



Dear participant,

Thank you for participating to nutritionDay worldwide in 2025.
Your country report consists of the following sample size:

Country:	Belgium
Number of participating centers:	48
Number of participating units:	102
Number of patients:	1561
Number of patients who gave consent:	1446

This report compares your center to the international reference database based on data from nutritionDay 2021-2024.

In the National Report are included only centers who filled out the hospital and the unit sheet.

Participate again at the upcoming nutritionDay in November 2026!
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

Hospital Sheet

Your Results Reference Results

1. Total number of beds in hospital 428 [248-592] 296 [140-581]

2. Total number of admissions in the hospital last year 17069 [6827-21346] 15484 [4482-34465]

3. Total number of staff in the hospital

Total medical doctors 262 [75-611] 226 [80-422]

Medical specialists 301 [133-537.5] 124 [37-273]

Medical non-specialists 16 [8-184] 56 [9-138]

Nurses 561 [290-900] 315 [128-726]

Dieticians 13 [6-18] 3 [1-9]

Nutritionists 2 [1-73] 2 [1-5]

Pharmacists 12 [5-15] 7 [3-18]

Kitchen staff 37 [24-81] 24 [9-44]

Full time equivalent

Total medical doctors 184 [72-360] 144 [48-275]

Medical specialists 272 [124-423] 89 [34-215]

Medical non-specialists 14 [13-147] 46 [7-115]

Nurses 486 [197-796] 305 [98-562]

Dieticians 9 [4.04-12.7] 2 [1-8]

Nutritionists 1 [0-61] 1 [0-3]

Pharmacists 10 [4-14] 5 [2-15]

Kitchen staff 58 [14-94] 24 [9-42]

4. Does the hospital have a nutrition care strategy? 19 (47.5%) 190 (40%) Yes

5. Which nutrition-related standards or routine activities exist in your hospital?

Nutrition training is available 17 (35.4%) 157 (33.1%) Yes

Nutrition steering committee is available 20 (41.7%) 125 (26.3%) Yes

Quality indicators are recorded and reported to national or regional level 15 (31.3%) 77 (16.2%) Yes

Quality indicators are used for internal benchmarking	7 (14.6%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	20 (41.7%)	161 (33.9%) Yes

6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?

No information available from billing/finance/controlling	1 (2.1%)	32 (6.7%) Yes
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Codes available

Nutrition Support	9 (18.8%)	64 (13.5%) Yes
Oral nutrition supplements	8 (16.7%)	118 (24.8%) Yes
Parenteral nutrition	12 (25%)	157 (33.1%) Yes
Enteral nutrition	10 (20.8%)	156 (32.8%) Yes
Dietary counseling	8 (16.7%)	99 (20.8%) Yes
Specific dietary interventions	6 (12.5%)	90 (18.9%) Yes
Screening for malnutrition	1 (2.1%)	98 (20.6%) Yes
Risk of malnutrition	6 (12.5%)	71 (14.9%) Yes
Malnutrition (in general)	10 (20.8%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	11 (22.9%)	97 (20.4%) Yes

Codes routinely used

Nutrition Support	8 (16.7%)	60 (12.6%) Yes
Oral nutrition supplements	8 (16.7%)	110 (23.2%) Yes
Parenteral nutrition	13 (27.1%)	138 (29.1%) Yes
Enteral nutrition	10 (20.8%)	137 (28.8%) Yes
Dietary counseling	8 (16.7%)	82 (17.3%) Yes
Specific dietary interventions	7 (14.6%)	77 (16.2%) Yes
Screening for malnutrition	7 (14.6%)	82 (17.3%) Yes
Risk of malnutrition	7 (14.6%)	63 (13.3%) Yes
Malnutrition (in general)	10 (20.8%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	9 (18.8%)	88 (18.5%) Yes

Unit Sheet 1a/1b

Your Results Reference Results

1a. Main specialty

Internal Medicine / General	11 (10.8%)	295 (17.2%)
Internal Medicine / Cardiology	2 (2%)	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	2 (2%)	114 (6.6%)
Internal Medicine / Geriatrics	31 (30.4%)	105 (6.1%)
Internal Medicine / Infectious diseases	-	13 (0.8%)
Internal Medicine / Nephrology	-	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	9 (8.8%)	215 (12.5%)
Surgery / General	6 (5.9%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	3 (2.9%)	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	4 (3.9%)	46 (2.7%)
Trauma	-	12 (0.7%)
FCFCFD Urology	1 (1%)	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	2 (2%)	27 (1.6%)
Gynecology / Obstetrics	-	28 (1.6%)
Neurology	3 (2.9%)	34 (2%)
Psychiatry	4 (3.9%)	21 (2%)
Pediatrics	1 (1%)	13 (0.8%)
Interdisciplinary	1 (1%)	59 (3.4%)
Long term care	11 (10.8%)	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	11 (10.8%)	288 (16.8%)

1b. For surgical units only

Do you do ERAS?	4 (3.9%)	181 (11%) Yes
Do you have a ERAS protocol?	4 (3.9%)	131 (8%) Yes
Do you have an ERAS team?	4 (3.9%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes

2. Number of registered inpatients at noon	21 [18-24]	22 [16-29]
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3. Total bed capacity of the unit	26 [24-30]	28 [22-36]
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4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)

Fully trained		
Medical doctors	1 [1-2]	3 [2-6]
Medical students	-	
Nurses	3 [3-4]	4 [3-6]
Nursing aides	2 [1-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-1]	1 [1-2]
Other staff involved in patient care	2 [1-3]	1 [0-3]

In training		
Medical doctors	1 [1-2]	2 [0-3]
Medical students	2 [1-2]	1 [0-3]
Nurses	2 [1-4]	1 [0-2]
Nursing aides	1 [1-1]	0 [0-1]
Dieticians	1 [1-1]	0 [0-0]
Nutritionists	-	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	2 [1-2]	0 [0-0]

5. Is there a nutrition support team in your hospital available?	46 (45.1%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	55 (53.9%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	65 (63.7%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	96 (94.1%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	45 (44.1%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	1 (1%)	151 (8.8%) Yes
No fixed criteria	1 (1%)	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	12 (11.8%)	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	53 (52%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	6 (5.9%)	78 (4.5%) Yes
Malnutrition Screening tool (MST)	-	91 (5.3%) Yes
SNAQ	-	17 (1%) Yes
Other formal tool	23 (22.5%)	170 (9.9%) Yes
I do not know	6 (5.9%)	196 (11.4%) Yes
During hospital stay		
No routine monitoring	-	180 (10.5%) Yes
No fixed criteria	-	110 (6.4%) Yes
Experience / visual assessment only	6 (5.9%)	178 (10.4%) Yes
Weighing / BMI only	-	571 (33.3%) Yes
Other formal tool	-	450 (26.2%) Yes
I do not know	-	196 (11.4%) Yes

11a. Do you routinely use guidelines or standards for nutrition care?	54 (52.9%)	1092 (63.7%) Yes
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11b. If yes, which one is mainly used?		
International guidelines	30 (29.4%)	403 (23.5%) Yes
National guidelines	1 (1%)	180 (10.5%) -
Standards on hospital level	13 (12.7%)	331 (19.3%) -
Standards on unit level	4 (3.9%)	66 (3.8%) -
Individual patient nutrition care plans	10 (9.8%)	136 (7.9%) -
Others	1 (1%)	20 (1.2%) -

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

At risk		
Watchful waiting	22 (21.6%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	29 (28.4%)	574 (33.5%) Yes
Develop an individual nutrition care plan	30 (29.4%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	43 (42.2%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	37 (36.3%)	693 (40.4%) Yes
Consult a medical professional	24 (23.5%)	417 (24.3%) Yes
Calculate energy requirements	29 (28.4%)	622 (36.3%) Yes
Calculate protein requirements	27 (26.5%)	619 (36.1%) Yes

Malnourished		
Watchful waiting	22 (21.6%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	36 (35.3%)	666 (38.8%) Yes
Develop an individual nutrition care plan	36 (35.3%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	52 (51%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	38 (37.3%)	794 (46.3%) Yes
Consult a medical professional	25 (24.5%)	514 (30%) Yes
Calculate energy requirements	38 (37.3%)	813 (47.4%) Yes
Calculate protein requirements	40 (39.2%)	801 (46.7%) Yes

Every patient

Watchful waiting	47 (46.1%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	22 (21.6%)	452 (26.4%) Yes
Develop an individual nutrition care plan	24 (23.5%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	12 (11.8%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	29 (28.4%)	371 (21.6%) Yes
Consult a medical professional	24 (23.5%)	428 (25%) Yes
Calculate energy requirements	16 (15.7%)	250 (14.6%) Yes
Calculate protein requirements	16 (15.7%)	240 (14%) Yes

None

Watchful waiting	-	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	6 (5.9%)	90 (5.2%) Yes
Develop an individual nutrition care plan	5 (4.9%)	87 (5.1%) Yes
Initiate treatment / nutrition intervention	-	33 (1.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	34 (2%) Yes
Consult a medical professional	6 (5.9%)	177 (10.3%) Yes
Calculate energy requirements	6 (5.9%)	131 (7.6%) Yes
Calculate protein requirements	1 (1%)	138 (8%) Yes

13. When do you routinely weigh your patients?

At admission	53 (52%)	927 (54.1%) Yes
Within 24 hours	21 (20.6%)	173 (10.1%) Yes
Within 48 hours	14 (13.7%)	94 (5.5%) Yes
Within 72 hours	3 (2.9%)	44 (2.6%) Yes
Every week	75 (73.5%)	603 (35.2%) Yes
Occasionally	3 (2.9%)	196 (11.4%) Yes
When requested	45 (44.1%)	819 (47.8%) Yes
At discharge	6 (5.9%)	68 (4%) Yes
Never	-	24 (1.4%) Yes

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

Offer additional meals or in between snacks	87 (85.3%)	1164 (67.9%) Yes
Offer meal choices	85 (83.3%)	1029 (60%) Yes
Offer different portion sizes	89 (87.3%)	837 (48.8%) Yes
Consider food presentation	36 (35.3%)	484 (28.2%) Yes
Change food texture/consistency as needed	95 (93.1%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	92 (90.2%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	24 (23.5%)	371 (21.6%) Yes
Promote positive eating environment	38 (37.3%)	413 (24.1%) Yes
Consider cultural/religious preferences	90 (88.2%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	93 (91.2%)	1315 (76.7%) Yes
Other	7 (6.9%)	99 (5.8%) Yes

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

Nutrition training is available	48 (47.1%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	48 (47.1%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	40 (39.2%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	18 (17.6%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	52 (51%)	789 (46%) Yes

16. At admission what is asked and documented?

Change in weight	60 (58.8%)	1150 (67.1%) Yes
Eating habits/difficulties	49 (48%)	1025 (59.8%) Yes
Nutrition before admission	39 (38.2%)	770 (44.9%) Yes

17a. Patient record has a section indicating

if the patient is malnourished/ at risk	59 (57.8%)	1008 (58.8%) Yes
nutrition treatment	48 (47.1%)	786 (45.8%) Yes
I do not know	7 (6.9%)	141 (8.2%) Yes

17b. Discharge letter includes

nutrition treatment received during stay	47 (46.1%)	728 (42.4%) Yes
makes future nutrition-related recommendations	50 (49%)	855 (49.9%) Yes
I do not know	13 (12.7%)	166 (9.7%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?

41 (40.2%) 569 (33.2%) Yes

19. Who filled in this sheet?

Head staff	32 (31.4%)	375 (21.9%) Yes
Dietician	52 (51%)	707 (41.2%) Yes
Nurse	13 (12.7%)	328 (19.1%) Yes
Physician	2 (2%)	181 (10.6%) Yes
Administrative staff	2 (2%)	28 (1.6%) Yes
Others	4 (3.9%)	132 (7.7%) Yes

ABOUT YOUR PATIENT
Sheet 2a/2b/2c

Your Results Reference Results

TOTAL Patients:	1561 (100%)	31895
Number of patients who gave consent	1446 (92.6%)	31895 (100%)

Female	805 (55.7%)	15478 (48.5%)
Male	634 (43.8%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	71 [64-83]	63 [46-76]
Weight	72.3±18.9	70.9±19.4
Height	166±10.3	166±11
BMI (female)	26.3±6.7	26±6.9
BMI (male)	25.9±6.7	25.3±5.9
BMI	26.1±6.7	25.6±6.5

This hospital admission was

planned	486 (33.6%)	11384 (35.7%)
an emergency	879 (60.8%)	18596 (58.3%)
I do not know	75 (5.2%)	1609 (5%)

1. Diagnosis at admission

0600 Nervous system	171 (11.8%)	2861 (9%)
0500 Mental health	188 (13%)	1240 (3.9%)
0700 Eye and adnexa	20 (1.4%)	271 (0.8%)
0800 Ear and mastoid process	13 (0.9%)	183 (0.6%)
0900 Circulatory system	305 (21.1%)	5336 (16.7%)
1000 Respiratory system	320 (22.1%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	137 (9.5%)	3860 (12.1%)
1100 Digestive system	202 (14%)	6965 (21.8%)
1400 Genitourinary system	166 (11.5%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	398 (27.5%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	58 (4%)	1418 (4.4%)
0100 Infectious and parasitic diseases	143 (9.9%)	3123 (9.8%)
0200 Neoplasms	136 (9.4%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	90 (6.2%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	128 (8.9%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	39 (2.7%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	-	412 (1.3%)
1600 Conditions originating in the perinatal period	-	30 (0.1%)
1700 Congenital/chromosomal abnormalities	4 (0.3%)	84 (0.3%)
1900 Injury, poisoning	82 (5.7%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	86 (5.9%)	1288 (4%)

2. Main reason for admission

0600 Nervous system	109 (7.5%)	1964 (6.2%)
0500 Mental health	113 (7.8%)	1431 (4.5%)



0700 Eye and adnexa	1 (0.1%)	515 (1.6%)
0800 Ear and mastoid process	1 (0.1%)	1888 (5.9%)
0900 Circulatory system	159 (11%)	2437 (7.6%)
1000 Respiratory system	177 (12.2%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	33 (2.3%)	959 (3%)
1100 Digestive system	111 (7.7%)	3440 (10.8%)
1400 Genitourinary system	71 (4.9%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	304 (21%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	21 (1.5%)	940 (2.9%)
0100 Infectious and parasitic diseases	60 (4.1%)	2024 (6.3%)
0200 Neoplasms	106 (7.3%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	36 (2.5%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	15 (1%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	11 (0.8%)	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	-	520 (1.6%)
1600 Conditions originating in the perinatal period	-	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	53 (3.7%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	34 (2.4%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES

Cerebral vascular disease	73 (5%)	551 (1.7%)
Dementia	56 (3.9%)	319 (1%)
Major depressive disorder	58 (4%)	297 (0.9%)
Other chronic mental disorder	77 (5.3%)	202 (0.6%)
Myocardial infarction	39 (2.7%)	267 (0.8%)
Cardiac insufficiency	171 (11.8%)	981 (3.1%)
Chronic lung disease	153 (10.6%)	728 (2.3%)
Chronic liver disease	32 (2.2%)	366 (1.1%)
Chronic kidney disease	130 (9%)	983 (3.1%)



GI disease/problems	100 (6.9%)	941 (3%)
Urological disease/problems	51 (3.5%)	378 (1.2%)
Muscle-skeletal disease	87 (6%)	535 (1.7%)
Arthritis	22 (1.5%)	194 (0.6%)
Skin problems	20 (1.4%)	240 (0.8%)
Peripheral vascular disease	79 (8.9%)	412 (1.3%)

GENERAL COMORBIDITIES

Pain	154 (10.7%)	1247 (3.9%)
Fatigue	99 (6.8%)	724 (2.3%)
Infection	69 (4.8%)	676 (2.1%)
Diabetes	208 (14.4%)	2176 (6.8%)
Hypertension	284 (19.6%)	3234 (10.1%)
Hyperlipidaemia	154 (10.7%)	1040 (3.3%)
Endocrinal disease	61 (4.2%)	528 (1.7%)
Cancer	92 (6.4%)	1440 (4.5%)
History of cancer	78 (5.4%)	511 (1.6%)
Other chronic disease	63 (4.4%)	806 (2.5%)

NO COMORBIDITIES	81 (5.6%)	5868 (18.4%)
OTHER COMORBIDITIES	31 (2.1%)	971 (3%)

4. Previous ICU admission during this hospital stay?

Yes	103 (7.1%)	3305 (10.4%)
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5. Is this patient terminally ill?

Yes	46 (3.2%)	2109 (6.6%)
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6. Fluid status (TODAY)

Normal	1048 (72.5%)	24553 (77%)
Overloaded	115 (8%)	1548 (4.9%)
Dehydrated	78 (5.4%)	2223 (7%)
I do not know	205 (14.2%)	3465 (10.9%)

7. Number of different medications planned (TODAY)

oral	9 [6-12]	4 [2-8]
other	3 [1-3]	2 [1-4]

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

Malnourished	470 (32.5%)	5142 (16.1%)
At risk	376 (26%)	7052 (22.1%)
No	542 (37.5%)	17552 (55%)
I do not know	58 (4%)	2073 (6.5%)

9. IV Fluids (TODAY)

Electrolyte solution (NaCl, Ringers lactate, etc)	209 (14.5%)	11676 (36.6%)
5% Glucose solution	74 (5.1%)	1963 (6.2%)

10. Number of ONS drinks planned (TODAY)	1 [1-2]	0 [0-1]
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11. Nutrition intake (TODAY)

Regular hospital food	678 (46.9%)	18876 (59.2%)
Fortified/enriched hospital food	707 (48.9%)	4517 (14.2%)
Special diet	527 (36.4%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	590 (40.8%)	6147 (19.3%)
Enteral nutrition	95 (6.6%)	1791 (5.6%)
Parenteral nutrition	44 (3%)	1271 (4%)

12a. All lines and tubes (TODAY)

Central Venous	80 (5.5%)	3714 (11.6%)
Peripheral venous access	253 (17.5%)	15651 (49.1%)
Nasogastric	19 (1.3%)	756 (2.4%)
Nasojejunal	2 (0.1%)	91 (0.3%)
Nasoduodenal	1 (0.1%)	82 (0.3%)
Enterostoma	-	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	5 (0.3%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	-	105 (0.3%)
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12b. Were there complications with lines and tubes since admission? (infections /obstructions)

Yes, previously	14 (1%)	565 (1.8%)
Yes, ongoing	5 (0.3%)	255 (0.8%)
No	591 (40.9%)	23467 (73.6%)
I do not know	233 (16.1%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission

Energy requirements were determined	444 (30.7%)	11605 (36.4%)
Protein requirements were determined	399 (27.6%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	548 (37.9%)	12508 (39.2%)
Nutrition treatment plan was developed	21 (1.5%)	11785 (36.9%)
Nutrition expert was consulted	604 (41.8%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	548 (37.9%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)

< 500 kcal	3 (0.2%)	281 (0.9%)
500-999 kcal	4 (0.3%)	286 (0.9%)
1000-1499 kcal	26 (1.8%)	2076 (6.5%)
1500-1999 kcal	279 (19.3%)	8530 (26.7%)
>=2000 kcal	252 (17.4%)	5796 (18.2%)
Not determined	189 (13.1%)	7876 (24.7%)
I do not know	34 (2.4%)	1851 (5.8%)
kcal/kg	30 [30-35]	30 [25-30]

14b. Energy intake (YESTERDAY)

< 500 kcal	27 (1.9%)	1190 (3.7%)
500-999 kcal	58 (4%)	1814 (5.7%)
1000-1499 kcal	119 (8.2%)	3863 (12.1%)
1500-1999 kcal	236 (16.3%)	6134 (19.2%)
>=2000 kcal	86 (5.9%)	3438 (10.8%)

Not determined	229 (15.8%)	7653 (24%)
I do not know	59 (4.1%)	2676 (8.4%)
kcal/kg	30 [25-35]	25 [21-30]

15. Since admission, this patient's health status has...

Improved	443 (30.6%)	14998 (47%)
Deteriorated	73 (5%)	1844 (5.8%)
Remained the same	212 (14.7%)	6773 (21.2%)
This patient has just been admitted	77 (5.3%)	1954 (6.1%)
I do not know	73 (5%)	2168 (6.8%)

16a. Previous operation during this hospital stay

Yes, planned	88 (6.1%)	4745 (14.9%)
Yes, acute	39 (2.7%)	2272 (7.1%)
No	97 (6.7%)	14399 (45.1%)
days since operation	14 [2-16]	4 [1-15]

16b. Planned operation during this hospital stay

Yes, today or tomorrow	29 (2%)	2955 (9.3%)
Yes, later	16 (1.1%)	1925 (6%)
No	157 (10.9%)	15926 (49.9%)

17. Surgery type (single choice)

Operated right after admission (acute)	17 (1.2%)	615 (1.9%)
Planned after unscheduled admission	19 (1.3%)	780 (2.4%)
Planned after scheduled admission	61 (4.2%)	1386 (4.3%)
None of the above	6 (0.4%)	103 (0.3%)
I don't know	3 (0.2%)	195 (0.6%)
Non-applicable (NA)	21 (1.5%)	550 (1.7%)

18. Surgical approach

Open surgery including converted	66 (4.6%)	1792 (5.6%)
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Minimal invasive surgery (laparoscopy, robotics etc.)	33 (2.3%)	1064 (3.3%)
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19. Duration of operation

Minor surgery	31 (2.1%)	834 (6.3%)
Major surgery	69 (4.8%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done

Oesophagus	-	48 (0.2%)
Gastric	-	215 (0.7%)
Liver	1 (0.1%)	113 (0.4%)
Pancreas	-	85 (0.3%)
Colorectal	4 (0.3%)	304 (1%)
Gynecology	1 (0.1%)	123 (0.4%)
Gynaecologic oncology	2 (0.1%)	53 (0.2%)
Urology	3 (0.2%)	120 (0.4%)
Urology oncology	-	8 (0%)
Cystectomy	2 (0.1%)	22 (0.1%)
Bariatric	-	13 (0%)
Hip replacement	22 (1.5%)	128 (0.4%)
Knee replacement	16 (1.1%)	86 (0.3%)
Lung	2 (0.1%)	85 (0.3%)
Cardiac	7 (0.5%)	45 (0.1%)
Vascular	8 (0.6%)	77 (0.2%)
other	37 (2.6%)	1469 (4.6%)
I don't know	4 (0.3%)	188 (0.6%)

21. Indication to use of nutritional therapy

No indication	71 (4.9%)	2012 (6.3%)
Expected prolonged postoperative fasting	2 (0.1%)	212 (0.7%)
Preoperative malnutrition	5 (0.3%)	218 (0.7%)
Ongoing surgical complication	8 (0.6%)	111 (0.3%)
Patient does not eat enough	18 (1.2%)	295 (0.9%)

other	8 (0.6%)	232 (0.7%)
I don't know	10 (0.7%)	332 (1%)

22. Days since nutritional therapy		
	16 [6-30]	7 [2-18]

30 Days after nutritionDay

Outcome code

1 Still in the hospital	117 (8.1%)	2475 (7.8%)
2 Transferred to another hospital	21 (1.5%)	585 (1.8%)
3 Transferred to long term care	212 (14.7%)	766 (2.4%)
4 Rehabilitation	57 (3.9%)	552 (1.7%)
5 Discharged home	753 (52.1%)	20087 (63%)
6 Death	59 (4.1%)	1059 (3.3%)
7 Others	27 (1.9%)	402 (1.3%)

Readmission Code

1 No	846 (58.5%)	18836 (59.1%)
2 Yes, same hospital planned	56 (3.9%)	1940 (6.1%)
3 Yes, same hospital unplanned	75 (5.2%)	1360 (4.3%)
4 Yes, different hospital planned	17 (1.2%)	170 (0.5%)
5 Yes, different hospital unplanned	7 (0.5%)	105 (0.3%)
6 Unknown	17 (1.2%)	707 (2.2%)
Admitted to ICU	12 (0.8%)	43 (0.1%)
Re-operated after nDay	19 (1.3%)	128 (0.4%)
How many days after nDay	54 [29-107]	15 [6-30]

PATIENT Sheet 3a/3b

Your Results

Reference Results

1. What are your typical dietary habits?

I have dietary restrictions	96 (6.6%)	1391 (4.4%)
No special dietary habits	534 (36.9%)	18087 (56.7%)
I am vegetarian	18 (1.2%)	492 (1.5%)
I eat a vegan diet	-	90 (0.3%)
I eat a gluten-free diet	13 (0.9%)	299 (0.9%)
I avoid added sugars	119 (8.2%)	4543 (14.2%)
I avoid carbohydrates	27 (1.9%)	1583 (5%)
I eat a low fat-diet	39 (2.7%)	2741 (8.6%)
I am lactose intolerant	20 (1.4%)	1150 (3.6%)
Other special diet due to intolerances/allergies	18 (1.2%)	504 (1.6%)
other	63 (4.4%)	1888 (5.9%)

2. Where did you live before your current hospital admission?

At home	733 (50.7%)	23600 (74%)
In a nursing home or other live-in facility	115 (8%)	734 (2.3%)
I was transferred from another hospital	78 (5.4%)	1856 (5.8%)
Other	205 (14.2%)	466 (1.5%)

3. In general, are you able to walk?

Yes	447 (30.9%)	16629 (52.1%)
Yes, with someone's help	74 (5.1%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	239 (16.5%)	3474 (10.9%)
No, I have a wheelchair	44 (3%)	1077 (3.4%)
No, I am bedridden	36 (2.5%)	2317 (7.3%)

4. In general, how would you say your health is?

Very good	57 (3.9%)	2269 (7.1%)
Good	417 (28.8%)	9974 (31.3%)
Fair	403 (27.9%)	9994 (31.3%)
Poor	183 (12.7%)	3598 (11.3%)
Very poor	49 (3.4%)	674 (2.1%)

5. Over the last 12 months prior to your current hospital admission approximately...

... how many times have you seen a doctor?	10 [3-12]	4 [2-9]
... 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?	23 [5-30]	5 [0-15]

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

1-2	114 (7.9%)	6274 (19.7%)
3-5	206 (14.2%)	6835 (21.4%)
More than 5	437 (30.2%)	7302 (22.9%)
None	48 (3.3%)	5209 (2.9%)
I do not know	41 (2.8%)	938 (2.9%)

7. Do you have health insurance?

Yes, private insurance only	157 (10.9%)	4393 (13.8%)
Yes, public insurance only	320 (22.1%)	12754 (40%)
Yes, both	121 (8.4%)	2697 (8.5%)
No	73 (5%)	5488 (17.2%)
I prefer not to answer	118 (8.2%)	933 (2.9%)

8. What was your weight 5 years ago?

kg	77 [64-89]	74 [63-85]
----	------------	------------

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

Yes, intentionally	96 (6.6%)	2317 (7.3%)
Yes, unintentionally	601 (41.6%)	13997 (43.9%)
No, my weight stayed the same	376 (26%)	7967 (25%)
No, I gained weight	149 (10.3%)	3144 (9.9%)
I do not know	172 (11.9%)	2573 (8.1%)

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

kg	9 [4-10]	6 [4-10]
----	----------	----------

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

Yes	287 (19.8%)	9759 (30.6%)
No	527 (36.4%)	15387 (48.2%)

11. Please indicate if you ...

... were weighed at admission

Yes	522 (36.1%)	13167 (41.3%)
No	246 (17%)	12017 (37.7%)

... were informed about your nutrition status

Yes	351 (24.3%)	9376 (29.4%)
No	366 (25.3%)	15480 (48.5%)

... were informed about nutrition care options

Yes	364 (25.2%)	9168 (28.7%)
No	349 (24.1%)	15535 (48.7%)

... received special nutrition care

Yes	440 (30.4%)	9435 (29.6%)
No	317 (21.9%)	15419 (48.3%)

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

More than normal	24 (1.7%)	1467 (4.6%)
Normal	449 (31.1%)	17330 (54.3%)
About 3/4 of normal	103 (7.1%)	2866 (9%)
About half of normal	155 (10.7%)	3891 (12.2%)
About a quarter to nearly nothing	106 (7.3%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

about all	547 (37.8%)	14097 (44.2%)
1/2	435 (30.1%)	8045 (25.2%)
1/4	229 (15.8%)	4218 (13.2%)
nothing	170 (11.8%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was...

standard	607 (42%)	17603 (55.2%)
smaller	68 (4.7%)	2606 (8.2%)
larger	55 (3.8%)	1200 (3.8%)
I do not know	58 (4%)	2968 (9.3%)

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

Very satisfied	137 (9.5%)	7031 (22%)
Somewhat satisfied	381 (26.3%)	8669 (27.2%)
Dissatisfied	136 (9.4%)	4516 (14.2%)
Very dissatisfied	52 (3.6%)	2185 (6.9%)
Neutral	98 (6.8%)	1836 (5.8%)
I do not know	39 (2.7%)	1826 (5.7%)

15. Did you get any help with eating TODAY?

Yes, from family or friends	20 (1.4%)	3294 (10.3%)
Yes, from hospital staff	71 (4.9%)	1635 (5.1%)
No	734 (50.8%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?

Yes	632 (43.7%)	18317 (57.4%)
No	160 (11.1%)	6345 (19.9%)

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

I did not like the type of food offered	207 (14.3%)	3237 (10.1%)
I did not like the smell of the food	45 (3.1%)	524 (1.6%)
I did not like the taste of the food	119 (8.2%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	7 (0.5%)	180 (0.6%)
The food was too hot	4 (0.3%)	83 (0.3%)
The food was too cold	18 (1.2%)	670 (2.1%)
Due to food allergy/intolerance	4 (0.3%)	178 (0.6%)
I was not hungry at that time	192 (13.3%)	2438 (7.6%)
I do not have my usual appetite	275 (19%)	5371 (16.8%)
I have problems chewing/swallowing	84 (5.8%)	1164 (3.6%)
I normally eat less than what was served	143 (9.9%)	1837 (5.8%)
I had nausea/vomiting	51 (3.5%)	1538 (4.8%)
I was too tired	73 (5%)	972 (3%)
I cannot eat without help	9 (0.6%)	278 (0.9%)
I was not allowed to eat	42 (2.9%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	39 (2.7%)	1156 (3.6%)
I did not get requested food	4 (0.3%)	208 (0.7%)

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

Water	5 [3-6]	4 [2-6]
Coffee	2 [2-3]	1 [0-2]
Fruit juice	2 [1-2]	1 [0-2]
Nutrition drink	1 [1-1]	0 [0-1]
Tea	2 [1-2]	1 [0-2]
Milk	2 [1-2]	0 [0-1]
Soft drinks	2 [1-2]	0 [0-0]
Other	1 [1-1.5]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?

Yes	300 (20.7%)	6892 (21.6%)
No	521 (36%)	18027 (56.5%)

19b. If yes, what did you eat?

Salty snacks	85 (5.9%)	2178 (6.8%)
Sweet snacks	129 (8.9%)	1075 (3.4%)
Homemade food	57 (3.9%)	1721 (5.4%)
Fruits	96 (6.6%)	2699 (8.5%)
Dairy products	42 (2.9%)	769 (2.4%)
Food delivered/restaurant	10 (0.7%)	288 (0.9%)
Sandwich	20 (1.4%)	458 (1.4%)
Other	25 (1.7%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?

More	183 (12.7%)	4573 (14.3%)
Less	239 (16.5%)	9505 (29.8%)
Same	351 (24.3%)	10264 (32.2%)
I do not know	53 (3.7%)	1452 (4.6%)

21. TODAY, compared to admission I feel

Stronger	546 (37.8%)	14268 (44.7%)
Weaker	292 (20.2%)	5687 (17.8%)
Same	425 (29.4%)	8252 (25.9%)
I was admitted today	37 (2.6%)	813 (2.5%)
I do not know	86 (5.9%)	1336 (4.2%)

22. Can you walk without assistance TODAY?

Yes	679 (47%)	17585 (55.1%)
No, only with assistance	526 (36.4%)	8015 (25.1%)
No, I stay in bed	183 (12.7%)	4540 (14.2%)



23. Did anyone help you complete this questionnaire?

Yes	609 (42.1%)	18864 (59.1%)
No	239 (16.5%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	Belgium
Number of patients who gave consent:	1446
Number of participating centers:	48
Filled out oncology unit sheet 1:	13
Filled out oncology sheet 2 and sheet 3:	91

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Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	13 (100%)	317 (67.2%) Yes
no	-	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	13 (100%)	322 (68.2%) Yes
no	-	6 (1.3%) Yes
I do not know	-	3 (0.6%) Yes
If yes, in what way is it part of the comprehensive approach?		
Routinely considered	10 (76.9%)	234 (49.6%) Yes
When a patient asks	4 (30.8%)	126 (26.7%) Yes
When weight loss > 10%	5 (38.5%)	126 (26.7%) Yes
During the palliative phase	3 (23.1%)	76 (16.1%) Yes
Other, please comment	1 (7.7%)	45 (9.5%) Yes

If not, because...

Lack of evidence	-	1 (0.2%) Yes
No knowledge of the field	-	4 (0.8%) Yes
No reimbursement	-	1 (0.2%) Yes
It feeds the tumor	-	1 (0.2%) Yes
Other	-	21 (4.4%) Yes

Which nutritional therapy is used for oncology patients?

Nutrition according to nutrition plan	10 (76.9%)	252 (53.4%) Yes
Calculation of energy needs	10 (76.9%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	12 (92.3%)	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	-	37 (7.8%) Yes

If not, please indicate main reasons

Lack of evidence	-	1 (0.2%) Yes
Lack of experience	-	3 (0.6%) Yes
No reimbursement	-	1 (0.2%) Yes
Lack of dietitians	-	2 (0.4%) Yes
Lack of other experts	-	1 (0.2%) Yes
Other	-	13 (2.8%) Yes

How often do you assess the following parameters in cancer patients and which methods do you use?

Anthropometry (circumference)

Body weight

Regularly	11 (84.6%)	240 (50.8%) Yes
At every chemotherapy	2 (15.4%)	53 (11.2%) Yes
When necessary	-	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)

Regularly	-	52 (11%) Yes
At every chemotherapy	1 (7.7%)	12 (2.5%) Yes
When necessary	4 (30.8%)	92 (19.5%) Yes
Never	6 (46.2%)	161 (34.1%) Yes
I do not know	1 (7.7%)	10 (2.1%) Yes

BIA

Regularly	-	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	5 (38.5%)	119 (25.2%) Yes
Never	8 (61.5%)	169 (35.8%) Yes
I do not know	-	13 (2.8%) Yes

CT Scan

Regularly	1 (7.7%)	9 (1.9%) Yes
At every chemotherapy	7 (53.8%)	2 (0.4%) Yes
When necessary	5 (38.5%)	80 (16.9%) Yes
Never	-	202 (42.8%) Yes
I do not know	-	28 (5.9%) Yes

DEXA

Regularly	-	1 (0.2%) Yes
At every chemotherapy	-	3 (0.6%) Yes
When necessary	6 (46.2%)	67 (14.2%) Yes
Never	7 (53.8%)	228 (48.3%) Yes
I do not know	-	22 (4.7%) Yes

Other

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	3 (23.1%)	42 (8.9%) Yes
Never	3 (23.1%)	103 (21.8%) Yes

I do not know	-	61 (12.9%) Yes
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Body function

Handgrip

Regularly	-	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	6 (46.2%)	142 (30.1%) Yes
Never	7 (53.8%)	119 (25.2%) Yes
I do not know	-	10 (2.1%) Yes

6-minutes walking test

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	6 (46.2%)	66 (14%) Yes
Never	7 (53.8%)	211 (44.7%) Yes
I do not know	-	21 (4.4%) Yes

Other

Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	2 (15.4%)	54 (11.4%) Yes
Never	4 (30.8%)	132 (28%) Yes
I do not know	1 (7.7%)	46 (9.7%) Yes

Nutritional requirements, calculated

Regularly	4 (30.8%)	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	8 (61.5%)	151 (32%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake

Every meal

Regularly	2 (15.4%)	71 (15%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	7 (53.8%)	137 (29%) Yes
Never	-	57 (12.1%) Yes
I do not know	-	22 (4.7%) Yes

1 meal per day

Regularly	1 (7.7%)	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	5 (38.5%)	94 (19.9%) Yes
Never	1 (7.7%)	72 (15.3%) Yes
I do not know	-	35 (7.4%) Yes

2 meals per day

Regularly	2 (15.4%)	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	5 (38.5%)	103 (21.8%) Yes
Never	1 (7.7%)	78 (16.5%) Yes
I do not know	-	33 (7%) Yes

24h recall

Regularly	4 (30.8%)	99 (21%) Yes
At every chemotherapy	1 (7.7%)	9 (1.9%) Yes
When necessary	4 (30.8%)	147 (31.1%) Yes
Never	-	26 (5.5%) Yes
I do not know	-	17 (3.6%) Yes

Other

Regularly	-	12 (2.5%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary		

	-	52 (11%) Yes
Never	2 (15.4%)	63 (13.3%) Yes
I do not know	1 (7.7%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	12 (92.3%)	144 (30.5%) Yes
Nurse	1 (7.7%)	65 (13.8%) Yes
Physician	-	50 (10.6%) Yes
Nutritional scientist	-	55 (11.7%) Yes
Other	-	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	1 (1.1%)	210 (4.7%)
Ward (w)	66 (72.5%)	3840 (86%)
I do not know	8 (8.8%)	59 (1.3%)
Goal of Therapy		
c= curative	57 (62.6%)	2516 (56.4%)
p= palliative	16 (17.6%)	1352 (30.3%)
t= terminal	1 (1.1%)	86 (1.9%)
Reason for admission		
Clinical diagnostics	18 (19.8%)	584 (13.1%)
Therapy	7 (7.7%)	1888 (42.3%)
Surgery related	3 (3.3%)	635 (14.2%)
Treatment complications	9 (9.9%)	470 (10.5%)
Poor health status	36 (39.6%)	778 (17.4%)
Independent care difficult	4 (4.4%)	54 (1.2%)

Cancer diagnosis (actual)

Breast	5 (5.5%)	358 (8%)
Colon, rectum	4 (4.4%)	496 (11.1%)
Prostate	1 (1.1%)	97 (2.2%)
Lung	8 (8.8%)	298 (6.7%)
Skin	2 (2.2%)	66 (1.5%)
Kidney/bladder	4 (4.4%)	130 (2.9%)
Gastric/oesophageal	4 (4.4%)	309 (6.9%)
Pancreas	8 (8.8%)	228 (5.1%)
Lymphoma	6 (6.6%)	378 (8.5%)
ENT	4 (4.4%)	222 (5%)
Leukemia	13 (14.3%)	408 (9.1%)
Genital tract	6 (6.6%)	213 (4.8%)
Liver	1 (1.1%)	115 (2.6%)
Sarcoma	1 (1.1%)	141 (3.2%)
Brain	-	70 (1.6%)
Testicular	1 (1.1%)	47 (1.1%)
Other	11 (12.1%)	515 (11.5%)

Time since cancer diagnosis

0-2 months	19 (20.9%)	1025 (23%)
3-5 months	9 (9.9%)	767 (17.2%)
6-12 months	10 (11%)	701 (15.7%)
1-2 years	14 (15.4%)	556 (12.5%)
2-4 years	8 (8.8%)	374 (8.4%)
> 4 years	10 (11%)	469 (10.5%)
I do not know	-	69 (1.5%)

Cancer Staging

Carcinoma in situ	5 (5.5%)	278 (6.2%)
Localized	17 (18.7%)	828 (18.6%)
Early locally advanced	8 (8.8%)	521 (11.7%)

Late locally advanced	5 (5.5%)	468 (10.5%)
Metastasised	26 (28.6%)	1490 (8.4%)

Time since first therapy start		
No therapy	8 (8.8%)	278 (6.2%)
Tumor staging/Diagnosis	7 (7.7%)	433 (9.7%)
0-2 months	11 (12.1%)	1094 (24.5%)
3-5 months	5 (5.5%)	632 (14.2%)
6-12 months	12 (13.2%)	525 (11.8%)
1-2 years	12 (13.2%)	435 (9.7%)
2-4 years	6 (6.6%)	298 (6.7%)
> 4 years	8 (8.8%)	391 (8.8%)
I do not know	1 (1.1%)	93 (2.1%)

Therapy situation		
Diagnosis	10 (11%)	417 (9.3%)
Chemotherapy 1st line	14 (15.4%)	1047 (23.5%)
Chemotherapy > 1st line	16 (17.6%)	780 (17.5%)
Radiotherapy	1 (1.1%)	358 (8%)
Target therapy	2 (2.2%)	199 (4.5%)
Hormone therapy	1 (1.1%)	50 (1.1%)
Palliative	9 (9.9%)	423 (9.5%)
Surgery	8 (8.8%)	656 (14.7%)
Cancer related complications	12 (13.2%)	281 (6.3%)
Therapy related complications	4 (4.4%)	164 (3.7%)

Infections		
None	35 (38.5%)	2885 (64.6%)
Local	21 (23.1%)	540 (12.1%)
General	18 (19.8%)	442 (9.9%)

Lab. Parameter (CRP)	63 [6.9-97]	20 [4-67]
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Lab. Parameter (Albumin)	34 [29-523]	31 [18-38]
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Nutrition treatment		
No special diet	21 (23.1%)	1680 (37.6%)
Individualized diet plan	33 (36.3%)	1141 (25.6%)
Energy rich/protein rich ONS	34 (37.4%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	13 (14.3%)	248 (5.6%)
Parenteral nutrition	5 (5.5%)	347 (7.8%)
ONS enriched with special nutrients	2 (2.2%)	214 (4.8%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	65 (1.5%)
Personal preferences	29 (31.9%)	434 (9.7%)
Counselling	42 (46.2%)	694 (15.6%)
Other	6 (6.6%)	194 (4.3%)

ONCOLOGY Patient SHEET 3

	Your Results	Reference Results
Your usual body weight prior to becoming ill		
kg	77[67-90]	75 [64-86]
I do not know	5 (5.5%)	396 (8.9%)
Your actual weight		
kg	68 [56-79]	67 [58-80]
I do not know	6 (6.6%)	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	2 (2.2%)	224 (5%)
Unintentionally	61 (67%)	2825 (63.3%)
Weight is stable	7 (7.7%)	537 (12%)
I do not know	4 (4.4%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?

Not at all	29 (31.9%)	1260 (28.2%)
A little	12 (13.2%)	1058 (23.7%)
Quite a bit	15 (16.5%)	855 (19.2%)
Very much	19 (20.9%)	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?

Not at all	7 (7.7%)	721 (16.2%)
A little	15 (16.5%)	1040 (23.3%)
Quite a bit	17 (18.7%)	1046 (23.4%)
Very much	35 (38.5%)	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?

Not at all	10 (11%)	807 (18.1%)
A little	11 (12.1%)	1070 (24%)
Quite a bit	17 (18.7%)	1036 (23.2%)
Very much	35 (38.5%)	908 (20.3%)
I do not know	1 (1.1%)	46 (1%)

Did you feel depressed?

Not at all	32 (35.2%)	1478 (33.1%)
A little	17 (18.7%)	1202 (26.9%)
Quite a bit	10 (11%)	663 (14.9%)
Very much	15 (16.5%)	462 (10.4%)
I do not know	-	61 (1.4%)

Were you tired?

Not at all	8 (8.8%)	719 (16.1%)
A little	18 (19.8%)	1192 (26.7%)
Quite a bit	13 (14.3%)	1063 (23.8%)
Very much	35 (38.5%)	837 (18.8%)

I do not know	-	60 (1.3%)
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Did pain interfere with your daily activities?

Not at all	24 (26.4%)	1420 (31.8%)
A little	6 (6.6%)	906 (20.3%)
Quite a bit	19 (20.9%)	752 (16.8%)
Very much	25 (27.5%)	714 (16%)
I do not know	1 (1.1%)	58 (1.3%)

Have you lacked appetite?

Not at all	13 (14.3%)	1338 (30%)
A little	13 (14.3%)	921 (20.6%)
Quite a bit	19 (20.9%)	851 (19.1%)
Very much	29 (31.9%)	706 (15.8%)
I do not know	-	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	38 (41.8%)	1727 (38.7%)
A little	18 (19.8%)	1241 (27.8%)
Quite a bit	12 (13.2%)	567 (12.7%)
Very much	7 (7.7%)	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

Not at all	10 (11%)	843 (18.9%)
A little	22 (24.2%)	1440 (32.3%)
Quite a bit	21 (23.1%)	989 (22.2%)
Very much	22 (24.2%)	557 (12.5%)
I do not know	-	53 (1.2%)

Do you feel weak?

Not at all	18 (19.8%)	1079 (24.2%)
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A little	22 (24.2%)	1274 (28.5%)
Quite a bit	14 (15.4%)	861 (19.3%)
Very much	20 (22%)	603 (13.5%)
I do not know	1 (1.1%)	54 (1.2%)

Do you feel depressed?

Not at all	41 (45.1%)	1837 (41.2%)
A little	13 (14.3%)	1099 (24.6%)
Quite a bit	7 (7.7%)	539 (12.1%)
Very much	13 (14.3%)	328 (7.3%)
I do not know	1 (1.1%)	62 (1.4%)

Are you tired?

Not at all	12 (13.2%)	1009 (22.6%)
A little	26 (28.6%)	1426 (32%)
Quite a bit	13 (14.3%)	890 (19.9%)
Very much	23 (25.3%)	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

Not at all	34 (37.4%)	1694 (38%)
A little	13 (14.3%)	965 (21.6%)
Quite a bit	12 (13.2%)	647 (14.5%)
Very much	15 (16.5%)	488 (10.9%)
I do not know	-	63 (1.4%)

Do you lack appetite?

Not at all	19 (20.9%)	1478 (33.1%)
A little	18 (19.8%)	1176 (26.3%)
Quite a bit	13 (14.3%)	688 (15.4%)
Very much	24 (26.4%)	453 (10.2%)
I do not know	-	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?

Nausea/vomiting	15 (16.5%)	855 (19.2%)
Inflammation in mouth	6 (6.6%)	249 (5.6%)
Pain	14 (15.4%)	621 (13.9%)
Constipation	10 (11%)	427 (9.6%)
Diarrhea	8 (8.8%)	291 (6.5%)
Change in taste/smell	14 (15.4%)	608 (13.6%)
Early satiation/loss of appetite	26 (28.6%)	1097 (24.6%)
Other	17 (18.7%)	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)

Able to do sports	3 (3.3%)	183 (4.1%)
Fully active	8 (8.8%)	498 (11.2%)
Able to carry out light activities	14 (15.4%)	954 (21.4%)
Able to carry out self care	21 (23.1%)	1011 (22.7%)
Able to carry out limited self care	14 (15.4%)	656 (14.7%)
Confined to bed or chair	15 (16.5%)	519 (11.6%)
I do not know	-	45 (1%)

What do you take without prescription from a doctor?

Nothing	50 (54.9%)	2585 (57.9%)
Herbal tea	1 (1.1%)	429 (9.6%)
Nutritional supplements	16 (17.6%)	383 (8.6%)
Multivitamines	3 (3.3%)	263 (5.9%)
Other medication	4 (4.4%)	137 (3.1%)
Other	2 (2.2%)	171 (3.8%)

Which of the following activities do you perform?

Nothing	51 (56%)	2699 (60.5%)
Psychotherapy	6 (6.6%)	188 (4.2%)
Yoga	-	71 (1.6%)
Meditation	3 (3.3%)	158 (3.5%)
Progressive muscle relaxation	-	111 (2.5%)

Qigong	-	15 (0.3%)
Other	12 (13.2%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	29 (31.9%)	997 (22.3%)
No	36 (39.6%)	2400 (53.8%)
I do not know	9 (9.9%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	46 (50.5%)	2346 (52.6%)
No	29 (31.9%)	1481 (33.2%)
I do not know	-	56 (1.3%)

Do you believe that including nutrition in the therapeutic approach to your cancer could provide relevant benefit to you?

Yes	48 (52.7%)	2653 (59.4%)
No	4 (4.4%)	519 (11.6%)
I do not know	23 (25.3%)	715 (16%)