



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2021
Portugal

Dear participant,

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

Number of participated center:	4
Number of participated units:	6
Number of patients:	166
Number of patients who gave consent:	160
Number of patients completing Sheet 3a:	159
Number of patients completing Sheet 3b:	158
Number of cancer patients:	20
Number of patients completing Sheet 2_onco:	17
Number of patients completing Sheet 3_onco:	17
Number of patients with 30-day outcome assessment:	158

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 or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	314 [269-358]	375 [213-715]
2. Total number of admissions in the hospital last year	14311 [14311-14311]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	292 [292-292]	186 [90-417]
Medical specialists	254 [254-254]	124 [54-273]
Medical non-specialists	38 [38-38]	45 [19-116]
Nurses	518 [518-518]	440 [208-910]
Dieticians	0 [0-0]	5 [1-10]
Nutritionists	10 [10-10]	1 [0-5]
Pharmacists	15 [15-15]	8 [4-24]
Kitchen staff	48 [48-48]	32 [15-62]
Full time equivalent		
Total medical doctors	292 [292-292]	175 [76-394]
Medical specialists	254 [254-254]	121 [50-274]
Medical non-specialists	38 [38-38]	45 [18-138]
Nurses	518 [518-518]	380 [198-793]
Dieticians	0 [0-0]	5 [2-8]
Nutritionists	10 [10-10]	1 [0-3]
Pharmacists	15 [15-15]	7 [4-20]
Kitchen staff	48 [48-48]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	1 (50.0%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	1 (50.0%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	1 (50.0%) Yes	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	1 (50.0%) Yes	415 (76.4%) Yes
None	-	32 (5.9%) Yes
No answer given	1 (50.0%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	-	296 (54.5%) Yes

Oral nutrition supplements	-	219 (40.3%)	Yes
Parenteral nutrition	-	349 (64.3%)	Yes
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	-	326 (60.0%)	Yes
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	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (16.7%)	8.0%
Interdisciplinary	2 (33.3%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	-	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (16.7%)	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	2 (33.3%)	13.2%
2. Number of registered inpatients at noon	12 [12-22]	24 [18-31]
3. Total bed capacity of the unit	20 [18-24]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	5 [4-7]	3 [2-7]
Nurses	6 [5-10]	4 [3-7]
Nursing aides	3 [3-5]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-1]
Other staff involved in patient care	2 [1-2]	1 [0-3]
In training		
Medical doctors	2 [1-4]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	2 [1-2]	1 [0-2]

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

5. Is there a nutrition support team in your hospital available? 4 (100%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 4 (100%) Yes 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 4 (100%) Yes 831 (72.3%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 5 (100%) Yes 1155 (90.1%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 4 (100%) 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	1 (16.7%) Yes	85 (6.3%) Yes
Weighing / BMI only	-	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	2 (33.3%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (33.3%) Yes	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	-	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	1 (16.7%)	64 (4.8%)

During hospital stay

No routine monitoring	-	120 (8.9%) Yes
No fixed criteria	2 (33.3%) Yes	101 (7.5%) Yes
Experience / visual assessment only	1 (16.7%) Yes	212 (15.8%) Yes
Weighing / BMI only	2 (33.3%) Yes	438 (32.5%) Yes
Other formal tool	-	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	1 (16.7%)	64 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 4 (100%) Yes 954 (85.2%) Yes

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

International guidelines	3 (75.0%) Yes	266 (27.9%) Yes
National guidelines	-	148 (15.5%) Yes
Standards on hospital level	-	355 (37.2%) Yes
Standards on unit level	-	58 (6.1%) Yes
Individual patient nutrition care plans	1 (25.0%) 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	-	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	-	572 (42.5%) Yes
Develop an individual nutrition care plan	2 (33.3%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	-	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (33.3%) Yes	739 (54.9%) Yes
Consult a medical professional	-	472 (35.1%) Yes
Calculate energy requirements	2 (33.3%) Yes	593 (44.1%) Yes
Calculate protein requirements	2 (33.3%) Yes	574 (42.6%) Yes

Malnourished

Watchful waiting	-	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	2 (33.3%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	-	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (33.3%) Yes	729 (54.2%) Yes
Consult a medical professional	-	540 (40.1%) Yes
Calculate energy requirements	3 (50.0%) Yes	686 (51.0%) Yes
Calculate protein requirements	3 (50.0%) Yes	670 (49.8%) Yes

Every patient

Watchful waiting	3 (50.0%) Yes	668 (49.6%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	331 (24.6%) Yes
Develop an individual nutrition care plan	2 (33.3%) Yes	220 (16.3%) Yes
Initiate treatment / nutrition intervention	4 (66.7%) Yes	173 (12.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (33.3%) Yes	256 (19.0%) Yes
Consult a medical professional	1 (16.7%) Yes	267 (19.8%) Yes
Calculate energy requirements	1 (16.7%) Yes	166 (12.3%) Yes
Calculate protein requirements	1 (16.7%) Yes	148 (11.0%) Yes

Never

Watchful waiting	1 (16.7%) Yes	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	3 (50.0%) Yes	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	1 (16.7%) Yes	878 (65.2%) Yes
Within 24 hours	-	203 (15.1%) Yes
Within 48 hours	2 (33.3%) Yes	74 (5.5%) Yes
Within 72 hours	1 (16.7%) Yes	32 (2.4%) Yes
Every week	-	631 (46.9%) Yes
Occasionally	3 (50.0%) Yes	153 (11.4%) Yes
When requested	2 (33.3%) Yes	707 (52.5%) Yes
At discharge	2 (33.3%) Yes	65 (4.8%) Yes
Never	2 (33.3%) Yes	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	5 (83.3%) Yes	1043 (77.5%) Yes
Offer meal choices	4 (66.7%) Yes	989 (73.5%) Yes
Offer different portion sizes	4 (66.7%) Yes	900 (66.9%) Yes
Consider food presentation	3 (50.0%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	5 (83.3%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	5 (83.3%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	2 (33.3%) Yes	399 (29.6%) Yes
Promote positive eating environment	2 (33.3%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	5 (83.3%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	5 (83.3%) Yes	1163 (86.4%) Yes
Other	1 (16.7%) Yes	101 (7.5%) Yes

I do not know	-	23 (1.7%) Yes
No answer given	1 (16.7%)	64 (4.8%)

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

Nutrition training is available	3 (50.0%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	2 (33.3%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	2 (33.3%) Yes	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	2 (33.3%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (66.7%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	2 (33.3%)	196 (14.6%)

16. At admission what is asked and documented?

Change in weight	4 (66.7%) Yes	985 (73.2%) Yes
Eating habits/difficulties	4 (66.7%) Yes	932 (69.2%) Yes
Nutrition before admission	4 (66.7%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	2 (33.3%)	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	4 (66.7%) Yes	965 (71.7%) Yes
nutrition treatment	4 (66.7%) 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	-	573 (42.6%) Yes
makes future nutrition-related recommendations	3 (50.0%) Yes	775 (57.6%) Yes
None	1 (16.7%) Yes	112 (8.3%) Yes
I do not know	-	136 (10.1%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	2 (66.7%) Yes	475 (44.9%) Yes
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19. Who filled in this sheet?

Head staff	-	369 (27.4%) Yes
Dietician	4 (66.7%) Yes	641 (47.6%) Yes
Nurse	-	339 (25.2%) Yes

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

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

	YOUR RESULTS	REFERENCE RESULTS
Total	160	24938
Age	77 [62-86]	67 [52-79]
Female	82 (51.3%)	12350 (49.5%)
Weight	69.9±13.6	70.6±18.8
Height	163±9	166±10
BMI	26.2±5.1	25.6±5.9

1. This hospital admission was...

planned	45 (28.1%)	8897 (35.7%)
an emergency	115 (71.9%)	14095 (56.5%)
I do not know	-	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	-	2401 (9.6%)
0200 Neoplasms	25 (15.6%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	22 (13.8%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	5 (3.1%)	3135 (12.6%)
0500 Mental health	1 (0.63%)	1229 (4.9%)
0600 Nervous system	8 (5.0%)	2384 (9.6%)
0700 Eye and adnexa	1 (0.63%)	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	33 (20.6%)	5456 (21.9%)
1000 Respiratory system	47 (29.4%)	3828 (15.4%)
1100 Digestive system	20 (12.5%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	10 (6.3%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	5 (3.1%)	4086 (16.4%)
1400 Genitourinary system	25 (15.6%)	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	-	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	14 (8.8%)	1374 (5.5%)
1900 Injury, poisoning	1 (0.63%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	760 (3.0%)
2100 Factors influencing health status and contact with health services	20 (12.5%)	967 (3.9%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	45 (34.9%)	4815 (20.0%)
Myocardial infarction	4 (3.5%)	1295 (5.4%)
Chronic lung disease	21 (17.6%)	3095 (12.9%)
Cerebral vascular disease	24 (20.2%)	2104 (8.8%)
Peripheral vascular disease	27 (21.6%)	2576 (10.7%)
Chronic liver disease	10 (8.6%)	1387 (5.8%)
Chronic kidney disease	20 (16.8%)	2780 (11.6%)
Diabetes	49 (37.4%)	5493 (22.8%)
Cancer	20 (16.8%)	5291 (22.0%)
Infection	10 (8.6%)	3401 (14.2%)
Dementia	23 (19.0%)	1201 (5.0%)
Major depressive disorder	16 (13.3%)	1146 (4.8%)
Other chronic mental disorder	10 (8.7%)	1129 (4.7%)
Other chronic disease	115 (77.7%)	6182 (25.7%)
None	12 (7.5%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	12 (7.5%)	4588 (18.4%)
Yes, acute	-	1540 (6.2%)
No	37 (23.1%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	111 (69.4%)	2956 (11.9%)

Days since operation	2 [1-8]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	-	1928 (7.7%)
Yes, later	1 (0.63%)	1364 (5.5%)
No	48 (30.0%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	111 (69.4%)	3403 (13.6%)

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

3 (6.1%)	2367 (10.6%)
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6. Is this patient terminally ill?

3 (1.9%)	1518 (6.1%)
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7. Fluid status

Normal	131 (81.9%)	19053 (76.4%)
Overloaded	2 (1.3%)	1296 (5.2%)
Dehydrated	20 (12.5%)	1231 (4.9%)
I do not know	7 (4.4%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

Oral	7 [3-10]	5 [2-8]
Other	5 [3-7]	2 [1-4]

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

Malnourished	16 (10.0%)	3162 (12.7%)
At risk	25 (15.6%)	4616 (18.5%)
No	111 (69.4%)	15318 (61.4%)
I do not know	8 (5.0%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	19 (11.9%)	8176 (32.8%)
5% Glucose solution	11 (6.9%)	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	46 (28.8%)	15131 (60.7%)
Fortified/enriched hospital food	34 (21.3%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	38 (23.8%)	4070 (16.3%)
Enteral nutrition	16 (10.0%)	1106 (4.4%)
Parenteral nutrition	-	1022 (4.1%)
Special diet	98 (61.3%)	7501 (30.1%)
None	-	982 (3.9%)

13a. All lines and Tubes

Central Venous	8 (16.3%)	2136 (9.6%)
Peripheral venous access	39 (79.6%)	11129 (49.9%)
Nasogastric	-	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	-	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	119 (74.4%)	11685 (46.9%)

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

Yes, previously	3 (1.9%)	352 (1.4%)
Yes, ongoing	-	210 (0.84%)
No	44 (27.5%)	18650 (74.8%)
I do not know	2 (1.3%)	2030 (8.1%)
Missing	111 (69.4%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	14 (28.6%)	8591 (38.5%)
Protein requirements were determined	12 (24.5%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	32 (65.3%)	9521 (42.7%)
Nutrition treatment plan was developed	20 (40.8%)	8177 (36.6%)
Nutrition expert was consulted	18 (36.7%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	17 (34.7%)	7448 (33.4%)
None	-	-

15a. Energy goal		
< 500 kcal	1 (0.63%)	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	-	1956 (7.8%)
1500-1999 kcal	3 (1.9%)	7632 (30.6%)
>=2000 kcal	29 (18.1%)	2380 (9.5%)
Not determined	16 (10.0%)	7419 (29.7%)
I do not know	-	1959 (7.9%)
Missing	111 (69.4%)	2615 (10.5%)

15b. Energy intake		
< 500 kcal	1 (0.63%)	1316 (5.3%)
500-999 kcal	-	938 (3.8%)
1000-1499 kcal	3 (1.9%)	2996 (12.0%)
1500-1999 kcal	11 (6.9%)	5568 (22.3%)
>=2000 kcal	18 (11.3%)	1218 (4.9%)
Not determined	16 (10.0%)	7394 (29.6%)
I do not know	-	2893 (11.6%)
Missing	111 (69.4%)	2615 (10.5%)

16. Since admission, this patient's health status has...		
Improved	23 (14.4%)	11443 (45.9%)
Deteriorated	2 (1.3%)	1219 (4.9%)
Remained the same	15 (9.4%)	6079 (24.4%)
This patient has just been admitted	3 (1.9%)	1466 (5.9%)
I do not know	6 (3.8%)	2116 (8.5%)
Missing	111 (69.4%)	2615 (10.5%)

Length of hospital stay (days)	16 [9-26]	12 [6-23]
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Outcome Code		
1= Still in the hospital	24 (15.0%)	2515 (10.1%)
2= Transferred to another hospital	9 (5.6%)	534 (2.1%)
3= Transferred to long term care	4 (2.5%)	1049 (4.2%)

4= Rehabilitation	1 (0.63%)	871 (3.5%)
5= Discharged home	94 (58.8%)	18594 (74.6%)
6= Death	22 (13.8%)	785 (3.1%)
7= Others	4 (2.5%)	410 (1.6%)
Missing	2 (1.3%)	180 (0.72%)

Readmitted since nutritionDay

1= No	97 (74.6%)	16760 (76.8%)
2= Yes, same hospital planned	3 (2.3%)	1458 (6.7%)
3= Yes, same hospital unplanned	5 (3.8%)	1363 (6.2%)
4= Yes, different hospital planned	3 (2.3%)	114 (0.52%)
5= Yes, different hospital unplanned	3 (2.3%)	114 (0.52%)
6= Unknown	1 (0.77%)	481 (2.2%)
Missing	15 (11.5%)	1471 (6.7%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	30 (18.9%)	15402 (63.5%)
I am vegetarian	1 (0.63%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	1 (0.63%)	204 (0.84%)
I avoid added sugars	10 (6.3%)	3626 (14.9%)
I avoid carbohydrates	3 (1.9%)	1383 (5.7%)
I eat a low fat-diet	10 (6.3%)	2463 (10.2%)
I am lactose intolerant	2 (1.3%)	809 (3.3%)
Other special diet due to intolerances/allergies	1 (0.63%)	416 (1.7%)
Other	1 (0.63%)	1608 (6.6%)
No answer given	112 (70.4%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	44 (27.7%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	1 (0.63%)	1370 (5.6%)
Other	2 (1.3%)	330 (1.4%)
Missing	112 (70.4%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	34 (21.4%)	13831 (57.0%)
Yes, with someone's help	7 (4.4%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	1 (0.63%)	3228 (13.3%)
No, I have a wheelchair	2 (1.3%)	852 (3.5%)
No, I am bedridden	2 (1.3%)	1317 (5.4%)
Missing	113 (71.1%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	1 (0.63%)	1712 (7.1%)
Good	14 (8.8%)	7821 (32.2%)
Fair	21 (13.2%)	8148 (33.6%)
Poor	6 (3.8%)	3099 (12.8%)
Very poor	5 (3.1%)	710 (2.9%)
Missing	112 (70.4%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [1-8]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-1]	1 [0-2]

... how many nights in total have you spent in hospital?	2 [0-8]	6 [0-16]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	11 (6.9%)	4416 (18.2%)
3-5	11 (6.9%)	5773 (23.8%)
More than 5	13 (8.2%)	6835 (28.2%)
None	12 (7.5%)	3630 (15.0%)
I do not know	1 (0.63%)	820 (3.4%)
Missing	111 (69.8%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	13 (8.2%)	3823 (15.8%)
Yes, public insurance only	19 (11.9%)	11203 (46.2%)
Yes, both	1 (0.63%)	2662 (11.0%)
None	14 (8.8%)	2485 (10.2%)
I prefer not to answer	1 (0.63%)	986 (4.1%)
Missing	111 (69.8%)	3100 (12.8%)

8. What was your weight 5 years ago?

I do not know	73 [60-85]	72 [62-85]
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I do not know	9 (5.7%)	5440 (22.4%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	11 (6.9%)	2202 (9.1%)
Yes, unintentionally	60 (37.7%)	9411 (38.8%)
No, my weight stayed the same	33 (20.8%)	7247 (29.9%)
No, I gained weight	11 (6.9%)	2760 (11.4%)
I do not know	43 (27.0%)	2195 (9.0%)
Missing	1 (0.63%)	444 (1.8%)

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

I do not know	6 [3-10]	6 [4-10]
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I do not know	23 (32.4%)	1851 (15.9%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	20 (43.5%)	8227 (39.7%)
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11. Please indicate if you ...

... were weighed at admission	17 (35.4%)	12540 (58.3%)
... were informed about your nutrition status	17 (35.4%)	7803 (36.5%)
... were informed about nutrition care options	22 (45.8%)	7174 (33.6%)
... received special nutrition care	14 (29.2%)	6955 (32.7%)

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

More than normal	4 (2.5%)	1099 (4.5%)
Normal	91 (57.6%)	14509 (60.0%)

About 3/4 of normal	10 (6.3%)	2651 (11.0%)
About half of normal	28 (17.7%)	3062 (12.7%)
About a quarter to nearly nothing	22 (13.9%)	2263 (9.4%)
I do not know	3 (1.9%)	231 (0.96%)
Missing	-	362 (1.5%)

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

Very satisfied	1 (0.63%)	5394 (22.3%)
Somewhat satisfied	22 (13.9%)	7204 (29.8%)
Neutral	8 (5.1%)	4214 (17.4%)
Dissatisfied	8 (5.1%)	1854 (7.7%)
Very dissatisfied	5 (3.2%)	673 (2.8%)
I do not know	3 (1.9%)	1694 (7.0%)
Missing	111 (70.3%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	-	2177 (9.0%)
Yes, from hospital staff	2 (1.3%)	1475 (6.1%)
No	41 (25.9%)	16830 (69.6%)
I do not know	2 (1.3%)	282 (1.2%)
Missing	113 (71.5%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	28 (62.2%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	67 (42.4%)	11133 (46.0%)
1/2	40 (25.3%)	6143 (25.4%)
1/4	33 (20.9%)	3103 (12.8%)
Nothing	16 (10.1%)	2802 (11.6%)
Missing	2 (1.3%)	996 (4.1%)

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

Standard	32 (20.3%)	13732 (56.8%)
Smaller	3 (1.9%)	2093 (8.7%)
Larger	4 (2.5%)	1046 (4.3%)
I do not know	2 (1.3%)	2302 (9.5%)
Missing	117 (74.1%)	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	18 (20.2%)	1945 (16.1%)
I did not like the smell/taste of the food	11 (12.4%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	-	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	-	281 (2.3%)
Due to food allergy/intolerance	-	105 (0.87%)
I was not hungry at that time	10 (11.2%)	1991 (16.5%)
I do not have my usual appetite	16 (18.0%)	3586 (29.8%)
I have problems chewing/swallowing	3 (3.4%)	716 (5.9%)
I normally eat less than what was served	8 (9.0%)	1383 (11.5%)
I had nausea/vomiting	7 (7.9%)	984 (8.2%)
I was too tired	4 (4.5%)	740 (6.1%)
I cannot eat without help	-	191 (1.6%)
I was not allowed to eat	1 (1.1%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	3 (3.4%)	733 (6.1%)
I did not get requested food	1 (1.1%)	124 (1.0%)
No answer given	39 (43.8%)	1823 (15.1%)

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

Water	6 [3-8]	3 [2-6]
Tea	1 [0-2]	1 [0-3]
Coffee	1 [0-2]	1 [1-2]
Milk	1 [0-2]	1 [0-1]
Fruit juice	0 [0-1]	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? (Yes) 3 (6.8%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	-	1820 (31.2%)
Salty snacks	1 (33.3%)	645 (11.1%)
Homemade food	-	896 (15.4%)
Fruits	1 (33.3%)	2357 (40.4%)
Dairy products	-	686 (11.8%)
Food delivered/restaurant	-	272 (4.7%)
Sandwich	1 (33.3%)	347 (6.0%)
Other	1 (33.3%)	795 (13.6%)

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

Increased	8 (5.1%)	3329 (13.8%)
Decreased	21 (13.3%)	6808 (28.2%)
Stayed the same	17 (10.8%)	9055 (37.5%)
I do not know	1 (0.63%)	1479 (6.1%)
Missing	111 (70.3%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	70 (44.3%)	10558 (43.7%)
Weaker than at admission	23 (14.6%)	4610 (19.1%)
Same as at admission	34 (21.5%)	6833 (28.3%)
I was admitted today	2 (1.3%)	576 (2.4%)
I do not know	29 (18.4%)	1178 (4.9%)
Missing	-	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	48 (30.4%)	14229 (58.9%)
No, only with assistance	56 (35.4%)	5989 (24.8%)
No, I stay in bed	51 (32.3%)	2912 (12.0%)
Missing	3 (1.9%)	1047 (4.3%)

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

37 (78.7%)	13801 (65.2%)
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V. Oncology: Unit organisation and structures ("Sheet 1 onco")

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

Anthropometry/Body composition:**Body weight**

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

BIA

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

CT SCAN

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

DEXA

Regularly	-	5 (1,72%)
At chemotherapy	-	1 (0,34%)
When necessary	-	47 (16,2%)
Never	3 (100%)	197 (67,7%)
Unknown	-	28 (9,62%)
Missing	-	13 (4,47%)

Other (body composition)

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

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

Body function:

Handgrip

Regularly	-	16 (5,50%)
At chemotherapy	-	8 (2,75%)
When necessary	-	90 (30,9%)
Never	3 (100%)	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	-	68 (23,4%)
Never	3 (100%)	170 (58,4%)
Unknown	-	20 (6,87%)
Missing	-	16 (5,50%)

Other (body function)

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

Nutritional requirements, calculated

Regularly	3 (100%)	87 (29,9%)
At chemotherapy	-	4 (1,37%)
When necessary	-	135 (46,4%)
Never	-	20 (6,87%)
Unknown	-	6 (2,06%)
Missing	-	39 (13,4%)

Nutritional intake:

Every meal

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

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	17	2862
Demographic data:		
Age (years)	55 [23-77]	64 [18-120]
Female gender	8 (47,1%)	1301 (45,5%)
Weight (kg)	71,0 ± 14,0	67,0 ± 16,8
Height (cm)	168,4 ± 11,2	165,5 ± 9,8
BMI (kg/m ²)	25,0 ± 4,2	24,3 ± 5,0
Outpatient (o)/Ward (w)		
Outpatient(o)	-	118 (4,12%)
Ward (w)	17 (100%)	2736 (95,6%)
Missing	-	8 (0,28%)
Goal of Therapy		
Curative	14 (82,4%)	1803 (63,0%)
Palliative	2 (11,8%)	895 (31,3%)
Terminal	-	96 (3,35%)
Missing	1 (5,88%)	68 (2,38%)
Reason for admission		
Clinical diagnostics	6 (35,3%)	368 (12,9%)
Therapy	7 (41,2%)	1326 (46,3%)
Surgery related	-	515 (18,0%)
Treatment complications	1 (5,88%)	409 (14,3%)
Poor health status	3 (17,6%)	386 (13,5%)
Independent care difficult	-	25 (0,87%)
Missing	-	2 (0,07%)
Present cancer diagnosis		
Breast	2 (11,8%)	223 (7,79%)
Colon, rectum	1 (5,88%)	395 (13,8%)
Prostate	-	107 (3,74%)
Lung	-	306 (10,7%)
Skin	-	25 (0,87%)
Kidney/bladder	-	126 (4,40%)
Gastric/oesophageal	1 (5,88%)	291 (10,2%)
Pancreas	-	133 (4,65%)
Lymphoma	3 (17,6%)	232 (8,11%)
Ears nose throat (ENT)	-	114 (3,98%)
Leukaemia	7 (41,2%)	241 (8,42%)

Genital tract	-	115 (4,02%)
Liver	-	194 (6,78%)
Sarcoma	-	47 (1,64%)
Brain	-	47 (1,64%)
Testicular	-	19 (0,66%)
Other	4 (23,5%)	332 (11,6%)
Missing	-	42 (1,47%)

Time since diagnosis

0-2 months	5 (29,4%)	823 (28,8%)
3-5 months	3 (17,6%)	486 (17,0%)
6-12 months	1 (5,88%)	494 (17,3%)
1-2 years	5 (29,4%)	371 (13,0%)
2-4 years	2 (11,8%)	272 (9,50%)
> 4 years	1 (5,88%)	297 (10,4%)
Missing	-	69 (2,41%)

Cancer staging

0=Carcinoma in situ	-	141 (4,93%)
I=Localized	4 (23,5%)	540 (18,9%)
II=Early locally advanced	-	482 (16,8%)
III=Late locally advanced	-	436 (15,2%)
IV=Metastasised	2 (11,8%)	871 (30,4%)
Missing	11 (64,7%)	392 (13,7%)

Time since first therapy start

No therapy	2 (11,8%)	237 (8,28%)
Tumour staging/diagnosis	1 (5,88%)	311 (10,9%)
0-2 months	3 (17,6%)	814 (28,4%)
3-5 months	3 (17,6%)	381 (13,3%)
6-12 months	1 (5,88%)	422 (14,7%)
1-2 years	2 (11,8%)	298 (10,4%)
2-4 years	3 (17,6%)	223 (7,79%)
> 4 years	1 (5,88%)	228 (7,97%)
Missing	1 (5,88%)	60 (2,10%)

Therapy situation

Diagnosis	5 (29,4%)	309 (10,8%)
Chemotherapy 1st line	4 (23,5%)	622 (21,7%)
Chemotherapy > 1st line	1 (5,88%)	518 (18,1%)
Radiotherapy	-	271 (9,47%)
Target therapy	4 (23,5%)	74 (2,59%)
Hormone therapy	1 (5,88%)	31 (1,08%)
Palliative	2 (11,8%)	242 (8,46%)

Surgery	-	632 (22,1%)
Cancer related complications	-	285 (9,96%)
Therapy related complications	1 (5,88%)	119 (4,16%)
Missing	-	64 (2,24%)

Infections

None	8 (47,1%)	2103 (73,5%)
Local	6 (35,3%)	430 (15,0%)
General	3 (17,6%)	241 (8,42%)
Missing	-	88 (3,07%)

Nutrition Treatment

No special diet	6 (35,3%)	1203 (42,0%)
Individualized diet plan	11 (64,7%)	798 (27,9%)
Energy rich/protein rich ONS	4 (23,5%)	577 (20,2%)
Enteral nutrition (via NGT/PEG)	-	143 (5,00%)
Parenteral nutrition	-	213 (7,44%)
ONS enriched with special nutrients	-	103 (3,60%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	39 (1,36%)
Personal preferences	-	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:	17	2832
Body weight prior to becoming ill	71 [52-113]	70 [17-196]
Actual body weight	74 [47-94]	65 [11-196]
Change in weight was		
Intentional	2 (11,8%)	129 (4,51%)
Unintentional	12 (70,6%)	1854 (64,8%)
Weight is stable	2 (11,8%)	476 (16,6%)
Missing	1 (5,88%)	89 (3,11%)
During the last week		
Patients who have had pain:		
Not at all	6 (35,3%)	962 (33,6%)
A little	5 (29,4%)	867 (30,3%)
Quite a bit	2 (11,8%)	476 (16,6%)
Very much	4 (23,5%)	340 (11,9%)
Missing	-	196 (6,85%)
Patients who needed a rest:		
Not at all	1 (5,88%)	590 (20,6%)
A little	5 (29,4%)	881 (30,8%)
Quite a bit	7 (41,2%)	679 (23,7%)
Very much	4 (23,5%)	480 (16,8%)
Missing	-	204 (7,13%)
Patients who felt weak:		
Not at all	4 (23,5%)	600 (21,0%)
A little	2 (11,8%)	891 (31,1%)
Quite a bit	6 (35,3%)	682 (23,8%)
Very much	5 (29,4%)	472 (16,5%)
Missing	-	197 (6,88%)
Patients who felt depressed:		
Not at all	6 (35,3%)	1073 (37,5%)
A little	5 (29,4%)	858 (30,0%)
Quite a bit	2 (11,8%)	429 (15,0%)
Very much	4 (23,5%)	251 (8,77%)
Missing	-	209 (7,30%)

Patients who were tired:

Not at all	3 (17,6%)	621 (21,7%)
A little	5 (29,4%)	927 (32,4%)
Quite a bit	6 (35,3%)	643 (22,5%)
Very much	3 (17,6%)	444 (15,5%)
Missing	-	200 (6,99%)

Patients whose pain interfered with their daily activities:

Not at all	8 (47,1%)	1081 (37,8%)
A little	4 (23,5%)	684 (23,9%)
Quite a bit	3 (17,6%)	480 (16,8%)
Very much	2 (11,8%)	365 (12,8%)
Missing	-	215 (7,51%)

Patients who lacked appetite:

Not at all	4 (23,5%)	980 (34,2%)
A little	5 (29,4%)	721 (25,2%)
Quite a bit	7 (41,2%)	507 (17,7%)
Very much	1 (5,88%)	418 (14,6%)
Missing	-	206 (7,20%)

Just now**Patients who have pain:**

Not at all	12 (70,6%)	1172 (41,0%)
A little	3 (17,6%)	967 (33,8%)
Quite a bit	2 (11,8%)	355 (12,4%)
Very much	-	138 (4,82%)
Missing	-	205 (7,16%)

Patients who need a rest:

Not at all	4 (23,5%)	616 (21,5%)
A little	7 (41,2%)	1030 (36,0%)
Quite a bit	5 (29,4%)	635 (22,2%)
Very much	1 (5,88%)	332 (11,6%)
Missing	-	219 (7,65%)

Patients who feel weak:

Not at all	9 (52,9%)	724 (25,3%)
A little	2 (11,8%)	964 (33,7%)
Quite a bit	5 (29,4%)	606 (21,2%)
Very much	1 (5,88%)	321 (11,2%)
Missing	-	217 (7,58%)

Patients who are depressed:

Not at all	9 (52,9%)	1215 (42,5%)
A little	3 (17,6%)	857 (29,9%)
Quite a bit	5 (29,4%)	350 (12,2%)
Very much	-	179 (6,25%)
Missing	-	221 (7,72%)

Patients who are tired:

Not at all	6 (35,3%)	745 (26,0%)
A little	5 (29,4%)	1024 (35,8%)
Quite a bit	4 (23,5%)	536 (18,7%)
Very much	2 (11,8%)	299 (10,4%)
Missing	-	223 (7,79%)

Patients whose pain interferes with their daily activities:

Not at all	11 (64,7%)	1157 (40,4%)
A little	4 (23,5%)	748 (26,1%)
Quite a bit	1 (5,88%)	409 (14,3%)
Very much	1 (5,88%)	273 (9,54%)
Missing	-	239 (8,35%)

Patients who lack appetite:

Not at all	6 (35,3%)	1071 (37,4%)
A little	4 (23,5%)	757 (26,5%)
Quite a bit	6 (35,3%)	459 (16,0%)
Very much	1 (5,88%)	303 (10,6%)
Missing	-	233 (8,14%)

Reasons for change in appetite/food intake

Nausea/Vomiting	3 (17,6%)	552 (19,3%)
Inflammation in mouth	3 (17,6%)	129 (4,51%)
Pain	1 (5,88%)	406 (14,2%)
Constipation	2 (11,8%)	248 (8,67%)
Diarrhea	2 (11,8%)	178 (6,22%)
Change in taste/smell	8 (47,1%)	415 (14,5%)
Early satiation/Loss of appetite	7 (41,2%)	663 (23,2%)
Other	2 (11,8%)	441 (15,4%)
Missing	-	97 (3,39%)

Maximum activity performed by patients

Able to do sports	-	121 (4,23%)
Fully active	-	370 (12,9%)
Able to carry out light activities	3 (17,6%)	646 (22,6%)
Able to carry out self care	5 (29,4%)	732 (25,6%)
Able to carry out limited self care	2 (11,8%)	403 (14,1%)

Confined to bed or chair	6 (35,3%)	372 (13,0%)
Missing	1 (5,88%)	207 (7,23%)

Patient takes additional (without prescription)

Nothing	12 (70,6%)	1841 (64,3%)
Herbal tea	3 (17,6%)	259 (9,05%)
Nutritional supplements	1 (5,88%)	274 (9,57%)
Multivitamin	1 (5,88%)	134 (4,68%)
Other medication	-	98 (3,42%)
Other	-	131 (4,58%)
Missing	1 (5,88%)	235 (8,21%)

Additional activities performed

Nothing	14 (82,4%)	2056 (71,8%)
Psychotherapy	-	65 (2,27%)
Yoga	-	38 (1,33%)
Meditation	-	112 (3,91%)
Progressive muscle relaxation	1 (5,88%)	46 (1,61%)
Qigong	-	8 (0,28%)
Other	3 (17,6%)	318 (11,1%)
Missing	-	270 (9,43%)

Patients having difficulties in complying with treatment	7 (41,2%)	632 (22,1%)
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Patients needing help to complete questionnaire	14 (82,4%)	1569 (54,8%)
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Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	14 (82,4%)	1913 (66,8%)
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	YOUR RESULTS	REFERENCE RESULTS
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1. Are you COVID-19 positive TODAY?

Yes	-	-
No	157 (98.1%)	-
I do not know	2 (1.3%)	-
Missing	1 (0.63%)	-

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

0-3 months	1 (0.63%)	-
3-6 months	1 (0.63%)	-
6-12 months	7 (4.4%)	-
>1 year	1 (0.63%)	-
never	42 (26.3%)	-
I do not know	17 (10.6%)	-
Missing	91 (56.9%)	-

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

Yes	4 (2.5%)	-
No	142 (88.8%)	-
I do not know	5 (3.1%)	-
Missing	9 (5.6%)	-