



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Czech Republic

Dear participant,

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

Number of participated center:	3
Number of participated units:	27
Number of patients:	382
Number of patients who gave consent:	292
Number of patients completing Sheet 3a:	284
Number of patients completing Sheet 3b:	284
Number of cancer patients:	98
Number of patients completing Sheet 2_onco:	55
Number of patients completing Sheet 3_onco:	55
Number of patients with 30-day outcome assessment:	292

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	1233 [1127-1392]	334 [166-596]
2. Total number of admissions in the hospital last year	37072 [34304-41439]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	777 [591-1042]	200 [83-461]
Medical specialists	669 [597-740]	129 [42-350]
Medical non-specialists	374 [313-434]	51 [15-151]
Nurses	1793 [1366-1910]	410 [142-815]
Dieticians	18 [10-29]	2 [0-9]
Nutritionists	9 [5-12]	3 [1-8]
Pharmacists	32 [31-80]	7 [3-17]
Kitchen staff	56 [34-61]	28 [9-60]
Full time equivalent		
Total medical doctors	797 [735-858]	199 [71-382]
Medical specialists	494 [465-522]	134 [45-306]
Medical non-specialists	303 [270-337]	87 [19-175]
Nurses	1721 [1687-1754]	394 [134-672]
Dieticians	18 [10-25]	2 [0-7]
Nutritionists	9 [5-12]	2 [1-5]
Pharmacists	75 [53-96]	6 [2-15]
Kitchen staff	59 [57-62]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	3 (100%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (66.7%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	3 (100%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	1 (33.3%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	1 (33.3%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (100%) Yes	90 (50.3%) Yes
None	1 (33.3%) Yes	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	3 (100%) Yes	74 (41.3%) Yes

Oral nutrition supplements	3 (100%) Yes	74 (41.3%) Yes
Parenteral nutrition	3 (100%) Yes	88 (49.2%) Yes
Enteral nutrition	3 (100%) Yes	88 (49.2%) Yes
Dietary counseling	3 (100%) Yes	58 (32.4%) Yes
Specific dietary interventions	3 (100%) Yes	51 (28.5%) Yes
Screening for malnutrition	3 (100%) Yes	53 (29.6%) Yes
Risk of malnutrition	3 (100%) Yes	47 (26.3%) Yes
Malnutrition (in general)	2 (66.7%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%) 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 (100%) Yes	69 (38.5%) Yes
Oral nutrition supplements	3 (100%) Yes	60 (33.5%) Yes
Parenteral nutrition	3 (100%) Yes	79 (44.1%) Yes
Enteral nutrition	3 (100%) Yes	76 (42.5%) Yes
Dietary counseling	3 (100%) Yes	45 (25.1%) Yes
Specific dietary interventions	3 (100%) Yes	45 (25.1%) Yes
Screening for malnutrition	2 (66.7%) Yes	42 (23.5%) Yes
Risk of malnutrition	1 (33.3%) Yes	36 (20.1%) Yes
Malnutrition (in general)	1 (33.3%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%) 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	3 (11.1%)	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	4 (14.8%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	4 (14.8%)	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	3 (11.1%)	2.6%
Surgery / General	6 (22.2%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	1 (3.7%)	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	1 (3.7%)	1.1%
Gynecology / Obstetrics	1 (3.7%)	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	4 (14.8%)	16.9%
2. Number of registered inpatients at noon	15 [11-18]	22 [17-30]
3. Total bed capacity of the unit	20 [15-23]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	3 [3-5]	4 [2-6]
Nurses	3 [3-4]	4 [3-6]
Nursing aides	2 [1-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [0-1]	1 [0-1]
Administrative staff	0 [0-1]	1 [1-2]
Other staff involved in patient care	1 [0-3]	1 [0-3]
In training		
Medical doctors	0 [0-1]	1 [0-3]
Medical students	4 [1-8]	0 [0-2]
Nurses	1 [0-2]	0 [0-2]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	0 [0-2]	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? 25 (92.6%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 25 (92.6%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 25 (92.6%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 25 (92.6%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 23 (85.2%) 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	1 (3.7%) Yes	78 (6.2%) Yes
Weighing / BMI only	1 (3.7%) Yes	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	5 (18.5%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	16 (59.3%) Yes	85 (6.7%) Yes
Malnutrition Screening tool (MST)	-	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	2 (7.4%) Yes	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	2 (7.4%)	85 (6.7%)

During hospital stay

No routine monitoring	-	124 (9.8%) Yes
No fixed criteria	1 (3.7%) Yes	103 (8.1%) Yes
Experience / visual assessment only	2 (7.4%) Yes	180 (14.2%) Yes
Weighing / BMI only	17 (63.0%) Yes	414 (32.6%) Yes
Other formal tool	5 (18.5%) Yes	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	2 (7.4%)	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 25 (92.6%) Yes 755 (83.3%) Yes

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

International guidelines	6 (24.0%) Yes	303 (40.1%) Yes
National guidelines	-	63 (8.3%) Yes
Standards on hospital level	16 (64.0%) Yes	240 (31.8%) Yes
Standards on unit level	2 (8.0%) Yes	44 (5.8%) Yes
Individual patient nutrition care plans	1 (4.0%) Yes	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	8 (29.6%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	18 (66.7%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	22 (81.5%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	22 (81.5%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	23 (85.2%) Yes	519 (40.9%) Yes
Consult a medical professional	25 (92.6%) Yes	282 (22.2%) Yes
Calculate energy requirements	24 (88.9%) Yes	453 (35.7%) Yes
Calculate protein requirements	24 (88.9%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	7 (25.9%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	19 (70.4%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	21 (77.8%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	21 (77.8%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	18 (66.7%) Yes	589 (46.5%) Yes
Consult a medical professional	18 (66.7%) Yes	392 (30.9%) Yes
Calculate energy requirements	21 (77.8%) Yes	564 (44.5%) Yes
Calculate protein requirements	21 (77.8%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	18 (66.7%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	4 (14.8%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	1 (3.7%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	1 (3.7%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (7.4%) Yes	241 (19.0%) Yes
Consult a medical professional	-	309 (24.4%) Yes
Calculate energy requirements	-	144 (11.4%) Yes
Calculate protein requirements	-	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	-	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	24 (88.9%) Yes	727 (57.3%) Yes
Within 24 hours	1 (3.7%) Yes	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	17 (63.0%) Yes	450 (35.5%) Yes
Occasionally	1 (3.7%) Yes	149 (11.8%) Yes
When requested	17 (63.0%) Yes	655 (51.7%) Yes
At discharge	2 (7.4%) 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	11 (40.7%) Yes	925 (72.9%) Yes
Offer meal choices	22 (81.5%) Yes	784 (61.8%) Yes
Offer different portion sizes	23 (85.2%) Yes	687 (54.2%) Yes
Consider food presentation	2 (7.4%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	25 (92.6%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	23 (85.2%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	22 (81.5%) Yes	277 (21.8%) Yes
Promote positive eating environment	23 (85.2%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	24 (88.9%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	25 (92.6%) Yes	995 (78.5%) Yes
Other	2 (7.4%) Yes	78 (6.2%) Yes

I do not know	-	25 (2.0%) Yes
No answer given	2 (7.4%)	85 (6.7%)

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

Nutrition training is available	19 (70.4%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	22 (81.5%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	4 (14.8%) Yes	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	18 (66.7%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	19 (70.4%) Yes	557 (43.9%) Yes
None	1 (3.7%) Yes	57 (4.5%) Yes
I do not know	1 (3.7%) Yes	37 (2.9%) Yes
No answer given	2 (7.4%)	333 (26.3%)

16. At admission what is asked and documented?

Change in weight	24 (88.9%) Yes	804 (63.4%) Yes
Eating habits/difficulties	24 (88.9%) Yes	686 (54.1%) Yes
Nutrition before admission	22 (81.5%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	2 (7.4%)	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	23 (85.2%) Yes	747 (58.9%) Yes
nutrition treatment	21 (77.8%) 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	23 (85.2%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	24 (88.9%) 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?	12 (50.0%) Yes	390 (45.0%) Yes
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19. Who filled in this sheet?

Head staff	2 (7.4%) Yes	276 (21.8%) Yes
Dietician	17 (63.0%) Yes	457 (36.0%) Yes
Nurse	4 (14.8%) Yes	234 (18.5%) Yes

Physician	-	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	3 (11.1%) Yes	95 (7.5%) Yes
None	-	10 (0.79%) Yes
I do not know	1 (3.7%) Yes	13 (1.0%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	292	24925
Age	64 [46-75]	64 [47-77]
Female	161 (55.1%)	11998 (48.1%)
Weight	79.3±20.9	71.0±18.5
Height	170±9	166±10
BMI	27.2±6.3	25.8±5.9

1. This hospital admission was...

planned	161 (55.1%)	8482 (34.0%)
an emergency	113 (38.7%)	15200 (61.0%)
I do not know	18 (6.2%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	11 (3.8%)	2684 (10.8%)
0200 Neoplasms	94 (32.2%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	41 (14.0%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	82 (28.1%)	3091 (12.4%)
0500 Mental health	14 (4.8%)	915 (3.7%)
0600 Nervous system	48 (16.4%)	2295 (9.2%)
0700 Eye and adnexa	11 (3.8%)	196 (0.79%)
0800 Ear and mastoid process	2 (0.68%)	136 (0.55%)
0900 Circulatory system	95 (32.5%)	4794 (19.2%)
1000 Respiratory system	50 (17.1%)	3073 (12.3%)
1100 Digestive system	141 (48.3%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	15 (5.1%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	40 (13.7%)	4061 (16.3%)
1400 Genitourinary system	36 (12.3%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.34%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	-	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	8 (2.7%)	1481 (5.9%)
1900 Injury, poisoning	6 (2.1%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	722 (2.9%)
2100 Factors influencing health status and contact with health services	2 (0.68%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	44 (15.4%)	4157 (17.9%)
Myocardial infarction	4 (1.4%)	1170 (5.1%)
Chronic lung disease	36 (12.5%)	2384 (10.3%)
Cerebral vascular disease	24 (8.4%)	1781 (7.7%)
Peripheral vascular disease	59 (20.4%)	2332 (10.1%)
Chronic liver disease	31 (10.8%)	1354 (5.9%)
Chronic kidney disease	37 (13.0%)	2949 (12.8%)
Diabetes	72 (25.1%)	5896 (25.3%)
Cancer	98 (34.0%)	4775 (20.7%)
Infection	26 (9.0%)	3183 (13.8%)
Dementia	7 (2.4%)	888 (3.9%)
Major depressive disorder	18 (6.2%)	1000 (4.4%)
Other chronic mental disorder	11 (3.8%)	986 (4.3%)
Other chronic disease	87 (30.1%)	7288 (31.2%)
None	45 (15.4%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	50 (17.1%)	4133 (16.6%)
Yes, acute	20 (6.8%)	1929 (7.7%)
No	218 (74.7%)	13886 (55.7%)
I do not know	1 (0.34%)	164 (0.66%)
Missing	3 (1.0%)	4813 (19.3%)

Days since operation	2 [0-7]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	23 (7.9%)	2384 (9.6%)
Yes, later	9 (3.1%)	1452 (5.8%)
No	246 (84.2%)	15545 (62.4%)
I do not know	11 (3.8%)	333 (1.3%)
Missing	3 (1.0%)	5211 (20.9%)

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

42 (14.4%)	2361 (11.6%)
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6. Is this patient terminally ill?

3 (1.0%)	2137 (8.6%)
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7. Fluid status

Normal	242 (82.9%)	19805 (79.5%)
Overloaded	15 (5.1%)	975 (3.9%)
Dehydrated	23 (7.9%)	1471 (5.9%)
I do not know	12 (4.1%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	36 (12.3%)	3279 (13.2%)
At risk	67 (22.9%)	5283 (21.2%)
No	188 (64.4%)	14990 (60.1%)
I do not know	1 (0.34%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	84 (28.8%)	8543 (34.3%)
5% Glucose solution	24 (8.2%)	1473 (5.9%)

11. Number of ONS drinks planned

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

Regular hospital food	203 (69.5%)	15627 (62.7%)
Fortified/enriched hospital food	29 (9.9%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	60 (20.5%)	4305 (17.3%)
Enteral nutrition	8 (2.7%)	1259 (5.1%)
Parenteral nutrition	18 (6.2%)	785 (3.1%)
Special diet	54 (18.5%)	6593 (26.5%)
None	8 (2.7%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	43 (14.7%)	2145 (10.5%)
Peripheral venous access	179 (61.3%)	11975 (58.9%)
Nasogastric	4 (1.4%)	567 (2.8%)
Nasojejunal	4 (1.4%)	101 (0.50%)
Nasoduodenal	-	40 (0.20%)
Enterostoma	5 (1.7%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	5 (1.7%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.68%)	63 (0.31%)
None	72 (24.7%)	11051 (44.3%)

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

Yes, previously	1 (0.34%)	282 (1.1%)
Yes, ongoing	-	180 (0.72%)
No	268 (91.8%)	17744 (71.2%)
I do not know	5 (1.7%)	1404 (5.6%)
Missing	18 (6.2%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	80 (27.4%)	7973 (39.2%)
Protein requirements were determined	80 (27.4%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	97 (33.2%)	9150 (45.0%)
Nutrition treatment plan was developed	76 (26.0%)	8137 (40.0%)
Nutrition expert was consulted	114 (39.0%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	65 (22.3%)	7308 (35.9%)
None	-	-

15a. Energy goal		
< 500 kcal	6 (2.1%)	445 (1.8%)
500-999 kcal	1 (0.34%)	210 (0.84%)
1000-1499 kcal	27 (9.2%)	1767 (7.1%)
1500-1999 kcal	62 (21.2%)	6430 (25.8%)
>=2000 kcal	69 (23.6%)	3687 (14.8%)
Not determined	127 (43.5%)	6548 (26.3%)
I do not know	-	1248 (5.0%)
Missing	-	4590 (18.4%)

15b. Energy intake		
< 500 kcal	9 (3.1%)	1070 (4.3%)
500-999 kcal	9 (3.1%)	1366 (5.5%)
1000-1499 kcal	42 (14.4%)	2751 (11.0%)
1500-1999 kcal	52 (17.8%)	4599 (18.5%)
>=2000 kcal	56 (19.2%)	2469 (9.9%)
Not determined	122 (41.8%)	6254 (25.1%)
I do not know	2 (0.68%)	1824 (7.3%)
Missing	-	4592 (18.4%)

16. Since admission, this patient's health status has...		
Improved	129 (44.2%)	11134 (44.7%)
Deteriorated	11 (3.8%)	1331 (5.3%)
Remained the same	132 (45.2%)	5023 (20.2%)
This patient has just been admitted	12 (4.1%)	1445 (5.8%)
I do not know	8 (2.7%)	1402 (5.6%)
Missing	-	4590 (18.4%)

Length of hospital stay (days)	9 [5-16]	13 [6-25]
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Outcome Code		
1= Still in the hospital	11 (3.8%)	2848 (11.4%)
2= Transferred to another hospital	13 (4.5%)	526 (2.1%)
3= Transferred to long term care	9 (3.1%)	653 (2.6%)

4= Rehabilitation	2 (0.68%)	606 (2.4%)
5= Discharged home	253 (86.6%)	18641 (74.8%)
6= Death	4 (1.4%)	956 (3.8%)
7= Others	-	536 (2.2%)
Missing	-	159 (0.64%)

Readmitted since nutritionDay

1= No	232 (82.6%)	16520 (77.3%)
2= Yes, same hospital planned	27 (9.6%)	1353 (6.3%)
3= Yes, same hospital unplanned	8 (2.8%)	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	14 (5.0%)	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	222 (78.2%)	14107 (57.7%)
I am vegetarian	2 (0.70%)	445 (1.8%)
I adhere to a vegan diet	3 (1.1%)	79 (0.32%)
I eat gluten-free diet	2 (0.70%)	210 (0.86%)
I avoid added sugars	44 (15.5%)	3287 (13.4%)
I avoid carbohydrates	17 (6.0%)	1220 (5.0%)
I eat a low fat-diet	11 (3.9%)	2101 (8.6%)
I am lactose intolerant	11 (3.9%)	816 (3.3%)
Other special diet due to intolerances/allergies	3 (1.1%)	421 (1.7%)
Other	20 (7.0%)	1522 (6.2%)
No answer given	1 (0.35%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	261 (91.9%)	17544 (71.7%)
In a nursing home or other live-in facility	10 (3.5%)	469 (1.9%)
I was transferred from another hospital	7 (2.5%)	1456 (6.0%)
Other	6 (2.1%)	339 (1.4%)
Missing	-	4644 (19.0%)
3. In general, are you able to walk?		
Yes	205 (72.2%)	12349 (50.5%)
Yes, with someone's help	21 (7.4%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	43 (15.1%)	2560 (10.5%)
No, I have a wheelchair	4 (1.4%)	859 (3.5%)
No, I am bedridden	8 (2.8%)	1677 (6.9%)
Missing	3 (1.1%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	24 (8.5%)	1759 (7.2%)
Good	93 (32.7%)	7718 (31.6%)
Fair	99 (34.9%)	7368 (30.1%)
Poor	62 (21.8%)	2474 (10.1%)
Very poor	5 (1.8%)	414 (1.7%)
Missing	1 (0.35%)	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	5 [2-10]	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?	6 [0-20]	4 [0-14]
--	----------	----------

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

1-2	73 (25.7%)	4831 (19.8%)
3-5	78 (27.5%)	5143 (21.0%)
More than 5	75 (26.4%)	5425 (22.2%)
None	52 (18.3%)	3787 (15.5%)
I do not know	6 (2.1%)	617 (2.5%)
Missing	-	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	2 (0.70%)	3701 (15.1%)
Yes, public insurance only	263 (92.6%)	9777 (40.0%)
Yes, both	10 (3.5%)	1908 (7.8%)
None	2 (0.70%)	3768 (15.4%)
I prefer not to answer	4 (1.4%)	461 (1.9%)
Missing	3 (1.1%)	4837 (19.8%)

8. What was your weight 5 years ago?

I do not know	80 [67-95]	74 [63-85]
	35 (12.3%)	6168 (25.2%)

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

Yes, intentionally	20 (7.0%)	1931 (7.9%)
Yes, unintentionally	124 (43.7%)	10653 (43.6%)
No, my weight stayed the same	93 (32.7%)	6738 (27.6%)
No, I gained weight	31 (10.9%)	2780 (11.4%)
I do not know	10 (3.5%)	2017 (8.2%)
Missing	6 (2.1%)	333 (1.4%)

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

I do not know	7 [4-10]	6 [4-10]
	13 (9.0%)	2421 (19.2%)

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

	142 (50.9%)	7367 (38.4%)
--	-------------	--------------

11. Please indicate if you ...

... were weighed at admission	190 (66.9%)	10622 (53.6%)
... were informed about your nutrition status	159 (56.0%)	7345 (37.2%)
... were informed about nutrition care options	152 (53.5%)	6881 (34.9%)
... received special nutrition care	103 (36.3%)	6867 (34.9%)

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

More than normal	16 (5.6%)	1175 (4.8%)
Normal	162 (57.0%)	14950 (61.3%)

About 3/4 of normal	17 (6.0%)	2351 (9.6%)
About half of normal	47 (16.5%)	3047 (12.5%)
About a quarter to nearly nothing	39 (13.7%)	2386 (9.8%)
I do not know	2 (0.70%)	183 (0.75%)
Missing	1 (0.35%)	308 (1.3%)

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

Very satisfied	57 (20.1%)	5545 (22.7%)
Somewhat satisfied	111 (39.1%)	6058 (24.8%)
Neutral	59 (20.8%)	4069 (16.7%)
Dissatisfied	21 (7.4%)	1669 (6.8%)
Very dissatisfied	6 (2.1%)	733 (3.0%)
I do not know	29 (10.2%)	1404 (5.8%)
Missing	1 (0.35%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	1 (0.35%)	2402 (9.8%)
Yes, from hospital staff	16 (5.6%)	1324 (5.4%)
No	259 (91.2%)	15188 (62.2%)
I do not know	4 (1.4%)	275 (1.1%)
Missing	4 (1.4%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	239 (86.6%)	13701 (72.2%)
---	-------------	---------------

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

About all	103 (36.3%)	11767 (48.2%)
1/2	103 (36.3%)	6068 (24.9%)
1/4	41 (14.4%)	3130 (12.8%)
Nothing	32 (11.3%)	2535 (10.4%)
Missing	5 (1.8%)	900 (3.7%)

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

Standard	163 (57.4%)	13049 (53.5%)
Smaller	38 (13.4%)	1824 (7.5%)
Larger	28 (9.9%)	960 (3.9%)
I do not know	30 (10.6%)	2121 (8.7%)
Missing	25 (8.8%)	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	19 (10.8%)	1924 (16.4%)
I did not like the smell/taste of the food	24 (13.6%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	1 (0.57%)	103 (0.88%)
The food was too hot	-	29 (0.25%)

The food was too cold	1 (0.57%)	321 (2.7%)
Due to food allergy/intolerance	3 (1.7%)	151 (1.3%)
I was not hungry at that time	29 (16.5%)	1600 (13.6%)
I do not have my usual appetite	53 (30.1%)	3509 (29.9%)
I have problems chewing/swallowing	18 (10.2%)	683 (5.8%)
I normally eat less than what was served	31 (17.6%)	1218 (10.4%)
I had nausea/vomiting	9 (5.1%)	971 (8.3%)
I was too tired	7 (4.0%)	511 (4.4%)
I cannot eat without help	2 (1.1%)	146 (1.2%)
I was not allowed to eat	16 (9.1%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	-	785 (6.7%)
I did not get requested food	-	123 (1.0%)
No answer given	18 (10.2%)	2067 (17.6%)

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

Water	4 [1-5]	3 [2-6]
Tea	4 [3-6]	1 [0-2]
Coffee	0 [0-1]	1 [0-2]
Milk	0 [0-1]	0 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-3]	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) 68 (25.0%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	29 (42.6%)	1125 (25.5%)
Salty snacks	5 (7.4%)	609 (13.8%)
Homemade food	10 (14.7%)	943 (21.4%)
Fruits	30 (44.1%)	1520 (34.5%)
Dairy products	6 (8.8%)	516 (11.7%)
Food delivered/restaurant	2 (2.9%)	188 (4.3%)
Sandwich	3 (4.4%)	265 (6.0%)
Other	8 (11.8%)	659 (14.9%)

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

Increased	41 (14.4%)	3392 (13.9%)
Decreased	31 (10.9%)	6798 (27.9%)
Stayed the same	172 (60.6%)	7810 (32.0%)
I do not know	33 (11.6%)	1112 (4.6%)
Missing	7 (2.5%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	95 (33.5%)	11712 (48.0%)
Weaker than at admission	59 (20.8%)	4322 (17.7%)
Same as at admission	113 (39.8%)	6423 (26.3%)
I was admitted today	7 (2.5%)	740 (3.0%)
I do not know	9 (3.2%)	917 (3.8%)
Missing	1 (0.35%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	213 (75.0%)	13991 (57.3%)
No, only with assistance	58 (20.4%)	6345 (26.0%)
No, I stay in bed	12 (4.2%)	3449 (14.1%)
Missing	1 (0.35%)	615 (2.5%)

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

140 (49.6%) 14422 (73.8%)

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	-	71 (32,9%)
When body weight loss > 10%	-	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	-	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	5 (100%)	145 (67,1%)
At chemotherapy	-	28 (13,0%)
When necessary	-	37 (17,1%)
Never	-	3 (1,39%)
Unknown	-	1 (0,46%)
Missing	-	2 (0,93%)

Anthropometrics (circumference)

Regularly	4 (80,0%)	42 (19,4%)
At chemotherapy	-	8 (3,70%)
When necessary	1 (20,0%)	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	-	78 (36,1%)
Never	4 (80,0%)	99 (45,8%)
Unknown	-	17 (7,87%)
Missing	1 (20,0%)	11 (5,09%)

CT SCAN

Regularly	-	4 (1,85%)
At chemotherapy	-	3 (1,39%)
When necessary	1 (20,0%)	57 (26,4%)
Never	1 (20,0%)	110 (50,9%)
Unknown	2 (40,0%)	23 (10,6%)
Missing	1 (20,0%)	19 (8,80%)

DEXA

Regularly	-	-
At chemotherapy	-	2 (0,93%)
When necessary	-	38 (17,6%)
Never	1 (20,0%)	135 (62,5%)
Unknown	3 (60,0%)	25 (11,6%)
Missing	1 (20,0%)	16 (7,41%)

Other (body composition)

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

When necessary	-	20 (9,26%)
Never	-	76 (35,2%)
Unknown	3 (60,0%)	56 (25,9%)
Missing	2 (40,0%)	57 (26,4%)

Body function:

Handgrip

Regularly	-	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	5 (100%)	95 (44,0%)
Never	-	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	4 (80,0%)	131 (60,6%)
Unknown	-	13 (6,02%)
Missing	1 (20,0%)	18 (8,33%)

Other (body function)

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

Nutritional requirements, calculated

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

Nutritional intake:

Every meal

Regularly	1 (20,0%)	54 (25,0%)
At chemotherapy	-	8 (3,70%)
When necessary	2 (40,0%)	98 (45,4%)
Never	-	22 (10,2%)

Unknown	-	13 (6,02%)
Missing	2 (40,0%)	21 (9,72%)
1 meal per day		
Regularly	-	19 (8,80%)
At chemotherapy	-	5 (2,31%)
When necessary	1 (20,0%)	57 (26,4%)
Never	-	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	1 (20,0%)	56 (25,9%)
Never	-	43 (19,9%)
Unknown	-	19 (8,80%)
Missing	4 (80,0%)	77 (35,6%)
24h recall		
Regularly	4 (80,0%)	61 (28,2%)
At chemotherapy	-	10 (4,63%)
When necessary	-	60 (27,8%)
Never	-	30 (13,9%)
Unknown	-	14 (6,48%)
Missing	1 (20,0%)	41 (19,0%)
Other (nutritional intake)		
Regularly	-	-
At chemotherapy	-	-
When necessary	-	22 (10,2%)
Never	-	51 (23,6%)
Unknown	1 (20,0%)	38 (17,6%)
Missing	4 (80,0%)	105 (48,6%)
Questionnaire completed by		
Dietitian	-	86 (39,8%)
Nurse	-	45 (20,8%)
Physician	-	36 (16,7%)
Nutritional scientist	5 (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:	55	2040
Demographic data:		
Age (years)	64 [28-86]	63 [18-120]
Female gender	30 (54,5%)	915 (44,9%)
Weight (kg)	77,7 ± 18,0	69,5 ± 18,3
Height (cm)	169,0 ± 9,6	167,1 ± 10,6
BMI (kg/m ²)	27,2 ± 5,9	24,8 ± 5,7
Outpatient (o)/Ward (w)		
Outpatient(o)	-	106 (5,20%)
Ward (w)	43 (78,2%)	1930 (94,6%)
Missing	12 (21,8%)	4 (0,20%)
Goal of Therapy		
Curative	32 (58,2%)	1413 (69,3%)
Palliative	23 (41,8%)	535 (26,2%)
Terminal	-	55 (2,70%)
Missing	-	37 (1,81%)
Reason for admission		
Clinical diagnostics	-	290 (14,2%)
Therapy	37 (67,3%)	1091 (53,5%)
Surgery related	10 (18,2%)	383 (18,8%)
Treatment complications	4 (7,27%)	154 (7,55%)
Poor health status	5 (9,09%)	255 (12,5%)
Independent care difficult	-	17 (0,83%)
Missing	-	-
Present cancer diagnosis		
Breast	3 (5,45%)	146 (7,16%)
Colon, rectum	12 (21,8%)	299 (14,7%)
Prostate	2 (3,64%)	60 (2,94%)
Lung	3 (5,45%)	138 (6,76%)
Skin	-	28 (1,37%)
Kidney/bladder	2 (3,64%)	77 (3,77%)
Gastric/oesophageal	4 (7,27%)	233 (11,4%)
Pancreas	3 (5,45%)	121 (5,93%)
Lymphoma	2 (3,64%)	195 (9,56%)
Ears nose throat (ENT)	-	73 (3,58%)
Leukaemia	-	209 (10,2%)

Genital tract	12 (21,8%)	86 (4,22%)
Liver	1 (1,82%)	113 (5,54%)
Sarcoma	-	36 (1,76%)
Brain	1 (1,82%)	29 (1,42%)
Testicular	-	23 (1,13%)
Other	12 (21,8%)	195 (9,56%)
Missing	-	28 (1,37%)

Time since diagnosis

0-2 months	8 (14,5%)	548 (26,9%)
3-5 months	20 (36,4%)	462 (22,6%)
6-12 months	12 (21,8%)	369 (18,1%)
1-2 years	3 (5,45%)	217 (10,6%)
2-4 years	3 (5,45%)	173 (8,48%)
> 4 years	9 (16,4%)	193 (9,46%)
Missing	-	46 (2,25%)

Cancer staging

0=Carcinoma in situ	7 (12,7%)	109 (5,34%)
I=Localized	12 (21,8%)	494 (24,2%)
II=Early locally advanced	1 (1,82%)	345 (16,9%)
III=Late locally advanced	3 (5,45%)	325 (15,9%)
IV=Metastasised	32 (58,2%)	563 (27,6%)
Missing	-	204 (10,0%)

Time since first therapy start

No therapy	-	178 (8,73%)
Tumour staging/diagnosis	3 (5,45%)	293 (14,4%)
0-2 months	15 (27,3%)	628 (30,8%)
3-5 months	17 (30,9%)	294 (14,4%)
6-12 months	8 (14,5%)	240 (11,8%)
1-2 years	1 (1,82%)	204 (10,0%)
2-4 years	3 (5,45%)	148 (7,25%)
> 4 years	9 (16,4%)	159 (7,79%)
Missing	-	39 (1,91%)

Therapy situation

Diagnosis	-	262 (12,8%)
Chemotherapy 1st line	7 (12,7%)	458 (22,5%)
Chemotherapy > 1st line	10 (18,2%)	373 (18,3%)
Radiotherapy	18 (32,7%)	229 (11,2%)
Target therapy	5 (9,09%)	72 (3,53%)
Hormone therapy	-	17 (0,83%)
Palliative	1 (1,82%)	195 (9,56%)

Surgery	10 (18,2%)	426 (20,9%)
Cancer related complications	4 (7,27%)	133 (6,52%)
Therapy related complications	1 (1,82%)	81 (3,97%)
Missing	-	44 (2,16%)

Infections

None	52 (94,5%)	1496 (73,3%)
Local	2 (3,64%)	288 (14,1%)
General	-	154 (7,55%)
Missing	1 (1,82%)	102 (5,00%)

Nutrition Treatment

No special diet	36 (65,5%)	895 (43,9%)
Individualized diet plan	6 (10,9%)	500 (24,5%)
Energy rich/protein rich ONS	2 (3,64%)	433 (21,2%)
Enteral nutrition (via NGT/PEG)	1 (1,82%)	104 (5,10%)
Parenteral nutrition	1 (1,82%)	184 (9,02%)
ONS enriched with special nutrients	14 (25,5%)	120 (5,88%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	45 (2,21%)
Personal preferences	1 (1,82%)	175 (8,58%)
Counselling	-	160 (7,84%)
Other	-	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:	55	2018
Body weight prior to becoming ill	88 [48-132]	75 [26-175]
Actual body weight	75 [45-124]	68 [32-176]
Change in weight was		
Intentional	-	90 (4,41%)
Unintentional	38 (69,1%)	1368 (67,1%)
Weight is stable	15 (27,3%)	267 (13,1%)
Missing	2 (3,64%)	115 (5,64%)
During the last week		
Patients who have had pain:		
Not at all	29 (52,7%)	692 (33,9%)
A little	16 (29,1%)	567 (27,8%)
Quite a bit	6 (10,9%)	379 (18,6%)
Very much	4 (7,27%)	272 (13,3%)
Missing	-	117 (5,74%)
Patients who needed a rest:		
Not at all	5 (9,09%)	511 (25,0%)
A little	30 (54,5%)	554 (27,2%)
Quite a bit	9 (16,4%)	507 (24,9%)
Very much	10 (18,2%)	332 (16,3%)
Missing	1 (1,82%)	118 (5,78%)
Patients who felt weak:		
Not at all	12 (21,8%)	552 (27,1%)
A little	27 (49,1%)	555 (27,2%)
Quite a bit	7 (12,7%)	476 (23,3%)
Very much	9 (16,4%)	322 (15,8%)
Missing	-	116 (5,69%)
Patients who felt depressed:		
Not at all	25 (45,5%)	820 (40,2%)
A little	19 (34,5%)	599 (29,4%)
Quite a bit	7 (12,7%)	285 (14,0%)
Very much	4 (7,27%)	193 (9,46%)
Missing	-	126 (6,18%)

Patients who were tired:

Not at all	29 (52,7%)	554 (27,2%)
A little	16 (29,1%)	612 (30,0%)
Quite a bit	4 (7,27%)	464 (22,7%)
Very much	6 (10,9%)	268 (13,1%)
Missing	-	121 (5,93%)

Patients whose pain interfered with their daily activities:

Not at all	34 (61,8%)	847 (41,5%)
A little	10 (18,2%)	476 (23,3%)
Quite a bit	4 (7,27%)	318 (15,6%)
Very much	7 (12,7%)	257 (12,6%)
Missing	-	122 (5,98%)

Patients who lacked appetite:

Not at all	26 (47,3%)	752 (36,9%)
A little	14 (25,5%)	502 (24,6%)
Quite a bit	4 (7,27%)	386 (18,9%)
Very much	11 (20,0%)	263 (12,9%)
Missing	-	117 (5,74%)

Just now**Patients who have pain:**

Not at all	31 (56,4%)	907 (44,5%)
A little	19 (34,5%)	605 (29,7%)
Quite a bit	4 (7,27%)	274 (13,4%)
Very much	1 (1,82%)	117 (5,74%)
Missing	-	117 (5,74%)

Patients who need a rest:

Not at all	6 (10,9%)	590 (28,9%)
A little	34 (61,8%)	641 (31,4%)
Quite a bit	10 (18,2%)	443 (21,7%)
Very much	4 (7,27%)	218 (10,7%)
Missing	1 (1,82%)	125 (6,13%)

Patients who feel weak:

Not at all	23 (41,8%)	648 (31,8%)
A little	22 (40,0%)	619 (30,3%)
Quite a bit	7 (12,7%)	417 (20,4%)
Very much	3 (5,45%)	209 (10,2%)
Missing	-	122 (5,98%)

Patients who are depressed:

Not at all	25 (45,5%)	955 (46,8%)
A little	19 (34,5%)	549 (26,9%)
Quite a bit	7 (12,7%)	251 (12,3%)
Very much	4 (7,27%)	132 (6,47%)
Missing	-	123 (6,03%)

Patients who are tired:

Not at all	14 (25,5%)	679 (33,3%)
A little	32 (58,2%)	658 (32,3%)
Quite a bit	5 (9,09%)	376 (18,4%)
Very much	3 (5,45%)	173 (8,48%)
Missing	1 (1,82%)	127 (6,23%)

Patients whose pain interferes with their daily activities:

Not at all	35 (63,6%)	966 (47,4%)
A little	15 (27,3%)	447 (21,9%)
Quite a bit	4 (7,27%)	282 (13,8%)
Very much	-	196 (9,61%)
Missing	1 (1,82%)	124 (6,08%)

Patients who lack appetite:

Not at all	29 (52,7%)	805 (39,5%)
A little	14 (25,5%)	537 (26,3%)
Quite a bit	7 (12,7%)	339 (16,6%)
Very much	4 (7,27%)	211 (10,3%)
Missing	1 (1,82%)	120 (5,88%)

Reasons for change in appetite/food intake

Nausea/Vomiting	4 (7,27%)	354 (17,4%)
Inflammation in mouth	2 (3,64%)	78 (3,82%)
Pain	4 (7,27%)	265 (13,0%)
Constipation	2 (3,64%)	179 (8,77%)
Diarrhea	-	134 (6,57%)
Change in taste/smell	4 (7,27%)	249 (12,2%)
Early satiation/Loss of appetite	15 (27,3%)	481 (23,6%)
Other	7 (12,7%)	333 (16,3%)
Missing	4 (7,27%)	97 (4,75%)

Maximum activity performed by patients

Able to do sports	-	75 (3,68%)
Fully active	4 (7,27%)	267 (13,1%)
Able to carry out light activities	15 (27,3%)	538 (26,4%)
Able to carry out self care	28 (50,9%)	548 (26,9%)
Able to carry out limited self care	4 (7,27%)	244 (12,0%)

Confined to bed or chair	4 (7,27%)	228 (11,2%)
Missing	-	124 (6,08%)
Patient takes additional (without prescription)		
Nothing	23 (41,8%)	1222 (59,9%)
Herbal tea	14 (25,5%)	244 (12,0%)
Nutritional supplements	11 (20,0%)	226 (11,1%)
Multivitamin	12 (21,8%)	122 (5,98%)
Other medication	-	68 (3,33%)
Other	-	68 (3,33%)
Missing	1 (1,82%)	172 (8,43%)
Additional activities performed		
Nothing	43 (78,2%)	1382 (67,7%)
Psychotherapy	-	41 (2,01%)
Yoga	1 (1,82%)	24 (1,18%)
Meditation	1 (1,82%)	60 (2,94%)
Progressive muscle relaxation	2 (3,64%)	46 (2,25%)
Qigong	-	6 (0,29%)
Other	7 (12,7%)	311 (15,2%)
Missing	1 (1,82%)	201 (9,85%)
Patients having difficulties in complying with treatment		
	19 (34,5%)	475 (23,3%)
Patients needing help to complete questionnaire		
	35 (63,6%)	1196 (58,6%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:		
	49 (89,1%)	1435 (70,3%)

1. Are you COVID-19 positive TODAY?

Yes	-	565 (2.3%)
No	273 (93.5%)	19372 (77.7%)
I do not know	17 (5.8%)	2031 (8.1%)
Missing	2 (0.68%)	2957 (11.9%)

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

0-3 months	7 (2.4%)	1107 (4.4%)
3-6 months	3 (1.0%)	693 (2.8%)
6-12 months	8 (2.7%)	1353 (5.4%)
>1 year	79 (27.1%)	1899 (7.6%)
never	147 (50.3%)	9637 (38.7%)
I do not know	45 (15.4%)	3756 (15.1%)
Missing	3 (1.0%)	6480 (26.0%)

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

Yes	6 (2.1%)	1348 (5.4%)
No	247 (84.6%)	16395 (65.8%)
I do not know	23 (7.9%)	2695 (10.8%)
Missing	16 (5.5%)	4487 (18.0%)