



Dear participant,

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

|                                             |               |
|---------------------------------------------|---------------|
| <b>Country:</b>                             | <b>France</b> |
| <b>Number of participating centers:</b>     | <b>14</b>     |
| <b>Number of participating units:</b>       | <b>39</b>     |
| <b>Number of patients:</b>                  | <b>554</b>    |
| <b>Number of patients who gave consent:</b> | <b>527</b>    |

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](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

### Hospital Sheet

Your Results      Reference Results

**1. Total number of beds in hospital**      1489 [270-1919]      296 [140-581]

**2. Total number of admissions in the hospital last year**      137202 [76816-204193]      15484 [4482-34465]

**3. Total number of staff in the hospital**

Total medical doctors      521 [333.5-964]      226 [80-422]

Medical specialists      417 [164-798]      124 [37-273]

Medical non-specialists      135 [39-143]      56 [9-138]

Nurses      704 [410-3482]      315 [128-726]

Dieticians      22 [8-37]      3 [1-9]

Nutritionists      4 [2-4]      2 [1-5]

Pharmacists      18 [11-24]      7 [3-18]

Kitchen staff      44 [35-96]      24 [9-44]

**Full time equivalent**

Total medical doctors      297 [163-646]      144 [48-275]

Medical specialists      368 [101-589]      89 [34-215]

Medical non-specialists      113 [105,3-115.6]      46 [7-115]

Nurses      613 [1294-1592]      305 [98-562]

Dieticians      9 [34-17.5]      2 [1-8]

Nutritionists      2 [0-3]      1 [0-3]

Pharmacists      8 [23-17]      5 [2-15]

Kitchen staff      34 [19-76]      24 [9-42]

**4. Does the hospital have a nutrition care strategy?**      12 (100%)      190 (40%) Yes

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

Nutrition training is available      11 (78.6%)      157 (33.1%) Yes

Nutrition steering committee is available      12 (85.7%)      125 (26.3%) Yes

|                                                                                 |            |                 |
|---------------------------------------------------------------------------------|------------|-----------------|
| Quality indicators are recorded and reported to national or regional level      | 6 (42.9%)  | 77 (16.2%) Yes  |
| Quality indicators are used for internal benchmarking                           | 7 (50%)    | 118 (24.8%) Yes |
| Patient feedback about food and food service is collected using a questionnaire | 10 (71.4%) | 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 (7.1%) | 32 (6.7%) Yes |
|-----------------------------------------------------------|----------|---------------|

**Codes available**

|                                                        |           |                 |
|--------------------------------------------------------|-----------|-----------------|
| Nutrition Support                                      | 3 (21.4%) | 64 (13.5%) Yes  |
| Oral nutrition supplements                             | 3 (21.4%) | 118 (24.8%) Yes |
| Parenteral nutrition                                   | 6 (42.9%) | 157 (33.1%) Yes |
| Enteral nutrition                                      | 6 (42.9%) | 156 (32.8%) Yes |
| Dietary counseling                                     | 5 (35.7%) | 99 (20.8%) Yes  |
| Specific dietary interventions                         | 4 (28.6%) | 90 (18.9%) Yes  |
| Screening for malnutrition                             | 1 (7.1%)  | 98 (20.6%) Yes  |
| Risk of malnutrition                                   | 6 (42.9%) | 71 (14.9%) Yes  |
| Malnutrition (in general)                              | 9 (64.3%) | 109 (22.9%) Yes |
| Severity of malnutrition (i.e. mild, moderate, severe) | 9 (64.3%) | 97 (20.4%) Yes  |

**Codes routinely used**

|                                                        |           |                 |
|--------------------------------------------------------|-----------|-----------------|
| Nutrition Support                                      | 5 (35.7%) | 60 (12.6%) Yes  |
| Oral nutrition supplements                             | 6 (42.9%) | 110 (23.2%) Yes |
| Parenteral nutrition                                   | 8 (57.1%) | 138 (29.1%) Yes |
| Enteral nutrition                                      | 8 (57.1%) | 137 (28.8%) Yes |
| Dietary counseling                                     | 6 (42.9%) | 82 (17.3%) Yes  |
| Specific dietary interventions                         | 6 (42.9%) | 77 (16.2%) Yes  |
| Screening for malnutrition                             | 7 (50%)   | 82 (17.3%) Yes  |
| Risk of malnutrition                                   | 5 (35.7%) | 63 (13.3%) Yes  |
| Malnutrition (in general)                              | 9 (64.3%) | 98 (20.6%) Yes  |
| Severity of malnutrition (i.e. mild, moderate, severe) | 8 (57.1%) | 88 (18.5%) Yes  |

**Unit Sheet 1a/1b**

Your Results      Reference Results

**1a. Main specialty**

|                                                   |            |             |
|---------------------------------------------------|------------|-------------|
| Internal Medicine / General                       | 1 (2.6%)   | 295 (17.2%) |
| Internal Medicine / Cardiology                    | 1 (2.6%)   | 56 (3.3%)   |
| Internal Medicine / Gastroenterology & hepatology | 7 (17.9%)  | 114 (6.6%)  |
| Internal Medicine / Geriatrics                    | 2 (5.1%)   | 105 (6.1%)  |
| Internal Medicine / Infectious diseases           | -          | 13 (0.8%)   |
| Internal Medicine / Nephrology                    | -          | 23 (1.3%)   |
| Internal Medicine / Oncology (incl. radiotherapy) | 18 (46.2%) | 215 (12.5%) |
| Surgery / General                                 | 2 (5.1%)   | 241 (14.1%) |
| Surgery/ Cardiac/Vascular/Thoracic                | -          | 25 (1.5%)   |
| Surgery / Neurosurgery                            | -          | 18 (1%)     |
| Surgery / Orthopedic                              | -          | 46 (2.7%)   |
| Trauma                                            | -          | 12 (0.7%)   |
| Urology                                           | -          | 4 (0.2%)    |
| Bariatric                                         | -          | 0 (0%)      |
| Ear Nose Throat (ENT)                             | 2 (5.1%)   | 27 (1.6%)   |
| Gynecology / Obstetrics                           | 1 (2.6%)   | 105 (1.6%)  |
| Neurology                                         | -          | 34 (2%)     |
| Psychiatry                                        | -          | 21 (2%)     |
| Pediatrics                                        | -          | 13 (0.8%)   |
| Interdisciplinary                                 | 1 (2.6%)   | 59 (3.4%)   |
| Long term care                                    | 2 (5.1%)   | 30 (1.7%)   |
| Hospital care at home                             | -          | 0 (0%)      |
| Other                                             | 2 (5.1%)   | 288 (16.8%) |

**1b. For surgical units only**

|                                             |           |               |
|---------------------------------------------|-----------|---------------|
| Do you do ERAS?                             | 4 (10.3%) | 181 (11%) Yes |
| Do you have a ERAS protocol?                | 3 (7.7%)  | 131 (8%) Yes  |
| Do you have an ERAS team?                   | 1 (2.6%)  | 108 (6%) Yes  |
| Do you audit your ERAS results or practice? | -         | 96 (6%) Yes   |

|                                                   |            |            |
|---------------------------------------------------|------------|------------|
| <b>2. Number of registered inpatients at noon</b> | 20 [12-23] | 22 [16-29] |
|---------------------------------------------------|------------|------------|

|                                          |            |            |
|------------------------------------------|------------|------------|
| <b>3. Total bed capacity of the unit</b> | 20 [14-26] | 28 [22-36] |
|------------------------------------------|------------|------------|

**4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)**

|                                      |           |         |
|--------------------------------------|-----------|---------|
| <b>Fully trained</b>                 |           |         |
| Medical doctors                      | 3 [2-4]   | 3 [2-6] |
| Medical students                     | -         |         |
| Nurses                               | 4 [3-6]   | 4 [3-6] |
| Nursing aides                        | 3 [2.5-4] | 2 [1-4] |
| Dieticians                           | 1 [1-1]   | 1 [0-1] |
| Nutritionists                        | 1 [1-2]   | 0 [0-1] |
| Administrative staff                 | 2 [1-2]   | 1 [1-2] |
| Other staff involved in patient care | 2 [1-3]   | 1 [0-3] |

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

|                                                                                                         |            |                  |
|---------------------------------------------------------------------------------------------------------|------------|------------------|
| <b>5. Is there a nutrition support team in your hospital available?</b>                                 | 33 (84.6%) | 1032 (60.2%) Yes |
| <b>6. Does the unit have a nutrition care strategy?</b>                                                 | 36 (92.3%) | 990 (57.7%) Yes  |
| <b>7. Is there a person in your unit responsible for nutrition care?</b>                                | 38 (97.4%) | 950 (55.4%) Yes  |
| <b>8. Is there a dietician, nutritionist or dietetic assistant available for your unit?</b>             | 39 (100%)  | 1394 (81.3%) Yes |
| <b>9. Is specific staff responsible for providing feeding assistance to patients during meal times?</b> | 21 (53.8%) | 721 (42%) Yes    |
| <b>10. How do you MAINLY screen/monitor patients for malnutrition?</b>                                  |            |                  |
| <b>At admission</b>                                                                                     |            |                  |
| No routine screening                                                                                    | -          | 151 (8.8%) Yes   |
| No fixed criteria                                                                                       | 1 (2.6%)   | 34 (2%) Yes      |
| Experience / visual assessment only                                                                     | -          | 81 (4.7%) Yes    |
| Weighing / BMI only                                                                                     | 33 (84.6%) | 306 (17.8%) Yes  |
| Nutritional Risk Screening (NRS) 2002                                                                   | 1 (2.6%)   | 582 (33.9%) Yes  |
| Malnutrition Universal Screening Tool (MUST)                                                            | -          | 78 (4.5%) Yes    |
| Malnutrition Screening tool (MST)                                                                       | -          | 91 (5.3%) Yes    |
| SNAQ                                                                                                    | -          | 17 (1%) Yes      |
| Other formal tool                                                                                       | 3 (7.7%)   | 170 (9.9%) Yes   |
| I do not know                                                                                           | -          | 196 (11.4%) Yes  |
| <b>During hospital stay</b>                                                                             |            |                  |
| No routine monitoring                                                                                   | -          | 180 (10.5%) Yes  |
| No fixed criteria                                                                                       | -          | 110 (6.4%) Yes   |
| Experience / visual assessment only                                                                     | -          | 178 (10.4%) Yes  |
| Weighing / BMI only                                                                                     | 27 (69.2%) | 571 (33.3%) Yes  |
| Other formal tool                                                                                       | -          | 450 (26.2%) Yes  |
| I do not know                                                                                           | -          | 196 (11.4%) Yes  |

|                                                                              |            |                  |
|------------------------------------------------------------------------------|------------|------------------|
| <b>11a. Do you routinely use guidelines or standards for nutrition care?</b> | 36 (92.3%) | 1092 (63.7%) Yes |
|------------------------------------------------------------------------------|------------|------------------|

|                                               |            |                 |
|-----------------------------------------------|------------|-----------------|
| <b>11b. If yes, which one is mainly used?</b> |            |                 |
| International guidelines                      | 8 (20.5%)  | 403 (23.5%) Yes |
| National guidelines                           | 22 (56.4%) | 180 (10.5%) Yes |
| Standards on hospital level                   | 2 (5.1%)   | 331 (19.3%) Yes |
| Standards on unit level                       | 1 (2.6%)   | 66 (3.8%) Yes   |
| Individual patient nutrition care plans       | 3 (7.7%)   | 136 (7.9%) Yes  |
| Others                                        | -          | 20 (1.2%) Yes   |

|                                                                          |  |  |
|--------------------------------------------------------------------------|--|--|
| <b>12. What is routinely done in your unit for given patient groups?</b> |  |  |
|--------------------------------------------------------------------------|--|--|

|                                                            |            |                 |
|------------------------------------------------------------|------------|-----------------|
| <b>At risk</b>                                             |            |                 |
| Watchful waiting                                           | 5 (12.8%)  | 333 (19.4%) Yes |
| Discuss nutrition care activities during ward rounds       | 12 (30.8%) | 574 (33.5%) Yes |
| Develop an individual nutrition care plan                  | 21 (53.8%) | 647 (37.7%) Yes |
| Initiate treatment / nutrition intervention                | 27 (69.2%) | 748 (43.6%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 27 (69.2%) | 693 (40.4%) Yes |
| Consult a medical professional                             | 10 (25.6%) | 417 (24.3%) Yes |
| Calculate energy requirements                              | 17 (43.6%) | 622 (36.3%) Yes |
| Calculate protein requirements                             | 20 (51.3%) | 619 (36.1%) Yes |

|                                                            |            |                 |
|------------------------------------------------------------|------------|-----------------|
| <b>Malnourished</b>                                        |            |                 |
| Watchful waiting                                           | 4 (10.3%)  | 276 (16.1%) Yes |
| Discuss nutrition care activities during ward rounds       | 14 (35.9%) | 666 (38.8%) Yes |
| Develop an individual nutrition care plan                  | 27 (69.2%) | 804 (46.9%) Yes |
| Initiate treatment / nutrition intervention                | 32 (82.1%) | 887 (51.7%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 28 (71.8%) | 794 (46.3%) Yes |
| Consult a medical professional                             | 18 (46.2%) | 514 (30%) Yes   |
| Calculate energy requirements                              | 25 (64.1%) | 813 (47.4%) Yes |
| Calculate protein requirements                             | 28 (71.8%) | 801 (46.7%) Yes |

**Every patient**

|                                                            |            |                 |
|------------------------------------------------------------|------------|-----------------|
| Watchful waiting                                           | 33 (84.6%) | 731 (42.6%) Yes |
| Discuss nutrition care activities during ward rounds       | 22 (56.4%) | 452 (26.4%) Yes |
| Develop an individual nutrition care plan                  | 13 (33.3%) | 295 (17.2%) Yes |
| Initiate treatment / nutrition intervention                | 7 (17.9%)  | 273 (15.9%) Yes |
| Consult a nutrition expert (dietician, nutritionist, etc.) | 11 (28.2%) | 371 (21.6%) Yes |
| Consult a medical professional                             | 9 (23.1%)  | 428 (25%) Yes   |
| Calculate energy requirements                              | 14 (35.9%) | 250 (14.6%) Yes |
| Calculate protein requirements                             | 11 (28.2%) | 240 (14%) Yes   |

**None**

|                                                            |           |                 |
|------------------------------------------------------------|-----------|-----------------|
| Watchful waiting                                           | -         | 180 (10.5%) Yes |
| Discuss nutrition care activities during ward rounds       | 1 (2.6%)  | 90 (5.2%) Yes   |
| Develop an individual nutrition care plan                  | -         | 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                             | 7 (17.9%) | 177 (10.3%) Yes |
| Calculate energy requirements                              | 2 (5.1%)  | 131 (7.6%) Yes  |
| Calculate protein requirements                             | 1 (2.6%)  | 138 (8%) Yes    |

**13. When do you routinely weigh your patients?**

|                 |            |                 |
|-----------------|------------|-----------------|
| At admission    | 29 (74.4%) | 927 (54.1%) Yes |
| Within 24 hours | 7 (17.9%)  | 173 (10.1%) Yes |
| Within 48 hours | 2 (5.1%)   | 94 (5.5%) Yes   |
| Within 72 hours | 2 (5.1%)   | 44 (2.6%) Yes   |
| Every week      | 32 (82.1%) | 603 (35.2%) Yes |
| Occasionally    | 1 (2.6%)   | 196 (11.4%) Yes |
| When requested  | 18 (46.2%) | 819 (47.8%) Yes |
| At discharge    | 2 (5.1%)   | 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                     | 34 (87.2%) | 1164 (67.9%) Yes |
| Offer meal choices                                              | 34 (87.2%) | 1029 (60%) Yes   |
| Offer different portion sizes                                   | 32 (82.1%) | 837 (48.8%) Yes  |
| Consider food presentation                                      | 10 (25.6%) | 484 (28.2%) Yes  |
| Change food texture/consistency as needed                       | 35 (89.7%) | 1277 (74.5%) Yes |
| Consider patient problems with eating and drinking              | 37 (94.9%) | 1248 (72.8%) Yes |
| Ensure that mealtimes are undisturbed/protected mealtime policy | 7 (17.9%)  | 371 (21.6%) Yes  |
| Promote positive eating environment                             | 16 (41%)   | 413 (24.1%) Yes  |
| Consider cultural/religious preferences                         | 38 (97.4%) | 1105 (64.4%) Yes |
| Consider patient allergies / intolerances                       | 38 (97.4%) | 1315 (76.7%) Yes |
| Other                                                           | 1 (2.6%)   | 99 (5.8%) Yes    |

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

|                                                                                 |            |                 |
|---------------------------------------------------------------------------------|------------|-----------------|
| Nutrition training is available                                                 | 37 (94.9%) | 911 (53.1%) Yes |
| Reporting of nutrition related information to hospital managers                 | 25 (64.1%) | 595 (34.7%) Yes |
| Quality indicators are recorded and reported to national or regional level      | 19 (48.7%) | 337 (19.7%) Yes |
| Quality indicators are used for internal benchmarking                           | 11 (28.2%) | 451 (26.3%) Yes |
| Patient feedback about food and food service is collected using a questionnaire | 33 (84.6%) | 789 (46%) Yes   |

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

|                            |            |                  |
|----------------------------|------------|------------------|
| Change in weight           | 29 (74.4%) | 1150 (67.1%) Yes |
| Eating habits/difficulties | 23 (59%)   | 1025 (59.8%) Yes |
| Nutrition before admission | 15 (38.5%) | 770 (44.9%) Yes  |

#### 17a. Patient record has a section indicating

|                                         |            |                  |
|-----------------------------------------|------------|------------------|
| if the patient is malnourished/ at risk | 35 (89.7%) | 1008 (58.8%) Yes |
| nutrition treatment                     | 30 (76.9%) | 786 (45.8%) Yes  |
| I do not know                           | 1 (2.6%)   | 141 (8.2%) Yes   |

**17b. Discharge letter includes**

|                                                |            |                 |
|------------------------------------------------|------------|-----------------|
| nutrition treatment received during stay       | 35 (89.7%) | 728 (42.4%) Yes |
| makes future nutrition-related recommendations | 24 (61.5%) | 855 (49.9%) Yes |
| I do not know                                  | 2 (5.1%)   | 166 (9.7%) Yes  |

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

25 (64.1%) 569 (33.2%) Yes

**19. Who filled in this sheet?**

|                      |            |                 |
|----------------------|------------|-----------------|
| Head staff           | 2 (5.1%)   | 375 (21.9%) Yes |
| Dietician            | 13 (33.3%) | 707 (41.2%) Yes |
| Nurse                | 6 (15.4%)  | 328 (19.1%) Yes |
| Physician            | 16 (41%)   | 181 (10.6%) Yes |
| Administrative staff | -          | 28 (1.6%) Yes   |
| Others               | 14 (35.9%) | 132 (7.7%) Yes  |

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

Your Results Reference Results

|                                     |             |              |
|-------------------------------------|-------------|--------------|
| TOTAL Patients:                     | 554 (100%)  | 31895        |
| Number of patients who gave consent | 527 (95.1%) | 31895 (100%) |

|              |             |               |
|--------------|-------------|---------------|
| Female       | 271 (51.4%) | 15478 (48.5%) |
| Male         | 255 (48.4%) | 16244 (50.9%) |
| Other        | -           | 173 (0.5%)    |
| Age          | 61 [54-74]  | 63 [46-76]    |
| Weight       | 70.8±18.2   | 70.9±19.4     |
| Height       | 168±10      | 166±11        |
| BMI (female) | 25.1±6.1    | 26±6.9        |
| BMI (male)   | 25.2±6.4    | 25.3±5.9      |
| BMI          | 25.1±6.2    | 25.6±6.5      |

**This hospital admission was**

|               |             |               |
|---------------|-------------|---------------|
| planned       | 256 (48.6%) | 11384 (35.7%) |
| an emergency  | 236 (44.8%) | 18596 (58.3%) |
| I do not know | 8 (1.5%)    | 1609 (5%)     |

**1. Diagnosis at admission**

|                                                                                      |            |              |
|--------------------------------------------------------------------------------------|------------|--------------|
| 0600 Nervous system                                                                  | 34 (6.5%)  | 2861 (9%)    |
| 0500 Mental health                                                                   | 8 (1.5%)   | 1240 (3.9%)  |
| 0700 Eye and adnexa                                                                  | -          | 271 (0.8%)   |
| 0800 Ear and mastoid process                                                         | -          | 183 (0.6%)   |
| 0900 Circulatory system                                                              | 32 (6.1%)  | 5336 (16.7%) |
| 1000 Respiratory system                                                              | 51 (9.7%)  | 3968 (12.4%) |
| 0400 Endocrine, nutritional and metabolic diseases                                   | 47 (8.9%)  | 3860 (12.1%) |
| 1100 Digestive system                                                                | 97 (18.4%) | 6965 (21.8%) |
| 1400 Genitourinary system                                                            | 44 (8.3%)  | 3312 (10.4%) |
| 1300 Musculoskeletal system and connective tissue                                    | 29 (5.5%)  | 4639 (14.5%) |
| 1200 Skin and subcutaneous tissue                                                    | 13 (2.5%)  | 1418 (4.4%)  |
| 0100 Infectious and parasitic diseases                                               | 27 (5.1%)  | 3123 (9.8%)  |
| 0200 Neoplasms                                                                       | 258 (49%)  | 6045 (19%)   |
| 0300 Blood and bloodforming organs and the immune mechanism                          | 45 (8.5%)  | 2345 (7.4%)  |
| 1800 Symptoms, signs, abnormal clinical/lab findings                                 | 39 (7.4%)  | 1895 (5.9%)  |
| 2000 External causes of morbidity and mortality (e.g. transport accidents, assaults) | 5 (0.9%)   | 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                                            | 1 (0.2%)   | 84 (0.3%)    |
| 1900 Injury, poisoning                                                               | 7 (1.3%)   | 1075 (3.4%)  |
| 2100 Factors influencing health status and contact with health services              | 22 (4.2%)  | 1288 (4%)    |

**2. Main reason for admission**

|                     |           |             |
|---------------------|-----------|-------------|
| 0600 Nervous system | 15 (2.8%) | 1964 (6.2%) |
| 0500 Mental health  | -         | 1431 (4.5%) |



|                                                                                      |             |              |
|--------------------------------------------------------------------------------------|-------------|--------------|
| 0700 Eye and adnexa                                                                  | -           | 515 (1.6%)   |
| 0800 Ear and mastoid process                                                         | -           | 1888 (5.9%)  |
| 0900 Circulatory system                                                              | 23 (4.4%)   | 2437 (7.6%)  |
| 1000 Respiratory system                                                              | 20 (3.8%)   | 2739 (8.6%)  |
| 0400 Endocrine, nutritional and metabolic diseases                                   | 30 (5.7%)   | 959 (3%)     |
| 1100 Digestive system                                                                | 59 (11.2%)  | 3440 (10.8%) |
| 1400 Genitourinary system                                                            | 15 (2.8%)   | 1540 (4.8%)  |
| 1300 Musculoskeletal system and connective tissue                                    | 12 (2.3%)   | 3898 (12.2%) |
| 1200 Skin and subcutaneous tissue                                                    | 1 (0.2%)    | 940 (2.9%)   |
| 0100 Infectious and parasitic diseases                                               | 14 (2.7%)   | 2024 (6.3%)  |
| 0200 Neoplasms                                                                       | 235 (44.6%) | 3355 (10.5%) |
| 0300 Blood and bloodforming organs and the immune mechanism                          | 31 (5.9%)   | 771 (2.4%)   |
| 1800 Symptoms, signs, abnormal clinical/lab findings                                 | 9 (1.7%)    | 510 (1.6%)   |
| 2000 External causes of morbidity and mortality (e.g. transport accidents, assaults) | -           | 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                                                               | 6 (1.1%)    | 570 (1.8%)   |
| 2100 Factors influencing health status and contact with health services              | 7 (1.3%)    | 465 (1.5%)   |

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

#### SPECIFIC COMORBIDITIES

|                               |            |            |
|-------------------------------|------------|------------|
| Cerebral vascular disease     | 25 (4.7%)  | 551 (1.7%) |
| Dementia                      | 6 (1.1%)   | 319 (1%)   |
| Major depressive disorder     | 32 (6.1%)  | 297 (0.9%) |
| Other chronic mental disorder | 12 (2.3%)  | 202 (0.6%) |
| Myocardial infarction         | 19 (3.6%)  | 267 (0.8%) |
| Cardiac insufficiency         | 29 (5.5%)  | 981 (3.1%) |
| Chronic lung disease          | 72 (13.7%) | 728 (2.3%) |
| Chronic liver disease         | 24 (4.6%)  | 366 (1.1%) |
| Chronic kidney disease        | 33 (6.3%)  | 983 (3.1%) |



|                             |            |            |
|-----------------------------|------------|------------|
| GI disease/problems         | 68 (12.9%) | 941 (3%)   |
| Urological disease/problems | 38 (7.2%)  | 378 (1.2%) |
| Muscle-skeletal disease     | 30 (5.7%)  | 535 (1.7%) |
| Arthritis                   | 14 (2.7%)  | 194 (0.6%) |
| Skin problems               | 7 (1.3%)   | 240 (0.8%) |
| Peripheral vascular disease | 37 (7.4%)  | 412 (1.3%) |

#### GENERAL COMORBIDITIES

|                       |             |              |
|-----------------------|-------------|--------------|
| Pain                  | 102 (19.4%) | 1247 (3.9%)  |
| Fatigue               | 126 (23.9%) | 724 (2.3%)   |
| Infection             | 48 (9.1%)   | 676 (2.1%)   |
| Diabetes              | 103 (19.5%) | 2176 (6.8%)  |
| Hypertension          | 169 (32.1%) | 3234 (10.1%) |
| Hyperlipidaemia       | 63 (12%)    | 1040 (3.3%)  |
| Endocrinal disease    | 34 (6.5%)   | 528 (1.7%)   |
| Cancer                | 208 (39.5%) | 1440 (4.5%)  |
| History of cancer     | 57 (10.8%)  | 511 (1.6%)   |
| Other chronic disease | 46 (8.7%)   | 806 (2.5%)   |

|                     |            |              |
|---------------------|------------|--------------|
| NO COMORBIDITIES    | 62 (11.8%) | 5868 (18.4%) |
| OTHER COMORBIDITIES | 54 (10.2%) | 971 (3%)     |

#### 4. Previous ICU admission during this hospital stay?

|     |           |              |
|-----|-----------|--------------|
| Yes | 50 (9.5%) | 3305 (10.4%) |
|-----|-----------|--------------|

#### 5. Is this patient terminally ill?

|     |           |             |
|-----|-----------|-------------|
| Yes | 19 (3.6%) | 2109 (6.6%) |
|-----|-----------|-------------|

#### 6. Fluid status (TODAY)

|               |             |              |
|---------------|-------------|--------------|
| Normal        | 328 (62.2%) | 24553 (77%)  |
| Overloaded    | 36 (6.8%)   | 1548 (4.9%)  |
| Dehydrated    | 26 (4.9%)   | 2223 (7%)    |
| I do not know | 104 (19.7%) | 3465 (10.9%) |

#### 7. Number of different medications planned (TODAY)

|       |         |         |
|-------|---------|---------|
| oral  | 7 [5-9] | 4 [2-8] |
| other | 4 [2-5] | 2 [1-4] |

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

|               |             |              |
|---------------|-------------|--------------|
| Malnourished  | 209 (39.7%) | 5142 (16.1%) |
| At risk       | 134 (25.4%) | 7052 (22.1%) |
| No            | 151 (28.7%) | 17552 (55%)  |
| I do not know | 23 (4.4%)   | 2073 (6.5%)  |

#### 9. IV Fluids (TODAY)

|                                                   |             |               |
|---------------------------------------------------|-------------|---------------|
| Electrolyte solution (NaCl, Ringers lactate, etc) | 183 (34.7%) | 11676 (36.6%) |
| 5% Glucose solution                               | 113 (21.4%) | 1963 (6.2%)   |

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

#### 11. Nutrition intake (TODAY)

|                                             |             |               |
|---------------------------------------------|-------------|---------------|
| Regular hospital food                       | 275 (52.2%) | 18876 (59.2%) |
| Fortified/enriched hospital food            | 163 (30.9%) | 4517 (14.2%)  |
| Special diet                                | 157 (29.8%) | 9526 (29.9%)  |
| Protein/energy supplement (e.g. ONS drinks) | 203 (38.5%) | 6147 (19.3%)  |
| Enteral nutrition                           | 67 (12.7%)  | 1791 (5.6%)   |
| Parenteral nutrition                        | 62 (11.8%)  | 1271 (4%)     |

#### 12a. All lines and tubes (TODAY)

|                                             |             |               |
|---------------------------------------------|-------------|---------------|
| Central Venous                              | 227 (43.1%) | 3714 (11.6%)  |
| Peripheral venous access                    | 136 (25.8%) | 15651 (49.1%) |
| Nasogastric                                 | 56 (10.6%)  | 756 (2.4%)    |
| Nasojejunal                                 | 1 (0.2%)    | 91 (0.3%)     |
| Nasoduodenal                                | 1 (0.2%)    | 82 (0.3%)     |
| Enterostoma                                 | 4 (0.8%)    | 135 (0.4%)    |
| Percutaneous endoscopy/surgical gastrostomy | 18 (3.4%)   | 396 (1.2%)    |

|                                             |          |            |
|---------------------------------------------|----------|------------|
| Percutaneous endoscopy/surgical jejunostomy | 3 (0.6%) | 105 (0.3%) |
|---------------------------------------------|----------|------------|

**12b. Were there complications with lines and tubes since admission? (infections /obstructions)**

|                 |             |               |
|-----------------|-------------|---------------|
| Yes, previously | 15 (2.8%)   | 565 (1.8%)    |
| Yes, ongoing    | 8 (1.5%)    | 255 (0.8%)    |
| No              | 417 (79.1%) | 23467 (73.6%) |
| I do not know   | 48 (9.1%)   | 2406 (7.5%)   |

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

|                                                          |             |               |
|----------------------------------------------------------|-------------|---------------|
| Energy requirements were determined                      | 312 (59.2%) | 11605 (36.4%) |
| Protein requirements were determined                     | 288 (54.6%) | 10824 (33.9%) |
| Food/Nutrition intake was recorded in the patient record | 281 (53.3%) | 12508 (39.2%) |
| Nutrition treatment plan was developed                   | 114 (21.6%) | 11785 (36.9%) |
| Nutrition expert was consulted                           | 297 (56.4%) | 12646 (39.6%) |
| Malnutrition status is recorded in the patient record    | 316 (60%)   | 11014 (34.5%) |

**14a. Energy goal (YESTERDAY)**

|                |              |              |
|----------------|--------------|--------------|
| < 500 kcal     | 1 (0.2%)     | 281 (0.9%)   |
| 500-999 kcal   | 1 (0.2%)     | 286 (0.9%)   |
| 1000-1499 kcal | 16 (3%)      | 2076 (6.5%)  |
| 1500-1999 kcal | 107 (20.3%)  | 8530 (26.7%) |
| >=2000 kcal    | 227 (43.1%)  | 5796 (18.2%) |
| Not determined | 108 (20.5%)  | 7876 (24.7%) |
| I do not know  | 21 (4%)      | 1851 (5.8%)  |
| kcal/kg        | 35 [30-2130] | 30 [25-30]   |

**14b. Energy intake (YESTERDAY)**

|                |             |              |
|----------------|-------------|--------------|
| < 500 kcal     | 30 (5.7%)   | 1190 (3.7%)  |
| 500-999 kcal   | 29 (5.5%)   | 1814 (5.7%)  |
| 1000-1499 kcal | 58 (11%)    | 3863 (12.1%) |
| 1500-1999 kcal | 80 (15.2%)  | 6134 (19.2%) |
| >=2000 kcal    | 101 (19.2%) | 3438 (10.8%) |

|                |                |             |
|----------------|----------------|-------------|
| Not determined | 144 (27.3%)    | 7653 (24%)  |
| I do not know  | 49 (9.3%)      | 2676 (8.4%) |
| kcal/kg        | 1600 [30-2200] | 25 [21-30]  |

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

|                                     |             |              |
|-------------------------------------|-------------|--------------|
| Improved                            | 196 (37.2%) | 14998 (47%)  |
| Deteriorated                        | 64 (12.1%)  | 1844 (5.8%)  |
| Remained the same                   | 99 (18.8%)  | 6773 (21.2%) |
| This patient has just been admitted | 73 (13.9%)  | 1954 (6.1%)  |
| I do not know                       | 74 (14%)    | 2168 (6.8%)  |

**16a. Previous operation during this hospital stay**

|                      |            |               |
|----------------------|------------|---------------|
| Yes, planned         | 68 (12.9%) | 4745 (14.9%)  |
| Yes, acute           | 8 (1.5%)   | 2272 (7.1%)   |
| No                   | 69 (13.1%) | 14399 (45.1%) |
| days since operation | 9.5 [2-14] | 4 [1-15]      |

**16b. Planned operation during this hospital stay**

|                        |            |               |
|------------------------|------------|---------------|
| Yes, today or tomorrow | 17 (3.2%)  | 2955 (9.3%)   |
| Yes, later             | 4 (0.8%)   | 1925 (6%)     |
| No                     | 96 (18.2%) | 15926 (49.9%) |

**17. Surgery type (single choice)**

|                                        |            |             |
|----------------------------------------|------------|-------------|
| Operated right after admission (acute) | 3 (0.6%)   | 615 (1.9%)  |
| Planned after unscheduled admission    | 8 (1.5%)   | 780 (2.4%)  |
| Planned after scheduled admission      | 65 (12.3%) | 1386 (4.3%) |
| None of the above                      | 1 (0.2%)   | 103 (0.3%)  |
| I don't know                           | 6 (1.1%)   | 195 (0.6%)  |
| Non-applicable (NA)                    | 35 (6.6%)  | 550 (1.7%)  |

**18. Surgical approach**

|                                  |           |             |
|----------------------------------|-----------|-------------|
| Open surgery including converted | 52 (9.9%) | 1792 (5.6%) |
|----------------------------------|-----------|-------------|

|                                                       |           |             |
|-------------------------------------------------------|-----------|-------------|
| Minimal invasive surgery (laparoscopy, robotics etc.) | 25 (4.7%) | 1064 (3.3%) |
|-------------------------------------------------------|-----------|-------------|

### 19. Duration of operation

|               |            |             |
|---------------|------------|-------------|
| Minor surgery | 22 (4.2%)  | 834 (6.3%)  |
| Major surgery | 55 (10.4%) | 2001 (6.3%) |

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

|                       |           |             |
|-----------------------|-----------|-------------|
| Oesophagus            | 2 (0.4%)  | 48 (0.2%)   |
| Gastric               | 3 (0.6%)  | 215 (0.7%)  |
| Liver                 | 2 (0.4%)  | 113 (0.4%)  |
| Pancreas              | 4 (0.8%)  | 85 (0.3%)   |
| Colorectal            | 5 (0.9%)  | 304 (1%)    |
| Gynecology            | 2 (0.4%)  | 123 (0.4%)  |
| Gynaecologic oncology | 22 (4.2%) | 53 (0.2%)   |
| Urology               | -         | 120 (0.4%)  |
| Urology oncology      | 1 (0.2%)  | 8 (0%)      |
| Cystectomy            | -         | 22 (0.1%)   |
| Bariatric             | -         | 13 (0%)     |
| Hip replacement       | 1 (0.2%)  | 128 (0.4%)  |
| Knee replacement      | -         | 86 (0.3%)   |
| Lung                  | 1 (0.2%)  | 85 (0.3%)   |
| Cardiac               | 1 (0.2%)  | 45 (0.1%)   |
| Vascular              | -         | 77 (0.2%)   |
| other                 | 34 (6.5%) | 1469 (4.6%) |
| I don't know          | 22 (4.2%) | 188 (0.6%)  |

### 21. Indication to use of nutritional therapy

|                                          |           |             |
|------------------------------------------|-----------|-------------|
| No indication                            | 26 (4.9%) | 2012 (6.3%) |
| Expected prolonged postoperative fasting | 22 (4.2%) | 212 (0.7%)  |
| Preoperative malnutrition                | 9 (1.7%)  | 218 (0.7%)  |
| Ongoing surgical complication            | 4 (0.8%)  | 111 (0.3%)  |
| Patient does not eat enough              | 45 (8.5%) | 295 (0.9%)  |

|              |           |            |
|--------------|-----------|------------|
| other        | 6 (1.1%)  | 232 (0.7%) |
| I don't know | 22 (4.2%) | 332 (1%)   |

|                                           |          |          |
|-------------------------------------------|----------|----------|
| <b>22. Days since nutritional therapy</b> |          |          |
|                                           | 8 [2-17] | 7 [2-18] |

### 30 Days after nutritionDay

#### Outcome code

|                                   |             |             |
|-----------------------------------|-------------|-------------|
| 1 Still in the hospital           | 21 (4%)     | 2475 (7.8%) |
| 2 Transferred to another hospital | 37 (7%)     | 585 (1.8%)  |
| 3 Transferred to long term care   | 20 (3.8%)   | 766 (2.4%)  |
| 4 Rehabilitation                  | -           | 552 (1.7%)  |
| 5 Discharged home                 | 350 (66.4%) | 20087 (63%) |
| 6 Death                           | 26 (4.9%)   | 1059 (3.3%) |
| 7 Others                          | 3 (0.6%)    | 402 (1.3%)  |

#### Readmission Code

|                                     |              |               |
|-------------------------------------|--------------|---------------|
| 1 No                                | 250 (47.4%)  | 18836 (59.1%) |
| 2 Yes, same hospital planned        | 97 (18.4%)   | 1940 (6.1%)   |
| 3 Yes, same hospital unplanned      | 23 (4.4%)    | 1360 (4.3%)   |
| 4 Yes, different hospital planned   | 2 (0.4%)     | 170 (0.5%)    |
| 5 Yes, different hospital unplanned | 5 (0.9%)     | 105 (0.3%)    |
| 6 Unknown                           | 44 (8.3%)    | 707 (2.2%)    |
| Admitted to ICU                     | 13 (2.5%)    | 43 (0.1%)     |
| Re-operated after nDay              | 5 (0.9%)     | 128 (0.4%)    |
| How many days after nDay            | 30 [10.5-30] | 15 [6-30]     |

**PATIENT Sheet 3a/3b**

Your Results

Reference Results

**1. What are your typical dietary habits?**

|                                                  |             |               |
|--------------------------------------------------|-------------|---------------|
| I have dietary restrictions                      | 43 (8.2%)   | 1391 (4.4%)   |
| No special dietary habits                        | 339 (64.3%) | 18087 (56.7%) |
| I am vegetarian                                  | 10 (1.9%)   | 492 (1.5%)    |
| I eat a vegan diet                               | -           | 90 (0.3%)     |
| I eat a gluten-free diet                         | 6 (1.1%)    | 299 (0.9%)    |
| I avoid added sugars                             | 83 (15.7%)  | 4543 (14.2%)  |
| I avoid carbohydrates                            | 13 (2.5%)   | 1583 (5%)     |
| I eat a low fat-diet                             | 25 (4.7%)   | 2741 (8.6%)   |
| I am lactose intolerant                          | 9 (1.7%)    | 1150 (3.6%)   |
| Other special diet due to intolerances/allergies | 8 (1.5%)    | 504 (1.6%)    |
| other                                            | 35 (6.6%)   | 1888 (5.9%)   |

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

|                                             |             |             |
|---------------------------------------------|-------------|-------------|
| At home                                     | 398 (75.5%) | 23600 (74%) |
| In a nursing home or other live-in facility | 36 (6.8%)   | 734 (2.3%)  |
| I was transferred from another hospital     | 26 (4.9%)   | 1856 (5.8%) |
| Other                                       | 104 (19.7%) | 466 (1.5%)  |

**3. In general, are you able to walk?**

|                                                      |             |               |
|------------------------------------------------------|-------------|---------------|
| Yes                                                  | 351 (66.6%) | 16629 (52.1%) |
| Yes, with someone's help                             | 34 (6.5%)   | 3011 (9.4%)   |
| Yes, independently using a cane, walker, or crutches | 52 (9.9%)   | 3474 (10.9%)  |
| No, I have a wheelchair                              | 7 (1.3%)    | 1077 (3.4%)   |
| No, I am bedridden                                   | 8 (1.5%)    | 2317 (7.3%)   |

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

|           |             |              |
|-----------|-------------|--------------|
| Very good | 41 (7.8%)   | 2269 (7.1%)  |
| Good      | 154 (29.2%) | 9974 (31.3%) |
| Fair      | 156 (29.6%) | 9994 (31.3%) |
| Poor      | 85 (16.1%)  | 3598 (11.3%) |
| Very poor | 25 (4.7%)   | 674 (2.1%)   |

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

|                                                                                       |           |          |
|---------------------------------------------------------------------------------------|-----------|----------|
| ... how many times have you seen a doctor?                                            | 9 [3-10]  | 4 [2-9]  |
| ... how many times have you been admitted to the hospital (Emergency room, any ward)? | 2 [0-3]   | 1 [0-2]  |
| ... how many nights in total have you spent in hospital?                              | 21 [4-30] | 5 [0-15] |

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

|               |             |              |
|---------------|-------------|--------------|
| 1-2           | 98 (18.6%)  | 6274 (19.7%) |
| 3-5           | 120 (22.8%) | 6835 (21.4%) |
| More than 5   | 140 (26.6%) | 7302 (22.9%) |
| None          | 71 (13.5%)  | 5209 (2.9%)  |
| I do not know | 19 (3.6%)   | 938 (2.9%)   |

#### 7. Do you have health insurance?

|                             |             |              |
|-----------------------------|-------------|--------------|
| Yes, private insurance only | 127 (24.1%) | 4393 (13.8%) |
| Yes, public insurance only  | 83 (15.7%)  | 12754 (40%)  |
| Yes, both                   | 178 (33.8%) | 2697 (8.5%)  |
| No                          | 17 (3.2%)   | 5488 (17.2%) |
| I prefer not to answer      | 37 (7%)     | 933 (2.9%)   |

#### 8. What was your weight 5 years ago?

|    |            |            |
|----|------------|------------|
| kg | 76 [62-85] | 74 [63-85] |
|----|------------|------------|

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

|                               |             |               |
|-------------------------------|-------------|---------------|
| Yes, intentionally            | 31 (5.9%)   | 2317 (7.3%)   |
| Yes, unintentionally          | 280 (53.1%) | 13997 (43.9%) |
| No, my weight stayed the same | 76 (14.4%)  | 7967 (25%)    |
| No, I gained weight           | 43 (8.2%)   | 3144 (9.9%)   |
| I do not know                 | 18 (3.4%)   | 2573 (8.1%)   |

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

|    |           |          |
|----|-----------|----------|
| kg | 11 [4-12] | 6 [4-10] |
|----|-----------|----------|

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

|     |             |               |
|-----|-------------|---------------|
| Yes | 206 (39.1%) | 9759 (30.6%)  |
| No  | 206 (39.1%) | 15387 (48.2%) |

**11. Please indicate if you ...**

... were weighed at admission

|     |             |               |
|-----|-------------|---------------|
| Yes | 354 (67.2%) | 13167 (41.3%) |
| No  | 69 (13.1%)  | 12017 (37.7%) |

... were informed about your nutrition status

|     |             |               |
|-----|-------------|---------------|
| Yes | 218 (41.4%) | 9376 (29.4%)  |
| No  | 183 (34.7%) | 15480 (48.5%) |

... were informed about nutrition care options

|     |             |               |
|-----|-------------|---------------|
| Yes | 224 (42.5%) | 9168 (28.7%)  |
| No  | 182 (34.5%) | 15535 (48.7%) |

... received special nutrition care

|     |             |               |
|-----|-------------|---------------|
| Yes | 204 (38.7%) | 9435 (29.6%)  |
| No  | 214 (40.6%) | 15419 (48.3%) |

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

|                                   |             |               |
|-----------------------------------|-------------|---------------|
| More than normal                  | 26 (4.9%)   | 1467 (4.6%)   |
| Normal                            | 196 (37.2%) | 17330 (54.3%) |
| About 3/4 of normal               | 56 (10.6%)  | 2866 (9%)     |
| About half of normal              | 78 (14.8%)  | 3891 (12.2%)  |
| About a quarter to nearly nothing | 95 (18%)    | 3069 (9.6%)   |

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

|           |             |               |
|-----------|-------------|---------------|
| about all | 135 (25.6%) | 14097 (44.2%) |
| 1/2       | 138 (26.2%) | 8045 (25.2%)  |
| 1/4       | 102 (19.4%) | 4218 (13.2%)  |
| nothing   | 70 (13.3%)  | 3510 (11%)    |

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

|               |             |               |
|---------------|-------------|---------------|
| standard      | 273 (51.8%) | 17603 (55.2%) |
| smaller       | 24 (4.6%)   | 2606 (8.2%)   |
| larger        | 30 (5.7%)   | 1200 (3.8%)   |
| I do not know | 82 (15.6%)  | 2968 (9.3%)   |

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

|                    |            |              |
|--------------------|------------|--------------|
| Very satisfied     | 68 (12.9%) | 7031 (22%)   |
| Somewhat satisfied | 211 (40%)  | 8669 (27.2%) |
| Dissatisfied       | 85 (16.1%) | 4516 (14.2%) |
| Very dissatisfied  | 28 (5.3%)  | 2185 (6.9%)  |
| Neutral            | 42 (8%)    | 1836 (5.8%)  |
| I do not know      | 15 (2.8%)  | 1826 (5.7%)  |

**15. Did you get any help with eating TODAY?**

|                             |           |               |
|-----------------------------|-----------|---------------|
| Yes, from family or friends | 13 (2.5%) | 3294 (10.3%)  |
| Yes, from hospital staff    | 13 (2.5%) | 1635 (5.1%)   |
| No                          | 406 (77%) | 20381 (63.9%) |

**16. Were you able to eat without interruption TODAY?**

|     |             |               |
|-----|-------------|---------------|
| Yes | 285 (54.1%) | 18317 (57.4%) |
| No  | 125 (23.7%) | 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                | 100 (19%)   | 3237 (10.1%) |
| I did not like the smell of the food                   | 42 (8%)     | 524 (1.6%)   |
| I did not like the taste of the food                   | 72 (13.7%)  | 1001 (3.1%)  |
| The food did not fit my cultural/religious preferences | 13 (2.5%)   | 180 (0.6%)   |
| The food was too hot                                   | 5 (0.9%)    | 83 (0.3%)    |
| The food was too cold                                  | 14 (2.7%)   | 670 (2.1%)   |
| Due to food allergy/intolerance                        | 1 (0.2%)    | 178 (0.6%)   |
| I was not hungry at that time                          | 79 (15%)    | 2438 (7.6%)  |
| I do not have my usual appetite                        | 144 (27.3%) | 5371 (16.8%) |
| I have problems chewing/swallowing                     | 41 (7.8%)   | 1164 (3.6%)  |
| I normally eat less than what was served               | 33 (6.3%)   | 1837 (5.8%)  |
| I had nausea/vomiting                                  | 48 (9.1%)   | 1538 (4.8%)  |
| I was too tired                                        | 47 (8.9%)   | 972 (3%)     |
| I cannot eat without help                              | 9 (1.7%)    | 278 (0.9%)   |
| I was not allowed to eat                               | 21 (4%)     | 1431 (4.5%)  |
| I had an exam, surgery, or test and missed my meal     | 6 (1.1%)    | 1156 (3.6%)  |
| I did not get requested food                           | 6 (1.1%)    | 208 (0.7%)   |

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

|                 |           |         |
|-----------------|-----------|---------|
| Water           | 7 [12-6]  | 4 [2-6] |
| Coffee          | 2 [1-2]   | 1 [0-2] |
| Fruit juice     | 6 [2-8]   | 1 [0-2] |
| Nutrition drink | 2 [1-2]   | 0 [0-1] |
| Tea             | 1 [1-2]   | 1 [0-2] |
| Milk            | 1 [1-1.5] | 0 [0-1] |
| Soft drinks     | 2 [1-2]   | 0 [0-0] |
| Other           | 1 [1-1]   | 0 [0-0] |

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

|     |             |               |
|-----|-------------|---------------|
| Yes | 125 (23.7%) | 6892 (21.6%)  |
| No  | 322 (61.1%) | 18027 (56.5%) |

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

|                           |           |             |
|---------------------------|-----------|-------------|
| Salty snacks              | 17 (3.2%) | 2178 (6.8%) |
| Sweet snacks              | 63 (12%)  | 1075 (3.4%) |
| Homemade food             | 22 (4.2%) | 1721 (5.4%) |
| Fruits                    | 51 (9.7%) | 2699 (8.5%) |
| Dairy products            | 12 (2.3%) | 769 (2.4%)  |
| Food delivered/restaurant | 7 (1.3%)  | 288 (0.9%)  |
| Sandwich                  | 4 (0.8%)  | 458 (1.4%)  |
| Other                     | 7 (1.3%)  | 1217 (3.8%) |

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

|               |             |               |
|---------------|-------------|---------------|
| More          | 79 (15%)    | 4573 (14.3%)  |
| Less          | 126 (23.9%) | 9505 (29.8%)  |
| Same          | 190 (36.1%) | 10264 (32.2%) |
| I do not know | 51 (9.7%)   | 1452 (4.6%)   |

**21. TODAY, compared to admission I feel**

|                      |             |               |
|----------------------|-------------|---------------|
| Stronger             | 153 (29%)   | 14268 (44.7%) |
| Weaker               | 112 (21.3%) | 5687 (17.8%)  |
| Same                 | 143 (27.1%) | 8252 (25.9%)  |
| I was admitted today | 13 (2.5%)   | 813 (2.5%)    |
| I do not know        | 31 (5.9%)   | 1336 (4.2%)   |

**22. Can you walk without assistance TODAY?**

|                          |             |               |
|--------------------------|-------------|---------------|
| Yes                      | 313 (59.4%) | 17585 (55.1%) |
| No, only with assistance | 112 (21.3%) | 8015 (25.1%)  |
| No, I stay in bed        | 33 (6.3%)   | 4540 (14.2%)  |



**23. Did anyone help you complete this questionnaire?**

|     |             |               |
|-----|-------------|---------------|
| Yes | 217 (41.2%) | 18864 (59.1%) |
| No  | 239 (45.4%) | 7285 (22.8%)  |

## ONCOLOGY REPORT

Your oncology report consists of the following sample size:

|                                                 |               |
|-------------------------------------------------|---------------|
| <b>Country:</b>                                 | <b>France</b> |
| <b>Number of patients who gave consent:</b>     | <b>527</b>    |
| <b>Number of participating centers:</b>         | <b>14</b>     |
| <b>Filled out oncology unit sheet 1:</b>        | <b>16</b>     |
| <b>Filled out oncology sheet 2 and sheet 3:</b> | <b>340</b>    |

For more information visit [www.nutritionDay.org](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!

### Oncology Unit SHEET 1

|                                                                                  | Your Results | Reference Results |
|----------------------------------------------------------------------------------|--------------|-------------------|
| <b>Do you have a computerized documentation system in your hospital?</b>         |              |                   |
| yes                                                                              | 16 (100%)    | 317 (67.2%) Yes   |
| no                                                                               | -            | 13 (2.8%) Yes     |
| I do not know                                                                    | -            | 3 (0.6%) Yes      |
| <b>Is nutritional treatment part of the overall strategy of cancer patients?</b> |              |                   |
| yes                                                                              | 15 (93.8%)   | 322 (68.2%) Yes   |
| no                                                                               | -            | 6 (1.3%) Yes      |
| I do not know                                                                    | -            | 3 (0.6%) Yes      |
| <b>If yes, in what way is it part of the comprehensive approach?</b>             |              |                   |
| Routinely considered                                                             | 13 (81.3%)   | 234 (49.6%) Yes   |
| When a patient asks                                                              | 10 (62.5%)   | 126 (26.7%) Yes   |
| When weight loss > 10%                                                           | 10 (62.5%)   | 126 (26.7%) Yes   |
| During the palliative phase                                                      | 5 (31.3%)    | 76 (16.1%) Yes    |
| Other, please comment                                                            | 1 (6.3%)     | 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                                                   | 12 (75%)   | 252 (53.4%) Yes |
| Calculation of energy needs                                                             | 6 (37.5%)  | 251 (53.2%) Yes |
| Monitoring patients intake and supplementation with artificial nutrition when necessary | 14 (87.5%) | 314 (66.5%) Yes |
| None                                                                                    | -          | 0 (0%) Yes      |
| Others                                                                                  | 1 (6.3%)   | 37 (7.8%) Yes   |

**If not, please indicate main reasons**

|                       |          |               |
|-----------------------|----------|---------------|
| Lack of evidence      | 1 (6.3%) | 1 (0.2%) Yes  |
| Lack of experience    | 1 (6.3%) | 3 (0.6%) Yes  |
| No reimbursement      | 1 (6.3%) | 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             | 13 (81.3%) | 240 (50.8%) Yes |
| At every chemotherapy | 2 (12.5%)  | 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 | -          | 12 (2.5%) Yes   |
| When necessary        | 5 (31.3%)  | 92 (19.5%) Yes  |
| Never                 | 10 (62.5%) | 161 (34.1%) Yes |
| I do not know         | -          | 10 (2.1%) Yes   |

### BIA

|                       |           |                 |
|-----------------------|-----------|-----------------|
| Regularly             | 2 (12.5%) | 19 (4%) Yes     |
| At every chemotherapy | 1 (6.3%)  | 4 (0.8%) Yes    |
| When necessary        | 6 (37.5%) | 119 (25.2%) Yes |
| Never                 | 6 (37.5%) | 169 (35.8%) Yes |
| I do not know         | -         | 13 (2.8%) Yes   |

### CT Scan

|                       |            |                 |
|-----------------------|------------|-----------------|
| Regularly             | -          | 9 (1.9%) Yes    |
| At every chemotherapy | 3 (18.8%)  | 2 (0.4%) Yes    |
| When necessary        | 11 (68.8%) | 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        | 1 (6.3%)   | 67 (14.2%) Yes  |
| Never                 | 14 (87.5%) | 228 (48.3%) Yes |
| I do not know         | -          | 22 (4.7%) Yes   |

### Other

|                       |           |                 |
|-----------------------|-----------|-----------------|
| Regularly             | 1 (6.3%)  | 11 (2.3%) Yes   |
| At every chemotherapy | -         | 2 (0.4%) Yes    |
| When necessary        | 2 (12.5%) | 42 (8.9%) Yes   |
| Never                 | 9 (56.3%) | 103 (21.8%) Yes |

|               |   |                |
|---------------|---|----------------|
| I do not know | - | 61 (12.9%) Yes |
|---------------|---|----------------|

### Body function

#### Handgrip

|                       |            |                 |
|-----------------------|------------|-----------------|
| Regularly             | 4 (25%)    | 41 (8.7%) Yes   |
| At every chemotherapy | 1 (6.3%)   | 10 (2.1%) Yes   |
| When necessary        | 10 (62.5%) | 142 (30.1%) Yes |
| Never                 | -          | 119 (25.2%) Yes |
| I do not know         | -          | 10 (2.1%) Yes   |

#### 6-minutes walking test

|                       |           |                 |
|-----------------------|-----------|-----------------|
| Regularly             | 4 (25%)   | 11 (2.3%) Yes   |
| At every chemotherapy | -         | 7 (1.5%) Yes    |
| When necessary        | 4 (25%)   | 66 (14%) Yes    |
| Never                 | 7 (43.8%) | 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        | 4 (25%)   | 54 (11.4%) Yes |
| Never                 | 9 (56.3%) | 132 (28%) Yes  |
| I do not know         | -         | 46 (9.7%) Yes  |

#### Nutritional requirements, calculated

|                       |           |                 |
|-----------------------|-----------|-----------------|
| Regularly             | 9 (56.3%) | 127 (26.9%) Yes |
| At every chemotherapy | -         | 10 (2.1%) Yes   |
| When necessary        | 4 (25%)   | 151 (32%) Yes   |
| Never                 | -         | 8 (1.7%) Yes    |
| I do not know         | -         | 7 (1.5%) Yes    |

## Nutritional intake

### Every meal

|                       |           |                |
|-----------------------|-----------|----------------|
| Regularly             | 2 (12.5%) | 71 (15%) Yes   |
| At every chemotherapy | -         | 5 (1.1%) Yes   |
| When necessary        | 8 (50%)   | 137 (29%) Yes  |
| Never                 | 5 (31.3%) | 57 (12.1%) Yes |
| I do not know         | -         | 22 (4.7%) Yes  |

### 1 meal per day

|                       |           |                |
|-----------------------|-----------|----------------|
| Regularly             | 2 (12.5%) | 43 (9.1%) Yes  |
| At every chemotherapy | -         | 6 (1.3%) Yes   |
| When necessary        | 4 (25%)   | 94 (19.9%) Yes |
| Never                 | 8 (50%)   | 72 (15.3%) Yes |
| I do not know         | -         | 35 (7.4%) Yes  |

### 2 meals per day

|                       |           |                 |
|-----------------------|-----------|-----------------|
| Regularly             | 1 (6.3%)  | 34 (7.2%) Yes   |
| At every chemotherapy | -         | 5 (1.1%) Yes    |
| When necessary        | 5 (31.3%) | 103 (21.8%) Yes |
| Never                 | 9 (56.3%) | 78 (16.5%) Yes  |
| I do not know         | -         | 33 (7%) Yes     |

### 24h recall

|                       |           |                 |
|-----------------------|-----------|-----------------|
| Regularly             | 4 (25%)   | 99 (21%) Yes    |
| At every chemotherapy | -         | 9 (1.9%) Yes    |
| When necessary        | 7 (43.8%) | 147 (31.1%) Yes |
| Never                 | 3 (18.8%) | 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        |   |               |

|               |           |                |
|---------------|-----------|----------------|
|               | 3 (18.8%) | 52 (11%) Yes   |
| Never         | 8 (50%)   | 63 (13.3%) Yes |
| I do not know | -         | 49 (10.4%) Yes |

| Who filled in this questionnaire (Sheet1_oncology)? |           |                 |
|-----------------------------------------------------|-----------|-----------------|
| Dietitian                                           | 3 (18.8%) | 144 (30.5%) Yes |
| Nurse                                               | 6 (37.5%) | 65 (13.8%) Yes  |
| Physician                                           | 4 (25%)   | 50 (10.6%) Yes  |
| Nutritional scientist                               | -         | 55 (11.7%) Yes  |
| Other                                               | 2 (12.5%) | 16 (3.4%) Yes   |

## ONCOLOGY SHEET 2

|                            | Your Results | Reference Results |
|----------------------------|--------------|-------------------|
| Outpatient (o) / ward (w)  |              |                   |
| Outpatient (o)             | 1 (0.3%)     | 210 (4.7%)        |
| Ward (w)                   | 282 (82.9%)  | 3840 (86%)        |
| I do not know              | -            | 59 (1.3%)         |
| Goal of Therapy            |              |                   |
| c= curative                | 158 (46.5%)  | 2516 (56.4%)      |
| p= palliative              | 111 (32.6%)  | 1352 (30.3%)      |
| t= terminal                | 7 (2.1%)     | 86 (1.9%)         |
| Reason for admission       |              |                   |
| Clinical diagnostics       | 56 (16.5%)   | 584 (13.1%)       |
| Therapy                    | 105 (30.9%)  | 1888 (42.3%)      |
| Surgery related            | 55 (16.2%)   | 635 (14.2%)       |
| Treatment complications    | 37 (10.9%)   | 470 (10.5%)       |
| Poor health status         | 91 (26.8%)   | 778 (17.4%)       |
| Independent care difficult | 26 (7.6%)    | 54 (1.2%)         |

### Cancer diagnosis (actual)

|                     |            |             |
|---------------------|------------|-------------|
| Breast              | 27 (7.9%)  | 358 (8%)    |
| Colon, rectum       | 26 (7.6%)  | 496 (11.1%) |
| Prostate            | 6 (1.8%)   | 97 (2.2%)   |
| Lung                | 22 (6.5%)  | 298 (6.7%)  |
| Skin                | 3 (0.9%)   | 66 (1.5%)   |
| Kidney/bladder      | 12 (3.5%)  | 130 (2.9%)  |
| Gastric/oesophageal | 13 (3.8%)  | 309 (6.9%)  |
| Pancreas            | 14 (4.1%)  | 228 (5.1%)  |
| Lymphoma            | 8 (2.4%)   | 378 (8.5%)  |
| ENT                 | 48 (14.1%) | 222 (5%)    |
| Leukemia            | 22 (6.5%)  | 408 (9.1%)  |
| Genital tract       | 20 (5.9%)  | 213 (4.8%)  |
| Liver               | 5 (1.5%)   | 115 (2.6%)  |
| Sarcoma             | 22 (6.5%)  | 141 (3.2%)  |
| Brain               | 7 (2.1%)   | 70 (1.6%)   |
| Testicular          | 2 (0.6%)   | 47 (1.1%)   |
| Other               | 31 (9.1%)  | 515 (11.5%) |

### Time since cancer diagnosis

|               |            |             |
|---------------|------------|-------------|
| 0-2 months    | 67 (19.7%) | 1025 (23%)  |
| 3-5 months    | 55 (16.2%) | 767 (17.2%) |
| 6-12 months   | 54 (15.9%) | 701 (15.7%) |
| 1-2 years     | 32 (9.4%)  | 556 (12.5%) |
| 2-4 years     | 25 (7.4%)  | 374 (8.4%)  |
| > 4 years     | 40 (11.8%) | 469 (10.5%) |
| I do not know | 4 (1.2%)   | 69 (1.5%)   |

### Cancer Staging

|                        |            |             |
|------------------------|------------|-------------|
| Carcinoma in situ      | 5 (1.5%)   | 278 (6.2%)  |
| Localized              | 47 (13.8%) | 828 (18.6%) |
| Early locally advanced | 38 (11.2%) | 521 (11.7%) |

|                                       |             |              |
|---------------------------------------|-------------|--------------|
| Late locally advanced                 | 18 (5.3%)   | 468 (10.5%)  |
| Metastasised                          | 121 (35.6%) | 1490 (8.4%)  |
| <b>Time since first therapy start</b> |             |              |
| No therapy                            | 15 (4.4%)   | 278 (6.2%)   |
| Tumor staging/Diagnosis               | 21 (6.2%)   | 433 (9.7%)   |
| 0-2 months                            | 87 (25.6%)  | 1094 (24.5%) |
| 3-5 months                            | 39 (11.5%)  | 632 (14.2%)  |
| 6-12 months                           | 42 (12.4%)  | 525 (11.8%)  |
| 1-2 years                             | 28 (8.2%)   | 435 (9.7%)   |
| 2-4 years                             | 25 (7.4%)   | 298 (6.7%)   |
| > 4 years                             | 32 (9.4%)   | 391 (8.8%)   |
| I do not know                         | 7 (2.1%)    | 93 (2.1%)    |
| <b>Therapy situation</b>              |             |              |
| Diagnosis                             | 25 (7.4%)   | 417 (9.3%)   |
| Chemotherapy 1st line                 | 89 (26.2%)  | 1047 (23.5%) |
| Chemotherapy > 1st line               | 67 (19.7%)  | 780 (17.5%)  |
| Radiotherapy                          | 14 (4.1%)   | 358 (8%)     |
| Target therapy                        | 11 (3.2%)   | 199 (4.5%)   |
| Hormone therapy                       | 3 (0.9%)    | 50 (1.1%)    |
| Palliative                            | 29 (8.5%)   | 423 (9.5%)   |
| Surgery                               | 50 (14.7%)  | 656 (14.7%)  |
| Cancer related complications          | 38 (11.2%)  | 281 (6.3%)   |
| Therapy related complications         | 23 (6.8%)   | 164 (3.7%)   |
| <b>Infections</b>                     |             |              |
| None                                  | 200 (58.8%) | 2885 (64.6%) |
| Local                                 | 35 (10.3%)  | 540 (12.1%)  |
| General                               | 38 (11.2%)  | 442 (9.9%)   |
| <b>Lab. Parameter (CRP)</b>           | 62 [9.5-10] | 20 [4-67]    |
| <b>Lab. Parameter (Albumin)</b>       | 29 [24-35]  | 31 [18-38]   |

| Nutrition treatment                                                                   |             |              |
|---------------------------------------------------------------------------------------|-------------|--------------|
| No special diet                                                                       | 114 (33.5%) | 1680 (37.6%) |
| Individualized diet plan                                                              | 123 (36.2%) | 1141 (25.6%) |
| Energy rich/protein rich ONS                                                          | 111 (32.6%) | 1115 (25%)   |
| Enteral nutrition (via NGT/PEG)                                                       | 62 (18.2%)  | 248 (5.6%)   |
| Parenteral nutrition                                                                  | 38 (11.2%)  | 347 (7.8%)   |
| ONS enriched with special nutrients                                                   | 2 (0.6%)    | 214 (4.8%)   |
| Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine) | 1 (0.3%)    | 65 (1.5%)    |
| Personal preferences                                                                  | 56 (16.5%)  | 434 (9.7%)   |
| Counselling                                                                           | 144 (42.4%) | 694 (15.6%)  |
| Other                                                                                 | 3 (0.9%)    | 194 (4.3%)   |

### ONCOLOGY Patient SHEET 3

|                                                                    | Your Results | Reference Results |
|--------------------------------------------------------------------|--------------|-------------------|
| <b>Your usual body weight prior to becoming ill</b>                |              |                   |
| kg                                                                 | 76[62-85]    | 75 [64-86]        |
| I do not know                                                      | 3 (0.9%)     | 396 (8.9%)        |
| <b>Your actual weight</b>                                          |              |                   |
| kg                                                                 | 69 [57-79]   | 67 [58-80]        |
| I do not know                                                      | 3 (0.9%)     | 241 (5.4%)        |
| <b>Was your change in weight intentionally or unintentionally?</b> |              |                   |
| Intentionally                                                      | 10 (2.9%)    | 224 (5%)          |
| Unintentionally                                                    | 216 (63.5%)  | 2825 (63.3%)      |
| Weight is stable                                                   | 28 (8.2%)    | 537 (12%)         |
| I do not know                                                      | 6 (1.8%)     | 178 (4%)          |
| <b>Please mark what best applies to you during the last week:</b>  |              |                   |

**Have you had pain?**

|               |            |              |
|---------------|------------|--------------|
| Not at all    | 71 (20.9%) | 1260 (28.2%) |
| A little      | 57 (16.8%) | 1058 (23.7%) |
| Quite a bit   | 53 (15.6%) | 855 (19.2%)  |
| Very much     | 76 (22.4%) | 675 (15.1%)  |
| I do not know | 2 (0.6%)   | 40 (0.9%)    |

**Did you need to rest?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 16 (4.7%)   | 721 (16.2%)  |
| A little      | 59 (17.4%)  | 1040 (23.3%) |
| Quite a bit   | 68 (20%)    | 1046 (23.4%) |
| Very much     | 116 (34.1%) | 1008 (22.6%) |
| I do not know | 3 (0.9%)    | 53 (1.2%)    |

**Have you felt weak?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 32 (9.4%)   | 807 (18.1%)  |
| A little      | 67 (19.7%)  | 1070 (24%)   |
| Quite a bit   | 56 (16.5%)  | 1036 (23.2%) |
| Very much     | 103 (30.3%) | 908 (20.3%)  |
| I do not know | 3 (0.9%)    | 46 (1%)      |

**Did you feel depressed?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 104 (30.6%) | 1478 (33.1%) |
| A little      | 85 (25%)    | 1202 (26.9%) |
| Quite a bit   | 35 (10.3%)  | 663 (14.9%)  |
| Very much     | 31 (9.1%)   | 462 (10.4%)  |
| I do not know | 3 (0.9%)    | 61 (1.4%)    |

**Were you tired?**

|             |             |              |
|-------------|-------------|--------------|
| Not at all  | 20 (5.9%)   | 719 (16.1%)  |
| A little    | 70 (20.6%)  | 1192 (26.7%) |
| Quite a bit | 64 (18.8%)  | 1063 (23.8%) |
| Very much   | 106 (31.2%) | 837 (18.8%)  |

|               |          |           |
|---------------|----------|-----------|
| I do not know | 3 (0.9%) | 60 (1.3%) |
|---------------|----------|-----------|

**Did pain interfere with your daily activities?**

|               |            |              |
|---------------|------------|--------------|
| Not at all    | 77 (22.6%) | 1420 (31.8%) |
| A little      | 41 (12.1%) | 906 (20.3%)  |
| Quite a bit   | 54 (15.9%) | 752 (16.8%)  |
| Very much     | 85 (25%)   | 714 (16%)    |
| I do not know | 2 (0.6%)   | 58 (1.3%)    |

**Have you lacked appetite?**

|               |            |             |
|---------------|------------|-------------|
| Not at all    | 71 (20.9%) | 1338 (30%)  |
| A little      | 50 (14.7%) | 921 (20.6%) |
| Quite a bit   | 44 (12.9%) | 851 (19.1%) |
| Very much     | 93 (27.4%) | 706 (15.8%) |
| I do not know | 3 (0.9%)   | 54 (1.2%)   |

**Please mark what best applies to you just now:**

**Do you have pain?**

|               |            |              |
|---------------|------------|--------------|
| Not at all    | 98 (28.8%) | 1727 (38.7%) |
| A little      | 88 (25.9%) | 1241 (27.8%) |
| Quite a bit   | 47 (13.8%) | 567 (12.7%)  |
| Very much     | 31 (9.1%)  | 303 (6.8%)   |
| I do not know | 1 (0.3%)   | 45 (1%)      |

**Do you need to rest?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 23 (6.8%)   | 843 (18.9%)  |
| A little      | 167 (49.1%) | 1440 (32.3%) |
| Quite a bit   | 58 (17.1%)  | 989 (22.2%)  |
| Very much     | 15 (4.4%)   | 557 (12.5%)  |
| I do not know | 2 (0.6%)    | 53 (1.2%)    |

**Do you feel weak?**

|            |            |              |
|------------|------------|--------------|
| Not at all | 39 (11.5%) | 1079 (24.2%) |
|------------|------------|--------------|

|               |            |              |
|---------------|------------|--------------|
| A little      | 89 (26.2%) | 1274 (28.5%) |
| Quite a bit   | 66 (19.4%) | 861 (19.3%)  |
| Very much     | 68 (20%)   | 603 (13.5%)  |
| I do not know | 1 (0.3%)   | 54 (1.2%)    |

**Do you feel depressed?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 135 (39.7%) | 1837 (41.2%) |
| A little      | 72 (21.2%)  | 1099 (24.6%) |
| Quite a bit   | 24 (7.1%)   | 539 (12.1%)  |
| Very much     | 24 (7.1%)   | 328 (7.3%)   |
| I do not know | 3 (0.9%)    | 62 (1.4%)    |

**Are you tired?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 29 (8.5%)   | 1009 (22.6%) |
| A little      | 150 (44.1%) | 1426 (32%)   |
| Quite a bit   | 68 (20%)    | 890 (19.9%)  |
| Very much     | 13 (3.8%)   | 463 (10.4%)  |
| I do not know | 1 (0.3%)    | 68 (%)       |

**Does pain interfere with your daily activities?**

|               |            |             |
|---------------|------------|-------------|
| Not at all    | 91 (26.8%) | 1694 (38%)  |
| A little      | 60 (17.6%) | 965 (21.6%) |
| Quite a bit   | 43 (12.6%) | 647 (14.5%) |
| Very much     | 57 (16.8%) | 488 (10.9%) |
| I do not know | 5 (1.5%)   | 63 (1.4%)   |

**Do you lack appetite?**

|               |             |              |
|---------------|-------------|--------------|
| Not at all    | 85 (25%)    | 1478 (33.1%) |
| A little      | 112 (32.9%) | 1176 (26.3%) |
| Quite a bit   | 47 (13.8%)  | 688 (15.4%)  |
| Very much     | 13 (3.8%)   | 453 (10.2%)  |
| I do not know | 1 (0.3%)    | 59 (1.3%)    |

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

|                                  |             |              |
|----------------------------------|-------------|--------------|
| Nausea/vomiting                  | 68 (20%)    | 855 (19.2%)  |
| Inflammation in mouth            | 28 (8.2%)   | 249 (5.6%)   |
| Pain                             | 61 (17.9%)  | 621 (13.9%)  |
| Constipation                     | 40 (11.8%)  | 427 (9.6%)   |
| Diarrhea                         | 28 (8.2%)   | 291 (6.5%)   |
| Change in taste/smell            | 45 (13.2%)  | 608 (13.6%)  |
| Early satiation/loss of appetite | 116 (34.1%) | 1097 (24.6%) |
| Other                            | 34 (10%)    | 666 (14.9%)  |

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

|                                     |            |              |
|-------------------------------------|------------|--------------|
| Able to do sports                   | 6 (1.8%)   | 183 (4.1%)   |
| Fully active                        | 28 (8.2%)  | 498 (11.2%)  |
| Able to carry out light activities  | 38 (11.2%) | 954 (21.4%)  |
| Able to carry out self care         | 81 (23.8%) | 1011 (22.7%) |
| Able to carry out limited self care | 52 (15.3%) | 656 (14.7%)  |
| Confined to bed or chair            | 57 (16.8%) | 519 (11.6%)  |
| I do not know                       | -          | 45 (1%)      |

**What do you take without prescription from a doctor?**

|                         |             |              |
|-------------------------|-------------|--------------|
| Nothing                 | 199 (58.5%) | 2585 (57.9%) |
| Herbal tea              | 31 (9.1%)   | 429 (9.6%)   |
| Nutritional supplements | 6 (1.8%)    | 383 (8.6%)   |
| Multivitamines          | 20 (5.9%)   | 263 (5.9%)   |
| Other medication        | 11 (3.2%)   | 137 (3.1%)   |
| Other                   | 11 (3.2%)   | 171 (3.8%)   |

**Which of the following activities do you perform?**

|                               |             |              |
|-------------------------------|-------------|--------------|
| Nothing                       | 177 (52.1%) | 2699 (60.5%) |
| Psychotherapy                 | 10 (2.9%)   | 188 (4.2%)   |
| Yoga                          | 9 (2.6%)    | 71 (1.6%)    |
| Meditation                    | 19 (5.6%)   | 158 (3.5%)   |
| Progressive muscle relaxation | 11 (3.2%)   | 111 (2.5%)   |

|        |            |             |
|--------|------------|-------------|
| Qigong | 3 (0.9%)   | 15 (0.3%)   |
| Other  | 48 (14.1%) | 641 (14.4%) |

**Is it difficult to comply with your treatment?**

|               |             |              |
|---------------|-------------|--------------|
| Yes           | 46 (13.5%)  | 997 (22.3%)  |
| No            | 182 (53.5%) | 2400 (53.8%) |
| I do not know | 36 (10.6%)  | 463 (10.4%)  |

**Did anyone help you to complete the questionnaire?**

|               |             |              |
|---------------|-------------|--------------|
| Yes           | 111 (32.6%) | 2346 (52.6%) |
| No            | 151 (44.4%) | 1481 (33.2%) |
| I do not know | 3 (0.9%)    | 56 (1.3%)    |

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

|               |             |              |
|---------------|-------------|--------------|
| Yes           | 144 (42.4%) | 2653 (59.4%) |
| No            | 32 (9.4%)   | 519 (11.6%)  |
| I do not know | 86 (25.3%)  | 715 (16%)    |