



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2023  
Mexico

Dear participant,

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

<b>Number of participated center:</b>	<b>13</b>
<b>Number of participated units:</b>	<b>15</b>
<b>Number of patients:</b>	<b>581</b>
<b>Number of patients who gave consent:</b>	<b>564</b>
<b>Number of patients completing Sheet 3a:</b>	<b>556</b>
<b>Number of patients completing Sheet 3b:</b>	<b>557</b>
<b>Number of cancer patients:</b>	<b>143</b>
<b>Number of patients completing Sheet 2_onco:</b>	<b>96</b>
<b>Number of patients completing Sheet 3_onco:</b>	<b>96</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>439</b>

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](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	175 [73-199]	334 [166-596]
<b>2. Total number of admissions in the hospital last year</b>	6101 [4358-13532]	15756 [6943-30258]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	224 [67-276]	200 [83-461]
Medical specialists	181 [136-274]	129 [42-350]
Medical non-specialists	8 [4-47]	51 [15-151]
Nurses	535 [87-680]	410 [142-815]
Dieticians	4 [2-19]	2 [0-9]
Nutritionists	3 [2-9]	3 [1-8]
Pharmacists	5 [2-19]	7 [3-17]
Kitchen staff	29 [10-50]	28 [9-60]
<b>Full time equivalent</b>		
Total medical doctors	224 [188-276]	199 [71-382]
Medical specialists	181 [136-274]	134 [45-306]
Medical non-specialists	8 [7-84]	87 [19-175]
Nurses	510 [79-650]	394 [134-672]
Dieticians	2 [0-24]	2 [0-7]
Nutritionists	9 [3-9]	2 [1-5]
Pharmacists	3 [2-19]	6 [2-15]
Kitchen staff	33 [10-50]	24 [3-48]
<b>4. Does the hospital have a nutrition care strategy?</b>	7 (53.8%) Yes	101 (78.3%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	7 (53.8%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	5 (38.5%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	4 (30.8%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	3 (23.1%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	8 (61.5%) Yes	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	2 (15.4%)	50 (27.9%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	3 (23.1%) Yes	74 (41.3%) Yes

Oral nutrition supplements	5 (38.5%) Yes	74 (41.3%) Yes
Parenteral nutrition	6 (46.2%) Yes	88 (49.2%) Yes
Enteral nutrition	3 (23.1%) Yes	88 (49.2%) Yes
Dietary counseling	2 (15.4%) Yes	58 (32.4%) Yes
Specific dietary interventions	1 (7.7%) Yes	51 (28.5%) Yes
Screening for malnutrition	3 (23.1%) Yes	53 (29.6%) Yes
Risk of malnutrition	1 (7.7%) Yes	47 (26.3%) Yes
Malnutrition (in general)	2 (15.4%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (7.7%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	2 (15.4%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

### Codes routinely used

Nutrition Support	4 (30.8%) Yes	69 (38.5%) Yes
Oral nutrition supplements	5 (38.5%) Yes	60 (33.5%) Yes
Parenteral nutrition	6 (46.2%) Yes	79 (44.1%) Yes
Enteral nutrition	3 (23.1%) Yes	76 (42.5%) Yes
Dietary counseling	1 (7.7%) Yes	45 (25.1%) Yes
Specific dietary interventions	1 (7.7%) Yes	45 (25.1%) Yes
Screening for malnutrition	3 (23.1%) Yes	42 (23.5%) Yes
Risk of malnutrition	2 (15.4%) Yes	36 (20.1%) Yes
Malnutrition (in general)	1 (7.7%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (15.4%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	2 (15.4%) Yes	23 (12.8%) Yes
No answer given	-	52 (7.9%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	3 (20.0%)	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	1 (6.7%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	1 (6.7%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	1 (6.7%)	8.3%
Interdisciplinary	3 (20.0%)	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	4 (26.7%)	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	2 (13.3%)	16.9%
<b>2. Number of registered inpatients at noon</b>	41 [21-53]	22 [17-30]
<b>3. Total bed capacity of the unit</b>	53 [25-131]	30 [24-41]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	4 [3-6]	4 [2-6]
Nurses	14 [8-28]	4 [3-6]
Nursing aides	0 [0-3]	2 [1-4]
Dieticians	1 [0-2]	1 [0-1]
Nutritionists	2 [1-2]	1 [0-1]
Administrative staff	1 [0-1]	1 [1-2]
Other staff involved in patient care	2 [0-9]	1 [0-3]
<b>In training</b>		
Medical doctors	8 [1-14]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	0 [0-9]	0 [0-2]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-1]	0 [0-0]
Nutritionists	1 [0-3]	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?** 8 (53.3%) Yes 762 (81.5%) Yes

**6. Does the unit have a nutrition care strategy?** 8 (53.3%) Yes 717 (76.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 11 (73.3%) Yes 674 (72.1%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 13 (86.6%) Yes 1086 (91.8%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 2 (13.3%) Yes 508 (54.3%) Yes

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

**At admission**

No routine screening	2 (13.3%) Yes	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	10 (66.7%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	-	85 (6.7%) Yes
Malnutrition Screening tool (MST)	-	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	1 (6.7%) Yes	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	2 (13.3%)	85 (6.7%)

**During hospital stay**

No routine monitoring	3 (20.0%) Yes	124 (9.8%) Yes
No fixed criteria	2 (13.3%) Yes	103 (8.1%) Yes
Experience / visual assessment only	-	180 (14.2%) Yes
Weighing / BMI only	2 (13.3%) Yes	414 (32.6%) Yes
Other formal tool	6 (40.0%) Yes	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	2 (13.3%)	85 (6.7%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 11 (73.3%) Yes 755 (83.3%) Yes

<b>11b. If yes, which one is mainly used?</b>		
International guidelines	9 (81.8%) Yes	303 (40.1%) Yes
National guidelines	-	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	1 (9.1%) Yes	87 (11.5%) Yes
Other	-	3 (0.40%) Yes
Missing	1 (9.1%)	15 (2.0%)

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

### At risk

Watchful waiting	8 (53.3%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	7 (46.7%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	6 (40.0%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	5 (33.3%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (26.7%) Yes	519 (40.9%) Yes
Consult a medical professional	-	282 (22.2%) Yes
Calculate energy requirements	5 (33.3%) Yes	453 (35.7%) Yes
Calculate protein requirements	5 (33.3%) Yes	439 (34.6%) Yes

### Malnourished

Watchful waiting	5 (33.3%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	6 (40.0%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	7 (46.7%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	8 (53.3%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (40.0%) Yes	589 (46.5%) Yes
Consult a medical professional	3 (20.0%) Yes	392 (30.9%) Yes
Calculate energy requirements	6 (40.0%) Yes	564 (44.5%) Yes
Calculate protein requirements	6 (40.0%) Yes	541 (42.7%) Yes

### Every patient

Watchful waiting	4 (26.7%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	4 (26.7%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	4 (26.7%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	4 (26.7%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (26.7%) Yes	241 (19.0%) Yes
Consult a medical professional	8 (53.3%) Yes	309 (24.4%) Yes
Calculate energy requirements	4 (26.7%) Yes	144 (11.4%) Yes
Calculate protein requirements	4 (26.7%) Yes	141 (11.1%) Yes

### Never

Watchful waiting	-	144 (11.4%) Yes
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Discuss nutrition care activities during ward rounds	1 (6.7%) Yes	56 (4.4%) Yes
Develop an individual nutrition care plan	1 (6.7%) Yes	70 (5.5%) Yes
Initiate treatment / nutrition intervention	-	33 (2.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (6.7%) Yes	15 (1.2%) Yes
Consult a medical professional	-	111 (8.8%) Yes
Calculate energy requirements	1 (6.7%) Yes	99 (7.8%) Yes
Calculate protein requirements	1 (6.7%) Yes	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	1 (6.7%) 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	7 (46.7%) Yes	727 (57.3%) Yes
Within 24 hours	2 (13.3%) Yes	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	1 (6.7%) Yes	33 (2.6%) Yes
Every week	5 (33.3%) Yes	450 (35.5%) Yes
Occasionally	4 (26.7%) Yes	149 (11.8%) Yes
When requested	6 (40.0%) Yes	655 (51.7%) Yes
At discharge	1 (6.7%) 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	6 (40.0%) Yes	925 (72.9%) Yes
Offer meal choices	5 (33.3%) Yes	784 (61.8%) Yes
Offer different portion sizes	6 (40.0%) Yes	687 (54.2%) Yes
Consider food presentation	5 (33.3%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	10 (66.7%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	8 (53.3%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (20.0%) Yes	277 (21.8%) Yes
Promote positive eating environment	2 (13.3%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	8 (53.3%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	10 (66.7%) Yes	995 (78.5%) Yes
Other	-	78 (6.2%) Yes

I do not know	1 (6.7%) Yes	25 (2.0%) Yes
No answer given	2 (13.3%)	85 (6.7%)

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

Nutrition training is available	9 (60.0%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	7 (46.7%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	1 (6.7%) Yes	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	6 (40.0%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	9 (60.0%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	1 (6.7%) Yes	37 (2.9%) Yes
No answer given	3 (20.0%)	333 (26.3%)

### 16. At admission what is asked and documented?

Change in weight	10 (66.7%) Yes	804 (63.4%) Yes
Eating habits/difficulties	10 (66.7%) Yes	686 (54.1%) Yes
Nutrition before admission	5 (33.3%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	1 (6.7%) Yes	42 (3.3%) Yes
No answer given	3 (20.0%)	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	10 (66.7%) Yes	747 (58.9%) Yes
nutrition treatment	9 (60.0%) Yes	525 (41.4%) Yes
None	2 (13.3%) Yes	78 (6.2%) Yes
I do not know	-	31 (2.4%) Yes

#### b. Discharge Letter ...

summarizes nutrition treatment received during stay	2 (13.3%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	9 (60.0%) Yes	592 (46.7%) Yes
None	2 (13.3%) Yes	86 (6.8%) Yes
I do not know	1 (6.7%) Yes	82 (6.5%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	4 (33.3%) Yes	390 (45.0%) Yes
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### 19. Who filled in this sheet?

Head staff	5 (33.3%) Yes	276 (21.8%) Yes
Dietician	6 (40.0%) Yes	457 (36.0%) Yes
Nurse	-	234 (18.5%) Yes

Physician	3 (20.0%) Yes	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	1 (6.7%) Yes	95 (7.5%) Yes
None	2 (13.3%) Yes	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	564	24925
Age	58 [44-71]	64 [47-77]
Female	301 (53.4%)	11998 (48.1%)
Weight	66.6±17.0	71.0±18.5
Height	163±11	166±10
BMI	25.2±6.1	25.8±5.9

#### 1. This hospital admission was...

planned	215 (38.1%)	8482 (34.0%)
an emergency	307 (54.4%)	15200 (61.0%)
I do not know	42 (7.4%)	1243 (5.0%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	93 (16.5%)	2684 (10.8%)
0200 Neoplasms	126 (22.3%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	53 (9.4%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	117 (20.7%)	3091 (12.4%)
0500 Mental health	1 (0.18%)	915 (3.7%)
0600 Nervous system	22 (3.9%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	31 (5.5%)	4794 (19.2%)
1000 Respiratory system	44 (7.8%)	3073 (12.3%)
1100 Digestive system	127 (22.5%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	26 (4.6%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	65 (11.5%)	4061 (16.3%)
1400 Genitourinary system	84 (14.9%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	3 (0.53%)	659 (2.6%)
1600 Conditions originating in the perinatal period	1 (0.18%)	33 (0.13%)
1700 Congenital/chromosomal abnormalities	2 (0.35%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	31 (5.5%)	1481 (5.9%)
1900 Injury, poisoning	11 (2.0%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	7 (1.2%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	-	947 (3.8%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	34 (6.8%)	4157 (17.9%)
Myocardial infarction	5 (0.99%)	1170 (5.1%)
Chronic lung disease	22 (4.4%)	2384 (10.3%)
Cerebral vascular disease	22 (4.4%)	1781 (7.7%)
Peripheral vascular disease	39 (7.8%)	2332 (10.1%)
Chronic liver disease	30 (6.0%)	1354 (5.9%)
Chronic kidney disease	97 (17.8%)	2949 (12.8%)
Diabetes	137 (27.2%)	5896 (25.3%)
Cancer	143 (28.4%)	4775 (20.7%)
Infection	112 (22.3%)	3183 (13.8%)
Dementia	7 (1.4%)	888 (3.9%)
Major depressive disorder	24 (4.8%)	1000 (4.4%)
Other chronic mental disorder	7 (1.4%)	986 (4.3%)
Other chronic disease	125 (25.3%)	7288 (31.2%)
None	95 (16.8%)	5060 (20.3%)

#### 4a. Previous operation during this hospital stay

Yes, planned	79 (14.0%)	4133 (16.6%)
Yes, acute	44 (7.8%)	1929 (7.7%)
No	314 (55.7%)	13886 (55.7%)
I do not know	1 (0.18%)	164 (0.66%)
Missing	126 (22.3%)	4813 (19.3%)

Days since operation	8 [1-26]	4 [1-14]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	87 (15.4%)	2384 (9.6%)
Yes, later	46 (8.2%)	1452 (5.8%)
No	300 (53.2%)	15545 (62.4%)
I do not know	1 (0.18%)	333 (1.3%)
Missing	130 (23.0%)	5211 (20.9%)

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

38 (7.9%)	2361 (11.6%)
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#### 6. Is this patient terminally ill?

27 (4.8%)	2137 (8.6%)
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#### 7. Fluid status

Normal	417 (73.9%)	19805 (79.5%)
Overloaded	57 (10.1%)	975 (3.9%)
Dehydrated	48 (8.5%)	1471 (5.9%)
I do not know	42 (7.4%)	2674 (10.7%)
Missing	-	-

## 8. Number of different medications planned

Oral	2 [0-5]	4 [2-7]
Other	4 [2-5]	2 [1-4]

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

Malnourished	109 (19.3%)	3279 (13.2%)
At risk	183 (32.4%)	5283 (21.2%)
No	254 (45.0%)	14990 (60.1%)
I do not know	18 (3.2%)	1373 (5.5%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	364 (64.5%)	8543 (34.3%)
5% Glucose solution	32 (5.7%)	1473 (5.9%)

## 11. Number of ONS drinks planned

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

## 12. Nutrition intake

Regular hospital food	309 (54.8%)	15627 (62.7%)
Fortified/enriched hospital food	27 (4.8%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	101 (17.9%)	4305 (17.3%)
Enteral nutrition	34 (6.0%)	1259 (5.1%)
Parenteral nutrition	23 (4.1%)	785 (3.1%)
Special diet	170 (30.1%)	6593 (26.5%)
None	34 (6.0%)	968 (3.9%)

## 13a. All lines and Tubes

Central Venous	116 (24.1%)	2145 (10.5%)
Peripheral venous access	190 (39.5%)	11975 (58.9%)
Nasogastric	14 (2.9%)	567 (2.8%)
Nasojejunal	3 (0.62%)	101 (0.50%)
Nasoduodenal	-	40 (0.20%)
Enterostoma	5 (1.0%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	16 (3.3%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	4 (0.83%)	63 (0.31%)
None	247 (43.8%)	11051 (44.3%)

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

Yes, previously	7 (1.2%)	282 (1.1%)
Yes, ongoing	7 (1.2%)	180 (0.72%)
No	405 (71.8%)	17744 (71.2%)
I do not know	14 (2.5%)	1404 (5.6%)
Missing	131 (23.2%)	5315 (21.3%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	299 (62.2%)	7973 (39.2%)
Protein requirements were determined	286 (59.5%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	217 (45.1%)	9150 (45.0%)
Nutrition treatment plan was developed	260 (54.1%)	8137 (40.0%)
Nutrition expert was consulted	261 (54.3%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	262 (54.5%)	7308 (35.9%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	49 (8.7%)	445 (1.8%)
500-999 kcal	5 (0.89%)	210 (0.84%)
1000-1499 kcal	46 (8.2%)	1767 (7.1%)
1500-1999 kcal	161 (28.5%)	6430 (25.8%)
>=2000 kcal	51 (9.0%)	3687 (14.8%)
Not determined	154 (27.3%)	6548 (26.3%)
I do not know	15 (2.7%)	1248 (5.0%)
Missing	83 (14.7%)	4590 (18.4%)

<b>15b. Energy intake</b>		
< 500 kcal	75 (13.3%)	1070 (4.3%)
500-999 kcal	39 (6.9%)	1366 (5.5%)
1000-1499 kcal	68 (12.1%)	2751 (11.0%)
1500-1999 kcal	106 (18.8%)	4599 (18.5%)
>=2000 kcal	27 (4.8%)	2469 (9.9%)
Not determined	134 (23.8%)	6254 (25.1%)
I do not know	32 (5.7%)	1824 (7.3%)
Missing	83 (14.7%)	4592 (18.4%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	298 (52.8%)	11134 (44.7%)
Deteriorated	24 (4.3%)	1331 (5.3%)
Remained the same	114 (20.2%)	5023 (20.2%)
This patient has just been admitted	30 (5.3%)	1445 (5.8%)
I do not know	15 (2.7%)	1402 (5.6%)
Missing	83 (14.7%)	4590 (18.4%)

Length of hospital stay (days)	12 [7-25]	13 [6-25]
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<b>Outcome Code</b>		
1= Still in the hospital	27 (4.8%)	2848 (11.4%)
2= Transferred to another hospital	7 (1.2%)	526 (2.1%)
3= Transferred to long term care	52 (9.2%)	653 (2.6%)

4= Rehabilitation	4 (0.71%)	606 (2.4%)
5= Discharged home	322 (57.1%)	18641 (74.8%)
6= Death	25 (4.4%)	956 (3.8%)
7= Others	2 (0.35%)	536 (2.2%)
Missing	125 (22.2%)	159 (0.64%)

#### Readmitted since nutritionDay

1= No	364 (88.8%)	16520 (77.3%)
2= Yes, same hospital planned	16 (3.9%)	1353 (6.3%)
3= Yes, same hospital unplanned	11 (2.7%)	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	19 (4.6%)	1675 (7.8%)

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

**YOUR RESULTS      REFERENCE RESULTS**

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	273 (49.1%)	14107 (57.7%)
I am vegetarian	3 (0.54%)	445 (1.8%)
I adhere to a vegan diet	1 (0.18%)	79 (0.32%)
I eat gluten-free diet	4 (0.72%)	210 (0.86%)
I avoid added sugars	84 (15.1%)	3287 (13.4%)
I avoid carbohydrates	25 (4.5%)	1220 (5.0%)
I eat a low fat-diet	58 (10.4%)	2101 (8.6%)
I am lactose intolerant	42 (7.6%)	816 (3.3%)
Other special diet due to intolerances/allergies	13 (2.3%)	421 (1.7%)
Other	45 (8.1%)	1522 (6.2%)
No answer given	123 (22.1%)	4719 (19.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	395 (71.0%)	17544 (71.7%)
In a nursing home or other live-in facility	5 (0.90%)	469 (1.9%)
I was transferred from another hospital	32 (5.8%)	1456 (6.0%)
Other	2 (0.36%)	339 (1.4%)
Missing	122 (21.9%)	4644 (19.0%)
<b>3. In general, are you able to walk?</b>		
Yes	256 (46.0%)	12349 (50.5%)
Yes, with someone's help	63 (11.3%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	45 (8.1%)	2560 (10.5%)
No, I have a wheelchair	9 (1.6%)	859 (3.5%)
No, I am bedridden	60 (10.8%)	1677 (6.9%)
Missing	123 (22.1%)	4751 (19.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	21 (3.8%)	1759 (7.2%)
Good	131 (23.6%)	7718 (31.6%)
Fair	195 (35.1%)	7368 (30.1%)
Poor	78 (14.0%)	2474 (10.1%)
Very poor	11 (2.0%)	414 (1.7%)
Missing	120 (21.6%)	4719 (19.3%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [2-10]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-2]	1 [0-2]

... how many nights in total have you spent in hospital?	4 [1-12]	4 [0-14]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	96 (17.3%)	4831 (19.8%)
3-5	139 (25.0%)	5143 (21.0%)
More than 5	100 (18.0%)	5425 (22.2%)
None	80 (14.4%)	3787 (15.5%)
I do not know	20 (3.6%)	617 (2.5%)
Missing	121 (21.8%)	4649 (19.0%)

### 7. Do you have health insurance?

Yes, private insurance only	82 (14.7%)	3701 (15.1%)
Yes, public insurance only	114 (20.5%)	9777 (40.0%)
Yes, both	30 (5.4%)	1908 (7.8%)
None	196 (35.3%)	3768 (15.4%)
I prefer not to answer	9 (1.6%)	461 (1.9%)
Missing	125 (22.5%)	4837 (19.8%)

<b>8. What was your weight 5 years ago?</b>	73 [62-83]	74 [63-85]
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I do not know	114 (20.5%)	6168 (25.2%)
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### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	60 (10.8%)	1931 (7.9%)
Yes, unintentionally	250 (45.0%)	10653 (43.6%)
No, my weight stayed the same	145 (26.1%)	6738 (27.6%)
No, I gained weight	56 (10.1%)	2780 (11.4%)
I do not know	40 (7.2%)	2017 (8.2%)
Missing	5 (0.90%)	333 (1.4%)

<b>9b. If yes, how many kg did you lose?</b>	7 [4-10]	6 [4-10]
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I do not know	77 (24.8%)	2421 (19.2%)
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<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	177 (41.6%)	7367 (38.4%)
---	-------------	--------------

### 11. Please indicate if you ...

... were weighed at admission	183 (42.1%)	10622 (53.6%)
... were informed about your nutrition status	163 (37.6%)	7345 (37.2%)
... were informed about nutrition care options	127 (29.3%)	6881 (34.9%)
... received special nutrition care	163 (37.6%)	6867 (34.9%)

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

More than normal	23 (4.1%)	1175 (4.8%)
Normal	284 (51.0%)	14950 (61.3%)

About 3/4 of normal	89 (16.0%)	2351 (9.6%)
About half of normal	87 (15.6%)	3047 (12.5%)
About a quarter to nearly nothing	58 (10.4%)	2386 (9.8%)
I do not know	10 (1.8%)	183 (0.75%)
Missing	6 (1.1%)	308 (1.3%)

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

Very satisfied	97 (17.4%)	5545 (22.7%)
Somewhat satisfied	95 (17.1%)	6058 (24.8%)
Neutral	116 (20.8%)	4069 (16.7%)
Dissatisfied	56 (10.1%)	1669 (6.8%)
Very dissatisfied	17 (3.1%)	733 (3.0%)
I do not know	50 (9.0%)	1404 (5.8%)
Missing	126 (22.6%)	4922 (20.2%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	97 (17.4%)	2402 (9.8%)
Yes, from hospital staff	27 (4.8%)	1324 (5.4%)
No	298 (53.5%)	15188 (62.2%)
I do not know	13 (2.3%)	275 (1.1%)
Missing	122 (21.9%)	5211 (21.4%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	282 (66.7%)	13701 (72.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	248 (44.5%)	11767 (48.2%)
1/2	141 (25.3%)	6068 (24.9%)
1/4	78 (14.0%)	3130 (12.8%)
Nothing	81 (14.5%)	2535 (10.4%)
Missing	9 (1.6%)	900 (3.7%)

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

Standard	272 (48.8%)	13049 (53.5%)
Smaller	34 (6.1%)	1824 (7.5%)
Larger	25 (4.5%)	960 (3.9%)
I do not know	79 (14.2%)	2121 (8.7%)
Missing	147 (26.4%)	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	43 (14.3%)	1924 (16.4%)
I did not like the smell/taste of the food	32 (10.7%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	2 (0.67%)	103 (0.88%)
The food was too hot	-	29 (0.25%)

The food was too cold	16 (5.3%)	321 (2.7%)
Due to food allergy/intolerance	2 (0.67%)	151 (1.3%)
I was not hungry at that time	36 (12.0%)	1600 (13.6%)
I do not have my usual appetite	104 (34.7%)	3509 (29.9%)
I have problems chewing/swallowing	24 (8.0%)	683 (5.8%)
I normally eat less than what was served	20 (6.7%)	1218 (10.4%)
I had nausea/vomiting	56 (18.7%)	971 (8.3%)
I was too tired	16 (5.3%)	511 (4.4%)
I cannot eat without help	4 (1.3%)	146 (1.2%)
I was not allowed to eat	27 (9.0%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	42 (14.0%)	785 (6.7%)
I did not get requested food	4 (1.3%)	123 (1.0%)
No answer given	48 (16.0%)	2067 (17.6%)

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

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

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 34 (8.8%) 4412 (23.9%)

### 19b. If yes, what did you eat?

Sweet snacks	9 (26.5%)	1125 (25.5%)
Salty snacks	5 (14.7%)	609 (13.8%)
Homemade food	4 (11.8%)	943 (21.4%)
Fruits	8 (23.5%)	1520 (34.5%)
Dairy products	1 (2.9%)	516 (11.7%)
Food delivered/restaurant	2 (5.9%)	188 (4.3%)
Sandwich	2 (5.9%)	265 (6.0%)
Other	8 (23.5%)	659 (14.9%)

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

Increased	49 (8.8%)	3392 (13.9%)
Decreased	201 (36.1%)	6798 (27.9%)
Stayed the same	150 (26.9%)	7810 (32.0%)
I do not know	28 (5.0%)	1112 (4.6%)
Missing	129 (23.2%)	5288 (21.7%)

## 21. TODAY I feel...

Stronger than at admission	229 (41.1%)	11712 (48.0%)
Weaker than at admission	134 (24.1%)	4322 (17.7%)
Same as at admission	168 (30.2%)	6423 (26.3%)
I was admitted today	11 (2.0%)	740 (3.0%)
I do not know	10 (1.8%)	917 (3.8%)
Missing	5 (0.90%)	286 (1.2%)

## 22. Can you walk without assistance TODAY?

Yes	285 (51.2%)	13991 (57.3%)
No, only with assistance	162 (29.1%)	6345 (26.0%)
No, I stay in bed	106 (19.0%)	3449 (14.1%)
Missing	4 (0.72%)	615 (2.5%)

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

300 (69.8%) 14422 (73.8%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	4	216
Computerized system in hospital:	4 units (100%) YES	200 units (93%) YES
Nutritional treatment of cancer patients is part of overall care plan	4 units (100%) YES	196 units (91%) YES
<b>Nutritional treatment is considered...</b>		
Routinely	2 (50,0%)	129 (59,7%)
When patient asks	2 (50,0%)	71 (32,9%)
When body weight loss > 10%	1 (25,0%)	90 (41,7%)
During palliative phase	-	54 (25,0%)
Other	2 (50,0%)	36 (16,7%)
Missing	-	13 (6,02%)
<b>Nutritional treatment is not part of the comprehensive approach due to</b>		
Lack of evidence	-	4 (1,85%)
No knowledge of the field	-	11 (5,09%)
No reimbursement	-	5 (2,31%)
It feeds the tumour	-	-
Other	1 (25,0%)	21 (9,72%)
<b>Nutritional therapy used for cancer patients</b>		
Nutrition according to nutrition plan	2 (50,0%)	148 (68,5%)
Calculation of energy needs	2 (50,0%)	152 (70,4%)
Monitoring patients intake and use of oral supplements	4 (100%)	190 (88,0%)
None	-	3 (1,39%)
Other	1 (25,0%)	20 (9,26%)
Missing	-	4 (1,85%)
<b>Nutritional therapy is not used due to</b>		
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	1 (25,0%)	9 (4,17%)
Missing	-	-
<b>Assessment of parameters in cancer patients &amp; methods used:</b>		

**Anthropometry/Body composition:****Body weight**

Regularly	3 (75,0%)	145 (67,1%)
At chemotherapy	-	28 (13,0%)
When necessary	-	37 (17,1%)
Never	1 (25,0%)	3 (1,39%)
Unknown	-	1 (0,46%)
Missing	-	2 (0,93%)

**Anthropometrics (circumference)**

Regularly	3 (75,0%)	42 (19,4%)
At chemotherapy	-	8 (3,70%)
When necessary	-	71 (32,9%)
Never	1 (25,0%)	69 (31,9%)
Unknown	-	11 (5,09%)
Missing	-	15 (6,94%)

**BIA**

Regularly	1 (25,0%)	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	1 (25,0%)	78 (36,1%)
Never	2 (50,0%)	99 (45,8%)
Unknown	-	17 (7,87%)
Missing	-	11 (5,09%)

**CT SCAN**

Regularly	-	4 (1,85%)
At chemotherapy	1 (25,0%)	3 (1,39%)
When necessary	1 (25,0%)	57 (26,4%)
Never	2 (50,0%)	110 (50,9%)
Unknown	-	23 (10,6%)
Missing	-	19 (8,80%)

**DEXA**

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

**Other (body composition)**

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

When necessary	2 (50,0%)	20 (9,26%)
Never	1 (25,0%)	76 (35,2%)
Unknown	-	56 (25,9%)
Missing	1 (25,0%)	57 (26,4%)

### Body function:

#### Handgrip

Regularly	1 (25,0%)	10 (4,63%)
At chemotherapy	-	1 (0,46%)
When necessary	2 (50,0%)	95 (44,0%)
Never	1 (25,0%)	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 (100%)	131 (60,6%)
Unknown	-	13 (6,02%)
Missing	-	18 (8,33%)

#### Other (body function)

Regularly	-	6 (2,78%)
At chemotherapy	-	-
When necessary	-	37 (17,1%)
Never	4 (100%)	88 (40,7%)
Unknown	-	40 (18,5%)
Missing	-	45 (20,8%)

#### Nutritional requirements, calculated

Regularly	2 (50,0%)	68 (31,5%)
At chemotherapy	-	9 (4,17%)
When necessary	1 (25,0%)	94 (43,5%)
Never	-	14 (6,48%)
Unknown	-	5 (2,31%)
Missing	1 (25,0%)	26 (12,0%)

### Nutritional intake:

#### Every meal

Regularly	1 (25,0%)	54 (25,0%)
At chemotherapy	-	8 (3,70%)
When necessary	3 (75,0%)	98 (45,4%)
Never	-	22 (10,2%)

Unknown	-	13 (6,02%)
Missing	-	21 (9,72%)
<b>1 meal per day</b>		
Regularly	1 (25,0%)	19 (8,80%)
At chemotherapy	-	5 (2,31%)
When necessary	2 (50,0%)	57 (26,4%)
Never	1 (25,0%)	39 (18,1%)
Unknown	-	19 (8,80%)
Missing	-	77 (35,6%)
<b>2 meals per day</b>		
Regularly	1 (25,0%)	18 (8,33%)
At chemotherapy	-	3 (1,39%)
When necessary	2 (50,0%)	56 (25,9%)
Never	1 (25,0%)	43 (19,9%)
Unknown	-	19 (8,80%)
Missing	-	77 (35,6%)
<b>24h recall</b>		
Regularly	3 (75,0%)	61 (28,2%)
At chemotherapy	-	10 (4,63%)
When necessary	-	60 (27,8%)
Never	1 (25,0%)	30 (13,9%)
Unknown	-	14 (6,48%)
Missing	-	41 (19,0%)
<b>Other (nutritional intake)</b>		
Regularly	-	-
At chemotherapy	-	-
When necessary	1 (25,0%)	22 (10,2%)
Never	1 (25,0%)	51 (23,6%)
Unknown	1 (25,0%)	38 (17,6%)
Missing	1 (25,0%)	105 (48,6%)
<b>Questionnaire completed by</b>		
Dietitian	1 (25,0%)	86 (39,8%)
Nurse	-	45 (20,8%)
Physician	1 (25,0%)	36 (16,7%)
Nutritional scientist	2 (50,0%)	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:	96	2040
<b>Demographic data:</b>		
Age (years)	57 [19-97]	63 [18-120]
Female gender	56 (58,3%)	915 (44,9%)
Weight (kg)	60,4 ± 15,4	69,5 ± 18,3
Height (cm)	160,8 ± 10,8	167,1 ± 10,6
BMI (kg/m <sup>2</sup> )	23,4 ± 5,8	24,8 ± 5,7
<b>Outpatient (o)/Ward (w)</b>		
Outpatient(o)	1 (1,04%)	106 (5,20%)
Ward (w)	93 (96,9%)	1930 (94,6%)
Missing	2 (2,08%)	4 (0,20%)
<b>Goal of Therapy</b>		
Curative	76 (79,2%)	1413 (69,3%)
Palliative	16 (16,7%)	535 (26,2%)
Terminal	1 (1,04%)	55 (2,70%)
Missing	3 (3,13%)	37 (1,81%)
<b>Reason for admission</b>		
Clinical diagnostics	15 (15,6%)	290 (14,2%)
Therapy	45 (46,9%)	1091 (53,5%)
Surgery related	12 (12,5%)	383 (18,8%)
Treatment complications	12 (12,5%)	154 (7,55%)
Poor health status	17 (17,7%)	255 (12,5%)
Independent care difficult	-	17 (0,83%)
Missing	-	-
<b>Present cancer diagnosis</b>		
Breast	9 (9,38%)	146 (7,16%)
Colon, rectum	9 (9,38%)	299 (14,7%)
Prostate	2 (2,08%)	60 (2,94%)
Lung	6 (6,25%)	138 (6,76%)
Skin	-	28 (1,37%)
Kidney/bladder	3 (3,13%)	77 (3,77%)
Gastric/oesophageal	3 (3,13%)	233 (11,4%)
Pancreas	7 (7,29%)	121 (5,93%)
Lymphoma	11 (11,5%)	195 (9,56%)
Ears nose throat (ENT)	-	73 (3,58%)
Leukaemia	18 (18,8%)	209 (10,2%)

Genital tract	5 (5,21%)	86 (4,22%)
Liver	4 (4,17%)	113 (5,54%)
Sarcoma	1 (1,04%)	36 (1,76%)
Brain	-	29 (1,42%)
Testicular	2 (2,08%)	23 (1,13%)
Other	17 (17,7%)	195 (9,56%)
Missing	-	28 (1,37%)

### Time since diagnosis

0-2 months	22 (22,9%)	548 (26,9%)
3-5 months	8 (8,33%)	462 (22,6%)
6-12 months	20 (20,8%)	369 (18,1%)
1-2 years	17 (17,7%)	217 (10,6%)
2-4 years	9 (9,38%)	173 (8,48%)
> 4 years	15 (15,6%)	193 (9,46%)
Missing	-	46 (2,25%)

### Cancer staging

0=Carcinoma in situ	13 (13,5%)	109 (5,34%)
I=Localized	24 (25,0%)	494 (24,2%)
II=Early locally advanced	18 (18,8%)	345 (16,9%)
III=Late locally advanced	13 (13,5%)	325 (15,9%)
IV=Metastasised	26 (27,1%)	563 (27,6%)
Missing	2 (2,08%)	204 (10,0%)

### Time since first therapy start

No therapy	6 (6,25%)	178 (8,73%)
Tumour staging/diagnosis	12 (12,5%)	293 (14,4%)
0-2 months	20 (20,8%)	628 (30,8%)
3-5 months	11 (11,5%)	294 (14,4%)
6-12 months	21 (21,9%)	240 (11,8%)
1-2 years	14 (14,6%)	204 (10,0%)
2-4 years	4 (4,17%)	148 (7,25%)
> 4 years	13 (13,5%)	159 (7,79%)
Missing	-	39 (1,91%)

### Therapy situation

Diagnosis	9 (9,38%)	262 (12,8%)
Chemotherapy 1st line	22 (22,9%)	458 (22,5%)
Chemotherapy > 1st line	23 (24,0%)	373 (18,3%)
Radiotherapy	4 (4,17%)	229 (11,2%)
Target therapy	2 (2,08%)	72 (3,53%)
Hormone therapy	-	17 (0,83%)
Palliative	6 (6,25%)	195 (9,56%)

Surgery	22 (22,9%)	426 (20,9%)
Cancer related complications	10 (10,4%)	133 (6,52%)
Therapy related complications	1 (1,04%)	81 (3,97%)
Missing	2 (2,08%)	44 (2,16%)

### Infections

None	58 (60,4%)	1496 (73,3%)
Local	29 (30,2%)	288 (14,1%)
General	8 (8,33%)	154 (7,55%)
Missing	1 (1,04%)	102 (5,00%)

### Nutrition Treatment

No special diet	33 (34,4%)	895 (43,9%)
Individualized diet plan	27 (28,1%)	500 (24,5%)
Energy rich/protein rich ONS	19 (19,8%)	433 (21,2%)
Enteral nutrition (via NGT/PEG)	5 (5,21%)	104 (5,10%)
Parenteral nutrition	4 (4,17%)	184 (9,02%)
ONS enriched with special nutrients	1 (1,04%)	120 (5,88%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	2 (2,08%)	45 (2,21%)
Personal preferences	5 (5,21%)	175 (8,58%)
Counselling	5 (5,21%)	160 (7,84%)
Other	1 (1,04%)	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:	96	2018
Body weight prior to becoming ill	70 [39-125]	75 [26-175]
Actual body weight	60 [21-93]	68 [32-176]
<b>Change in weight was</b>		
Intentional	5 (5,21%)	90 (4,41%)
Unintentional	76 (79,2%)	1368 (67,1%)
Weight is stable	9 (9,38%)	267 (13,1%)
Missing	-	115 (5,64%)
<b>During the last week</b>		
<b>Patients who have had pain:</b>		
Not at all	27 (28,1%)	692 (33,9%)
A little	44 (45,8%)	567 (27,8%)
Quite a bit	17 (17,7%)	379 (18,6%)
Very much	8 (8,33%)	272 (13,3%)
Missing	-	117 (5,74%)
<b>Patients who needed a rest:</b>		
Not at all	28 (29,2%)	511 (25,0%)
A little	37 (38,5%)	554 (27,2%)
Quite a bit	27 (28,1%)	507 (24,9%)
Very much	4 (4,17%)	332 (16,3%)
Missing	-	118 (5,78%)
<b>Patients who felt weak:</b>		
Not at all	22 (22,9%)	552 (27,1%)
A little	35 (36,5%)	555 (27,2%)
Quite a bit	31 (32,3%)	476 (23,3%)
Very much	7 (7,29%)	322 (15,8%)
Missing	-	116 (5,69%)
<b>Patients who felt depressed:</b>		
Not at all	25 (26,0%)	820 (40,2%)
A little	44 (45,8%)	599 (29,4%)
Quite a bit	19 (19,8%)	285 (14,0%)
Very much	7 (7,29%)	193 (9,46%)
Missing	-	126 (6,18%)

**Patients who were tired:**

Not at all	18 (18,8%)	554 (27,2%)
A little	39 (40,6%)	612 (30,0%)
Quite a bit	29 (30,2%)	464 (22,7%)
Very much	9 (9,38%)	268 (13,1%)
Missing	-	121 (5,93%)

**Patients whose pain interfered with their daily activities:**

Not at all	38 (39,6%)	847 (41,5%)
A little	27 (28,1%)	476 (23,3%)
Quite a bit	20 (20,8%)	318 (15,6%)
Very much	10 (10,4%)	257 (12,6%)
Missing	1 (1,04%)	122 (5,98%)

**Patients who lacked appetite:**

Not at all	29 (30,2%)	752 (36,9%)
A little	34 (35,4%)	502 (24,6%)
Quite a bit	25 (26,0%)	386 (18,9%)
Very much	8 (8,33%)	263 (12,9%)
Missing	-	117 (5,74%)

**Just now****Patients who have pain:**

Not at all	47 (49,0%)	907 (44,5%)
A little	37 (38,5%)	605 (29,7%)
Quite a bit	7 (7,29%)	274 (13,4%)
Very much	5 (5,21%)	117 (5,74%)
Missing	-	117 (5,74%)

**Patients who need a rest:**

Not at all	23 (24,0%)	590 (28,9%)
A little	49 (51,0%)	641 (31,4%)
Quite a bit	22 (22,9%)	443 (21,7%)
Very much	2 (2,08%)	218 (10,7%)
Missing	-	125 (6,13%)

**Patients who feel weak:**

Not at all	24 (25,0%)	648 (31,8%)
A little	51 (53,1%)	619 (30,3%)
Quite a bit	16 (16,7%)	417 (20,4%)
Very much	4 (4,17%)	209 (10,2%)
Missing	1 (1,04%)	122 (5,98%)

**Patients who are depressed:**

Not at all	36 (37,5%)	955 (46,8%)
A little	42 (43,8%)	549 (26,9%)
Quite a bit	13 (13,5%)	251 (12,3%)
Very much	5 (5,21%)	132 (6,47%)
Missing	-	123 (6,03%)

#### Patients who are tired:

Not at all	26 (27,1%)	679 (33,3%)
A little	43 (44,8%)	658 (32,3%)
Quite a bit	23 (24,0%)	376 (18,4%)
Very much	3 (3,13%)	173 (8,48%)
Missing	1 (1,04%)	127 (6,23%)

#### Patients whose pain interferes with their daily activities:

Not at all	47 (49,0%)	966 (47,4%)
A little	32 (33,3%)	447 (21,9%)
Quite a bit	11 (11,5%)	282 (13,8%)
Very much	5 (5,21%)	196 (9,61%)
Missing	1 (1,04%)	124 (6,08%)

#### Patients who lack appetite:

Not at all	35 (36,5%)	805 (39,5%)
A little	40 (41,7%)	537 (26,3%)
Quite a bit	13 (13,5%)	339 (16,6%)
Very much	7 (7,29%)	211 (10,3%)
Missing	1 (1,04%)	120 (5,88%)

#### Reasons for change in appetite/food intake

Nausea/Vomiting	21 (21,9%)	354 (17,4%)
Inflammation in mouth	3 (3,13%)	78 (3,82%)
Pain	11 (11,5%)	265 (13,0%)
Constipation	8 (8,33%)	179 (8,77%)
Diarrhea	4 (4,17%)	134 (6,57%)
Change in taste/smell	10 (10,4%)	249 (12,2%)
Early satiation/Loss of appetite	31 (32,3%)	481 (23,6%)
Other	25 (26,0%)	333 (16,3%)
Missing	3 (3,13%)	97 (4,75%)

#### Maximum activity performed by patients

Able to do sports	3 (3,13%)	75 (3,68%)
Fully active	12 (12,5%)	267 (13,1%)
Able to carry out light activities	20 (20,8%)	538 (26,4%)
Able to carry out self care	28 (29,2%)	548 (26,9%)
Able to carry out limited self care	14 (14,6%)	244 (12,0%)

Confined to bed or chair	19 (19,8%)	228 (11,2%)
Missing	-	124 (6,08%)
<b>Patient takes additional (without prescription)</b>		
Nothing	77 (80,2%)	1222 (59,9%)
Herbal tea	8 (8,33%)	244 (12,0%)
Nutritional supplements	7 (7,29%)	226 (11,1%)
Multivitamin	1 (1,04%)	122 (5,98%)
Other medication	1 (1,04%)	68 (3,33%)
Other	1 (1,04%)	68 (3,33%)
Missing	3 (3,13%)	172 (8,43%)
<b>Additional activities performed</b>		
Nothing	74 (77,1%)	1382 (67,7%)
Psychotherapy	4 (4,17%)	41 (2,01%)
Yoga	-	24 (1,18%)
Meditation	2 (2,08%)	60 (2,94%)
Progressive muscle relaxation	1 (1,04%)	46 (2,25%)
Qigong	-	6 (0,29%)
Other	11 (11,5%)	311 (15,2%)
Missing	6 (6,25%)	201 (9,85%)
<b>Patients having difficulties in complying with treatment</b>	30 (31,3%)	475 (23,3%)
<b>Patients needing help to complete questionnaire</b>	60 (62,5%)	1196 (58,6%)
<b>Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:</b>	75 (78,1%)	1435 (70,3%)

**1. Are you COVID-19 positive TODAY?**

Yes	10 (1.8%)	565 (2.3%)
No	340 (60.3%)	19372 (77.7%)
I do not know	109 (19.3%)	2031 (8.1%)
Missing	105 (18.6%)	2957 (11.9%)

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

0-3 months	1 (0.18%)	1107 (4.4%)
3-6 months	4 (0.71%)	693 (2.8%)
6-12 months	20 (3.5%)	1353 (5.4%)
>1 year	66 (11.7%)	1899 (7.6%)
never	53 (9.4%)	9637 (38.7%)
I do not know	271 (48.0%)	3756 (15.1%)
Missing	149 (26.4%)	6480 (26.0%)

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

Yes	10 (1.8%)	1348 (5.4%)
No	269 (47.7%)	16395 (65.8%)
I do not know	162 (28.7%)	2695 (10.8%)
Missing	123 (21.8%)	4487 (18.0%)