



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Brazil

Dear participant,

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

Number of participated center:	5
Number of participated units:	10
Number of patients:	239
Number of patients who gave consent:	239
Number of patients completing Sheet 3a:	212
Number of patients completing Sheet 3b:	211
Number of cancer patients:	117
Number of patients completing Sheet 2_onco:	116
Number of patients completing Sheet 3_onco:	116
Number of patients with 30-day outcome assessment:	239

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	350 [247-414]	334 [166-596]
2. Total number of admissions in the hospital last year	21303 [15777-26830]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	343 [206-355]	200 [83-461]
Medical specialists	107 [81-219]	129 [42-350]
Medical non-specialists	136 [12-288]	51 [15-151]
Nurses	607 [386-1138]	410 [142-815]
Dieticians	0 [0-0]	2 [0-9]
Nutritionists	20 [10-31]	3 [1-8]
Pharmacists	24 [20-27]	7 [3-17]
Kitchen staff	23 [18-87]	28 [9-60]
Full time equivalent		
Total medical doctors	-	199 [71-382]
Medical specialists	-	134 [45-306]
Medical non-specialists	-	87 [19-175]
Nurses	-	394 [134-672]
Dieticians	-	2 [0-7]
Nutritionists	7 [7-7]	2 [1-5]
Pharmacists	-	6 [2-15]
Kitchen staff	-	24 [3-48]
4. Does the hospital have a nutrition care strategy?	4 (80.0%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (40.0%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	4 (80.0%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	2 (40.0%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	3 (60.0%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (40.0%) Yes	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	1 (20.0%)	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	3 (60.0%) Yes	74 (41.3%) Yes

Oral nutrition supplements	3 (60.0%) Yes	74 (41.3%) Yes
Parenteral nutrition	4 (80.0%) Yes	88 (49.2%) Yes
Enteral nutrition	4 (80.0%) Yes	88 (49.2%) Yes
Dietary counseling	2 (40.0%) Yes	58 (32.4%) Yes
Specific dietary interventions	2 (40.0%) Yes	51 (28.5%) Yes
Screening for malnutrition	2 (40.0%) Yes	53 (29.6%) Yes
Risk of malnutrition	2 (40.0%) Yes	47 (26.3%) Yes
Malnutrition (in general)	2 (40.0%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (40.0%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	-	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	3 (60.0%) Yes	69 (38.5%) Yes
Oral nutrition supplements	3 (60.0%) Yes	60 (33.5%) Yes
Parenteral nutrition	4 (80.0%) Yes	79 (44.1%) Yes
Enteral nutrition	4 (80.0%) Yes	76 (42.5%) Yes
Dietary counseling	2 (40.0%) Yes	45 (25.1%) Yes
Specific dietary interventions	2 (40.0%) Yes	45 (25.1%) Yes
Screening for malnutrition	2 (40.0%) Yes	42 (23.5%) Yes
Risk of malnutrition	2 (40.0%) Yes	36 (20.1%) Yes
Malnutrition (in general)	2 (40.0%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (40.0%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	-	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	2 (20.0%)	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	1 (10.0%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	3 (30.0%)	8.3%
Interdisciplinary	2 (20.0%)	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	1 (10.0%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	1 (10.0%)	16.9%
2. Number of registered inpatients at noon	22 [12-37]	22 [17-30]
3. Total bed capacity of the unit	32 [16-47]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	7 [2-22]	4 [2-6]
Nurses	4 [2-4]	4 [3-6]
Nursing aides	8 [5-9]	2 [1-4]
Dieticians	-	1 [0-1]
Nutritionists	1 [1-1]	1 [0-1]
Administrative staff	1 [1-1]	1 [1-2]
Other staff involved in patient care	3 [2-5]	1 [0-3]
In training		
Medical doctors	8 [8-8]	1 [0-3]
Medical students	15 [15-15]	0 [0-2]
Nurses	2 [2-2]	0 [0-2]

Nursing aides	6 [6-6]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	4 [4-4]	0 [0-0]
Other staff involved in patient care	10 [10-10]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 9 (90.0%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 9 (90.0%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 9 (90.0%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 9 (90.0%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 7 (70.0%) Yes 508 (54.3%) Yes

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

At admission

No routine screening	-	119 (9.4%) Yes
No fixed criteria	-	25 (2.0%) Yes
Experience / visual assessment only	-	78 (6.2%) Yes
Weighing / BMI only	-	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	8 (80.0%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	-	85 (6.7%) Yes
Malnutrition Screening tool (MST)	1 (10.0%) Yes	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	1 (10.0%) Yes	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	-	85 (6.7%)

During hospital stay

No routine monitoring	-	124 (9.8%) Yes
No fixed criteria	-	103 (8.1%) Yes
Experience / visual assessment only	-	180 (14.2%) Yes
Weighing / BMI only	4 (40.0%) Yes	414 (32.6%) Yes
Other formal tool	6 (60.0%) 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? 9 (90.0%) Yes 755 (83.3%) Yes

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

International guidelines	6 (66.7%) Yes	303 (40.1%) Yes
National guidelines	3 (33.3%) Yes	63 (8.3%) Yes
Standards on hospital level	-	240 (31.8%) Yes
Standards on unit level	-	44 (5.8%) Yes
Individual patient nutrition care plans	-	87 (11.5%) Yes
Other	-	3 (0.40%) Yes
Missing	-	15 (2.0%)

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

Watchful waiting	1 (10.0%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	1 (10.0%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	4 (40.0%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	6 (60.0%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (10.0%) Yes	519 (40.9%) Yes
Consult a medical professional	2 (20.0%) Yes	282 (22.2%) Yes
Calculate energy requirements	2 (20.0%) Yes	453 (35.7%) Yes
Calculate protein requirements	3 (30.0%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	1 (10.0%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	3 (30.0%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	3 (30.0%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	3 (30.0%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	589 (46.5%) Yes
Consult a medical professional	1 (10.0%) Yes	392 (30.9%) Yes
Calculate energy requirements	4 (40.0%) Yes	564 (44.5%) Yes
Calculate protein requirements	4 (40.0%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	8 (80.0%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	5 (50.0%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	4 (40.0%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	3 (30.0%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (80.0%) Yes	241 (19.0%) Yes
Consult a medical professional	4 (40.0%) Yes	309 (24.4%) Yes
Calculate energy requirements	5 (50.0%) Yes	144 (11.4%) Yes
Calculate protein requirements	4 (40.0%) Yes	141 (11.1%) Yes

Never

Watchful waiting	-	144 (11.4%) Yes
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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.)	-	15 (1.2%) Yes
Consult a medical professional	-	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	2 (20.0%) Yes	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	8 (80.0%) Yes	727 (57.3%) Yes
Within 24 hours	3 (30.0%) Yes	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	6 (60.0%) Yes	450 (35.5%) Yes
Occasionally	1 (10.0%) Yes	149 (11.8%) Yes
When requested	4 (40.0%) Yes	655 (51.7%) Yes
At discharge	-	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	8 (80.0%) Yes	925 (72.9%) Yes
Offer meal choices	9 (90.0%) Yes	784 (61.8%) Yes
Offer different portion sizes	8 (80.0%) Yes	687 (54.2%) Yes
Consider food presentation	9 (90.0%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	10 (100%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	8 (80.0%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	6 (60.0%) Yes	277 (21.8%) Yes
Promote positive eating environment	4 (40.0%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	10 (100%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	10 (100%) Yes	995 (78.5%) Yes
Other	-	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	8 (80.0%)	Yes	605 (47.7%)	Yes
Reporting of nutrition related information to hospital managers	7 (70.0%)	Yes	378 (29.8%)	Yes
Quality indicators are recorded and reported to national or regional level	7 (70.0%)	Yes	224 (17.7%)	Yes
Quality indicators are used for internal benchmarking	7 (70.0%)	Yes	325 (25.6%)	Yes
Patient feedback about food and food service is collected using a questionnaire	5 (50.0%)	Yes	557 (43.9%)	Yes
None	-		57 (4.5%)	Yes
I do not know	-		37 (2.9%)	Yes
No answer given	1 (10.0%)		333 (26.3%)	

16. At admission what is asked and documented?

Change in weight	9 (90.0%)	Yes	804 (63.4%)	Yes
Eating habits/difficulties	8 (80.0%)	Yes	686 (54.1%)	Yes
Nutrition before admission	9 (90.0%)	Yes	502 (39.6%)	Yes
None	-		31 (2.4%)	Yes
I do not know	-		42 (3.3%)	Yes
No answer given	1 (10.0%)		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 (90.0%)	Yes	747 (58.9%)	Yes
nutrition treatment	9 (90.0%)	Yes	525 (41.4%)	Yes
None	-		78 (6.2%)	Yes
I do not know	-		31 (2.4%)	Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	1 (10.0%)	Yes	498 (39.3%)	Yes
makes future nutrition-related recommendations	9 (90.0%)	Yes	592 (46.7%)	Yes
None	-		86 (6.8%)	Yes
I do not know	-		82 (6.5%)	Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	1 (11.1%)	Yes	390 (45.0%)	Yes
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19. Who filled in this sheet?

Head staff	1 (10.0%)	Yes	276 (21.8%)	Yes
Dietician	8 (80.0%)	Yes	457 (36.0%)	Yes
Nurse	-		234 (18.5%)	Yes

Physician	-	109 (8.6%)	Yes
Administrative staff	-	22 (1.7%)	Yes
Other	-	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	239	24925
Age	65 [48-74]	64 [47-77]
Female	109 (45.6%)	11998 (48.1%)
Weight	71.2±18.3	71.0±18.5
Height	166±9	166±10
BMI	25.7±6.1	25.8±5.9

1. This hospital admission was...

planned	59 (24.7%)	8482 (34.0%)
an emergency	174 (72.8%)	15200 (61.0%)
I do not know	6 (2.5%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	15 (6.3%)	2684 (10.8%)
0200 Neoplasms	122 (51.0%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	6 (2.5%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	18 (7.5%)	3091 (12.4%)
0500 Mental health	4 (1.7%)	915 (3.7%)
0600 Nervous system	16 (6.7%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	25 (10.5%)	4794 (19.2%)
1000 Respiratory system	17 (7.1%)	3073 (12.3%)
1100 Digestive system	26 (10.9%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	2 (0.84%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	16 (6.7%)	4061 (16.3%)
1400 Genitourinary system	24 (10.0%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.42%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	1 (0.42%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	6 (2.5%)	1481 (5.9%)
1900 Injury, poisoning	10 (4.2%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.42%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	1 (0.42%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	17 (7.2%)	4157 (17.9%)
Myocardial infarction	17 (7.2%)	1170 (5.1%)
Chronic lung disease	14 (6.0%)	2384 (10.3%)
Cerebral vascular disease	8 (3.4%)	1781 (7.7%)
Peripheral vascular disease	14 (5.9%)	2332 (10.1%)
Chronic liver disease	11 (4.7%)	1354 (5.9%)
Chronic kidney disease	22 (9.4%)	2949 (12.8%)
Diabetes	60 (25.5%)	5896 (25.3%)
Cancer	117 (49.6%)	4775 (20.7%)
Infection	29 (12.3%)	3183 (13.8%)
Dementia	3 (1.3%)	888 (3.9%)
Major depressive disorder	10 (4.2%)	1000 (4.4%)
Other chronic mental disorder	12 (5.1%)	986 (4.3%)
Other chronic disease	73 (31.1%)	7288 (31.2%)
None	30 (12.6%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	18 (7.5%)	4133 (16.6%)
Yes, acute	26 (10.9%)	1929 (7.7%)
No	77 (32.2%)	13886 (55.7%)
I do not know	89 (37.2%)	164 (0.66%)
Missing	29 (12.1%)	4813 (19.3%)

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

Yes, today or tomorrow	6 (2.5%)	2384 (9.6%)
Yes, later	17 (7.1%)	1452 (5.8%)
No	98 (41.0%)	15545 (62.4%)
I do not know	89 (37.2%)	333 (1.3%)
Missing	29 (12.1%)	5211 (20.9%)

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

24 (11.3%)	2361 (11.6%)
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6. Is this patient terminally ill?

7 (2.9%)	2137 (8.6%)
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7. Fluid status

Normal	211 (88.3%)	19805 (79.5%)
Overloaded	12 (5.0%)	975 (3.9%)
Dehydrated	10 (4.2%)	1471 (5.9%)
I do not know	6 (2.5%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	6 [3-9]	4 [2-7]
Other	4 [3-7]	2 [1-4]

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

Malnourished	87 (36.4%)	3279 (13.2%)
At risk	57 (23.8%)	5283 (21.2%)
No	93 (38.9%)	14990 (60.1%)
I do not know	2 (0.84%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	41 (17.2%)	8543 (34.3%)
5% Glucose solution	67 (28.0%)	1473 (5.9%)

11. Number of ONS drinks planned

1 [0-1]	0 [0-1]
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12. Nutrition intake

Regular hospital food	149 (62.3%)	15627 (62.7%)
Fortified/enriched hospital food	29 (12.1%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	96 (40.2%)	4305 (17.3%)
Enteral nutrition	23 (9.6%)	1259 (5.1%)
Parenteral nutrition	6 (2.5%)	785 (3.1%)
Special diet	75 (31.4%)	6593 (26.5%)
None	2 (0.8%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	43 (20.2%)	2145 (10.5%)
Peripheral venous access	87 (40.8%)	11975 (58.9%)
Nasogastric	12 (5.6%)	567 (2.8%)
Nasojejunal	4 (1.9%)	101 (0.50%)
Nasoduodenal	-	40 (0.20%)
Enterostoma	-	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	2 (0.94%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.47%)	63 (0.31%)
None	101 (42.3%)	11051 (44.3%)

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

Yes, previously	3 (1.3%)	282 (1.1%)
Yes, ongoing	-	180 (0.72%)
No	111 (46.4%)	17744 (71.2%)
I do not know	95 (39.7%)	1404 (5.6%)
Missing	30 (12.6%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	181 (85.0%)	7973 (39.2%)
Protein requirements were determined	181 (85.0%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	166 (77.9%)	9150 (45.0%)
Nutrition treatment plan was developed	193 (90.6%)	8137 (40.0%)
Nutrition expert was consulted	199 (93.4%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	172 (80.8%)	7308 (35.9%)
None	-	-

15a. Energy goal		
< 500 kcal	10 (4.2%)	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	9 (3.8%)	1767 (7.1%)
1500-1999 kcal	54 (22.6%)	6430 (25.8%)
>=2000 kcal	113 (47.3%)	3687 (14.8%)
Not determined	21 (8.8%)	6548 (26.3%)
I do not know	6 (2.5%)	1248 (5.0%)
Missing	26 (10.9%)	4590 (18.4%)

15b. Energy intake		
< 500 kcal	38 (15.9%)	1070 (4.3%)
500-999 kcal	3 (1.3%)	1366 (5.5%)
1000-1499 kcal	4 (1.7%)	2751 (11.0%)
1500-1999 kcal	14 (5.9%)	4599 (18.5%)
>=2000 kcal	30 (12.6%)	2469 (9.9%)
Not determined	77 (32.2%)	6254 (25.1%)
I do not know	47 (19.7%)	1824 (7.3%)
Missing	26 (10.9%)	4592 (18.4%)

16. Since admission, this patient's health status has...		
Improved	80 (33.5%)	11134 (44.7%)
Deteriorated	35 (14.6%)	1331 (5.3%)
Remained the same	54 (22.6%)	5023 (20.2%)
This patient has just been admitted	14 (5.9%)	1445 (5.8%)
I do not know	30 (12.6%)	1402 (5.6%)
Missing	26 (10.9%)	4590 (18.4%)
Length of hospital stay (days)	15 [8-25]	13 [6-25]

Outcome Code		
1= Still in the hospital	41 (17.2%)	2848 (11.4%)
2= Transferred to another hospital	5 (2.1%)	526 (2.1%)
3= Transferred to long term care	-	653 (2.6%)

4= Rehabilitation	1 (0.42%)	606 (2.4%)
5= Discharged home	173 (72.4%)	18641 (74.8%)
6= Death	16 (6.7%)	956 (3.8%)
7= Others	3 (1.3%)	536 (2.2%)
Missing	-	159 (0.64%)

Readmitted since nutritionDay

1= No	120 (61.5%)	16520 (77.3%)
2= Yes, same hospital planned	9 (4.6%)	1353 (6.3%)
3= Yes, same hospital unplanned	20 (10.3%)	1110 (5.2%)
4= Yes, different hospital planned	1 (0.51%)	80 (0.37%)
5= Yes, different hospital unplanned	1 (0.51%)	80 (0.37%)
6= Unknown	1 (0.51%)	485 (2.3%)
Missing	44 (22.6%)	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	83 (39.2%)	14107 (57.7%)
I am vegetarian	1 (0.47%)	445 (1.8%)
I adhere to a vegan diet	-	79 (0.32%)
I eat gluten-free diet	1 (0.47%)	210 (0.86%)
I avoid added sugars	15 (7.1%)	3287 (13.4%)
I avoid carbohydrates	1 (0.47%)	1220 (5.0%)
I eat a low fat-diet	7 (3.3%)	2101 (8.6%)
I am lactose intolerant	4 (1.9%)	816 (3.3%)
Other special diet due to intolerances/allergies	-	421 (1.7%)
Other	13 (6.1%)	1522 (6.2%)
No answer given	94 (44.3%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	86 (40.6%)	17544 (71.7%)
In a nursing home or other live-in facility	4 (1.9%)	469 (1.9%)
I was transferred from another hospital	8 (3.8%)	1456 (6.0%)
Other	2 (0.94%)	339 (1.4%)
Missing	112 (52.8%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	72 (34.0%)	12349 (50.5%)
Yes, with someone's help	15 (7.1%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	10 (4.7%)	2560 (10.5%)
No, I have a wheelchair	-	859 (3.5%)
No, I am bedridden	14 (6.6%)	1677 (6.9%)
Missing	101 (47.6%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	11 (5.2%)	1759 (7.2%)
Good	34 (16.0%)	7718 (31.6%)
Fair	28 (13.2%)	7368 (30.1%)
Poor	21 (9.9%)	2474 (10.1%)
Very poor	5 (2.4%)	414 (1.7%)
Missing	113 (53.3%)	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [1-6]	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?	3 [0-10]	4 [0-14]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	20 (9.4%)	4831 (19.8%)
3-5	25 (11.8%)	5143 (21.0%)
More than 5	28 (13.2%)	5425 (22.2%)
None	16 (7.5%)	3787 (15.5%)
I do not know	13 (6.1%)	617 (2.5%)
Missing	110 (51.9%)	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	36 (17.0%)	3701 (15.1%)
Yes, public insurance only	37 (17.5%)	9777 (40.0%)
Yes, both	2 (0.94%)	1908 (7.8%)
None	49 (23.1%)	3768 (15.4%)
I prefer not to answer	-	461 (1.9%)
Missing	88 (41.5%)	4837 (19.8%)

8. What was your weight 5 years ago?

I do not know	75 [62-82]	74 [63-85]
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I do not know	48 (22.6%)	6168 (25.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	16 (7.5%)	1931 (7.9%)
Yes, unintentionally	110 (51.9%)	10653 (43.6%)
No, my weight stayed the same	54 (25.5%)	6738 (27.6%)
No, I gained weight	17 (8.0%)	2780 (11.4%)
I do not know	11 (5.2%)	2017 (8.2%)
Missing	4 (1.9%)	333 (1.4%)

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

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

I do not know	26 (20.6%)	2421 (19.2%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	40 (31.0%)	7367 (38.4%)
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11. Please indicate if you ...

... were weighed at admission	66 (49.6%)	10622 (53.6%)
... were informed about your nutrition status	97 (72.4%)	7345 (37.2%)
... were informed about nutrition care options	96 (72.2%)	6881 (34.9%)
... received special nutrition care	88 (65.7%)	6867 (34.9%)

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

More than normal	12 (5.7%)	1175 (4.8%)
Normal	125 (59.2%)	14950 (61.3%)

About 3/4 of normal	13 (6.2%)	2351 (9.6%)
About half of normal	31 (14.7%)	3047 (12.5%)
About a quarter to nearly nothing	27 (12.8%)	2386 (9.8%)
I do not know	1 (0.47%)	183 (0.75%)
Missing	2 (0.95%)	308 (1.3%)

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

Very satisfied	47 (22.3%)	5545 (22.7%)
Somewhat satisfied	4 (1.9%)	6058 (24.8%)
Neutral	17 (8.1%)	4069 (16.7%)
Dissatisfied	17 (8.1%)	1669 (6.8%)
Very dissatisfied	5 (2.4%)	733 (3.0%)
I do not know	11 (5.2%)	1404 (5.8%)
Missing	110 (52.1%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	24 (11.4%)	2402 (9.8%)
Yes, from hospital staff	3 (1.4%)	1324 (5.4%)
No	66 (31.3%)	15188 (62.2%)
I do not know	6 (2.8%)	275 (1.1%)
Missing	112 (53.1%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	57 (59.4%)	13701 (72.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	89 (42.2%)	11767 (48.2%)
1/2	48 (22.7%)	6068 (24.9%)
1/4	33 (15.6%)	3130 (12.8%)
Nothing	32 (15.2%)	2535 (10.4%)
Missing	9 (4.3%)	900 (3.7%)

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

Standard	70 (33.2%)	13049 (53.5%)
Smaller	5 (2.4%)	1824 (7.5%)
Larger	2 (0.95%)	960 (3.9%)
I do not know	7 (3.3%)	2121 (8.7%)
Missing	127 (60.2%)	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	7 (6.2%)	1924 (16.4%)
I did not like the smell/taste of the food	1 (0.88%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	-	103 (0.88%)
The food was too hot	-	29 (0.25%)

The food was too cold	1 (0.88%)	321 (2.7%)
Due to food allergy/intolerance	1 (0.88%)	151 (1.3%)
I was not hungry at that time	9 (8.0%)	1600 (13.6%)
I do not have my usual appetite	12 (10.6%)	3509 (29.9%)
I have problems chewing/swallowing	2 (1.8%)	683 (5.8%)
I normally eat less than what was served	1 (0.88%)	1218 (10.4%)
I had nausea/vomiting	5 (4.4%)	971 (8.3%)
I was too tired	2 (1.8%)	511 (4.4%)
I cannot eat without help	2 (1.8%)	146 (1.2%)
I was not allowed to eat	13 (11.5%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	1 (0.88%)	785 (6.7%)
I did not get requested food	1 (0.88%)	123 (1.0%)
No answer given	67 (59.3%)	2067 (17.6%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 19 (21.1%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	3 (15.8%)	1125 (25.5%)
Salty snacks	2 (10.5%)	609 (13.8%)
Homemade food	1 (5.3%)	943 (21.4%)
Fruits	4 (21.1%)	1520 (34.5%)
Dairy products	1 (5.3%)	516 (11.7%)
Food delivered/restaurant	-	188 (4.3%)
Sandwich	1 (5.3%)	265 (6.0%)
Other	8 (42.1%)	659 (14.9%)

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

Increased	18 (8.5%)	3392 (13.9%)
Decreased	34 (16.1%)	6798 (27.9%)
Stayed the same	38 (18.0%)	7810 (32.0%)
I do not know	5 (2.4%)	1112 (4.6%)
Missing	116 (55.0%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	94 (44.5%)	11712 (48.0%)
Weaker than at admission	57 (27.0%)	4322 (17.7%)
Same as at admission	48 (22.7%)	6423 (26.3%)
I was admitted today	4 (1.9%)	740 (3.0%)
I do not know	6 (2.8%)	917 (3.8%)
Missing	2 (0.95%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	127 (60.2%)	13991 (57.3%)
No, only with assistance	48 (22.7%)	6345 (26.0%)
No, I stay in bed	34 (16.1%)	3449 (14.1%)
Missing	2 (0.95%)	615 (2.5%)

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

97 (77.0%)	14422 (73.8%)
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V. Oncology: Unit organisation and structures ("Sheet 1 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	5	216
Computerized system in hospital:	5 units (100%) YES	200 units (93%) YES
Nutritional treatment of cancer patients is part of overall care plan	5 units (100%) YES	196 units (91%) YES
Nutritional treatment is considered...		
Routinely	5 (100%)	129 (59,7%)
When patient asks	2 (40,0%)	71 (32,9%)
When body weight loss > 10%	2 (40,0%)	90 (41,7%)
During palliative phase	2 (40,0%)	54 (25,0%)
Other	1 (20,0%)	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	5 (100%)	148 (68,5%)
Calculation of energy needs	5 (100%)	152 (70,4%)
Monitoring patients intake and use of oral supplements	5 (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	4 (80,0%)	145 (67,1%)
At chemotherapy	-	28 (13,0%)
When necessary	1 (20,0%)	37 (17,1%)
Never	-	3 (1,39%)
Unknown	-	1 (0,46%)
Missing	-	2 (0,93%)

Anthropometrics (circumference)

Regularly	3 (60,0%)	42 (19,4%)
At chemotherapy	-	8 (3,70%)
When necessary	1 (20,0%)	71 (32,9%)
Never	1 (20,0%)	69 (31,9%)
Unknown	-	11 (5,09%)
Missing	-	15 (6,94%)

BIA

Regularly	1 (20,0%)	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	3 (60,0%)	78 (36,1%)
Never	1 (20,0%)	99 (45,8%)
Unknown	-	17 (7,87%)
Missing	-	11 (5,09%)

CT SCAN

Regularly	1 (20,0%)	4 (1,85%)
At chemotherapy	-	3 (1,39%)
When necessary	-	57 (26,4%)
Never	4 (80,0%)	110 (50,9%)
Unknown	-	23 (10,6%)
Missing	-	19 (8,80%)

DEXA

Regularly	-	-
At chemotherapy	-	2 (0,93%)
When necessary	1 (20,0%)	38 (17,6%)
Never	4 (80,0%)	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 (40,0%)	76 (35,2%)
Unknown	-	56 (25,9%)
Missing	3 (60,0%)	57 (26,4%)

Body function:

Handgrip

Regularly	4 (80,0%)	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	-	95 (44,0%)
Never	1 (20,0%)	85 (39,4%)
Unknown	-	9 (4,17%)
Missing	-	16 (7,41%)

6-minutes walking test

Regularly	1 (20,0%)	5 (2,31%)
At chemotherapy	-	-
When necessary	1 (20,0%)	49 (22,7%)
Never	2 (40,0%)	131 (60,6%)
Unknown	1 (20,0%)	13 (6,02%)
Missing	-	18 (8,33%)

Other (body function)

Regularly	1 (20,0%)	6 (2,78%)
At chemotherapy	-	-
When necessary	-	37 (17,1%)
Never	1 (20,0%)	88 (40,7%)
Unknown	-	40 (18,5%)
Missing	3 (60,0%)	45 (20,8%)

Nutritional requirements, calculated

Regularly	4 (80,0%)	68 (31,5%)
At chemotherapy	-	9 (4,17%)
When necessary	-	94 (43,5%)
Never	-	14 (6,48%)
Unknown	-	5 (2,31%)
Missing	1 (20,0%)	26 (12,0%)

Nutritional intake:

Every meal

Regularly	4 (80,0%)	54 (25,0%)
At chemotherapy	-	8 (3,70%)
When necessary	-	98 (45,4%)
Never	-	22 (10,2%)

Unknown	-	13 (6,02%)
Missing	1 (20,0%)	21 (9,72%)
1 meal per day		
Regularly	-	19 (8,80%)
At chemotherapy	-	5 (2,31%)
When necessary	-	57 (26,4%)
Never	1 (20,0%)	39 (18,1%)
Unknown	-	19 (8,80%)
Missing	4 (80,0%)	77 (35,6%)
2 meals per day		
Regularly	-	18 (8,33%)
At chemotherapy	-	3 (1,39%)
When necessary	-	56 (25,9%)
Never	1 (20,0%)	43 (19,9%)
Unknown	-	19 (8,80%)
Missing	4 (80,0%)	77 (35,6%)
24h recall		
Regularly	1 (20,0%)	61 (28,2%)
At chemotherapy	-	10 (4,63%)
When necessary	1 (20,0%)	60 (27,8%)
Never	1 (20,0%)	30 (13,9%)
Unknown	-	14 (6,48%)
Missing	2 (40,0%)	41 (19,0%)
Other (nutritional intake)		
Regularly	-	-
At chemotherapy	-	-
When necessary	-	22 (10,2%)
Never	1 (20,0%)	51 (23,6%)
Unknown	-	38 (17,6%)
Missing	4 (80,0%)	105 (48,6%)
Questionnaire completed by		
Dietitian	5 (100%)	86 (39,8%)
Nurse	-	45 (20,8%)
Physician	-	36 (16,7%)
Nutritional scientist	-	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:	116	2040
Demographic data:		
Age (years)	64 [24-93]	63 [18-120]
Female gender	55 (47,4%)	915 (44,9%)
Weight (kg)	72,5 ± 17,3	69,5 ± 18,3
Height (cm)	166,8 ± 8,7	167,1 ± 10,6
BMI (kg/m ²)	26,0 ± 5,4	24,8 ± 5,7
Outpatient (o)/Ward (w)		
Outpatient(o)	-	106 (5,20%)
Ward (w)	116 (100%)	1930 (94,6%)
Missing	-	4 (0,20%)
Goal of Therapy		
Curative	94 (81,0%)	1413 (69,3%)
Palliative	22 (19,0%)	535 (26,2%)
Terminal	-	55 (2,70%)
Missing	-	37 (1,81%)
Reason for admission		
Clinical diagnostics	11 (9,48%)	290 (14,2%)
Therapy	28 (24,1%)	1091 (53,5%)
Surgery related	16 (13,8%)	383 (18,8%)
Treatment complications	54 (46,6%)	154 (7,55%)
Poor health status	5 (4,31%)	255 (12,5%)
Independent care difficult	2 (1,72%)	17 (0,83%)
Missing	-	-
Present cancer diagnosis		
Breast	12 (10,3%)	146 (7,16%)
Colon, rectum	11 (9,48%)	299 (14,7%)
Prostate	3 (2,59%)	60 (2,94%)
Lung	8 (6,90%)	138 (6,76%)
Skin	2 (1,72%)	28 (1,37%)
Kidney/bladder	9 (7,76%)	77 (3,77%)
Gastric/oesophageal	10 (8,62%)	233 (11,4%)
Pancreas	10 (8,62%)	121 (5,93%)
Lymphoma	8 (6,90%)	195 (9,56%)
Ears nose throat (ENT)	5 (4,31%)	73 (3,58%)
Leukaemia	8 (6,90%)	209 (10,2%)

Genital tract	2 (1,72%)	86 (4,22%)
Liver	4 (3,45%)	113 (5,54%)
Sarcoma	4 (3,45%)	36 (1,76%)
Brain	4 (3,45%)	29 (1,42%)
Testicular	2 (1,72%)	23 (1,13%)
Other	14 (12,1%)	195 (9,56%)
Missing	-	28 (1,37%)

Time since diagnosis

0-2 months	29 (25,0%)	548 (26,9%)
3-5 months	13 (11,2%)	462 (22,6%)
6-12 months	15 (12,9%)	369 (18,1%)
1-2 years	18 (15,5%)	217 (10,6%)
2-4 years	14 (12,1%)	173 (8,48%)
> 4 years	26 (22,4%)	193 (9,46%)
Missing	-	46 (2,25%)

Cancer staging

0=Carcinoma in situ	12 (10,3%)	109 (5,34%)
I=Localized	34 (29,3%)	494 (24,2%)
II=Early locally advanced	12 (10,3%)	345 (16,9%)
III=Late locally advanced	11 (9,48%)	325 (15,9%)
IV=Metastasised	40 (34,5%)	563 (27,6%)
Missing	7 (6,03%)	204 (10,0%)

Time since first therapy start

No therapy	6 (5,17%)	178 (8,73%)
Tumour staging/diagnosis	6 (5,17%)	293 (14,4%)
0-2 months	22 (19,0%)	628 (30,8%)
3-5 months	17 (14,7%)	294 (14,4%)
6-12 months	12 (10,3%)	240 (11,8%)
1-2 years	18 (15,5%)	204 (10,0%)
2-4 years	9 (7,76%)	148 (7,25%)
> 4 years	25 (21,6%)	159 (7,79%)
Missing	2 (1,72%)	39 (1,91%)

Therapy situation

Diagnosis	7 (6,03%)	262 (12,8%)
Chemotherapy 1st line	21 (18,1%)	458 (22,5%)
Chemotherapy > 1st line	12 (10,3%)	373 (18,3%)
Radiotherapy	2 (1,72%)	229 (11,2%)
Target therapy	9 (7,76%)	72 (3,53%)
Hormone therapy	2 (1,72%)	17 (0,83%)
Palliative	13 (11,2%)	195 (9,56%)

Surgery	23 (19,8%)	426 (20,9%)
Cancer related complications	19 (16,4%)	133 (6,52%)
Therapy related complications	6 (5,17%)	81 (3,97%)
Missing	2 (1,72%)	44 (2,16%)

Infections

None	78 (67,2%)	1496 (73,3%)
Local	30 (25,9%)	288 (14,1%)
General	7 (6,03%)	154 (7,55%)
Missing	1 (0,86%)	102 (5,00%)

Nutrition Treatment

No special diet	20 (17,2%)	895 (43,9%)
Individualized diet plan	11 (9,48%)	500 (24,5%)
Energy rich/protein rich ONS	56 (48,3%)	433 (21,2%)
Enteral nutrition (via NGT/PEG)	7 (6,03%)	104 (5,10%)
Parenteral nutrition	4 (3,45%)	184 (9,02%)
ONS enriched with special nutrients	6 (5,17%)	120 (5,88%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	5 (4,31%)	45 (2,21%)
Personal preferences	5 (4,31%)	175 (8,58%)
Counselling	1 (0,86%)	160 (7,84%)
Other	8 (6,90%)	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:	116	2018
Body weight prior to becoming ill	77 [47-150]	75 [26-175]
Actual body weight	70 [34-119]	68 [32-176]
Change in weight was		
Intentional	8 (6,90%)	90 (4,41%)
Unintentional	73 (62,9%)	1368 (67,1%)
Weight is stable	25 (21,6%)	267 (13,1%)
Missing	10 (8,62%)	115 (5,64%)
During the last week		
Patients who have had pain:		
Not at all	56 (48,3%)	692 (33,9%)
A little	13 (11,2%)	567 (27,8%)
Quite a bit	17 (14,7%)	379 (18,6%)
Very much	30 (25,9%)	272 (13,3%)
Missing	-	117 (5,74%)
Patients who needed a rest:		
Not at all	42 (36,2%)	511 (25,0%)
A little	28 (24,1%)	554 (27,2%)
Quite a bit	20 (17,2%)	507 (24,9%)
Very much	26 (22,4%)	332 (16,3%)
Missing	-	118 (5,78%)
Patients who felt weak:		
Not at all	48 (41,4%)	552 (27,1%)
A little	26 (22,4%)	555 (27,2%)
Quite a bit	24 (20,7%)	476 (23,3%)
Very much	18 (15,5%)	322 (15,8%)
Missing	-	116 (5,69%)
Patients who felt depressed:		
Not at all	63 (54,3%)	820 (40,2%)
A little	27 (23,3%)	599 (29,4%)
Quite a bit	14 (12,1%)	285 (14,0%)
Very much	10 (8,62%)	193 (9,46%)
Missing	2 (1,72%)	126 (6,18%)

Patients who were tired:

Not at all	36 (31,0%)	554 (27,2%)
A little	38 (32,8%)	612 (30,0%)
Quite a bit	21 (18,1%)	464 (22,7%)
Very much	18 (15,5%)	268 (13,1%)
Missing	-	121 (5,93%)

Patients whose pain interfered with their daily activities:

Not at all	60 (51,7%)	847 (41,5%)
A little	17 (14,7%)	476 (23,3%)
Quite a bit	11 (9,48%)	318 (15,6%)
Very much	24 (20,7%)	257 (12,6%)
Missing	-	122 (5,98%)

Patients who lacked appetite:

Not at all	50 (43,1%)	752 (36,9%)
A little	27 (23,3%)	502 (24,6%)
Quite a bit	15 (12,9%)	386 (18,9%)
Very much	23 (19,8%)	263 (12,9%)
Missing	-	117 (5,74%)

Just now**Patients who have pain:**

Not at all	76 (65,5%)	907 (44,5%)
A little	30 (25,9%)	605 (29,7%)
Quite a bit	6 (5,17%)	274 (13,4%)
Very much	4 (3,45%)	117 (5,74%)
Missing	-	117 (5,74%)

Patients who need a rest:

Not at all	50 (43,1%)	590 (28,9%)
A little	42 (36,2%)	641 (31,4%)
Quite a bit	15 (12,9%)	443 (21,7%)
Very much	9 (7,76%)	218 (10,7%)
Missing	-	125 (6,13%)

Patients who feel weak:

Not at all	59 (50,9%)	648 (31,8%)
A little	33 (28,4%)	619 (30,3%)
Quite a bit	13 (11,2%)	417 (20,4%)
Very much	10 (8,62%)	209 (10,2%)
Missing	-	122 (5,98%)

Patients who are depressed:

Not at all	80 (69,0%)	955 (46,8%)
A little	22 (19,0%)	549 (26,9%)
Quite a bit	8 (6,90%)	251 (12,3%)
Very much	6 (5,17%)	132 (6,47%)
Missing	-	123 (6,03%)

Patients who are tired:

Not at all	52 (44,8%)	679 (33,3%)
A little	38 (32,8%)	658 (32,3%)
Quite a bit	12 (10,3%)	376 (18,4%)
Very much	12 (10,3%)	173 (8,48%)
Missing	-	127 (6,23%)

Patients whose pain interferes with their daily activities:

Not at all	77 (66,4%)	966 (47,4%)
A little	21 (18,1%)	447 (21,9%)
Quite a bit	5 (4,31%)	282 (13,8%)
Very much	10 (8,62%)	196 (9,61%)
Missing	-	124 (6,08%)

Patients who lack appetite:

Not at all	59 (50,9%)	805 (39,5%)
A little	25 (21,6%)	537 (26,3%)
Quite a bit	13 (11,2%)	339 (16,6%)
Very much	17 (14,7%)	211 (10,3%)
Missing	-	120 (5,88%)

Reasons for change in appetite/food intake

Nausea/Vomiting	32 (27,6%)	354 (17,4%)
Inflammation in mouth	6 (5,17%)	78 (3,82%)
Pain	15 (12,9%)	265 (13,0%)
Constipation	8 (6,90%)	179 (8,77%)
Diarrhea	7 (6,03%)	134 (6,57%)
Change in taste/smell	15 (12,9%)	249 (12,2%)
Early satiation/Loss of appetite	34 (29,3%)	481 (23,6%)
Other	19 (16,4%)	333 (16,3%)
Missing	1 (0,86%)	97 (4,75%)

Maximum activity performed by patients

Able to do sports	10 (8,62%)	75 (3,68%)
Fully active	16 (13,8%)	267 (13,1%)
Able to carry out light activities	21 (18,1%)	538 (26,4%)
Able to carry out self care	25 (21,6%)	548 (26,9%)
Able to carry out limited self care	31 (26,7%)	244 (12,0%)

Confined to bed or chair	12 (10,3%)	228 (11,2%)
Missing	1 (0,86%)	124 (6,08%)
Patient takes additional (without prescription)		
Nothing	80 (69,0%)	1222 (59,9%)
Herbal tea	6 (5,17%)	244 (12,0%)
Nutritional supplements	16 (13,8%)	226 (11,1%)
Multivitamin	6 (5,17%)	122 (5,98%)
Other medication	8 (6,90%)	68 (3,33%)
Other	1 (0,86%)	68 (3,33%)
Missing	2 (1,72%)	172 (8,43%)
Additional activities performed		
Nothing	79 (68,1%)	1382 (67,7%)
Psychotherapy	3 (2,59%)	41 (2,01%)
Yoga	-	24 (1,18%)
Meditation	4 (3,45%)	60 (2,94%)
Progressive muscle relaxation	2 (1,72%)	46 (2,25%)
Qigong	-	6 (0,29%)
Other	25 (21,6%)	311 (15,2%)
Missing	3 (2,59%)	201 (9,85%)
Patients having difficulties in complying with treatment	49 (42,2%)	475 (23,3%)
Patients needing help to complete questionnaire	87 (75,0%)	1196 (58,6%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	102 (87,9%)	1435 (70,3%)

1. Are you COVID-19 positive TODAY?

Yes	3 (1.3%)	565 (2.3%)
No	170 (71.1%)	19372 (77.7%)
I do not know	10 (4.2%)	2031 (8.1%)
Missing	56 (23.4%)	2957 (11.9%)

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

0-3 months	3 (1.3%)	1107 (4.4%)
3-6 months	1 (0.42%)	693 (2.8%)
6-12 months	4 (1.7%)	1353 (5.4%)
>1 year	46 (19.2%)	1899 (7.6%)
never	60 (25.1%)	9637 (38.7%)
I do not know	16 (6.7%)	3756 (15.1%)
Missing	109 (45.6%)	6480 (26.0%)

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

Yes	11 (4.6%)	1348 (5.4%)
No	162 (67.8%)	16395 (65.8%)
I do not know	11 (4.6%)	2695 (10.8%)
Missing	55 (23.0%)	4487 (18.0%)