28. July 2026

Dear participant,

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

Country:	**Germany**
Number of participating centers:	**38**
Number of participating units:	**79**
Number of patients:	**1181**
Number of patients who gave consent:	**1102**

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	502 [367-870]	296 [140-581]
2. Total number of admissions in the hospital last year	22632 [8449-32000]	15484 [4482-34465]
3. Total number of staff in the hospital		
Total medical doctors	276 [114-387]	226 [80-422]
Medical specialists	161 [61-225]	124 [37-273]
Medical non-specialists	120 [76-180]	56 [9-138]
Nurses	546 [212-949]	315 [128-726]
Dieticians	7 [3-11]	3 [1-9]
Nutritionists	3 [1-4]	2 [1-5]
Pharmacists	15 [7-27]	7 [3-18]
Kitchen staff	41 [20-83]	24 [9-44]
Full time equivalent		
Total medical doctors	245 [149-421]	144 [48-275]
Medical specialists	139 [41-308]	89 [34-215]
Medical non-specialists	98 [55-165]	46 [7-115]
Nurses	383 [281,88-770]	305 [98-562]
Dieticians	6 [3-8]	2 [1-8]
Nutritionists	2 [1-2]	1 [0-3]
Pharmacists	15 [5-30]	5 [2-15]
Kitchen staff	33 [16-53]	24 [9-42]
4. Does the hospital have a nutrition care strategy?	17 (48.6%)	190 (40%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	19 (50%)	157 (33.1%) Yes
Nutrition steering committee is available	10 (26.3%)	125 (26.3%) Yes
Quality indicators are recorded and reported to national or regional level	4 (10.5%)	77 (16.2%) Yes

Quality indicators are used for internal benchmarking	10 (26.3%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	17 (44.7%)	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 (2.6%)	32 (6.7%) Yes
Codes available		
Nutrition Support	17 (44.7%)	64 (13.5%) Yes
Oral nutrition supplements	12 (31.6%)	118 (24.8%) Yes
Parenteral nutrition	20 (52.6%)	157 (33.1%) Yes
Enteral nutrition	19 (50%)	156 (32.8%) Yes
Dietary counseling	17 (44.7%)	99 (20.8%) Yes
Specific dietary interventions	9 (23.7%)	90 (18.9%) Yes
Screening for malnutrition	1 (2.6%)	98 (20.6%) Yes
Risk of malnutrition	13 (34.2%)	71 (14.9%) Yes
Malnutrition (in general)	21 (55.3%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	19 (50%)	97 (20.4%) Yes
Codes routinely used		
Nutrition Support	13 (34.2%)	60 (12.6%) Yes
Oral nutrition supplements	12 (31.6%)	110 (23.2%) Yes
Parenteral nutrition	18 (47.4%)	138 (29.1%) Yes
Enteral nutrition	17 (44.7%)	137 (28.8%) Yes
Dietary counseling	15 (39.5%)	82 (17.3%) Yes
Specific dietary interventions	7 (18.4%)	77 (16.2%) Yes
Screening for malnutrition	14 (36.8%)	82 (17.3%) Yes
Risk of malnutrition	11 (28.9%)	63 (13.3%) Yes
Malnutrition (in general)	23 (60.5%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	18 (47.4%)	88 (18.5%) Yes

Unit Sheet 1a/1b

	Your Results	Reference Results
1a. Main specialty		
Internal Medicine / General	11 (13.9%)	295 (17.2%)
Internal Medicine / Cardiology	-	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	9 (11.4%)	114 (6.6%)
Internal Medicine / Geriatrics	11 (13.9%)	105 (6.1%)
Internal Medicine / Infectious diseases	-	13 (0.8%)
Internal Medicine / Nephrology	2 (2.5%)	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	17 (21.5%)	215 (12.5%)
Surgery / General	10 (12.7%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	1 (1.3%)	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	3 (3.8%)	46 (2.7%)
Trauma	-	12 (0.7%)
Urology	-	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	2 (2.5%)	27 (1.6%)
Gynecology / Obstetrics	1 (1.3%)	105 (1.6%)
Neurology	3 (3.8%)	34 (2%)
Psychiatry	-	21 (2%)
Pediatrics	-	13 (0.8%)
Interdisciplinary	3 (3.8%)	59 (3.4%)
Long term care	-	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	6 (7.6%)	288 (16.8%)

1b. For surgical units only		
Do you do ERAS?	7 (8.9%)	181 (11%) Yes
Do you have a ERAS protocol?	3 (3.8%)	131 (8%) Yes
Do you have an ERAS team?	4 (5.1%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes
2. Number of registered inpatients at noon	22 [17-30]	22 [16-29]
3. Total bed capacity of the unit	28 [22-34]	28 [22-36]
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	3 [2-4]	3 [2-6]
Medical students	-	
Nurses	4 [3-5]	4 [3-6]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-2]	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	2 [1-3]	2 [0-3]
Medical students	1 [1-3]	1 [0-3]
Nurses	2 [1-2]	1 [0-2]
Nursing aides	2 [1-2]	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?	51 (64.6%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	41 (51.9%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	66 (83.5%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	61 (77.2%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	34 (43%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	6 (7.6%)	151 (8.8%) Yes
No fixed criteria	5 (6.3%)	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	23 (29.1%)	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	41 (51.9%)	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	4 (5.1%)	170 (9.9%) Yes
I do not know	-	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	13 (16.5%)	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?	49 (62%)	1092 (63.7%) Yes
11b. If yes, which one is mainly used?		
International guidelines	11 (13.9%)	403 (23.5%) Yes
National guidelines	11 (13.9%)	180 (10.5%) Yes
Standards on hospital level	20 (25.3%)	331 (19.3%) Yes
Standards on unit level	1 (1.3%)	66 (3.8%) Yes
Individual patient nutrition care plans	7 (8.9%)	136 (7.9%) Yes
Others	3 (3.8%)	20 (1.2%) Yes
12. What is routinely done in your unit for given patient groups?		
At risk		
Watchful waiting	18 (22.8%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	36 (45.6%)	574 (33.5%) Yes
Develop an individual nutrition care plan	24 (30.4%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	36 (45.6%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	47 (59.5%)	693 (40.4%) Yes
Consult a medical professional	26 (32.9%)	417 (24.3%) Yes
Calculate energy requirements	23 (29.1%)	622 (36.3%) Yes
Calculate protein requirements	23 (29.1%)	619 (36.1%) Yes
Malnourished		
Watchful waiting	10 (12.7%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	41 (51.9%)	666 (38.8%) Yes
Develop an individual nutrition care plan	40 (50.6%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	49 (62%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	49 (62%)	794 (46.3%) Yes
Consult a medical professional	37 (46.8%)	514 (30%) Yes
Calculate energy requirements	38 (48.1%)	813 (47.4%) Yes
Calculate protein requirements	35 (44.3%)	801 (46.7%) Yes

Every patient		
Watchful waiting	20 (25.3%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	14 (17.7%)	452 (26.4%) Yes
Develop an individual nutrition care plan	3 (3.8%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	4 (5.1%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (7.6%)	371 (21.6%) Yes
Consult a medical professional	3 (3.8%)	428 (25%) Yes
Calculate energy requirements	4 (5.1%)	250 (14.6%) Yes
Calculate protein requirements	3 (3.8%)	240 (14%) Yes
None		
Watchful waiting	16 (20.3%)	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	6 (7.6%)	90 (5.2%) Yes
Develop an individual nutrition care plan	12 (15.2%)	87 (5.1%) Yes
Initiate treatment / nutrition intervention	3 (3.8%)	33 (1.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (2.5%)	34 (2%) Yes
Consult a medical professional	12 (15.2%)	177 (10.3%) Yes
Calculate energy requirements	17 (21.5%)	131 (7.6%) Yes
Calculate protein requirements	1 (1.3%)	138 (8%) Yes
13. When do you routinely weigh your patients?		
At admission	50 (63.3%)	927 (54.1%) Yes
Within 24 hours	11 (13.9%)	173 (10.1%) Yes
Within 48 hours	2 (2.5%)	94 (5.5%) Yes
Within 72 hours	1 (1.3%)	44 (2.6%) Yes
Every week	22 (27.8%)	603 (35.2%) Yes
Occasionally	9 (11.4%)	196 (11.4%) Yes
When requested	50 (63.3%)	819 (47.8%) Yes
At discharge	3 (3.8%)	68 (4%) Yes
Never	1 (1.3%)	24 (1.4%) Yes

14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	59 (74.7%)	1164 (67.9%) Yes
Offer meal choices	73 (92.4%)	1029 (60%) Yes
Offer different portion sizes	51 (64.6%)	837 (48.8%) Yes
Consider food presentation	15 (19%)	484 (28.2%) Yes
Change food texture/consistency as needed	67 (84.8%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	70 (88.6%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	19 (24.1%)	371 (21.6%) Yes
Promote positive eating environment	19 (24.1%)	413 (24.1%) Yes
Consider cultural/religious preferences	60 (75.9%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	73 (92.4%)	1315 (76.7%) Yes
Other	4 (5.1%)	99 (5.8%) Yes

15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	39 (49.4%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	19 (24.1%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	4 (5.1%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	8 (10.1%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	45 (57%)	789 (46%) Yes

16. At admission what is asked and documented?		
Change in weight	56 (70.9%)	1150 (67.1%) Yes
Eating habits/difficulties	53 (67.1%)	1025 (59.8%) Yes
Nutrition before admission	38 (48.1%)	770 (44.9%) Yes

17a. Patient record has a section indicating		
if the patient is malnourished/ at risk	50 (63.3%)	1008 (58.8%) Yes
nutrition treatment	29 (36.7%)	786 (45.8%) Yes
I do not know	10 (12.7%)	141 (8.2%) Yes

17b. Discharge letter includes		
nutrition treatment received during stay	35 (44.3%)	728 (42.4%) Yes
makes future nutrition-related recommendations	39 (49.4%)	855 (49.9%) Yes
I do not know	22 (27.8%)	166 (9.7%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	36 (45.6%)	569 (33.2%) Yes
19. Who filled in this sheet?		
Head staff	35 (44.3%)	375 (21.9%) Yes
Dietician	19 (24.1%)	707 (41.2%) Yes
Nurse	18 (22.8%)	328 (19.1%) Yes
Physician	14 (17.7%)	181 (10.6%) Yes
Administrative staff	3 (3.8%)	28 (1.6%) Yes
Others	6 (7.6%)	132 (7.7%) Yes

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

	Your Results	Reference Results
TOTAL Patients:	1181 (100%)	31895
Number of patients who gave consent	1102 (93.3%)	31895 (100%)
Female	532 (48.3%)	15478 (48.5%)
Male	570 (51.7%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	66 [57-79]	63 [46-76]
Weight	78.6±21.1	70.9±19.4
Height	171±10.5	166±11
BMI (female)	26.7±6.9	26±6.9
BMI (male)	27.1±9.1	25.3±5.9
BMI	26.9±8.1	25.6±6.5

This hospital admission was		
planned	517 (46.9%)	11384 (35.7%)
an emergency	534 (48.5%)	18596 (58.3%)
I do not know	50 (4.5%)	1609 (5%)

1. Diagnosis at admission		
0600 Nervous system	95 (8.6%)	2861 (9%)
0500 Mental health	49 (4.4%)	1240 (3.9%)
0700 Eye and adnexa	18 (1.6%)	271 (0.8%)
0800 Ear and mastoid process	11 (1%)	183 (0.6%)
0900 Circulatory system	249 (22.6%)	5336 (16.7%)
1000 Respiratory system	202 (18.3%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	199 (18.1%)	3860 (12.1%)
1100 Digestive system	330 (29.9%)	6965 (21.8%)
1400 Genitourinary system	122 (11.1%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	166 (15.1%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	66 (6%)	1418 (4.4%)
0100 Infectious and parasitic diseases	73 (6.6%)	3123 (9.8%)
0200 Neoplasms	298 (27%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	122 (11.1%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	81 (7.4%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	10 (0.9%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.1%)	412 (1.3%)
1600 Conditions originating in the perinatal period	1 (0.1%)	30 (0.1%)
1700 Congenital/chromosomal abnormalities	3 (0.3%)	84 (0.3%)
1900 Injury, poisoning	55 (5%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	95 (8.6%)	1288 (4%)

2. Main reason for admission		
0600 Nervous system	37 (3.4%)	1964 (6.2%)
0500 Mental health	3 (0.3%)	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	60 (5.4%)	2437 (7.6%)
1000 Respiratory system	83 (7.5%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	69 (6.3%)	959 (3%)
1100 Digestive system	222 (20.1%)	3440 (10.8%)
1400 Genitourinary system	49 (4.4%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	112 (10.2%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	22 (2%)	940 (2.9%)
0100 Infectious and parasitic diseases	45 (4.1%)	2024 (6.3%)
0200 Neoplasms	201 (18.2%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	37 (3.4%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	37 (3.4%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	2 (0.2%)	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	2 (0.2%)	130 (0.4%)
1900 Injury, poisoning	47 (4.3%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	23 (2.1%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES		
Cerebral vascular disease	49 (4.4%)	551 (1.7%)
Dementia	28 (2.5%)	319 (1%)
Major depressive disorder	23 (2.1%)	297 (0.9%)
Other chronic mental disorder	20 (1.8%)	202 (0.6%)
Myocardial infarction	23 (2.1%)	267 (0.8%)
Cardiac insufficiency	109 (9.9%)	981 (3.1%)
Chronic lung disease	77 (7%)	728 (2.3%)
Chronic liver disease	58 (5.3%)	366 (1.1%)
Chronic kidney disease	112 (10.2%)	983 (3.1%)

GI disease/problems	133 (12.1%)	941 (3%)
Urological disease/problems	80 (7.3%)	378 (1.2%)
Muskle-skeletal disease	67 (6.1%)	535 (1.7%)
Arthritis	20 (1.8%)	194 (0.6%)
Skin problems	34 (3.1%)	240 (0.8%)
Peripheral vascular disease	46 (7.4%)	412 (1.3%)
GENERAL COMORBIDITIES		
Pain	220 (20%)	1247 (3.9%)
Fatigue	122 (11.1%)	724 (2.3%)
Infection	107 (9.7%)	676 (2.1%)
Diabetes	195 (17.7%)	2176 (6.8%)
Hypertension	327 (29.7%)	3234 (10.1%)
Hyperlipidaemia	108 (9.8%)	1040 (3.3%)
Endocrinal disease	79 (7.2%)	528 (1.7%)
Cancer	260 (23.6%)	1440 (4.5%)
History of cancer	42 (3.8%)	511 (1.6%)
Other chronic disease	49 (4.4%)	806 (2.5%)
NO COMORBIDITIES	84 (7.6%)	5868 (18.4%)
OTHER COMORBIDITIES	111 (10.1%)	971 (3%)
4. Previous ICU admission during this hospital stay?		
Yes	110 (10%)	3305 (10.4%)
5. Is this patient terminally ill?		
Yes	140 (12.7%)	2109 (6.6%)
6. Fluid status (TODAY)		
Normal	652 (59.2%)	24553 (77%)
Overloaded	43 (3.9%)	1548 (4.9%)
Dehydrated	109 (9.9%)	2223 (7%)
I do not know	297 (27%)	3465 (10.9%)

7. Number of different medications planned (TODAY)		
oral	7 [4-10]	4 [2-8]
other	3 [1-3]	2 [1-4]

8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	196 (17.8%)	5142 (16.1%)
At risk	151 (13.7%)	7052 (22.1%)
No	675 (61.3%)	17552 (55%)
I do not know	79 (7.2%)	2073 (6.5%)

9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	228 (20.7%)	11676 (36.6%)
5% Glucose solution	6 (0.5%)	1963 (6.2%)

10. Number of ONS drinks planned (TODAY)	2 [1-3]	0 [0-1]

11. Nutrition intake (TODAY)		
Regular hospital food	840 (76.2%)	18876 (59.2%)
Fortified/enriched hospital food	125 (11.3%)	4517 (14.2%)
Special diet	146 (13.2%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	209 (19%)	6147 (19.3%)
Enteral nutrition	38 (3.4%)	1791 (5.6%)
Parenteral nutrition	71 (6.4%)	1271 (4%)

12a. All lines and tubes (TODAY)		
Central Venous	173 (15.7%)	3714 (11.6%)
Peripheral venous access	489 (44.4%)	15651 (49.1%)
Nasogastric	5 (0.5%)	756 (2.4%)
Nasojejunal	1 (0.1%)	91 (0.3%)
Nasoduadenal	-	82 (0.3%)
Enterostoma	14 (1.3%)	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	16 (1.5%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	6 (0.5%)	105 (0.3%)

12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	20 (1.8%)	565 (1.8%)
Yes, ongoing	7 (0.6%)	255 (0.8%)
No	810 (73.5%)	23467 (73.6%)
I do not know	70 (6.4%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	215 (19.5%)	11605 (36.4%)
Protein requirements were determined	161 (14.6%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	174 (15.8%)	12508 (39.2%)
Nutrition treatment plan was developed	209 (19%)	11785 (36.9%)
Nutrition expert was consulted	195 (17.7%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	165 (15%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)		
< 500 kcal	8 (0.7%)	281 (0.9%)
500-999 kcal	5 (0.5%)	286 (0.9%)
1000-1499 kcal	38 (3.4%)	2076 (6.5%)
1500-1999 kcal	162 (14.7%)	8530 (26.7%)
>=2000 kcal	169 (15.3%)	5796 (18.2%)
Not determined	442 (40.1%)	7876 (24.7%)
I do not know	88 (8%)	1851 (5.8%)
kcal/kg	1600 [1152-2037]	30 [25-30]

14b. Energy intake (YESTERDAY)		
< 500 kcal	15 (1.4%)	1190 (3.7%)
500-999 kcal	37 (3.4%)	1814 (5.7%)
1000-1499 kcal	77 (7%)	3863 (12.1%)
1500-1999 kcal	86 (7.8%)	6134 (19.2%)
>=2000 kcal	50 (4.5%)	3438 (10.8%)

Not determined	497 (45.1%)	7653 (24%)
I do not know	158 (14.3%)	2676 (8.4%)
kcal/kg	1038 [417-1262]	25 [21-30]

15. Since admission, this patient's health status has…		
Improved	327 (29.7%)	14998 (47%)
Deteriorated	80 (7.3%)	1844 (5.8%)
Remained the same	229 (20.8%)	6773 (21.2%)
This patient has just been admitted	64 (5.8%)	1954 (6.1%)
I do not know	235 (21.3%)	2168 (6.8%)

16a. Previous operation during this hospital stay		
Yes, planned	146 (13.2%)	4745 (14.9%)
Yes, acute	79 (7.2%)	2272 (7.1%)
No	154 (14%)	14399 (45.1%)
days since operation	9.2 [2-13]	4 [1-15]

16b. Planned operation during this hospital stay		
Yes, today or tomorrow	52 (4.7%)	2955 (9.3%)
Yes, later	54 (4.9%)	1925 (6%)
No	263 (23.9%)	15926 (49.9%)

17. Surgery type (single choice)		
Operated right after admission (acute)	47 (4.3%)	615 (1.9%)
Planned after unscheduled admission	48 (4.4%)	780 (2.4%)
Planned after scheduled admission	125 (11.3%)	1386 (4.3%)
None of the above	9 (0.8%)	103 (0.3%)
I don't know	16 (1.5%)	195 (0.6%)
Non-applicable (NA)	32 (2.9%)	550 (1.7%)

18. Surgical approch		
Open surgery including converted	139 (12.6%)	1792 (5.6%)

Minimal invasive surgery (laparoscory, robotics etc.)	87 (7.9%)	1064 (3.3%)

19. Duration of operation		
Minor surgery	55 (5%)	834 (6.3%)
Major surgery	170 (15.4%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done		
Oesophagus	9 (0.8%)	48 (0.2%)
Gastric	10 (0.9%)	215 (0.7%)
Liver	19 (1.7%)	113 (0.4%)
Pancreas	8 (0.7%)	85 (0.3%)
Colorectal	29 (2.6%)	304 (1%)
Gynecology	3 (0.3%)	123 (0.4%)
Gynaecologic oncology	4 (0.4%)	53 (0.2%)
Urology	10 (0.9%)	120 (0.4%)
Urology oncology	-	8 (0%)
Cystectomy	2 (0.2%)	22 (0.1%)
Bariatric	3 (0.3%)	13 (0%)
Hip replacement	37 (3.4%)	128 (0.4%)
Knee replacement	13 (1.2%)	86 (0.3%)
Lung	1 (0.1%)	85 (0.3%)
Cardiac	2 (0.2%)	45 (0.1%)
Vascular	5 (0.5%)	77 (0.2%)
other	90 (8.2%)	1469 (4.6%)
I don’t know	5 (0.5%)	188 (0.6%)

21. Indication to use of nutritional therapy		
No indication	189 (17.2%)	2012 (6.3%)
Expected prolonged postoperative fasting	6 (0.5%)	212 (0.7%)
Preoperative malnutrition	15 (1.4%)	218 (0.7%)
Ongoing surgical complication	7 (0.6%)	111 (0.3%)
Patient does not eat enough	28 (2.5%)	295 (0.9%)

other	13 (1.2%)	232 (0.7%)
I don't know	37 (3.4%)	332 (1%)

22. Days since nutritional therapy		
	7 [3-13]	7 [2-18]

30 Days after nutritionDay

Outcome code		
1 Still in the hospital	27 (2.5%)	2475 (7.8%)
2 Transferred to another hospital	14 (1.3%)	585 (1.8%)
3 Transferred to long term care	43 (3.9%)	766 (2.4%)
4 Rehabilitation	33 (3%)	552 (1.7%)
5 Discharged home	769 (69.8%)	20087 (63%)
6 Death	26 (2.4%)	1059 (3.3%)
7 Others	33 (3%)	402 (1.3%)

Readmission Code		
1 No	601 (54.5%)	18836 (59.1%)
2 Yes, same hospital planned	101 (9.2%)	1940 (6.1%)
3 Yes, same hospital unplanned	66 (6%)	1360 (4.3%)
4 Yes, different hospital planned	4 (0.4%)	170 (0.5%)
5 Yes, different hospital unplanned	5 (0.5%)	105 (0.3%)
6 Unknown	74 (6.7%)	707 (2.2%)

Admitted to ICU	27 (2.5%)	43 (0.1%)
Re-operated after nDay	26 (2.4%)	128 (0.4%)
How many days after nDay	27 [6-30]	15 [6-30]

PATIENT Sheet 3a/3b

	Your Results	Reference Results
1. What are your typical dietary habits?		
I have dietary restrictions	95 (8.6%)	1391 (4.4%)
No special dietary habits	653 (59.3%)	18087 (56.7%)
I am vegetarian	26 (2.4%)	492 (1.5%)
I eat a vegan diet	7 (0.6%)	90 (0.3%)
I eat a gluten-free diet	7 (0.6%)	299 (0.9%)
I avoid added sugars	118 (10.7%)	4543 (14.2%)
I avoid carbohydrates	21 (1.9%)	1583 (5%)
I eat a low fat-diet	63 (5.7%)	2741 (8.6%)
I am lactose intolerant	25 (2.3%)	1150 (3.6%)
Other special diet due to intolerances/allergies	15 (1.4%)	504 (1.6%)
other	77 (7%)	1888 (5.9%)
2. Where did you live before your current hospital admission?		
At home	843 (76.5%)	23600 (74%)
In a nursing home or other live-in facility	43 (3.9%)	734 (2.3%)
I was transferred from another hospital	109 (9.9%)	1856 (5.8%)
Other	297 (27%)	466 (1.5%)
3. In general, are you able to walk?		
Yes	560 (50.8%)	16629 (52.1%)
Yes, with someone's help	73 (6.6%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	194 (17.6%)	3474 (10.9%)
No, I have a wheelchair	47 (4.3%)	1077 (3.4%)
No, I am bedridden	48 (4.4%)	2317 (7.3%)

4. In general, how would you say your health is?		
Very good	51 (4.6%)	2269 (7.1%)
Good	290 (26.3%)	9974 (31.3%)
Fair	446 (40.5%)	9994 (31.3%)
Poor	232 (21.1%)	3598 (11.3%)
Very poor	70 (6.4%)	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)?	2 [1-3]	1 [0-2]
… how many nights in total have you spent in hospital?	25 [5-27]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	187 (17%)	6274 (19.7%)
3-5	219 (19.9%)	6835 (21.4%)
More than 5	362 (32.8%)	7302 (22.9%)
None	124 (11.3%)	5209 (2.9%)
I do not know	44 (4%)	938 (2.9%)

7. Do you have health insurance?		
Yes, private insurance only	103 (9.3%)	4393 (13.8%)
Yes, public insurance only	746 (67.7%)	12754 (40%)
Yes, both	59 (5.4%)	2697 (8.5%)
No	2 (0.2%)	5488 (17.2%)
I prefer not to answer	22 (2%)	933 (2.9%)

8. What was your weight 5 years ago?		
kg	84 [70-95]	74 [63-85]

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	107 (9.7%)	2317 (7.3%)
Yes, unintentionally	475 (43.1%)	13997 (43.9%)
No, my weight stayed the same	331 (30%)	7967 (25%)
No, I gained weight	108 (9.8%)	3144 (9.9%)
I do not know	80 (7.3%)	2573 (8.1%)

9b. If yes, how many kg did you lose?		
kg	10 [4-12]	6 [4-10]

10. Did you know about your hospitalisation two days before admission?		
Yes	419 (38%)	9759 (30.6%)
No	481 (43.6%)	15387 (48.2%)

11. Please indicate if you …		
... were weighed at admission		
Yes	411 (37.3%)	13167 (41.3%)
No	468 (42.5%)	12017 (37.7%)
... were informed about your nutrition status		
Yes	200 (18.1%)	9376 (29.4%)
No	652 (59.2%)	15480 (48.5%)
... were informed about nutrition care options		
Yes	186 (16.9%)	9168 (28.7%)
No	671 (60.9%)	15535 (48.7%)
... received special nutrition care		
Yes	180 (16.3%)	9435 (29.6%)
No	687 (62.3%)	15419 (48.3%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	40 (3.6%)	1467 (4.6%)
Normal	609 (55.3%)	17330 (54.3%)
About 3/4 of normal	87 (7.9%)	2866 (9%)
About half of normal	126 (11.4%)	3891 (12.2%)
About a quarter to nearly nothing	68 (6.2%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	507 (46%)	14097 (44.2%)
1/2	273 (24.8%)	8045 (25.2%)
1/4	169 (15.3%)	4218 (13.2%)
nothing	138 (12.5%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was…		
standard	674 (61.2%)	17603 (55.2%)
smaller	94 (8.5%)	2606 (8.2%)
larger	16 (1.5%)	1200 (3.8%)
I do not know	99 (9%)	2968 (9.3%)

14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	175 (15.9%)	7031 (22%)
Somewhat satisfied	361 (32.8%)	8669 (27.2%)
Dissatisfied	120 (10.9%)	4516 (14.2%)
Very dissatisfied	47 (4.3%)	2185 (6.9%)
Neutral	152 (13.8%)	1836 (5.8%)
I do not know	74 (6.7%)	1826 (5.7%)

15. Did you get any help with eating TODAY?		
Yes, from family or friends	17 (1.5%)	3294 (10.3%)
Yes, from hospital staff	78 (7.1%)	1635 (5.1%)
No	803 (72.9%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?		
Yes	653 (59.3%)	18317 (57.4%)
No	220 (20%)	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	121 (11%)	3237 (10.1%)
I did not like the smell of the food	47 (4.3%)	524 (1.6%)
I did not like the taste of the food	109 (9.9%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	1 (0.1%)	180 (0.6%)
The food was too hot	7 (0.6%)	83 (0.3%)
The food was too cold	15 (1.4%)	670 (2.1%)
Due to food allergy/intolerance	4 (0.4%)	178 (0.6%)
I was not hungry at that time	109 (9.9%)	2438 (7.6%)
I do not have my usual appetite	202 (18.3%)	5371 (16.8%)
I have problems chewing/swallowing	53 (4.8%)	1164 (3.6%)
I normally eat less than what was served	93 (8.4%)	1837 (5.8%)
I had nausea/vomiting	61 (5.5%)	1538 (4.8%)
I was too tired	43 (3.9%)	972 (3%)
I cannot eat without help	8 (0.7%)	278 (0.9%)
I was not allowed to eat	41 (3.7%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	51 (4.6%)	1156 (3.6%)
I did not get requested food	27 (2.5%)	208 (0.7%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	6 [3-8]	4 [2-6]
Coffee	2 [1-2]	1 [0-2]
Fruit juice	3 [1-4]	1 [0-2]
Nutrition drink	2 [1-2]	0 [0-1]
Tea	2 [1-3]	1 [0-2]
Milk	1 [1-1.5]	0 [0-1]
Soft drinks	2 [1-3]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?		
Yes	240 (21.8%)	6892 (21.6%)
No	668 (60.6%)	18027 (56.5%)

19b. If yes, what did you eat?		
Salty snacks	42 (3.8%)	2178 (6.8%)
Sweet snacks	106 (9.6%)	1075 (3.4%)
Homemade food	19 (1.7%)	1721 (5.4%)
Fruits	90 (8.2%)	2699 (8.5%)
Dairy products	21 (1.9%)	769 (2.4%)
Food delivered/restaurant	5 (0.5%)	288 (0.9%)
Sandwich	17 (1.5%)	458 (1.4%)
Other	90 (8.2%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?		
More	85 (7.7%)	4573 (14.3%)
Less	456 (41.4%)	9505 (29.8%)
Same	339 (30.8%)	10264 (32.2%)
I do not know	59 (5.4%)	1452 (4.6%)

21. TODAY, compared to admission I feel		
Stronger	336 (30.5%)	14268 (44.7%)
Weaker	270 (24.5%)	5687 (17.8%)
Same	408 (37%)	8252 (25.9%)
I was admitted today	23 (2.1%)	813 (2.5%)
I do not know	65 (5.9%)	1336 (4.2%)

22. Can you walk without assistance TODAY?		
Yes	696 (63.2%)	17585 (55.1%)
No, only with assistance	296 (26.9%)	8015 (25.1%)
No, I stay in bed	108 (9.8%)	4540 (14.2%)

23. Did anyone help you complete this questionnaire?		
Yes	557 (50.5%)	18864 (59.1%)
No	384 (34.8%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	**Germany**
Number of patients who gave consent:	**1102**
Number of participating centers:	**38**
Filled out oncology unit sheet 1:	**26**
Filled out oncology sheet 2 and sheet 3:	**290**

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Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	25 (96.2%)	317 (67.2%) Yes
no	1 (3.8%)	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	25 (96.2%)	322 (68.2%) Yes
no	1 (3.8%)	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	6 (23.1%)	234 (49.6%) Yes
When a patient asks	16 (61.5%)	126 (26.7%) Yes
When weight loss > 10%	17 (65.4%)	126 (26.7%) Yes
During the palliative phase	4 (15.4%)	76 (16.1%) Yes
Other, please comment	8 (30.8%)	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	2 (7.7%)	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	19 (73.1%)	252 (53.4%) Yes
Calculation of energy needs	17 (65.4%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	23 (88.5%)	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	3 (11.5%)	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	13 (50%)	240 (50.8%) Yes
At every chemotherapy	3 (11.5%)	53 (11.2%) Yes
When necessary	9 (34.6%)	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)		
Regularly	1 (3.8%)	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	4 (15.4%)	92 (19.5%) Yes
Never	16 (61.5%)	161 (34.1%) Yes
I do not know	1 (3.8%)	10 (2.1%) Yes
BIA		
Regularly	-	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	12 (46.2%)	119 (25.2%) Yes
Never	11 (42.3%)	169 (35.8%) Yes
I do not know	1 (3.8%)	13 (2.8%) Yes
CT Scan		
Regularly	-	9 (1.9%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	2 (7.7%)	80 (16.9%) Yes
Never	20 (76.9%)	202 (42.8%) Yes
I do not know	1 (3.8%)	28 (5.9%) Yes
DEXA		
Regularly	-	1 (0.2%) Yes
At every chemotherapy	-	3 (0.6%) Yes
When necessary	6 (23.1%)	67 (14.2%) Yes
Never	15 (57.7%)	228 (48.3%) Yes
I do not know	2 (7.7%)	22 (4.7%) Yes
Other		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	1 (3.8%)	42 (8.9%) Yes
Never	11 (42.3%)	103 (21.8%) Yes

I do not know	4 (15.4%)	61 (12.9%) Yes
Body function		
Handgrip		
Regularly	1 (3.8%)	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	7 (26.9%)	142 (30.1%) Yes
Never	15 (57.7%)	119 (25.2%) Yes
I do not know	1 (3.8%)	10 (2.1%) Yes
6-minutes walking test		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	2 (7.7%)	66 (14%) Yes
Never	18 (69.2%)	211 (44.7%) Yes
I do not know	3 (11.5%)	21 (4.4%) Yes
Other		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	7 (26.9%)	54 (11.4%) Yes
Never	9 (34.6%)	132 (28%) Yes
I do not know	4 (15.4%)	46 (9.7%) Yes
Nutritional requirements, calculated		
Regularly	-	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	20 (76.9%)	151 (32%) Yes
Never	2 (7.7%)	8 (1.7%) Yes
I do not know	1 (3.8%)	7 (1.5%) Yes

Nutritional intake		
Every meal		
Regularly	2 (7.7%)	71 (15%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	14 (53.8%)	137 (29%) Yes
Never	4 (15.4%)	57 (12.1%) Yes
I do not know	2 (7.7%)	22 (4.7%) Yes
1 meal per day		
Regularly	4 (15.4%)	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	7 (26.9%)	94 (19.9%) Yes
Never	6 (23.1%)	72 (15.3%) Yes
I do not know	1 (3.8%)	35 (7.4%) Yes
2 meals per day		
Regularly	2 (7.7%)	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	8 (30.8%)	103 (21.8%) Yes
Never	6 (23.1%)	78 (16.5%) Yes
I do not know	1 (3.8%)	33 (7%) Yes
24h recall		
Regularly	1 (3.8%)	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	15 (57.7%)	147 (31.1%) Yes
Never	4 (15.4%)	26 (5.5%) Yes
I do not know	1 (3.8%)	17 (3.6%) Yes
Other		
Regularly	-	12 (2.5%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary		

	5 (19.2%)	52 (11%) Yes
Never	4 (15.4%)	63 (13.3%) Yes
I do not know	2 (7.7%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	10 (38.5%)	144 (30.5%) Yes
Nurse	6 (23.1%)	65 (13.8%) Yes
Physician	5 (19.2%)	50 (10.6%) Yes
Nutritional scientist	5 (19.2%)	55 (11.7%) Yes
Other	-	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)	289 (99.7%)	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	200 (69%)	2516 (56.4%)
p= palliative	85 (29.3%)	1352 (30.3%)
t= terminal	2 (0.7%)	86 (1.9%)
Reason for admission		
Clinical diagnostics	44 (15.2%)	584 (13.1%)
Therapy	150 (51.7%)	1888 (42.3%)
Surgery related	44 (15.2%)	635 (14.2%)
Treatment complications	15 (5.2%)	470 (10.5%)
Poor health status	64 (22.1%)	778 (17.4%)
Independent care difficult	2 (0.7%)	54 (1.2%)

Cancer diagnosis (actual)		
Breast	18 (6.2%)	358 (8%)
Colon, rectum	23 (7.9%)	496 (11.1%)
Prostate	8 (2.8%)	97 (2.2%)
Lung	41 (14.1%)	298 (6.7%)
Skin	19 (6.6%)	66 (1.5%)
Kidney/bladder	10 (3.4%)	130 (2.9%)
Gastric/oesophageal	21 (7.2%)	309 (6.9%)
Pancreas	18 (6.2%)	228 (5.1%)
Lymphoma	42 (14.5%)	378 (8.5%)
ENT	9 (3.1%)	222 (5%)
Leukemia	19 (6.6%)	408 (9.1%)
Genital tract	8 (2.8%)	213 (4.8%)
Liver	15 (5.2%)	115 (2.6%)
Sarcoma	4 (1.4%)	141 (3.2%)
Brain	5 (1.7%)	70 (1.6%)
Testicular	2 (0.7%)	47 (1.1%)
Other	34 (11.7%)	515 (11.5%)

Time since cancer diagnosis		
0-2 months	92 (31.7%)	1025 (23%)
3-5 months	54 (18.6%)	767 (17.2%)
6-12 months	53 (18.3%)	701 (15.7%)
1-2 years	26 (9%)	556 (12.5%)
2-4 years	22 (7.6%)	374 (8.4%)
> 4 years	31 (10.7%)	469 (10.5%)
I do not know	6 (2.1%)	69 (1.5%)

Cancer Staging		
Carcinoma in situ	14 (4.8%)	278 (6.2%)
Localized	62 (21.4%)	828 (18.6%)
Early locally advanced	45 (15.5%)	521 (11.7%)

Late locally advanced	37 (12.8%)	468 (10.5%)
Metastasised	119 (41%)	1490 (8.4%)
Time since first therapy start		
No therapy	14 (4.8%)	278 (6.2%)
Tumor staging/Diagnosis	17 (5.9%)	433 (9.7%)
0-2 months	135 (46.6%)	1094 (24.5%)
3-5 months	28 (9.7%)	632 (14.2%)
6-12 months	31 (10.7%)	525 (11.8%)
1-2 years	20 (6.9%)	435 (9.7%)
2-4 years	18 (6.2%)	298 (6.7%)
> 4 years	22 (7.6%)	391 (8.8%)
I do not know	9 (3.1%)	93 (2.1%)
Therapy situation		
Diagnosis	29 (10%)	417 (9.3%)
Chemotherapy 1st line	91 (31.4%)	1047 (23.5%)
Chemotherapy > 1st line	43 (14.8%)	780 (17.5%)
Radiotherapy	32 (11%)	358 (8%)
Target therapy	13 (4.5%)	199 (4.5%)
Hormone therapy	1 (0.3%)	50 (1.1%)
Palliative	38 (13.1%)	423 (9.5%)
Surgery	60 (20.7%)	656 (14.7%)
Cancer related complications	17 (5.9%)	281 (6.3%)
Therapy related complications	15 (5.2%)	164 (3.7%)
Infections		
None	221 (76.2%)	2885 (64.6%)
Local	34 (11.7%)	540 (12.1%)
General	24 (8.3%)	442 (9.9%)
Lab. Parameter (CRP)	8 [3-32]	20 [4-67]
Lab. Parameter (Albumin)	4 [3-33]	31 [18-38]

Nutrition treatment		
No special diet	209 (72.1%)	1680 (37.6%)
Individualized diet plan	15 (5.2%)	1141 (25.6%)
Energy rich/protein rich ONS	41 (14.1%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	5 (1.7%)	248 (5.6%)
Parenteral nutrition	20 (6.9%)	347 (7.8%)
ONS enriched with special nutrients	14 (4.8%)	214 (4.8%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	6 (2.1%)	65 (1.5%)
Personal preferences	17 (5.9%)	434 (9.7%)
Counselling	53 (18.3%)	694 (15.6%)
Other	6 (2.1%)	194 (4.3%)

ONCOLOGY Patient SHEET 3

	Your Results	Reference Results
Your usual body weight prior to becoming ill		
kg	-	75 [64-86]
I do not know	39 (13.4%)	396 (8.9%)
Your actual weight		
kg	77 [65-90]	67 [58-80]
I do not know	41 (14.1%)	241 (5.4%)
Was your change in weight intentionally or unintentinally?		
Intentionally	18 (6.2%)	224 (5%)
Unintentionally	180 (62.1%)	2825 (63.3%)
Weight is stable	46 (15.9%)	537 (12%)
I do not know	20 (6.9%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?		
Not at all	98 (33.8%)	1260 (28.2%)
A little	51 (17.6%)	1058 (23.7%)
Quite a bit	65 (22.4%)	855 (19.2%)
Very much	54 (18.6%)	675 (15.1%)
I do not know	11 (3.8%)	40 (0.9%)

Did you need to rest?		
Not at all	46 (15.9%)	721 (16.2%)
A little	47 (16.2%)	1040 (23.3%)
Quite a bit	66 (22.8%)	1046 (23.4%)
Very much	110 (37.9%)	1008 (22.6%)
I do not know	12 (4.1%)	53 (1.2%)

Have you felt weak?		
Not at all	62 (21.4%)	807 (18.1%)
A little	39 (13.4%)	1070 (24%)
Quite a bit	74 (25.5%)	1036 (23.2%)
Very much	95 (32.8%)	908 (20.3%)
I do not know	11 (3.8%)	46 (1%)

Did you feel depressed?		
Not at all	84 (29%)	1478 (33.1%)
A little	34 (11.7%)	1202 (26.9%)
Quite a bit	66 (22.8%)	663 (14.9%)
Very much	80 (27.6%)	462 (10.4%)
I do not know	13 (4.5%)	61 (1.4%)

Were you tired?		
Not at all	52 (17.9%)	719 (16.1%)
A little	43 (14.8%)	1192 (26.7%)
Quite a bit	75 (25.9%)	1063 (23.8%)
Very much	96 (33.1%)	837 (18.8%)

I do not know	13 (4.5%)	60 (1.3%)

Did pain interfere with your daily activities?

Not at all	93 (32.1%)	1420 (31.8%)
A little	45 (15.5%)	906 (20.3%)
Quite a bit	55 (19%)	752 (16.8%)
Very much	75 (25.9%)	714 (16%)
I do not know	12 (4.1%)	58 (1.3%)

Have you lacked appetite?

Not at all	113 (39%)	1338 (30%)
A little	37 (12.8%)	921 (20.6%)
Quite a bit	48 (16.6%)	851 (19.1%)
Very much	71 (24.5%)	706 (15.8%)
I do not know	13 (4.5%)	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	112 (38.6%)	1727 (38.7%)
A little	68 (23.4%)	1241 (27.8%)
Quite a bit	62 (21.4%)	567 (12.7%)
Very much	25 (8.6%)	303 (6.8%)
I do not know	11 (3.8%)	45 (1%)

Do you need to rest?

Not at all	45 (15.5%)	843 (18.9%)
A little	55 (19%)	1440 (32.3%)
Quite a bit	84 (29%)	989 (22.2%)
Very much	76 (26.2%)	557 (12.5%)
I do not know	16 (5.5%)	53 (1.2%)

Do you feel weak?

Not at all	66 (22.8%)	1079 (24.2%)

A little	54 (18.6%)	1274 (28.5%)
Quite a bit	73 (25.2%)	861 (19.3%)
Very much	71 (24.5%)	603 (13.5%)
I do not know	12 (4.1%)	54 (1.2%)

Do you feel depressed?

Not at all	90 (31%)	1837 (41.2%)
A little	51 (17.6%)	1099 (24.6%)
Quite a bit	67 (23.1%)	539 (12.1%)
Very much	52 (17.9%)	328 (7.3%)
I do not know	17 (5.9%)	62 (1.4%)

Are you tired?

Not at all	50 (17.2%)	1009 (22.6%)
A little	72 (24.8%)	1426 (32%)
Quite a bit	72 (24.8%)	890 (19.9%)
Very much	70 (24.1%)	463 (10.4%)
I do not know	13 (4.5%)	68 (%)

Does pain interfere with your daily activities?

Not at all	98 (33.8%)	1694 (38%)
A little	55 (19%)	965 (21.6%)
Quite a bit	57 (19.7%)	647 (14.5%)
Very much	52 (17.9%)	488 (10.9%)
I do not know	15 (5.2%)	63 (1.4%)

Do you lack appetite?

Not at all	107 (36.9%)	1478 (33.1%)
A little	47 (16.2%)	1176 (26.3%)
Quite a bit	57 (19.7%)	688 (15.4%)
Very much	53 (18.3%)	453 (10.2%)
I do not know	15 (5.2%)	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?		
Nausea/vomiting	40 (13.8%)	855 (19.2%)
Inflammation in mouth	15 (5.2%)	249 (5.6%)
Pain	29 (10%)	621 (13.9%)
Constipation	28 (9.7%)	427 (9.6%)
Diarrhea	24 (8.3%)	291 (6.5%)
Change in taste/smell	36 (12.4%)	608 (13.6%)
Early satiation/loss of appetite	77 (26.6%)	1097 (24.6%)
Other	45 (15.5%)	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)		
Able to do sports	15 (5.2%)	183 (4.1%)
Fully active	42 (14.5%)	498 (11.2%)
Able to carry out light activities	99 (34.1%)	954 (21.4%)
Able to carry out self care	59 (20.3%)	1011 (22.7%)
Able to carry out limited self care	43 (14.8%)	656 (14.7%)
Confined to bed or chair	16 (5.5%)	519 (11.6%)
I do not know	6 (2.1%)	45 (1%)

What do you take without prescription from a doctor?		
Nothing	180 (62.1%)	2585 (57.9%)
Herbal tea	25 (8.6%)	429 (9.6%)
Nutritional supplements	41 (14.1%)	383 (8.6%)
Multivitamines	15 (5.2%)	263 (5.9%)
Other medication	8 (2.8%)	137 (3.1%)
Other	13 (4.5%)	171 (3.8%)

Which of the following activities do you perform?		
Nothing	169 (58.3%)	2699 (60.5%)
Psychotherapy	30 (10.3%)	188 (4.2%)
Yoga	7 (2.4%)	71 (1.6%)
Meditation	7 (2.4%)	158 (3.5%)
Progressive muscle relaxation	8 (2.8%)	111 (2.5%)

Qigong	1 (0.3%)	15 (0.3%)
Other	47 (16.2%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	28 (9.7%)	997 (22.3%)
No	204 (70.3%)	2400 (53.8%)
I do not know	45 (15.5%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	131 (45.2%)	2346 (52.6%)
No	145 (50%)	1481 (33.2%)
I do not know	5 (1.7%)	56 (1.3%)

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

Yes	137 (47.2%)	2653 (59.4%)
No	79 (27.2%)	519 (11.6%)
I do not know	65 (22.4%)	715 (16%)