gender                               | 37 (47,4%)   | 1301 (45,5%)      |
| Weight (kg)                                 | 77,7 ± 18,0  | 67,0 ± 16,8       |
| Height (cm)                                 | 171,0 ± 8,9  | 165,5 ± 9,8       |
| BMI (kg/m <sup>2</sup> )                    | 26,5 ± 5,5   | 24,3 ± 5,0        |
| <b>Outpatient (o)/Ward (w)</b>              |              |                   |
| Outpatient(o)                               | -            | 118 (4,12%)       |
| Ward (w)                                    | 78 (100%)    | 2736 (95,6%)      |
| Missing                                     | -            | 8 (0,28%)         |
| <b>Goal of Therapy</b>                      |              |                   |
| Curative                                    | 42 (53,8%)   | 1803 (63,0%)      |
| Palliative                                  | 32 (41,0%)   | 895 (31,3%)       |
| Terminal                                    | 2 (2,56%)    | 96 (3,35%)        |
| Missing                                     | 2 (2,56%)    | 68 (2,38%)        |
| <b>Reason for admission</b>                 |              |                   |
| Clinical diagnostics                        | -            | 368 (12,9%)       |
| Therapy                                     | 66 (84,6%)   | 1326 (46,3%)      |
| Surgery related                             | 9 (11,5%)    | 515 (18,0%)       |
| Treatment complications                     | -            | 409 (14,3%)       |
| Poor health status                          | 6 (7,69%)    | 386 (13,5%)       |
| Independent care difficult                  | -            | 25 (0,87%)        |
| Missing                                     | -            | 2 (0,07%)         |
| <b>Present cancer diagnosis</b>             |              |                   |
| Breast                                      | 9 (11,5%)    | 223 (7,79%)       |
| Colon, rectum                               | 15 (19,2%)   | 395 (13,8%)       |
| Prostate                                    | 4 (5,13%)    | 107 (3,74%)       |
| Lung  | 5 (6,41%)    | 306 (10,7%)       |
| Skin  | 3 (3,85%)    | 25 (0,87%)        |
| Kidney/bladder                              | 3 (3,85%)    | 126 (4,40%)       |
| Gastric/oesophageal                         | 6 (7,69%)    | 291 (10,2%)       |
| Pancreas                                    | 6 (7,69%)    | 133 (4,65%)       |
| Lymphoma                                    | -            | 232 (8,11%)       |
| Ears nose throat (ENT)                      | -            | 114 (3,98%)       |
| Leukaemia                                   | -            | 241 (8,42%)       |



|               |            |             |
|---------------|------------|-------------|
| Genital tract | 7 (8,97%)  | 115 (4,02%) |
| Liver         | 2 (2,56%)  | 194 (6,78%) |
| Sarcoma       | 2 (2,56%)  | 47 (1,64%)  |
| Brain         | 3 (3,85%)  | 47 (1,64%)  |
| Testicular    | 3 (3,85%)  | 19 (0,66%)  |
| Other         | 11 (14,1%) | 332 (11,6%) |
| Missing       | -          | 42 (1,47%)  |

### Time since diagnosis

|             |            |             |
|-------------|------------|-------------|
| 0-2 months  | 22 (28,2%) | 823 (28,8%) |
| 3-5 months  | 18 (23,1%) | 486 (17,0%) |
| 6-12 months | 12 (15,4%) | 494 (17,3%) |
| 1-2 years   | 7 (8,97%)  | 371 (13,0%) |
| 2-4 years   | 8 (10,3%)  | 272 (9,50%) |
| > 4 years   | 11 (14,1%) | 297 (10,4%) |
| Missing     | -          | 69 (2,41%)  |

### Cancer staging

|                           |            |             |
|---------------------------|------------|-------------|
| 0=Carcinoma in situ       | 1 (1,28%)  | 141 (4,93%) |
| I=Localized               | 19 (24,4%) | 540 (18,9%) |
| II=Early locally advanced | 8 (10,3%)  | 482 (16,8%) |
| III=Late locally advanced | 15 (19,2%) | 436 (15,2%) |
| IV=Metastasised           | 35 (44,9%) | 871 (30,4%) |
| Missing                   | -          | 392 (13,7%) |

### Time since first therapy start

|                          |            |             |
|--------------------------|------------|-------------|
| No therapy               | -          | 237 (8,28%) |
| Tumour staging/diagnosis | 13 (16,7%) | 311 (10,9%) |
| 0-2 months               | 28 (35,9%) | 814 (28,4%) |
| 3-5 months               | 20 (25,6%) | 381 (13,3%) |
| 6-12 months              | 7 (8,97%)  | 422 (14,7%) |
| 1-2 years                | 8 (10,3%)  | 298 (10,4%) |
| 2-4 years                | 7 (8,97%)  | 223 (7,79%) |
| > 4 years                | 8 (10,3%)  | 228 (7,97%) |
| Missing                  | -          | 60 (2,10%)  |

### Therapy situation

|                         |            |             |
|-------------------------|------------|-------------|
| Diagnosis               | -          | 309 (10,8%) |
| Chemotherapy 1st line   | 19 (24,4%) | 622 (21,7%) |
| Chemotherapy > 1st line | 16 (20,5%) | 518 (18,1%) |
| Radiotherapy            | 35 (44,9%) | 271 (9,47%) |
| Target therapy          | 7 (8,97%)  | 74 (2,59%)  |
| Hormone therapy         | 5 (6,41%)  | 31 (1,08%)  |
| Palliative              | 19 (24,4%) | 242 (8,46%) |

|                               |           |             |
|-------------------------------|-----------|-------------|
| Surgery                       | 9 (11,5%) | 632 (22,1%) |
| Cancer related complications  | 3 (3,85%) | 285 (9,96%) |
| Therapy related complications | -         | 119 (4,16%) |
| Missing                       | -         | 64 (2,24%)  |

### Infections

|         |            |              |
|---------|------------|--------------|
| None    | 76 (97,4%) | 2103 (73,5%) |
| Local   | 1 (1,28%)  | 430 (15,0%)  |
| General | 1 (1,28%)  | 241 (8,42%)  |
| Missing | -          | 88 (3,07%)   |

### Nutrition Treatment

|   |            |              |
|---|------------|--------------|
| No special diet   | 43 (55,1%) | 1203 (42,0%) |
| Individualized diet plan  | 26 (33,3%) | 798 (27,9%)  |
| Energy rich/protein rich ONS  | 1 (1,28%)  | 577 (20,2%)  |
| Enteral nutrition (via NGT/PEG)   | 6 (7,69%)  | 143 (5,00%)  |
| Parenteral nutrition  | 2 (2,56%)  | 213 (7,44%)  |
| ONS enriched with special nutrients   | 13 (16,7%) | 103 (3,60%)  |
| Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine) | 4 (5,13%)  | 39 (1,36%)   |
| Personal preferences  | -          | 324 (11,3%)  |
| Counselling   | -          | 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: | 78           | 2832              |
| Body weight prior to becoming ill           | 84 [54-140]  | 70 [17-196]       |
| Actual body weight                          | 75 [40-133]  | 65 [11-196]       |
| <b>Change in weight was</b>                 |              |                   |
| Intentional                                 | 3 (3,85%)    | 129 (4,51%)       |
| Unintentional                               | 57 (73,1%)   | 1854 (64,8%)      |
| Weight is stable                            | 18 (23,1%)   | 476 (16,6%)       |
| Missing                                     | -            | 89 (3,11%)        |
| <b>During the last week</b>                 |              |                   |
| <b>Patients who have had pain:</b>          |              |                   |
| Not at all                                  | 39 (50,0%)   | 962 (33,6%)       |
| A little                                    | 21 (26,9%)   | 867 (30,3%)       |
| Quite a bit                                 | 12 (15,4%)   | 476 (16,6%)       |
| Very much                                   | 5 (6,41%)    | 340 (11,9%)       |
| Missing                                     | 1 (1,28%)    | 196 (6,85%)       |
| <b>Patients who needed a rest:</b>          |              |                   |
| Not at all                                  | 17 (21,8%)   | 590 (20,6%)       |
| A little                                    | 37 (47,4%)   | 881 (30,8%)       |
| Quite a bit                                 | 22 (28,2%)   | 679 (23,7%)       |
| Very much                                   | 2 (2,56%)    | 480 (16,8%)       |
| Missing                                     | -            | 204 (7,13%)       |
| <b>Patients who felt weak:</b>              |              |                   |
| Not at all                                  | 29 (37,2%)   | 600 (21,0%)       |
| A little                                    | 25 (32,1%)   | 891 (31,1%)       |
| Quite a bit                                 | 21 (26,9%)   | 682 (23,8%)       |
| Very much                                   | 3 (3,85%)    | 472 (16,5%)       |
| Missing                                     | -            | 197 (6,88%)       |
| <b>Patients who felt depressed:</b>         |              |                   |
| Not at all                                  | 38 (48,7%)   | 1073 (37,5%)      |
| A little                                    | 26 (33,3%)   | 858 (30,0%)       |
| Quite a bit                                 | 12 (15,4%)   | 429 (15,0%)       |
| Very much                                   | 2 (2,56%)    | 251 (8,77%)       |
| Missing                                     | -            | 209 (7,30%)       |

**Patients who were tired:**

|             |            |             |
|-------------|------------|-------------|
| Not at all  | 38 (48,7%) | 621 (21,7%) |
| A little    | 25 (32,1%) | 927 (32,4%) |
| Quite a bit | 13 (16,7%) | 643 (22,5%) |
| Very much   | 2 (2,56%)  | 444 (15,5%) |
| Missing     | -          | 200 (6,99%) |

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

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 55 (70,5%) | 1081 (37,8%) |
| A little    | 17 (21,8%) | 684 (23,9%)  |
| Quite a bit | 4 (5,13%)  | 480 (16,8%)  |
| Very much   | 1 (1,28%)  | 365 (12,8%)  |
| Missing     | 1 (1,28%)  | 215 (7,51%)  |

**Patients who lacked appetite:**

|             |            |             |
|-------------|------------|-------------|
| Not at all  | 41 (52,6%) | 980 (34,2%) |
| A little    | 18 (23,1%) | 721 (25,2%) |
| Quite a bit | 17 (21,8%) | 507 (17,7%) |
| Very much   | 2 (2,56%)  | 418 (14,6%) |
| Missing     | -          | 206 (7,20%) |

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

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 43 (55,1%) | 1172 (41,0%) |
| A little    | 23 (29,5%) | 967 (33,8%)  |
| Quite a bit | 8 (10,3%)  | 355 (12,4%)  |
| Very much   | 3 (3,85%)  | 138 (4,82%)  |
| Missing     | 1 (1,28%)  | 205 (7,16%)  |

**Patients who need a rest:**

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 17 (21,8%) | 616 (21,5%)  |
| A little    | 40 (51,3%) | 1030 (36,0%) |
| Quite a bit | 20 (25,6%) | 635 (22,2%)  |
| Very much   | 1 (1,28%)  | 332 (11,6%)  |
| Missing     | -          | 219 (7,65%)  |

**Patients who feel weak:**

|             |            |             |
|-------------|------------|-------------|
| Not at all  | 31 (39,7%) | 724 (25,3%) |
| A little    | 32 (41,0%) | 964 (33,7%) |
| Quite a bit | 13 (16,7%) | 606 (21,2%) |
| Very much   | 2 (2,56%)  | 321 (11,2%) |
| Missing     | -          | 217 (7,58%) |

**Patients who are depressed:**

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 43 (55,1%) | 1215 (42,5%) |
| A little    | 25 (32,1%) | 857 (29,9%)  |
| Quite a bit | 7 (8,97%)  | 350 (12,2%)  |
| Very much   | 3 (3,85%)  | 179 (6,25%)  |
| Missing     | -          | 221 (7,72%)  |

#### Patients who are tired:

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 30 (38,5%) | 745 (26,0%)  |
| A little    | 36 (46,2%) | 1024 (35,8%) |
| Quite a bit | 11 (14,1%) | 536 (18,7%)  |
| Very much   | 1 (1,28%)  | 299 (10,4%)  |
| Missing     | -          | 223 (7,79%)  |

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

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 45 (57,7%) | 1157 (40,4%) |
| A little    | 24 (30,8%) | 748 (26,1%)  |
| Quite a bit | 8 (10,3%)  | 409 (14,3%)  |
| Very much   | 1 (1,28%)  | 273 (9,54%)  |
| Missing     | -          | 239 (8,35%)  |

#### Patients who lack appetite:

|             |            |              |
|-------------|------------|--------------|
| Not at all  | 44 (56,4%) | 1071 (37,4%) |
| A little    | 21 (26,9%) | 757 (26,5%)  |
| Quite a bit | 12 (15,4%) | 459 (16,0%)  |
| Very much   | 1 (1,28%)  | 303 (10,6%)  |
| Missing     | -          | 233 (8,14%)  |

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

|                                  |            |             |
|----------------------------------|------------|-------------|
| Nausea/Vomiting                  | 5 (6,41%)  | 552 (19,3%) |
| Inflammation in mouth            | 1 (1,28%)  | 129 (4,51%) |
| Pain                             | 5 (6,41%)  | 406 (14,2%) |
| Constipation                     | 2 (2,56%)  | 248 (8,67%) |
| Diarrhea                         | 4 (5,13%)  | 178 (6,22%) |
| Change in taste/smell            | 1 (1,28%)  | 415 (14,5%) |
| Early satiation/Loss of appetite | 8 (10,3%)  | 663 (23,2%) |
| Other                            | 20 (25,6%) | 441 (15,4%) |
| Missing                          | 8 (10,3%)  | 97 (3,39%)  |

#### Maximum activity performed by patients

|                                     |            |             |
|-------------------------------------|------------|-------------|
| Able to do sports                   | 1 (1,28%)  | 121 (4,23%) |
| Fully active                        | 6 (7,69%)  | 370 (12,9%) |
| Able to carry out light activities  | 41 (52,6%) | 646 (22,6%) |
| Able to carry out self care         | 23 (29,5%) | 732 (25,6%) |
| Able to carry out limited self care | 2 (2,56%)  | 403 (14,1%) |

|  |            |              |
|--|------------|--------------|
| Confined to bed or chair   | 5 (6,41%)  | 372 (13,0%)  |
| Missing  | -          | 207 (7,23%)  |
| <b>Patient takes additional (without prescription)</b>   |            |              |
| Nothing  | 39 (50,0%) | 1841 (64,3%) |
| Herbal tea   | 21 (26,9%) | 259 (9,05%)  |
| Nutritional supplements  | 8 (10,3%)  | 274 (9,57%)  |
| Multivitamin   | 9 (11,5%)  | 134 (4,68%)  |
| Other medication   | -          | 98 (3,42%)   |
| Other  | 6 (7,69%)  | 131 (4,58%)  |
| Missing  | 1 (1,28%)  | 235 (8,21%)  |
| <b>Additional activities performed</b>   |            |              |
| Nothing  | 65 (83,3%) | 2056 (71,8%) |
| Psychotherapy  | 4 (5,13%)  | 65 (2,27%)   |
| Yoga   | 2 (2,56%)  | 38 (1,33%)   |
| Meditation   | -          | 112 (3,91%)  |
| Progressive muscle relaxation  | 3 (3,85%)  | 46 (1,61%)   |
| Qigong   | -          | 8 (0,28%)    |
| Other  | 4 (5,13%)  | 318 (11,1%)  |
| Missing  | -          | 270 (9,43%)  |
| <b>Patients having difficulties in complying with treatment</b>  | 55 (70,5%) | 632 (22,1%)  |
| <b>Patients needing help to complete questionnaire</b>   | 47 (60,3%) | 1569 (54,8%) |
| <b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b> | 61 (78,2%) | 1913 (66,8%) |

|  | YOUR RESULTS | REFERENCE RESULTS |
|--|--------------|-------------------|
|--|--------------|-------------------|

**1. Are you COVID-19 positive TODAY?**

|               |             |   |
|---------------|-------------|---|
| Yes           | -           | - |
| No            | 580 (97.6%) | - |
| I do not know | 13 (2.2%)   | - |
| Missing       | 1 (0.17%)   | - |

**2. Have you been tested COVID-19 positive in the last:**

|               |             |   |
|---------------|-------------|---|
| 0-3 months    | 8 (1.3%)    | - |
| 3-6 months    | 12 (2.0%)   | - |
| 6-12 months   | 67 (11.3%)  | - |
| >1 year       | 25 (4.2%)   | - |
| never         | 417 (70.2%) | - |
| I do not know | 18 (3.0%)   | - |
| Missing       | 47 (7.9%)   | - |

**3. Have you been hospitalized during your COVID-19 infection?**

|               |             |   |
|---------------|-------------|---|
| Yes           | 31 (5.2%)   | - |
| No            | 528 (88.9%) | - |
| I do not know | 21 (3.5%)   | - |
| Missing       | 14 (2.4%)   | - |