



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Colombia

Dear participant,

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

Number of participated center:	23
Number of participated units:	36
Number of patients:	1064
Number of patients who gave consent:	1019
Number of patients completing Sheet 3a:	1004
Number of patients completing Sheet 3b:	1001
Number of cancer patients:	146
Number of patients completing Sheet 2_onco:	99
Number of patients completing Sheet 3_onco:	99
Number of patients with 30-day outcome assessment:	1019

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	213 [145-372]	334 [166-596]
2. Total number of admissions in the hospital last year	20903 [7690-75472]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	106 [36-236]	200 [83-461]
Medical specialists	29 [15-136]	129 [42-350]
Medical non-specialists	36 [14-87]	51 [15-151]
Nurses	80 [45-138]	410 [142-815]
Dieticians	0 [0-1]	2 [0-9]
Nutritionists	4 [2-8]	3 [1-8]
Pharmacists	6 [2-11]	7 [3-17]
Kitchen staff	19 [4-32]	28 [9-60]
Full time equivalent		
Total medical doctors	144 [43-184]	199 [71-382]
Medical specialists	48 [12-121]	134 [45-306]
Medical non-specialists	37 [4-81]	87 [19-175]
Nurses	126 [53-224]	394 [134-672]
Dieticians	0 [0-3]	2 [0-7]
Nutritionists	2 [0-7]	2 [1-5]
Pharmacists	2 [0-11]	6 [2-15]
Kitchen staff	4 [0-18]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	20 (87.0%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	12 (52.2%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	7 (30.4%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	9 (39.1%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	15 (65.2%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	20 (87.0%) Yes	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	-	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	17 (73.9%) Yes	74 (41.3%) Yes

Oral nutrition supplements	16 (69.6%) Yes	74 (41.3%) Yes
Parenteral nutrition	19 (82.6%) Yes	88 (49.2%) Yes
Enteral nutrition	18 (78.3%) Yes	88 (49.2%) Yes
Dietary counseling	7 (30.4%) Yes	58 (32.4%) Yes
Specific dietary interventions	9 (39.1%) Yes	51 (28.5%) Yes
Screening for malnutrition	4 (17.4%) Yes	53 (29.6%) Yes
Risk of malnutrition	4 (17.4%) Yes	47 (26.3%) Yes
Malnutrition (in general)	17 (73.9%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	10 (43.5%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	1 (4.3%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	17 (73.9%) Yes	69 (38.5%) Yes
Oral nutrition supplements	16 (69.6%) Yes	60 (33.5%) Yes
Parenteral nutrition	19 (82.6%) Yes	79 (44.1%) Yes
Enteral nutrition	18 (78.3%) Yes	76 (42.5%) Yes
Dietary counseling	7 (30.4%) Yes	45 (25.1%) Yes
Specific dietary interventions	9 (39.1%) Yes	45 (25.1%) Yes
Screening for malnutrition	4 (17.4%) Yes	42 (23.5%) Yes
Risk of malnutrition	4 (17.4%) Yes	36 (20.1%) Yes
Malnutrition (in general)	14 (60.9%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	10 (43.5%) 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	14 (38.9%)	20.4%
Internal Medicine / Cardiology	1 (2.8%)	4.1%
Internal Medicine / Gastroenterology & hepatology	-	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	9 (25.0%)	8.3%
Interdisciplinary	-	4.0%
Long term care	1 (2.8%)	2.3%
Neurology	-	2.6%
Surgery / General	10 (27.8%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	1 (2.8%)	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	-	16.9%
2. Number of registered inpatients at noon	49 [28-98]	22 [17-30]
3. Total bed capacity of the unit	58 [34-140]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	5 [2-10]	4 [2-6]
Nurses	3 [2-12]	4 [3-6]
Nursing aides	6 [6-12]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	2 [1-4]	1 [0-1]
Administrative staff	2 [1-3]	1 [1-2]
Other staff involved in patient care	0 [0-1]	1 [0-3]
In training		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	0 [0-5]	0 [0-2]
Nurses	0 [0-2]	0 [0-2]

Nursing aides	0 [0-2]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-1]	0 [0-0]
Other staff involved in patient care	0 [0-0]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 21 (58.3%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 30 (83.3%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 30 (83.3%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 31 (86.1%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 11 (30.6%) Yes 508 (54.3%) Yes

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

At admission

No routine screening	5 (13.9%) Yes	119 (9.4%) Yes
No fixed criteria	-	25 (2.0%) Yes
Experience / visual assessment only	-	78 (6.2%) Yes
Weighing / BMI only	4 (11.1%) Yes	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	8 (22.2%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	5 (13.9%) Yes	85 (6.7%) Yes
Malnutrition Screening tool (MST)	8 (22.2%) Yes	91 (7.2%) Yes
SNAQ	1 (2.8%) Yes	8 (0.63%) Yes
Other formal tool	4 (11.1%) Yes	146 (11.5%) Yes
I do not know	1 (2.8%) Yes	7 (0.55%) Yes
Missing	-	85 (6.7%)

During hospital stay

No routine monitoring	2 (5.6%) Yes	124 (9.8%) Yes
No fixed criteria	2 (5.6%) Yes	103 (8.1%) Yes
Experience / visual assessment only	6 (16.7%) Yes	180 (14.2%) Yes
Weighing / BMI only	7 (19.4%) Yes	414 (32.6%) Yes
Other formal tool	16 (44.4%) Yes	340 (26.8%) Yes
I do not know	3 (8.3%) Yes	22 (1.7%) Yes
Missing	-	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 31 (86.1%) Yes 755 (83.3%) Yes

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

International guidelines	9 (29.0%) Yes	303 (40.1%) Yes
National guidelines	4 (12.9%) Yes	63 (8.3%) Yes
Standards on hospital level	11 (35.5%) Yes	240 (31.8%) Yes
Standards on unit level	2 (6.5%) Yes	44 (5.8%) Yes
Individual patient nutrition care plans	4 (12.9%) Yes	87 (11.5%) Yes
Other	-	3 (0.40%) Yes
Missing	1 (3.2%)	15 (2.0%)

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

Watchful waiting	14 (38.9%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	26 (72.2%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	22 (61.1%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	25 (69.4%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	23 (63.9%) Yes	519 (40.9%) Yes
Consult a medical professional	11 (30.6%) Yes	282 (22.2%) Yes
Calculate energy requirements	23 (63.9%) Yes	453 (35.7%) Yes
Calculate protein requirements	22 (61.1%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	15 (41.7%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	27 (75.0%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	28 (77.8%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	24 (66.7%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	23 (63.9%) Yes	589 (46.5%) Yes
Consult a medical professional	13 (36.1%) Yes	392 (30.9%) Yes
Calculate energy requirements	28 (77.8%) Yes	564 (44.5%) Yes
Calculate protein requirements	27 (75.0%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	18 (50.0%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	5 (13.9%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	4 (11.1%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	4 (11.1%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (16.7%) Yes	241 (19.0%) Yes
Consult a medical professional	16 (44.4%) Yes	309 (24.4%) Yes
Calculate energy requirements	5 (13.9%) Yes	144 (11.4%) Yes
Calculate protein requirements	5 (13.9%) Yes	141 (11.1%) Yes

Never

Watchful waiting	1 (2.8%) Yes	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	3 (8.3%) 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	2 (5.6%) Yes	61 (4.8%) Yes
Discuss nutrition care activities during ward rounds	2 (5.6%) Yes	32 (2.5%) Yes
Develop an individual nutrition care plan	3 (8.3%) Yes	38 (3.0%) Yes
Initiate treatment / nutrition intervention	3 (8.3%) Yes	29 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (13.9%) Yes	22 (1.7%) Yes
Consult a medical professional	4 (11.1%) Yes	62 (4.9%) Yes
Calculate energy requirements	3 (8.3%) Yes	45 (3.5%) Yes
Calculate protein requirements	3 (8.3%) Yes	50 (3.9%) Yes

13. When do you routinely weigh your patients?

at admission	29 (80.6%) Yes	727 (57.3%) Yes
Within 24 hours	4 (11.1%) Yes	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	11 (30.6%) Yes	450 (35.5%) Yes
Occasionally	5 (13.9%) Yes	149 (11.8%) Yes
When requested	18 (50.0%) Yes	655 (51.7%) Yes
At discharge	-	68 (5.4%) Yes
Never	-	11 (0.87%) Yes
I do not know	1 (2.8%) Yes	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	28 (77.8%) Yes	925 (72.9%) Yes
Offer meal choices	26 (72.2%) Yes	784 (61.8%) Yes
Offer different portion sizes	15 (41.7%) Yes	687 (54.2%) Yes
Consider food presentation	19 (52.8%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	30 (83.3%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	30 (83.3%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (11.1%) Yes	277 (21.8%) Yes
Promote positive eating environment	6 (16.7%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	25 (69.4%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	27 (75.0%) Yes	995 (78.5%) Yes
Other	2 (5.6%) Yes	78 (6.2%) Yes

I do not know	3 (8.3%)	Yes	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	23 (63.9%)	Yes	605 (47.7%)	Yes
Reporting of nutrition related information to hospital managers	17 (47.2%)	Yes	378 (29.8%)	Yes
Quality indicators are recorded and reported to national or regional level	11 (30.6%)	Yes	224 (17.7%)	Yes
Quality indicators are used for internal benchmarking	18 (50.0%)	Yes	325 (25.6%)	Yes
Patient feedback about food and food service is collected using a questionnaire	23 (63.9%)	Yes	557 (43.9%)	Yes
None	-		57 (4.5%)	Yes
I do not know	3 (8.3%)	Yes	37 (2.9%)	Yes
No answer given	-		333 (26.3%)	

16. At admission what is asked and documented?

Change in weight	29 (80.6%)	Yes	804 (63.4%)	Yes
Eating habits/difficulties	15 (41.7%)	Yes	686 (54.1%)	Yes
Nutrition before admission	11 (30.6%)	Yes	502 (39.6%)	Yes
None	-		31 (2.4%)	Yes
I do not know	7 (19.4%)	Yes	42 (3.3%)	Yes
No answer given	-		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	26 (72.2%)	Yes	747 (58.9%)	Yes
nutrition treatment	17 (47.2%)	Yes	525 (41.4%)	Yes
None	-		78 (6.2%)	Yes
I do not know	3 (8.3%)	Yes	31 (2.4%)	Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	15 (41.7%)	Yes	498 (39.3%)	Yes
makes future nutrition-related recommendations	24 (66.7%)	Yes	592 (46.7%)	Yes
None	-		86 (6.8%)	Yes
I do not know	8 (22.2%)	Yes	82 (6.5%)	Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients? 9 (32.1%) Yes 390 (45.0%) Yes

19. Who filled in this sheet?

Head staff	8 (22.2%)	Yes	276 (21.8%)	Yes
Dietician	28 (77.8%)	Yes	457 (36.0%)	Yes
Nurse	-		234 (18.5%)	Yes

Physician	2 (5.6%) Yes	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	1 (2.8%) 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	1019	24925
Age	61 [42-74]	64 [47-77]
Female	478 (46.9%)	11998 (48.1%)
Weight	65.2±15.1	71.0±18.5
Height	163±9	166±10
BMI	24.4±5.0	25.8±5.9

1. This hospital admission was...

planned	180 (17.7%)	8482 (34.0%)
an emergency	801 (78.6%)	15200 (61.0%)
I do not know	38 (3.7%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	92 (9.0%)	2684 (10.8%)
0200 Neoplasms	208 (20.4%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	47 (4.6%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	110 (10.8%)	3091 (12.4%)
0500 Mental health	25 (2.5%)	915 (3.7%)
0600 Nervous system	58 (5.7%)	2295 (9.2%)
0700 Eye and adnexa	3 (0.29%)	196 (0.79%)
0800 Ear and mastoid process	3 (0.29%)	136 (0.55%)
0900 Circulatory system	137 (13.4%)	4794 (19.2%)
1000 Respiratory system	118 (11.6%)	3073 (12.3%)
1100 Digestive system	197 (19.3%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	66 (6.5%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	67 (6.6%)	4061 (16.3%)
1400 Genitourinary system	73 (7.2%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.10%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	2 (0.20%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	10 (0.98%)	1481 (5.9%)
1900 Injury, poisoning	17 (1.7%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	63 (6.2%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	13 (1.3%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	107 (10.5%)	4157 (17.9%)
Myocardial infarction	24 (2.4%)	1170 (5.1%)
Chronic lung disease	92 (9.1%)	2384 (10.3%)
Cerebral vascular disease	47 (4.6%)	1781 (7.7%)
Peripheral vascular disease	46 (4.5%)	2332 (10.1%)
Chronic liver disease	23 (2.3%)	1354 (5.9%)
Chronic kidney disease	70 (6.9%)	2949 (12.8%)
Diabetes	196 (19.3%)	5896 (25.3%)
Cancer	146 (14.4%)	4775 (20.7%)
Infection	96 (9.4%)	3183 (13.8%)
Dementia	13 (1.3%)	888 (3.9%)
Major depressive disorder	9 (0.89%)	1000 (4.4%)
Other chronic mental disorder	24 (2.4%)	986 (4.3%)
Other chronic disease	189 (18.6%)	7288 (31.2%)
None	311 (30.5%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	189 (18.5%)	4133 (16.6%)
Yes, acute	76 (7.5%)	1929 (7.7%)
No	742 (72.8%)	13886 (55.7%)
I do not know	11 (1.1%)	164 (0.66%)
Missing	1 (0.10%)	4813 (19.3%)

Days since operation	13 [3-50]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	245 (24.0%)	2384 (9.6%)
Yes, later	99 (9.7%)	1452 (5.8%)
No	661 (64.9%)	15545 (62.4%)
I do not know	13 (1.3%)	333 (1.3%)
Missing	1 (0.10%)	5211 (20.9%)

5. Previous ICU admission during this hospital stay? (Yes)	185 (18.2%)	2361 (11.6%)
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6. Is this patient terminally ill?	109 (10.7%)	2137 (8.6%)
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7. Fluid status

Normal	906 (88.9%)	19805 (79.5%)
Overloaded	14 (1.4%)	975 (3.9%)
Dehydrated	68 (6.7%)	1471 (5.9%)
I do not know	31 (3.0%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	176 (17.3%)	3279 (13.2%)
At risk	201 (19.7%)	5283 (21.2%)
No	583 (57.2%)	14990 (60.1%)
I do not know	59 (5.8%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	661 (64.9%)	8543 (34.3%)
5% Glucose solution	30 (2.9%)	1473 (5.9%)

11. Number of ONS drinks planned

1 [0-2]	0 [0-1]
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12. Nutrition intake

Regular hospital food	541 (53.1%)	15627 (62.7%)
Fortified/enriched hospital food	58 (5.7%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	120 (11.8%)	4305 (17.3%)
Enteral nutrition	73 (7.2%)	1259 (5.1%)
Parenteral nutrition	59 (5.8%)	785 (3.1%)
Special diet	312 (30.6%)	6593 (26.5%)
None	49 (4.8%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	132 (13.0%)	2145 (10.5%)
Peripheral venous access	660 (64.8%)	11975 (58.9%)
Nasogastric	37 (3.6%)	567 (2.8%)
Nasojejunal	3 (0.29%)	101 (0.50%)
Nasoduodenal	1 (0.10%)	40 (0.20%)
Enterostoma	6 (0.59%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	18 (1.8%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.20%)	63 (0.31%)
None	240 (23.6%)	11051 (44.3%)

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

Yes, previously	29 (2.8%)	282 (1.1%)
Yes, ongoing	11 (1.1%)	180 (0.72%)
No	928 (91.1%)	17744 (71.2%)
I do not know	48 (4.7%)	1404 (5.6%)
Missing	3 (0.29%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	456 (44.7%)	7973 (39.2%)
Protein requirements were determined	413 (40.5%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	466 (45.7%)	9150 (45.0%)
Nutrition treatment plan was developed	414 (40.6%)	8137 (40.0%)
Nutrition expert was consulted	427 (41.9%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	419 (41.1%)	7308 (35.9%)
None	-	-

15a. Energy goal		
< 500 kcal	20 (2.0%)	445 (1.8%)
500-999 kcal	7 (0.69%)	210 (0.84%)
1000-1499 kcal	70 (6.9%)	1767 (7.1%)
1500-1999 kcal	375 (36.8%)	6430 (25.8%)
>=2000 kcal	213 (20.9%)	3687 (14.8%)
Not determined	305 (29.9%)	6548 (26.3%)
I do not know	29 (2.8%)	1248 (5.0%)
Missing	-	4590 (18.4%)

15b. Energy intake		
< 500 kcal	43 (4.2%)	1070 (4.3%)
500-999 kcal	30 (2.9%)	1366 (5.5%)
1000-1499 kcal	104 (10.2%)	2751 (11.0%)
1500-1999 kcal	319 (31.3%)	4599 (18.5%)
>=2000 kcal	192 (18.8%)	2469 (9.9%)
Not determined	286 (28.1%)	6254 (25.1%)
I do not know	45 (4.4%)	1824 (7.3%)
Missing	-	4592 (18.4%)

16. Since admission, this patient's health status has...		
Improved	719 (70.6%)	11134 (44.7%)
Deteriorated	83 (8.1%)	1331 (5.3%)
Remained the same	177 (17.4%)	5023 (20.2%)
This patient has just been admitted	12 (1.2%)	1445 (5.8%)
I do not know	28 (2.7%)	1402 (5.6%)
Missing	-	4590 (18.4%)

Length of hospital stay (days)	15 [8-29]	13 [6-25]
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Outcome Code		
1= Still in the hospital	139 (13.6%)	2848 (11.4%)
2= Transferred to another hospital	31 (3.0%)	526 (2.1%)
3= Transferred to long term care	3 (0.29%)	653 (2.6%)

4= Rehabilitation	5 (0.49%)	606 (2.4%)
5= Discharged home	785 (77.0%)	18641 (74.8%)
6= Death	41 (4.0%)	956 (3.8%)
7= Others	15 (1.5%)	536 (2.2%)
Missing	-	159 (0.64%)

Readmitted since nutritionDay

1= No	731 (84.5%)	16520 (77.3%)
2= Yes, same hospital planned	40 (4.6%)	1353 (6.3%)
3= Yes, same hospital unplanned	55 (6.4%)	1110 (5.2%)
4= Yes, different hospital planned	4 (0.46%)	80 (0.37%)
5= Yes, different hospital unplanned	4 (0.46%)	80 (0.37%)
6= Unknown	17 (2.0%)	485 (2.3%)
Missing	15 (1.7%)	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	615 (61.3%)	14107 (57.7%)
I am vegetarian	3 (0.30%)	445 (1.8%)
I adhere to a vegan diet	2 (0.20%)	79 (0.32%)
I eat gluten-free diet	5 (0.50%)	210 (0.86%)
I avoid added sugars	257 (25.6%)	3287 (13.4%)
I avoid carbohydrates	88 (8.8%)	1220 (5.0%)
I eat a low fat-diet	154 (15.3%)	2101 (8.6%)
I am lactose intolerant	74 (7.4%)	816 (3.3%)
Other special diet due to intolerances/allergies	18 (1.8%)	421 (1.7%)
Other	85 (8.5%)	1522 (6.2%)
No answer given	5 (0.50%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	869 (86.6%)	17544 (71.7%)
In a nursing home or other live-in facility	6 (0.60%)	469 (1.9%)
I was transferred from another hospital	109 (10.9%)	1456 (6.0%)
Other	17 (1.7%)	339 (1.4%)
Missing	3 (0.30%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	616 (61.4%)	12349 (50.5%)
Yes, with someone's help	174 (17.3%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	71 (7.1%)	2560 (10.5%)
No, I have a wheelchair	24 (2.4%)	859 (3.5%)
No, I am bedridden	114 (11.4%)	1677 (6.9%)
Missing	5 (0.50%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	84 (8.4%)	1759 (7.2%)
Good	447 (44.5%)	7718 (31.6%)
Fair	392 (39.0%)	7368 (30.1%)
Poor	63 (6.3%)	2474 (10.1%)
Very poor	16 (1.6%)	414 (1.7%)
Missing	2 (0.20%)	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 [2-8]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [1-3]	1 [0-2]

... how many nights in total have you spent in hospital?	9 [4-20]	4 [0-14]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	267 (26.6%)	4831 (19.8%)
3-5	259 (25.8%)	5143 (21.0%)
More than 5	199 (19.8%)	5425 (22.2%)
None	230 (22.9%)	3787 (15.5%)
I do not know	46 (4.6%)	617 (2.5%)
Missing	3 (0.30%)	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	217 (21.6%)	3701 (15.1%)
Yes, public insurance only	705 (70.2%)	9777 (40.0%)
Yes, both	40 (4.0%)	1908 (7.8%)
None	32 (3.2%)	3768 (15.4%)
I prefer not to answer	8 (0.80%)	461 (1.9%)
Missing	2 (0.20%)	4837 (19.8%)

8. What was your weight 5 years ago?

	70 [60-80]	74 [63-85]
I do not know	294 (29.3%)	6168 (25.2%)

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

Yes, intentionally	70 (7.0%)	1931 (7.9%)
Yes, unintentionally	578 (57.6%)	10653 (43.6%)
No, my weight stayed the same	200 (19.9%)	6738 (27.6%)
No, I gained weight	80 (8.0%)	2780 (11.4%)
I do not know	73 (7.3%)	2017 (8.2%)
Missing	3 (0.30%)	333 (1.4%)

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

	7 [4-12]	6 [4-10]
I do not know	108 (16.7%)	2421 (19.2%)

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

	261 (26.2%)	7367 (38.4%)
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11. Please indicate if you ...

... were weighed at admission	552 (55.0%)	10622 (53.6%)
... were informed about your nutrition status	367 (36.6%)	7345 (37.2%)
... were informed about nutrition care options	318 (31.8%)	6881 (34.9%)
... received special nutrition care	392 (39.4%)	6867 (34.9%)

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

More than normal	79 (7.9%)	1175 (4.8%)
Normal	585 (58.4%)	14950 (61.3%)

About 3/4 of normal	51 (5.1%)	2351 (9.6%)
About half of normal	121 (12.1%)	3047 (12.5%)
About a quarter to nearly nothing	131 (13.1%)	2386 (9.8%)
I do not know	29 (2.9%)	183 (0.75%)
Missing	5 (0.50%)	308 (1.3%)

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

Very satisfied	404 (40.4%)	5545 (22.7%)
Somewhat satisfied	256 (25.6%)	6058 (24.8%)
Neutral	167 (16.7%)	4069 (16.7%)
Dissatisfied	67 (6.7%)	1669 (6.8%)
Very dissatisfied	26 (2.6%)	733 (3.0%)
I do not know	76 (7.6%)	1404 (5.8%)
Missing	5 (0.50%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	167 (16.7%)	2402 (9.8%)
Yes, from hospital staff	27 (2.7%)	1324 (5.4%)
No	752 (75.1%)	15188 (62.2%)
I do not know	49 (4.9%)	275 (1.1%)
Missing	6 (0.60%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	718 (72.2%)	13701 (72.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	561 (56.0%)	11767 (48.2%)
1/2	206 (20.6%)	6068 (24.9%)
1/4	88 (8.8%)	3130 (12.8%)
Nothing	134 (13.4%)	2535 (10.4%)
Missing	12 (1.2%)	900 (3.7%)

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

Standard	706 (70.5%)	13049 (53.5%)
Smaller	86 (8.6%)	1824 (7.5%)
Larger	60 (6.0%)	960 (3.9%)
I do not know	127 (12.7%)	2121 (8.7%)
Missing	22 (2.2%)	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	54 (12.6%)	1924 (16.4%)
I did not like the smell/taste of the food	32 (7.5%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	14 (3.3%)	103 (0.88%)
The food was too hot	2 (0.47%)	29 (0.25%)

The food was too cold	16 (3.7%)	321 (2.7%)
Due to food allergy/intolerance	2 (0.47%)	151 (1.3%)
I was not hungry at that time	39 (9.1%)	1600 (13.6%)
I do not have my usual appetite	119 (27.8%)	3509 (29.9%)
I have problems chewing/swallowing	27 (6.3%)	683 (5.8%)
I normally eat less than what was served	28 (6.5%)	1218 (10.4%)
I had nausea/vomiting	45 (10.5%)	971 (8.3%)
I was too tired	12 (2.8%)	511 (4.4%)
I cannot eat without help	6 (1.4%)	146 (1.2%)
I was not allowed to eat	26 (6.1%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	35 (8.2%)	785 (6.7%)
I did not get requested food	9 (2.1%)	123 (1.0%)
No answer given	101 (23.6%)	2067 (17.6%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 221 (22.8%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	42 (19.0%)	1125 (25.5%)
Salty snacks	37 (16.7%)	609 (13.8%)
Homemade food	43 (19.5%)	943 (21.4%)
Fruits	50 (22.6%)	1520 (34.5%)
Dairy products	18 (8.1%)	516 (11.7%)
Food delivered/restaurant	9 (4.1%)	188 (4.3%)
Sandwich	4 (1.8%)	265 (6.0%)
Other	41 (18.6%)	659 (14.9%)

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

Increased	173 (17.3%)	3392 (13.9%)
Decreased	362 (36.2%)	6798 (27.9%)
Stayed the same	380 (38.0%)	7810 (32.0%)
I do not know	78 (7.8%)	1112 (4.6%)
Missing	8 (0.80%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	610 (60.9%)	11712 (48.0%)
Weaker than at admission	196 (19.6%)	4322 (17.7%)
Same as at admission	177 (17.7%)	6423 (26.3%)
I was admitted today	3 (0.30%)	740 (3.0%)
I do not know	11 (1.1%)	917 (3.8%)
Missing	4 (0.40%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	627 (62.6%)	13991 (57.3%)
No, only with assistance	235 (23.5%)	6345 (26.0%)
No, I stay in bed	130 (13.0%)	3449 (14.1%)
Missing	9 (0.90%)	615 (2.5%)

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

861 (86.9%)	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:	6	216
Computerized system in hospital:	6 units (100%) YES	200 units (93%) YES
Nutritional treatment of cancer patients is part of overall care plan	6 units (100%) YES	196 units (91%) YES
Nutritional treatment is considered...		
Routinely	5 (83,3%)	129 (59,7%)
When patient asks	2 (33,3%)	71 (32,9%)
When body weight loss > 10%	2 (33,3%)	90 (41,7%)
During palliative phase	-	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	4 (66,7%)	21 (9,72%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	6 (100%)	148 (68,5%)
Calculation of energy needs	6 (100%)	152 (70,4%)
Monitoring patients intake and use of oral supplements	6 (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	4 (66,7%)	9 (4,17%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

Regularly	5 (83,3%)	145 (67,1%)
At chemotherapy	1 (16,7%)	28 (13,0%)
When necessary	-	37 (17,1%)
Never	-	3 (1,39%)
Unknown	-	1 (0,46%)
Missing	-	2 (0,93%)

Anthropometrics (circumference)

Regularly	3 (50,0%)	42 (19,4%)
At chemotherapy	-	8 (3,70%)
When necessary	3 (50,0%)	71 (32,9%)
Never	-	69 (31,9%)
Unknown	-	11 (5,09%)
Missing	-	15 (6,94%)

BIA

Regularly	-	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	3 (50,0%)	78 (36,1%)
Never	3 (50,0%)	99 (45,8%)
Unknown	-	17 (7,87%)
Missing	-	11 (5,09%)

CT SCAN

Regularly	-	4 (1,85%)
At chemotherapy	-	3 (1,39%)
When necessary	2 (33,3%)	57 (26,4%)
Never	4 (66,7%)	110 (50,9%)
Unknown	-	23 (10,6%)
Missing	-	19 (8,80%)

DEXA

Regularly	1 (16,7%)	-
At chemotherapy	-	2 (0,93%)
When necessary	2 (33,3%)	38 (17,6%)
Never	3 (50,0%)	135 (62,5%)
Unknown	-	25 (11,6%)
Missing	-	16 (7,41%)

Other (body composition)

Regularly	1 (16,7%)	7 (3,24%)
At chemotherapy	-	-

When necessary	2 (33,3%)	20 (9,26%)
Never	1 (16,7%)	76 (35,2%)
Unknown	1 (16,7%)	56 (25,9%)
Missing	1 (16,7%)	57 (26,4%)

Body function:

Handgrip

Regularly	2 (33,3%)	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	3 (50,0%)	95 (44,0%)
Never	1 (16,7%)	85 (39,4%)
Unknown	-	9 (4,17%)
Missing	-	16 (7,41%)

6-minutes walking test

Regularly	-	5 (2,31%)
At chemotherapy	1 (16,7%)	-
When necessary	2 (33,3%)	49 (22,7%)
Never	3 (50,0%)	131 (60,6%)
Unknown	-	13 (6,02%)
Missing	-	18 (8,33%)

Other (body function)

Regularly	2 (33,3%)	6 (2,78%)
At chemotherapy	-	-
When necessary	2 (33,3%)	37 (17,1%)
Never	1 (16,7%)	88 (40,7%)
Unknown	-	40 (18,5%)
Missing	1 (16,7%)	45 (20,8%)

Nutritional requirements, calculated

Regularly	3 (50,0%)	68 (31,5%)
At chemotherapy	1 (16,7%)	9 (4,17%)
When necessary	-	94 (43,5%)
Never	-	14 (6,48%)
Unknown	1 (16,7%)	5 (2,31%)
Missing	1 (16,7%)	26 (12,0%)

Nutritional intake:

Every meal

Regularly	1 (16,7%)	54 (25,0%)
At chemotherapy	-	8 (3,70%)
When necessary	1 (16,7%)	98 (45,4%)
Never	2 (33,3%)	22 (10,2%)

Unknown	1 (16,7%)	13 (6,02%)
Missing	1 (16,7%)	21 (9,72%)
1 meal per day		
Regularly	4 (66,7%)	19 (8,80%)
At chemotherapy	-	5 (2,31%)
When necessary	-	57 (26,4%)
Never	1 (16,7%)	39 (18,1%)
Unknown	-	19 (8,80%)
Missing	1 (16,7%)	77 (35,6%)
2 meals per day		
Regularly	2 (33,3%)	18 (8,33%)
At chemotherapy	-	3 (1,39%)
When necessary	2 (33,3%)	56 (25,9%)
Never	2 (33,3%)	43 (19,9%)
Unknown	-	19 (8,80%)
Missing	-	77 (35,6%)
24h recall		
Regularly	3 (50,0%)	61 (28,2%)
At chemotherapy	1 (16,7%)	10 (4,63%)
When necessary	-	60 (27,8%)
Never	1 (16,7%)	30 (13,9%)
Unknown	-	14 (6,48%)
Missing	1 (16,7%)	41 (19,0%)
Other (nutritional intake)		
Regularly	-	-
At chemotherapy	-	-
When necessary	-	22 (10,2%)
Never	2 (33,3%)	51 (23,6%)
Unknown	1 (16,7%)	38 (17,6%)
Missing	3 (50,0%)	105 (48,6%)
Questionnaire completed by		
Dietitian	-	86 (39,8%)
Nurse	-	45 (20,8%)
Physician	-	36 (16,7%)
Nutritional scientist	6 (100%)	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:	99	2040
Demographic data:		
Age (years)	59 [20-89]	63 [18-120]
Female gender	45 (45,5%)	915 (44,9%)
Weight (kg)	61,3 ± 15,3	69,5 ± 18,3
Height (cm)	162,6 ± 8,1	167,1 ± 10,6
BMI (kg/m ²)	22,8 ± 4,4	24,8 ± 5,7
Outpatient (o)/Ward (w)		
Outpatient(o)	-	106 (5,20%)
Ward (w)	99 (100%)	1930 (94,6%)
Missing	-	4 (0,20%)
Goal of Therapy		
Curative	49 (49,5%)	1413 (69,3%)
Palliative	45 (45,5%)	535 (26,2%)
Terminal	5 (5,05%)	55 (2,70%)
Missing	-	37 (1,81%)
Reason for admission		
Clinical diagnostics	10 (10,1%)	290 (14,2%)
Therapy	38 (38,4%)	1091 (53,5%)
Surgery related	15 (15,2%)	383 (18,8%)
Treatment complications	11 (11,1%)	154 (7,55%)
Poor health status	25 (25,3%)	255 (12,5%)
Independent care difficult	-	17 (0,83%)
Missing	-	-
Present cancer diagnosis		
Breast	4 (4,04%)	146 (7,16%)
Colon, rectum	11 (11,1%)	299 (14,7%)
Prostate	-	60 (2,94%)
Lung	7 (7,07%)	138 (6,76%)
Skin	5 (5,05%)	28 (1,37%)
Kidney/bladder	-	77 (3,77%)
Gastric/oesophageal	17 (17,2%)	233 (11,4%)
Pancreas	5 (5,05%)	121 (5,93%)
Lymphoma	8 (8,08%)	195 (9,56%)
Ears nose throat (ENT)	1 (1,01%)	73 (3,58%)
Leukaemia	13 (13,1%)	209 (10,2%)

Genital tract	7 (7,07%)	86 (4,22%)
Liver	6 (6,06%)	113 (5,54%)
Sarcoma	-	36 (1,76%)
Brain	-	29 (1,42%)
Testicular	1 (1,01%)	23 (1,13%)
Other	14 (14,1%)	195 (9,56%)
Missing	-	28 (1,37%)

Time since diagnosis

0-2 months	32 (32,3%)	548 (26,9%)
3-5 months	19 (19,2%)	462 (22,6%)
6-12 months	22 (22,2%)	369 (18,1%)
1-2 years	17 (17,2%)	217 (10,6%)
2-4 years	5 (5,05%)	173 (8,48%)
> 4 years	3 (3,03%)	193 (9,46%)
Missing	1 (1,01%)	46 (2,25%)

Cancer staging

0=Carcinoma in situ	7 (7,07%)	109 (5,34%)
I=Localized	29 (29,3%)	494 (24,2%)
II=Early locally advanced	18 (18,2%)	345 (16,9%)
III=Late locally advanced	11 (11,1%)	325 (15,9%)
IV=Metastasised	24 (24,2%)	563 (27,6%)
Missing	10 (10,1%)	204 (10,0%)

Time since first therapy start

No therapy	8 (8,08%)	178 (8,73%)
Tumour staging/diagnosis	7 (7,07%)	293 (14,4%)
0-2 months	30 (30,3%)	628 (30,8%)
3-5 months	16 (16,2%)	294 (14,4%)
6-12 months	15 (15,2%)	240 (11,8%)
1-2 years	15 (15,2%)	204 (10,0%)
2-4 years	5 (5,05%)	148 (7,25%)
> 4 years	3 (3,03%)	159 (7,79%)
Missing	-	39 (1,91%)

Therapy situation

Diagnosis	12 (12,1%)	262 (12,8%)
Chemotherapy 1st line	16 (16,2%)	458 (22,5%)
Chemotherapy > 1st line	21 (21,2%)	373 (18,3%)
Radiotherapy	1 (1,01%)	229 (11,2%)
Target therapy	3 (3,03%)	72 (3,53%)
Hormone therapy	1 (1,01%)	17 (0,83%)
Palliative	16 (16,2%)	195 (9,56%)

Surgery	22 (22,2%)	426 (20,9%)
Cancer related complications	5 (5,05%)	133 (6,52%)
Therapy related complications	2 (2,02%)	81 (3,97%)
Missing	1 (1,01%)	44 (2,16%)

Infections

None	76 (76,8%)	1496 (73,3%)
Local	14 (14,1%)	288 (14,1%)
General	8 (8,08%)	154 (7,55%)
Missing	1 (1,01%)	102 (5,00%)

Nutrition Treatment

No special diet	15 (15,2%)	895 (43,9%)
Individualized diet plan	36 (36,4%)	500 (24,5%)
Energy rich/protein rich ONS	23 (23,2%)	433 (21,2%)
Enteral nutrition (via NGT/PEG)	5 (5,05%)	104 (5,10%)
Parenteral nutrition	16 (16,2%)	184 (9,02%)
ONS enriched with special nutrients	4 (4,04%)	120 (5,88%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	45 (2,21%)
Personal preferences	-	175 (8,58%)
Counselling	-	160 (7,84%)
Other	2 (2,02%)	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:	99	2018
Body weight prior to becoming ill	70 [38-106]	75 [26-175]
Actual body weight	60 [28-90]	68 [32-176]
Change in weight was		
Intentional	6 (6,06%)	90 (4,41%)
Unintentional	85 (85,9%)	1368 (67,1%)
Weight is stable	4 (4,04%)	267 (13,1%)
Missing	4 (4,04%)	115 (5,64%)
During the last week		
Patients who have had pain:		
Not at all	17 (17,2%)	692 (33,9%)
A little	30 (30,3%)	567 (27,8%)
Quite a bit	33 (33,3%)	379 (18,6%)
Very much	19 (19,2%)	272 (13,3%)
Missing	-	117 (5,74%)
Patients who needed a rest:		
Not at all	22 (22,2%)	511 (25,0%)
A little	31 (31,3%)	554 (27,2%)
Quite a bit	29 (29,3%)	507 (24,9%)
Very much	14 (14,1%)	332 (16,3%)
Missing	1 (1,01%)	118 (5,78%)
Patients who felt weak:		
Not at all	18 (18,2%)	552 (27,1%)
A little	35 (35,4%)	555 (27,2%)
Quite a bit	31 (31,3%)	476 (23,3%)
Very much	14 (14,1%)	322 (15,8%)
Missing	-	116 (5,69%)
Patients who felt depressed:		
Not at all	36 (36,4%)	820 (40,2%)
A little	25 (25,3%)	599 (29,4%)
Quite a bit	28 (28,3%)	285 (14,0%)
Very much	8 (8,08%)	193 (9,46%)
Missing	-	126 (6,18%)

Patients who were tired:

Not at all	21 (21,2%)	554 (27,2%)
A little	36 (36,4%)	612 (30,0%)
Quite a bit	28 (28,3%)	464 (22,7%)
Very much	14 (14,1%)	268 (13,1%)
Missing	-	121 (5,93%)

Patients whose pain interfered with their daily activities:

Not at all	25 (25,3%)	847 (41,5%)
A little	26 (26,3%)	476 (23,3%)
Quite a bit	31 (31,3%)	318 (15,6%)
Very much	15 (15,2%)	257 (12,6%)
Missing	-	122 (5,98%)

Patients who lacked appetite:

Not at all	43 (43,4%)	752 (36,9%)
A little	16 (16,2%)	502 (24,6%)
Quite a bit	22 (22,2%)	386 (18,9%)
Very much	18 (18,2%)	263 (12,9%)
Missing	-	117 (5,74%)

Just now**Patients who have pain:**

Not at all	42 (42,4%)	907 (44,5%)
A little	30 (30,3%)	605 (29,7%)
Quite a bit	18 (18,2%)	274 (13,4%)
Very much	9 (9,09%)	117 (5,74%)
Missing	-	117 (5,74%)

Patients who need a rest:

Not at all	32 (32,3%)	590 (28,9%)
A little	34 (34,3%)	641 (31,4%)
Quite a bit	22 (22,2%)	443 (21,7%)
Very much	10 (10,1%)	218 (10,7%)
Missing	1 (1,01%)	125 (6,13%)

Patients who feel weak:

Not at all	37 (37,4%)	648 (31,8%)
A little	35 (35,4%)	619 (30,3%)
Quite a bit	19 (19,2%)	417 (20,4%)
Very much	8 (8,08%)	209 (10,2%)
Missing	-	122 (5,98%)

Patients who are depressed:

Not at all	52 (52,5%)	955 (46,8%)
A little	27 (27,3%)	549 (26,9%)
Quite a bit	13 (13,1%)	251 (12,3%)
Very much	7 (7,07%)	132 (6,47%)
Missing	-	123 (6,03%)

Patients who are tired:

Not at all	38 (38,4%)	679 (33,3%)
A little	33 (33,3%)	658 (32,3%)
Quite a bit	20 (20,2%)	376 (18,4%)
Very much	8 (8,08%)	173 (8,48%)
Missing	-	127 (6,23%)

Patients whose pain interferes with their daily activities:

Not at all	43 (43,4%)	966 (47,4%)
A little	31 (31,3%)	447 (21,9%)
Quite a bit	18 (18,2%)	282 (13,8%)
Very much	7 (7,07%)	196 (9,61%)
Missing	-	124 (6,08%)

Patients who lack appetite:

Not at all	47 (47,5%)	805 (39,5%)
A little	31 (31,3%)	537 (26,3%)
Quite a bit	13 (13,1%)	339 (16,6%)
Very much	8 (8,08%)	211 (10,3%)
Missing	-	120 (5,88%)

Reasons for change in appetite/food intake

Nausea/Vomiting	14 (14,1%)	354 (17,4%)
Inflammation in mouth	6 (6,06%)	78 (3,82%)
Pain	15 (15,2%)	265 (13,0%)
Constipation	12 (12,1%)	179 (8,77%)
Diarrhea	6 (6,06%)	134 (6,57%)
Change in taste/smell	9 (9,09%)	249 (12,2%)
Early satiation/Loss of appetite	19 (19,2%)	481 (23,6%)
Other	39 (39,4%)	333 (16,3%)
Missing	2 (2,02%)	97 (4,75%)

Maximum activity performed by patients

Able to do sports	4 (4,04%)	75 (3,68%)
Fully active	15 (15,2%)	267 (13,1%)
Able to carry out light activities	23 (23,2%)	538 (26,4%)
Able to carry out self care	26 (26,3%)	548 (26,9%)
Able to carry out limited self care	16 (16,2%)	244 (12,0%)

Confined to bed or chair	11 (11,1%)	228 (11,2%)
Missing	-	124 (6,08%)
Patient takes additional (without prescription)		
Nothing	64 (64,6%)	1222 (59,9%)
Herbal tea	12 (12,1%)	244 (12,0%)
Nutritional supplements	11 (11,1%)	226 (11,1%)
Multivitamin	6 (6,06%)	122 (5,98%)
Other medication	5 (5,05%)	68 (3,33%)
Other	2 (2,02%)	68 (3,33%)
Missing	2 (2,02%)	172 (8,43%)
Additional activities performed		
Nothing	69 (69,7%)	1382 (67,7%)
Psychotherapy	3 (3,03%)	41 (2,01%)
Yoga	1 (1,01%)	24 (1,18%)
Meditation	1 (1,01%)	60 (2,94%)
Progressive muscle relaxation	2 (2,02%)	46 (2,25%)
Qigong	-	6 (0,29%)
Other	22 (22,2%)	311 (15,2%)
Missing	1 (1,01%)	201 (9,85%)
Patients having difficulties in complying with treatment		
	27 (27,3%)	475 (23,3%)
Patients needing help to complete questionnaire		
	89 (89,9%)	1196 (58,6%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:		
	93 (93,9%)	1435 (70,3%)

1. Are you COVID-19 positive TODAY?

Yes	7 (0.69%)	565 (2.3%)
No	973 (95.5%)	19372 (77.7%)
I do not know	20 (2.0%)	2031 (8.1%)
Missing	19 (1.9%)	2957 (11.9%)

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

0-3 months	2 (0.20%)	1107 (4.4%)
3-6 months	2 (0.20%)	693 (2.8%)
6-12 months	10 (0.98%)	1353 (5.4%)
>1 year	199 (19.5%)	1899 (7.6%)
never	670 (65.8%)	9637 (38.7%)
I do not know	30 (2.9%)	3756 (15.1%)
Missing	106 (10.4%)	6480 (26.0%)

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

Yes	4 (0.39%)	1348 (5.4%)
No	841 (82.5%)	16395 (65.8%)
I do not know	18 (1.8%)	2695 (10.8%)
Missing	156 (15.3%)	4487 (18.0%)