



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Argentina

Dear participant,

Thank you for participating to nutritionDay worldwide in 2023. Your country report consists of the following sample size:

Number of participated center:	18
Number of participated units:	29
Number of patients:	628
Number of patients who gave consent:	605
Number of patients completing Sheet 3a:	603
Number of patients completing Sheet 3b:	601
Number of cancer patients:	86
Number of patients completing Sheet 2_onco:	18
Number of patients completing Sheet 3_onco:	18
Number of patients with 30-day outcome assessment:	558

This report compares your country to the international reference database based on data from nutritionDay 2019-2022.

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 2024! 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	154 [65-280]	334 [166-596]
2. Total number of admissions in the hospital last year	5585 [3167-10498]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	210 [139-563]	200 [83-461]
Medical specialists	117 [103-556]	129 [42-350]
Medical non-specialists	72 [42-270]	51 [15-151]
Nurses	232 [152-593]	410 [142-815]
Dieticians	0 [0-8]	2 [0-9]
Nutritionists	7 [4-13]	3 [1-8]
Pharmacists	6 [3-15]	7 [3-17]
Kitchen staff	15 [12-33]	28 [9-60]
Full time equivalent		
Total medical doctors	481 [137-827]	199 [71-382]
Medical specialists	319 [96-567]	134 [45-306]
Medical non-specialists	230 [142-250]	87 [19-175]
Nurses	418 [192-604]	394 [134-672]
Dieticians	1 [1-13]	2 [0-7]
Nutritionists	10 [7-13]	2 [1-5]
Pharmacists	7 [1-13]	6 [2-15]
Kitchen staff	34 [13-55]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	11 (61.1%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	10 (55.6%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	6 (33.3%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	4 (22.2%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	5 (27.8%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	8 (44.4%) Yes	90 (50.3%) Yes
None	2 (11.1%) Yes	15 (8.4%) Yes
No answer given	6 (33.3%)	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	6 (33.3%) Yes	74 (41.3%) Yes

Oral nutrition supplements	9 (50.0%) Yes	74 (41.3%) Yes
Parenteral nutrition	10 (55.6%) Yes	88 (49.2%) Yes
Enteral nutrition	11 (61.1%) Yes	88 (49.2%) Yes
Dietary counseling	4 (22.2%) Yes	58 (32.4%) Yes
Specific dietary interventions	7 (38.9%) Yes	51 (28.5%) Yes
Screening for malnutrition	4 (22.2%) Yes	53 (29.6%) Yes
Risk of malnutrition	4 (22.2%) Yes	47 (26.3%) Yes
Malnutrition (in general)	4 (22.2%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (22.2%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	2 (11.1%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	5 (27.8%) Yes	69 (38.5%) Yes
Oral nutrition supplements	7 (38.9%) Yes	60 (33.5%) Yes
Parenteral nutrition	8 (44.4%) Yes	79 (44.1%) Yes
Enteral nutrition	9 (50.0%) Yes	76 (42.5%) Yes
Dietary counseling	3 (16.7%) Yes	45 (25.1%) Yes
Specific dietary interventions	5 (27.8%) Yes	45 (25.1%) Yes
Screening for malnutrition	4 (22.2%) Yes	42 (23.5%) Yes
Risk of malnutrition	4 (22.2%) Yes	36 (20.1%) Yes
Malnutrition (in general)	4 (22.2%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	4 (22.2%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	4 (22.2%) Yes	23 (12.8%) Yes
No answer given	-	52 (7.9%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	9 (31.0%)	20.4%
Internal Medicine / Cardiology	1 (3.4%)	4.1%
Internal Medicine / Gastroenterology & hepatology	-	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	1 (3.4%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.3%
Interdisciplinary	6 (20.7%)	4.0%
Long term care	-	2.3%
Neurology	1 (3.4%)	2.6%
Surgery / General	5 (17.2%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	1 (3.4%)	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	1 (3.4%)	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	4 (13.8%)	16.9%
2. Number of registered inpatients at noon	26 [17-43]	22 [17-30]
3. Total bed capacity of the unit	33 [23-56]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	7 [4-18]	4 [2-6]
Nurses	5 [3-18]	4 [3-6]
Nursing aides	0 [0-2]	2 [1-4]
Dieticians	0 [0-2]	1 [0-1]
Nutritionists	1 [1-3]	1 [0-1]
Administrative staff	1 [1-2]	1 [1-2]
Other staff involved in patient care	2 [0-4]	1 [0-3]
In training		
Medical doctors	10 [6-14]	1 [0-3]
Medical students	0 [0-1]	0 [0-2]
Nurses	3 [0-5]	0 [0-2]

Nursing aides	0 [0-1]	0 [0-0]
Dieticians	0 [0-1]	0 [0-0]
Nutritionists	1 [1-1]	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? 16 (55.2%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 19 (65.5%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 22 (75.9%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 29 (100%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 2 (6.9%) Yes 508 (54.3%) Yes

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

At admission

No routine screening	2 (6.9%) Yes	119 (9.4%) Yes
No fixed criteria	-	25 (2.0%) Yes
Experience / visual assessment only	2 (6.9%) Yes	78 (6.2%) Yes
Weighing / BMI only	1 (3.4%) Yes	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	7 (24.1%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	-	85 (6.7%) Yes
Malnutrition Screening tool (MST)	5 (17.2%) Yes	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	12 (41.4%) Yes	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	-	85 (6.7%)

During hospital stay

No routine monitoring	1 (3.4%) Yes	124 (9.8%) Yes
No fixed criteria	4 (13.8%) Yes	103 (8.1%) Yes
Experience / visual assessment only	3 (10.3%) Yes	180 (14.2%) Yes
Weighing / BMI only	1 (3.4%) Yes	414 (32.6%) Yes
Other formal tool	20 (69.0%) Yes	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	-	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 22 (75.9%) Yes 755 (83.3%) Yes

11b. If yes, which one is mainly used?			
International guidelines	20 (90.9%)	Yes	303 (40.1%)
National guidelines	-		63 (8.3%)
Standards on hospital level	-		240 (31.8%)
Standards on unit level	1 (4.5%)	Yes	44 (5.8%)
Individual patient nutrition care plans	1 (4.5%)	Yes	87 (11.5%)
Other	-		3 (0.40%)
Missing	-		15 (2.0%)

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

At risk

Watchful waiting	3 (10.3%)	Yes	284 (22.4%)
Discuss nutrition care activities during ward rounds	4 (13.8%)	Yes	462 (36.4%)
Develop an individual nutrition care plan	9 (31.0%)	Yes	493 (38.9%)
Initiate treatment / nutrition intervention	7 (24.1%)	Yes	555 (43.8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (13.8%)	Yes	519 (40.9%)
Consult a medical professional	4 (13.8%)	Yes	282 (22.2%)
Calculate energy requirements	6 (20.7%)	Yes	453 (35.7%)
Calculate protein requirements	6 (20.7%)	Yes	439 (34.6%)

Malnourished

Watchful waiting	2 (6.9%)	Yes	209 (16.5%)
Discuss nutrition care activities during ward rounds	5 (17.2%)	Yes	495 (39.0%)
Develop an individual nutrition care plan	8 (27.6%)	Yes	564 (44.5%)
Initiate treatment / nutrition intervention	6 (20.7%)	Yes	638 (50.3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (10.3%)	Yes	589 (46.5%)
Consult a medical professional	4 (13.8%)	Yes	392 (30.9%)
Calculate energy requirements	9 (31.0%)	Yes	564 (44.5%)
Calculate protein requirements	9 (31.0%)	Yes	541 (42.7%)

Every patient

Watchful waiting	19 (65.5%)	Yes	451 (35.6%)
Discuss nutrition care activities during ward rounds	17 (58.6%)	Yes	279 (22.0%)
Develop an individual nutrition care plan	13 (44.8%)	Yes	176 (13.9%)
Initiate treatment / nutrition intervention	15 (51.7%)	Yes	165 (13.0%)
Consult a nutrition expert (dietician, nutritionist, etc.)	17 (58.6%)	Yes	241 (19.0%)
Consult a medical professional	7 (24.1%)	Yes	309 (24.4%)
Calculate energy requirements	12 (41.4%)	Yes	144 (11.4%)
Calculate protein requirements	12 (41.4%)	Yes	141 (11.1%)

Never

Watchful waiting	-		144 (11.4%)
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Discuss nutrition care activities during ward rounds	-	56 (4.4%) Yes
Develop an individual nutrition care plan	-	70 (5.5%) Yes
Initiate treatment / nutrition intervention	-	33 (2.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (3.4%) Yes	15 (1.2%) Yes
Consult a medical professional	10 (34.5%) Yes	111 (8.8%) Yes
Calculate energy requirements	-	99 (7.8%) Yes
Calculate protein requirements	-	112 (8.8%) Yes

I do not know

Watchful waiting	-	61 (4.8%) Yes
Discuss nutrition care activities during ward rounds	-	32 (2.5%) Yes
Develop an individual nutrition care plan	-	38 (3.0%) Yes
Initiate treatment / nutrition intervention	-	29 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	22 (1.7%) Yes
Consult a medical professional	-	62 (4.9%) Yes
Calculate energy requirements	-	45 (3.5%) Yes
Calculate protein requirements	-	50 (3.9%) Yes

13. When do you routinely weigh your patients?

at admission	7 (24.1%) Yes	727 (57.3%) Yes
Within 24 hours	-	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	2 (6.9%) Yes	33 (2.6%) Yes
Every week	18 (62.1%) Yes	450 (35.5%) Yes
Occasionally	6 (20.7%) Yes	149 (11.8%) Yes
When requested	13 (44.8%) Yes	655 (51.7%) Yes
At discharge	3 (10.3%) Yes	68 (5.4%) Yes
Never	-	11 (0.87%) Yes
I do not know	-	12 (0.95%) Yes
No answer given	-	85 (6.7%)

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

Offer additional meals or in between snacks	29 (100%) Yes	925 (72.9%) Yes
Offer meal choices	28 (96.6%) Yes	784 (61.8%) Yes
Offer different portion sizes	11 (37.9%) Yes	687 (54.2%) Yes
Consider food presentation	19 (65.5%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	29 (100%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	28 (96.6%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (3.4%) Yes	277 (21.8%) Yes
Promote positive eating environment	1 (3.4%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	24 (82.8%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	29 (100%) Yes	995 (78.5%) Yes
Other	2 (6.9%) Yes	78 (6.2%) Yes

I do not know	-	25 (2.0%)	Yes
No answer given	-	85 (6.7%)	

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

Nutrition training is available	20 (69.0%)	Yes	605 (47.7%)	Yes
Reporting of nutrition related information to hospital managers	5 (17.2%)	Yes	378 (29.8%)	Yes
Quality indicators are recorded and reported to national or regional level	1 (3.4%)	Yes	224 (17.7%)	Yes
Quality indicators are used for internal benchmarking	6 (20.7%)	Yes	325 (25.6%)	Yes
Patient feedback about food and food service is collected using a questionnaire	17 (58.6%)	Yes	557 (43.9%)	Yes
None	-		57 (4.5%)	Yes
I do not know	1 (3.4%)	Yes	37 (2.9%)	Yes
No answer given	7 (24.1%)		333 (26.3%)	

16. At admission what is asked and documented?

Change in weight	22 (75.9%)	Yes	804 (63.4%)	Yes
Eating habits/difficulties	22 (75.9%)	Yes	686 (54.1%)	Yes
Nutrition before admission	21 (72.4%)	Yes	502 (39.6%)	Yes
None	-		31 (2.4%)	Yes
I do not know	-		42 (3.3%)	Yes
No answer given	7 (24.1%)		333 (26.3%)	

17. On what forms is there a specific part about eating, nutrition or malnutrition?

a. Patient Record has a section for ...

indicating if the patient is malnourished or at risk of malnutrition	9 (31.0%)	Yes	747 (58.9%)	Yes
nutrition treatment	10 (34.5%)	Yes	525 (41.4%)	Yes
None	10 (34.5%)	Yes	78 (6.2%)	Yes
I do not know	-		31 (2.4%)	Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (17.2%)	Yes	498 (39.3%)	Yes
makes future nutrition-related recommendations	20 (69.0%)	Yes	592 (46.7%)	Yes
None	1 (3.4%)	Yes	86 (6.8%)	Yes
I do not know	-		82 (6.5%)	Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	2 (11.8%)	Yes	390 (45.0%)	Yes
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19. Who filled in this sheet?

Head staff	4 (13.8%)	Yes	276 (21.8%)	Yes
Dietician	19 (65.5%)	Yes	457 (36.0%)	Yes
Nurse	-		234 (18.5%)	Yes

Physician	4 (13.8%) Yes	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	1 (3.4%) Yes	95 (7.5%) Yes
None	-	10 (0.79%) Yes
I do not know	-	13 (1.0%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	605	24925
Age	52 [39-65]	64 [47-77]
Female	305 (50.4%)	11998 (48.1%)
Weight	74.6±19.4	71.0±18.5
Height	166±10	166±10
BMI	27.0±6.4	25.8±5.9

1. This hospital admission was...

planned	217 (35.9%)	8482 (34.0%)
an emergency	357 (59.0%)	15200 (61.0%)
I do not know	31 (5.1%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	85 (14.0%)	2684 (10.8%)
0200 Neoplasms	72 (11.9%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	38 (6.3%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	59 (9.8%)	3091 (12.4%)
0500 Mental health	26 (4.3%)	915 (3.7%)
0600 Nervous system	46 (7.6%)	2295 (9.2%)
0700 Eye and adnexa	3 (0.50%)	196 (0.79%)
0800 Ear and mastoid process	1 (0.17%)	136 (0.55%)
0900 Circulatory system	103 (17.0%)	4794 (19.2%)
1000 Respiratory system	58 (9.6%)	3073 (12.3%)
1100 Digestive system	133 (22.0%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	29 (4.8%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	68 (11.2%)	4061 (16.3%)
1400 Genitourinary system	72 (11.9%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	31 (5.1%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	1 (0.17%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	52 (8.6%)	1481 (5.9%)
1900 Injury, poisoning	7 (1.2%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	24 (4.0%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	11 (1.8%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	65 (11.1%)	4157 (17.9%)
Myocardial infarction	16 (2.7%)	1170 (5.1%)
Chronic lung disease	48 (8.2%)	2384 (10.3%)
Cerebral vascular disease	41 (7.0%)	1781 (7.7%)
Peripheral vascular disease	43 (7.4%)	2332 (10.1%)
Chronic liver disease	24 (4.1%)	1354 (5.9%)
Chronic kidney disease	38 (6.6%)	2949 (12.8%)
Diabetes	120 (20.6%)	5896 (25.3%)
Cancer	86 (14.9%)	4775 (20.7%)
Infection	97 (16.7%)	3183 (13.8%)
Dementia	4 (0.69%)	888 (3.9%)
Major depressive disorder	16 (2.8%)	1000 (4.4%)
Other chronic mental disorder	31 (5.4%)	986 (4.3%)
Other chronic disease	195 (33.6%)	7288 (31.2%)
None	154 (25.5%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	105 (17.4%)	4133 (16.6%)
Yes, acute	44 (7.3%)	1929 (7.7%)
No	312 (51.6%)	13886 (55.7%)
I do not know	1 (0.17%)	164 (0.66%)
Missing	143 (23.6%)	4813 (19.3%)

Days since operation	6 [2-30]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	79 (13.1%)	2384 (9.6%)
Yes, later	35 (5.8%)	1452 (5.8%)
No	342 (56.5%)	15545 (62.4%)
I do not know	4 (0.66%)	333 (1.3%)
Missing	145 (24.0%)	5211 (20.9%)

5. Previous ICU admission during this hospital stay? (Yes)	83 (17.7%)	2361 (11.6%)
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6. Is this patient terminally ill?	32 (5.3%)	2137 (8.6%)
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7. Fluid status

Normal	542 (89.6%)	19805 (79.5%)
Overloaded	13 (2.1%)	975 (3.9%)
Dehydrated	27 (4.5%)	1471 (5.9%)
I do not know	23 (3.8%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	3 [1-6]	4 [2-7]
Other	2 [1-4]	2 [1-4]

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

Malnourished	92 (15.2%)	3279 (13.2%)
At risk	132 (21.8%)	5283 (21.2%)
No	332 (54.9%)	14990 (60.1%)
I do not know	49 (8.1%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	259 (42.8%)	8543 (34.3%)
5% Glucose solution	44 (7.3%)	1473 (5.9%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	183 (30.2%)	15627 (62.7%)
Fortified/enriched hospital food	114 (18.8%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	73 (12.1%)	4305 (17.3%)
Enteral nutrition	29 (4.8%)	1259 (5.1%)
Parenteral nutrition	9 (1.5%)	785 (3.1%)
Special diet	340 (56.2%)	6593 (26.5%)
None	17 (2.8%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	39 (8.3%)	2145 (10.5%)
Peripheral venous access	266 (56.8%)	11975 (58.9%)
Nasogastric	15 (3.2%)	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduodenal	2 (0.43%)	40 (0.20%)
Enterostoma	1 (0.21%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	4 (0.85%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.21%)	63 (0.31%)
None	310 (51.2%)	11051 (44.3%)

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

Yes, previously	11 (1.8%)	282 (1.1%)
Yes, ongoing	3 (0.50%)	180 (0.72%)
No	374 (61.8%)	17744 (71.2%)
I do not know	10 (1.7%)	1404 (5.6%)
Missing	207 (34.2%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	200 (42.7%)	7973 (39.2%)
Protein requirements were determined	199 (42.5%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	89 (19.0%)	9150 (45.0%)
Nutrition treatment plan was developed	246 (52.6%)	8137 (40.0%)
Nutrition expert was consulted	324 (69.2%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	91 (19.4%)	7308 (35.9%)
None	-	-

15a. Energy goal		
< 500 kcal	31 (5.1%)	445 (1.8%)
500-999 kcal	7 (1.2%)	210 (0.84%)
1000-1499 kcal	13 (2.1%)	1767 (7.1%)
1500-1999 kcal	140 (23.1%)	6430 (25.8%)
>=2000 kcal	173 (28.6%)	3687 (14.8%)
Not determined	98 (16.2%)	6548 (26.3%)
I do not know	6 (0.99%)	1248 (5.0%)
Missing	137 (22.6%)	4590 (18.4%)

15b. Energy intake		
< 500 kcal	48 (7.9%)	1070 (4.3%)
500-999 kcal	22 (3.6%)	1366 (5.5%)
1000-1499 kcal	44 (7.3%)	2751 (11.0%)
1500-1999 kcal	116 (19.2%)	4599 (18.5%)
>=2000 kcal	132 (21.8%)	2469 (9.9%)
Not determined	99 (16.4%)	6254 (25.1%)
I do not know	7 (1.2%)	1824 (7.3%)
Missing	137 (22.6%)	4592 (18.4%)

16. Since admission, this patient's health status has...		
Improved	245 (40.5%)	11134 (44.7%)
Deteriorated	32 (5.3%)	1331 (5.3%)
Remained the same	108 (17.9%)	5023 (20.2%)
This patient has just been admitted	69 (11.4%)	1445 (5.8%)
I do not know	14 (2.3%)	1402 (5.6%)
Missing	137 (22.6%)	4590 (18.4%)

Length of hospital stay (days)	11 [5-24]	13 [6-25]
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Outcome Code		
1= Still in the hospital	53 (8.8%)	2848 (11.4%)
2= Transferred to another hospital	8 (1.3%)	526 (2.1%)
3= Transferred to long term care	2 (0.33%)	653 (2.6%)

4= Rehabilitation	9 (1.5%)	606 (2.4%)
5= Discharged home	468 (77.4%)	18641 (74.8%)
6= Death	14 (2.3%)	956 (3.8%)
7= Others	4 (0.66%)	536 (2.2%)
Missing	47 (7.8%)	159 (0.64%)

Readmitted since nutritionDay

1= No	406 (81.0%)	16520 (77.3%)
2= Yes, same hospital planned	17 (3.4%)	1353 (6.3%)
3= Yes, same hospital unplanned	33 (6.6%)	1110 (5.2%)
4= Yes, different hospital planned	-	80 (0.37%)
5= Yes, different hospital unplanned	-	80 (0.37%)
6= Unknown	-	485 (2.3%)
Missing	42 (8.4%)	1675 (7.8%)

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	316 (52.4%)	14107 (57.7%)
I am vegetarian	4 (0.66%)	445 (1.8%)
I adhere to a vegan diet	1 (0.17%)	79 (0.32%)
I eat gluten-free diet	11 (1.8%)	210 (0.86%)
I avoid added sugars	97 (16.1%)	3287 (13.4%)
I avoid carbohydrates	43 (7.1%)	1220 (5.0%)
I eat a low fat-diet	35 (5.8%)	2101 (8.6%)
I am lactose intolerant	17 (2.8%)	816 (3.3%)
Other special diet due to intolerances/allergies	7 (1.2%)	421 (1.7%)
Other	37 (6.1%)	1522 (6.2%)
No answer given	137 (22.7%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	433 (71.8%)	17544 (71.7%)
In a nursing home or other live-in facility	6 (1.00%)	469 (1.9%)
I was transferred from another hospital	13 (2.2%)	1456 (6.0%)
Other	12 (2.0%)	339 (1.4%)
Missing	139 (23.1%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	347 (57.5%)	12349 (50.5%)
Yes, with someone's help	39 (6.5%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	29 (4.8%)	2560 (10.5%)
No, I have a wheelchair	5 (0.83%)	859 (3.5%)
No, I am bedridden	41 (6.8%)	1677 (6.9%)
Missing	142 (23.5%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	79 (13.1%)	1759 (7.2%)
Good	200 (33.2%)	7718 (31.6%)
Fair	138 (22.9%)	7368 (30.1%)
Poor	43 (7.1%)	2474 (10.1%)
Very poor	3 (0.50%)	414 (1.7%)
Missing	140 (23.2%)	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	4 [1-10]	4 [2-8]
... 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?	4 [0-13]	4 [0-14]
--	----------	----------

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

1-2	121 (20.1%)	4831 (19.8%)
3-5	105 (17.4%)	5143 (21.0%)
More than 5	74 (12.3%)	5425 (22.2%)
None	147 (24.4%)	3787 (15.5%)
I do not know	18 (3.0%)	617 (2.5%)
Missing	138 (22.9%)	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	98 (16.3%)	3701 (15.1%)
Yes, public insurance only	103 (17.1%)	9777 (40.0%)
Yes, both	22 (3.6%)	1908 (7.8%)
None	232 (38.5%)	3768 (15.4%)
I prefer not to answer	6 (1.00%)	461 (1.9%)
Missing	142 (23.5%)	4837 (19.8%)

8. What was your weight 5 years ago?

	75 [64-90]	74 [63-85]
I do not know	83 (13.8%)	6168 (25.2%)

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

Yes, intentionally	70 (11.6%)	1931 (7.9%)
Yes, unintentionally	280 (46.4%)	10653 (43.6%)
No, my weight stayed the same	129 (21.4%)	6738 (27.6%)
No, I gained weight	91 (15.1%)	2780 (11.4%)
I do not know	31 (5.1%)	2017 (8.2%)
Missing	2 (0.33%)	333 (1.4%)

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

	8 [5-13]	6 [4-10]
I do not know	54 (15.4%)	2421 (19.2%)

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

	159 (34.9%)	7367 (38.4%)
--	-------------	--------------

11. Please indicate if you ...

... were weighed at admission	150 (32.2%)	10622 (53.6%)
... were informed about your nutrition status	130 (28.1%)	7345 (37.2%)
... were informed about nutrition care options	126 (27.2%)	6881 (34.9%)
... received special nutrition care	203 (43.7%)	6867 (34.9%)

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

More than normal	52 (8.7%)	1175 (4.8%)
Normal	364 (60.6%)	14950 (61.3%)

About 3/4 of normal	35 (5.8%)	2351 (9.6%)
About half of normal	71 (11.8%)	3047 (12.5%)
About a quarter to nearly nothing	71 (11.8%)	2386 (9.8%)
I do not know	3 (0.50%)	183 (0.75%)
Missing	5 (0.83%)	308 (1.3%)

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

Very satisfied	195 (32.4%)	5545 (22.7%)
Somewhat satisfied	132 (22.0%)	6058 (24.8%)
Neutral	47 (7.8%)	4069 (16.7%)
Dissatisfied	26 (4.3%)	1669 (6.8%)
Very dissatisfied	20 (3.3%)	733 (3.0%)
I do not know	34 (5.7%)	1404 (5.8%)
Missing	147 (24.5%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	64 (10.6%)	2402 (9.8%)
Yes, from hospital staff	12 (2.0%)	1324 (5.4%)
No	368 (61.2%)	15188 (62.2%)
I do not know	4 (0.67%)	275 (1.1%)
Missing	153 (25.5%)	5211 (21.4%)

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

	353 (79.7%)	13701 (72.2%)
--	-------------	---------------

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

About all	335 (55.7%)	11767 (48.2%)
1/2	114 (19.0%)	6068 (24.9%)
1/4	70 (11.6%)	3130 (12.8%)
Nothing	68 (11.3%)	2535 (10.4%)
Missing	14 (2.3%)	900 (3.7%)

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

Standard	297 (49.4%)	13049 (53.5%)
Smaller	29 (4.8%)	1824 (7.5%)
Larger	31 (5.2%)	960 (3.9%)
I do not know	58 (9.7%)	2121 (8.7%)
Missing	186 (30.9%)	6446 (26.4%)

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

I did not like the type of food offered	46 (18.3%)	1924 (16.4%)
I did not like the smell/taste of the food	22 (8.7%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	2 (0.79%)	103 (0.88%)
The food was too hot	2 (0.79%)	29 (0.25%)

The food was too cold	10 (4.0%)	321 (2.7%)
Due to food allergy/intolerance	2 (0.79%)	151 (1.3%)
I was not hungry at that time	42 (16.7%)	1600 (13.6%)
I do not have my usual appetite	84 (33.3%)	3509 (29.9%)
I have problems chewing/swallowing	12 (4.8%)	683 (5.8%)
I normally eat less than what was served	25 (9.9%)	1218 (10.4%)
I had nausea/vomiting	31 (12.3%)	971 (8.3%)
I was too tired	14 (5.6%)	511 (4.4%)
I cannot eat without help	1 (0.40%)	146 (1.2%)
I was not allowed to eat	31 (12.3%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	17 (6.7%)	785 (6.7%)
I did not get requested food	2 (0.79%)	123 (1.0%)
No answer given	20 (7.9%)	2067 (17.6%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 127 (29.4%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	54 (42.5%)	1125 (25.5%)
Salty snacks	46 (36.2%)	609 (13.8%)
Homemade food	15 (11.8%)	943 (21.4%)
Fruits	27 (21.3%)	1520 (34.5%)
Dairy products	11 (8.7%)	516 (11.7%)
Food delivered/restaurant	4 (3.1%)	188 (4.3%)
Sandwich	8 (6.3%)	265 (6.0%)
Other	11 (8.7%)	659 (14.9%)

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

Increased	101 (16.8%)	3392 (13.9%)
Decreased	164 (27.3%)	6798 (27.9%)
Stayed the same	162 (27.0%)	7810 (32.0%)
I do not know	29 (4.8%)	1112 (4.6%)
Missing	145 (24.1%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	333 (55.4%)	11712 (48.0%)
Weaker than at admission	99 (16.5%)	4322 (17.7%)
Same as at admission	130 (21.6%)	6423 (26.3%)
I was admitted today	14 (2.3%)	740 (3.0%)
I do not know	24 (4.0%)	917 (3.8%)
Missing	1 (0.17%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	373 (62.1%)	13991 (57.3%)
No, only with assistance	107 (17.8%)	6345 (26.0%)
No, I stay in bed	112 (18.6%)	3449 (14.1%)
Missing	9 (1.5%)	615 (2.5%)

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

295 (64.6%) 14422 (73.8%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	3	216
Computerized system in hospital:	1 units (33%) YES	200 units (93%) YES
Nutritional treatment of cancer patients is part of overall care plan	3 units (100%) YES	196 units (91%) YES
Nutritional treatment is considered...		
Routinely	2 (66,7%)	129 (59,7%)
When patient asks	1 (33,3%)	71 (32,9%)
When body weight loss > 10%	2 (66,7%)	90 (41,7%)
During palliative phase	1 (33,3%)	54 (25,0%)
Other	-	36 (16,7%)
Missing	-	13 (6,02%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	-	4 (1,85%)
No knowledge of the field	-	11 (5,09%)
No reimbursement	-	5 (2,31%)
It feeds the tumour	-	-
Other	-	21 (9,72%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	2 (66,7%)	148 (68,5%)
Calculation of energy needs	2 (66,7%)	152 (70,4%)
Monitoring patients intake and use of oral supplements	3 (100%)	190 (88,0%)
None	-	3 (1,39%)
Other	-	20 (9,26%)
Missing	-	4 (1,85%)
Nutritional therapy is not used due to		
Lack of evidence	-	1 (0,46%)
Lack of experience	-	6 (2,78%)
No reimbursement	-	1 (0,46%)
Lack of dietitians	-	3 (1,39%)
Lack of other experts	-	4 (1,85%)
Other	-	9 (4,17%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

Regularly	1 (33,3%)	145 (67,1%)
At chemotherapy	-	28 (13,0%)
When necessary	2 (66,7%)	37 (17,1%)
Never	-	3 (1,39%)
Unknown	-	1 (0,46%)
Missing	-	2 (0,93%)

Anthropometrics (circumference)

Regularly	-	42 (19,4%)
At chemotherapy	-	8 (3,70%)
When necessary	2 (66,7%)	71 (32,9%)
Never	1 (33,3%)	69 (31,9%)
Unknown	-	11 (5,09%)
Missing	-	15 (6,94%)

BIA

Regularly	-	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	-	78 (36,1%)
Never	3 (100%)	99 (45,8%)
Unknown	-	17 (7,87%)
Missing	-	11 (5,09%)

CT SCAN

Regularly	-	4 (1,85%)
At chemotherapy	-	3 (1,39%)
When necessary	-	57 (26,4%)
Never	3 (100%)	110 (50,9%)
Unknown	-	23 (10,6%)
Missing	-	19 (8,80%)

DEXA

Regularly	-	-
At chemotherapy	-	2 (0,93%)
When necessary	-	38 (17,6%)
Never	3 (100%)	135 (62,5%)
Unknown	-	25 (11,6%)
Missing	-	16 (7,41%)

Other (body composition)

Regularly	-	7 (3,24%)
At chemotherapy	-	-

When necessary	-	20 (9,26%)
Never	2 (66,7%)	76 (35,2%)
Unknown	1 (33,3%)	56 (25,9%)
Missing	-	57 (26,4%)

Body function:

Handgrip

Regularly	-	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	2 (66,7%)	95 (44,0%)
Never	1 (33,3%)	85 (39,4%)
Unknown	-	9 (4,17%)
Missing	-	16 (7,41%)

6-minutes walking test

Regularly	-	5 (2,31%)
At chemotherapy	-	-
When necessary	-	49 (22,7%)
Never	3 (100%)	131 (60,6%)
Unknown	-	13 (6,02%)
Missing	-	18 (8,33%)

Other (body function)

Regularly	-	6 (2,78%)
At chemotherapy	-	-
When necessary	1 (33,3%)	37 (17,1%)
Never	1 (33,3%)	88 (40,7%)
Unknown	1 (33,3%)	40 (18,5%)
Missing	-	45 (20,8%)

Nutritional requirements, calculated

Regularly	-	68 (31,5%)
At chemotherapy	-	9 (4,17%)
When necessary	3 (100%)	94 (43,5%)
Never	-	14 (6,48%)
Unknown	-	5 (2,31%)
Missing	-	26 (12,0%)

Nutritional intake:

Every meal

Regularly	-	54 (25,0%)
At chemotherapy	-	8 (3,70%)
When necessary	2 (66,7%)	98 (45,4%)
Never	1 (33,3%)	22 (10,2%)

Unknown	-	13 (6,02%)
Missing	-	21 (9,72%)
1 meal per day		
Regularly	-	19 (8,80%)
At chemotherapy	-	5 (2,31%)
When necessary	2 (66,7%)	57 (26,4%)
Never	1 (33,3%)	39 (18,1%)
Unknown	-	19 (8,80%)
Missing	-	77 (35,6%)
2 meals per day		
Regularly	-	18 (8,33%)
At chemotherapy	-	3 (1,39%)
When necessary	2 (66,7%)	56 (25,9%)
Never	1 (33,3%)	43 (19,9%)
Unknown	-	19 (8,80%)
Missing	-	77 (35,6%)
24h recall		
Regularly	1 (33,3%)	61 (28,2%)
At chemotherapy	-	10 (4,63%)
When necessary	2 (66,7%)	60 (27,8%)
Never	-	30 (13,9%)
Unknown	-	14 (6,48%)
Missing	-	41 (19,0%)
Other (nutritional intake)		
Regularly	-	-
At chemotherapy	-	-
When necessary	1 (33,3%)	22 (10,2%)
Never	1 (33,3%)	51 (23,6%)
Unknown	-	38 (17,6%)
Missing	1 (33,3%)	105 (48,6%)
Questionnaire completed by		
Dietitian	1 (33,3%)	86 (39,8%)
Nurse	-	45 (20,8%)
Physician	-	36 (16,7%)
Nutritional scientist	2 (66,7%)	41 (19,0%)
Other	-	5 (2,31%)
Missing	-	3 (1,39%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	18	2040
Demographic data:		
Age (years)	58 [29-83]	63 [18-120]
Female gender	10 (55,6%)	915 (44,9%)
Weight (kg)	62,3 ± 14,1	69,5 ± 18,3
Height (cm)	164,2 ± 10,0	167,1 ± 10,6
BMI (kg/m ²)	23,1 ± 4,5	24,8 ± 5,7
Outpatient (o)/Ward (w)		
Outpatient(o)	-	106 (5,20%)
Ward (w)	18 (100%)	1930 (94,6%)
Missing	-	4 (0,20%)
Goal of Therapy		
Curative	13 (72,2%)	1413 (69,3%)
Palliative	5 (27,8%)	535 (26,2%)
Terminal	-	55 (2,70%)
Missing	-	37 (1,81%)
Reason for admission		
Clinical diagnostics	2 (11,1%)	290 (14,2%)
Therapy	9 (50,0%)	1091 (53,5%)
Surgery related	3 (16,7%)	383 (18,8%)
Treatment complications	4 (22,2%)	154 (7,55%)
Poor health status	4 (22,2%)	255 (12,5%)
Independent care difficult	-	17 (0,83%)
Missing	-	-
Present cancer diagnosis		
Breast	-	146 (7,16%)
Colon, rectum	2 (11,1%)	299 (14,7%)
Prostate	1 (5,56%)	60 (2,94%)
Lung	-	138 (6,76%)
Skin	-	28 (1,37%)
Kidney/bladder	1 (5,56%)	77 (3,77%)
Gastric/oesophageal	3 (16,7%)	233 (11,4%)
Pancreas	2 (11,1%)	121 (5,93%)
Lymphoma	1 (5,56%)	195 (9,56%)
Ears nose throat (ENT)	-	73 (3,58%)
Leukaemia	1 (5,56%)	209 (10,2%)

Genital tract	-	86 (4,22%)
Liver	-	113 (5,54%)
Sarcoma	1 (5,56%)	36 (1,76%)
Brain	2 (11,1%)	29 (1,42%)
Testicular	-	23 (1,13%)
Other	4 (22,2%)	195 (9,56%)
Missing	-	28 (1,37%)

Time since diagnosis

0-2 months	3 (16,7%)	548 (26,9%)
3-5 months	7 (38,9%)	462 (22,6%)
6-12 months	4 (22,2%)	369 (18,1%)
1-2 years	2 (11,1%)	217 (10,6%)
2-4 years	-	173 (8,48%)
> 4 years	2 (11,1%)	193 (9,46%)
Missing	-	46 (2,25%)

Cancer staging

0=Carcinoma in situ	4 (22,2%)	109 (5,34%)
I=Localized	5 (27,8%)	494 (24,2%)
II=Early locally advanced	2 (11,1%)	345 (16,9%)
III=Late locally advanced	-	325 (15,9%)
IV=Metastasised	7 (38,9%)	563 (27,6%)
Missing	-	204 (10,0%)

Time since first therapy start

No therapy	-	178 (8,73%)
Tumour staging/diagnosis	3 (16,7%)	293 (14,4%)
0-2 months	6 (33,3%)	628 (30,8%)
3-5 months	4 (22,2%)	294 (14,4%)
6-12 months	2 (11,1%)	240 (11,8%)
1-2 years	3 (16,7%)	204 (10,0%)
2-4 years	-	148 (7,25%)
> 4 years	2 (11,1%)	159 (7,79%)
Missing	-	39 (1,91%)

Therapy situation

Diagnosis	1 (5,56%)	262 (12,8%)
Chemotherapy 1st line	3 (16,7%)	458 (22,5%)
Chemotherapy > 1st line	2 (11,1%)	373 (18,3%)
Radiotherapy	2 (11,1%)	229 (11,2%)
Target therapy	-	72 (3,53%)
Hormone therapy	-	17 (0,83%)
Palliative	3 (16,7%)	195 (9,56%)

Surgery	4 (22,2%)	426 (20,9%)
Cancer related complications	2 (11,1%)	133 (6,52%)
Therapy related complications	1 (5,56%)	81 (3,97%)
Missing	-	44 (2,16%)

Infections

None	14 (77,8%)	1496 (73,3%)
Local	3 (16,7%)	288 (14,1%)
General	1 (5,56%)	154 (7,55%)
Missing	-	102 (5,00%)

Nutrition Treatment

No special diet	3 (16,7%)	895 (43,9%)
Individualized diet plan	8 (44,4%)	500 (24,5%)
Energy rich/protein rich ONS	7 (38,9%)	433 (21,2%)
Enteral nutrition (via NGT/PEG)	2 (11,1%)	104 (5,10%)
Parenteral nutrition	-	184 (9,02%)
ONS enriched with special nutrients	-	120 (5,88%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	45 (2,21%)
Personal preferences	3 (16,7%)	175 (8,58%)
Counselling	2 (11,1%)	160 (7,84%)
Other	1 (5,56%)	162 (7,94%)
Missing	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	18	2018
Body weight prior to becoming ill	73 [42-108]	75 [26-175]
Actual body weight	59 [40-83]	68 [32-176]
Change in weight was		
Intentional	2 (11,1%)	90 (4,41%)
Unintentional	15 (83,3%)	1368 (67,1%)
Weight is stable	1 (5,56%)	267 (13,1%)
Missing	-	115 (5,64%)
During the last week		
Patients who have had pain:		
Not at all	7 (38,9%)	692 (33,9%)
A little	6 (33,3%)	567 (27,8%)
Quite a bit	3 (16,7%)	379 (18,6%)
Very much	2 (11,1%)	272 (13,3%)
Missing	-	117 (5,74%)
Patients who needed a rest:		
Not at all	7 (38,9%)	511 (25,0%)
A little	3 (16,7%)	554 (27,2%)
Quite a bit	4 (22,2%)	507 (24,9%)
Very much	4 (22,2%)	332 (16,3%)
Missing	-	118 (5,78%)
Patients who felt weak:		
Not at all	4 (22,2%)	552 (27,1%)
A little	7 (38,9%)	555 (27,2%)
Quite a bit	3 (16,7%)	476 (23,3%)
Very much	4 (22,2%)	322 (15,8%)
Missing	-	116 (5,69%)
Patients who felt depressed:		
Not at all	6 (33,3%)	820 (40,2%)
A little	8 (44,4%)	599 (29,4%)
Quite a bit	4 (22,2%)	285 (14,0%)
Very much	-	193 (9,46%)
Missing	-	126 (6,18%)

Patients who were tired:

Not at all	3 (16,7%)	554 (27,2%)
A little	6 (33,3%)	612 (30,0%)
Quite a bit	4 (22,2%)	464 (22,7%)
Very much	5 (27,8%)	268 (13,1%)
Missing	-	121 (5,93%)

Patients whose pain interfered with their daily activities:

Not at all	7 (38,9%)	847 (41,5%)
A little	4 (22,2%)	476 (23,3%)
Quite a bit	4 (22,2%)	318 (15,6%)
Very much	3 (16,7%)	257 (12,6%)
Missing	-	122 (5,98%)

Patients who lacked appetite:

Not at all	6 (33,3%)	752 (36,9%)
A little	7 (38,9%)	502 (24,6%)
Quite a bit	3 (16,7%)	386 (18,9%)
Very much	2 (11,1%)	263 (12,9%)
Missing	-	117 (5,74%)

Just now**Patients who have pain:**

Not at all	11 (61,1%)	907 (44,5%)
A little	6 (33,3%)	605 (29,7%)
Quite a bit	1 (5,56%)	274 (13,4%)
Very much	-	117 (5,74%)
Missing	-	117 (5,74%)

Patients who need a rest:

Not at all	5 (27,8%)	590 (28,9%)
A little	6 (33,3%)	641 (31,4%)
Quite a bit	4 (22,2%)	443 (21,7%)
Very much	3 (16,7%)	218 (10,7%)
Missing	-	125 (6,13%)

Patients who feel weak:

Not at all	7 (38,9%)	648 (31,8%)
A little	6 (33,3%)	619 (30,3%)
Quite a bit	1 (5,56%)	417 (20,4%)
Very much	4 (22,2%)	209 (10,2%)
Missing	-	122 (5,98%)

Patients who are depressed:

Not at all	12 (66,7%)	955 (46,8%)
A little	4 (22,2%)	549 (26,9%)
Quite a bit	1 (5,56%)	251 (12,3%)
Very much	-	132 (6,47%)
Missing	1 (5,56%)	123 (6,03%)

Patients who are tired:

Not at all	4 (22,2%)	679 (33,3%)
A little	8 (44,4%)	658 (32,3%)
Quite a bit	2 (11,1%)	376 (18,4%)
Very much	4 (22,2%)	173 (8,48%)
Missing	-	127 (6,23%)

Patients whose pain interferes with their daily activities:

Not at all	11 (61,1%)	966 (47,4%)
A little	5 (27,8%)	447 (21,9%)
Quite a bit	1 (5,56%)	282 (13,8%)
Very much	1 (5,56%)	196 (9,61%)
Missing	-	124 (6,08%)

Patients who lack appetite:

Not at all	10 (55,6%)	805 (39,5%)
A little	2 (11,1%)	537 (26,3%)
Quite a bit	4 (22,2%)	339 (16,6%)
Very much	2 (11,1%)	211 (10,3%)
Missing	-	120 (5,88%)

Reasons for change in appetite/food intake

Nausea/Vomiting	4 (22,2%)	354 (17,4%)
Inflammation in mouth	2 (11,1%)	78 (3,82%)
Pain	3 (16,7%)	265 (13,0%)
Constipation	2 (11,1%)	179 (8,77%)
Diarrhea	2 (11,1%)	134 (6,57%)
Change in taste/smell	3 (16,7%)	249 (12,2%)
Early satiation/Loss of appetite	4 (22,2%)	481 (23,6%)
Other	5 (27,8%)	333 (16,3%)
Missing	1 (5,56%)	97 (4,75%)

Maximum activity performed by patients

Able to do sports	2 (11,1%)	75 (3,68%)
Fully active	-	267 (13,1%)
Able to carry out light activities	5 (27,8%)	538 (26,4%)
Able to carry out self care	5 (27,8%)	548 (26,9%)
Able to carry out limited self care	3 (16,7%)	244 (12,0%)

Confined to bed or chair	3 (16,7%)	228 (11,2%)
Missing	-	124 (6,08%)
Patient takes additional (without prescription)		
Nothing	10 (55,6%)	1222 (59,9%)
Herbal tea	6 (33,3%)	244 (12,0%)
Nutritional supplements	1 (5,56%)	226 (11,1%)
Multivitamin	-	122 (5,98%)
Other medication	2 (11,1%)	68 (3,33%)
Other	3 (16,7%)	68 (3,33%)
Missing	-	172 (8,43%)
Additional activities performed		
Nothing	10 (55,6%)	1382 (67,7%)
Psychotherapy	3 (16,7%)	41 (2,01%)
Yoga	1 (5,56%)	24 (1,18%)
Meditation	2 (11,1%)	60 (2,94%)
Progressive muscle relaxation	2 (11,1%)	46 (2,25%)
Qigong	-	6 (0,29%)
Other	3 (16,7%)	311 (15,2%)
Missing	-	201 (9,85%)
Patients having difficulties in complying with treatment		
	7 (38,9%)	475 (23,3%)
Patients needing help to complete questionnaire		
	10 (55,6%)	1196 (58,6%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:		
	18 (100%)	1435 (70,3%)

1. Are you COVID-19 positive TODAY?

Yes	4 (0.66%)	565 (2.3%)
No	379 (62.6%)	19372 (77.7%)
I do not know	46 (7.6%)	2031 (8.1%)
Missing	176 (29.1%)	2957 (11.9%)

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

0-3 months	2 (0.33%)	1107 (4.4%)
3-6 months	3 (0.50%)	693 (2.8%)
6-12 months	11 (1.8%)	1353 (5.4%)
>1 year	73 (12.1%)	1899 (7.6%)
never	128 (21.2%)	9637 (38.7%)
I do not know	158 (26.1%)	3756 (15.1%)
Missing	230 (38.0%)	6480 (26.0%)

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

Yes	9 (1.5%)	1348 (5.4%)
No	281 (46.4%)	16395 (65.8%)
I do not know	109 (18.0%)	2695 (10.8%)
Missing	206 (34.0%)	4487 (18.0%)