28. July 2026

Dear participant,

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

Country:	**Guatemala**
Number of participating centers:	**4**
Number of participating units:	**7**
Number of patients:	**428**
Number of patients who gave consent:	**407**

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	334 [311-626]	296 [140-581]
2. Total number of admissions in the hospital last year	13853 [6557-27524]	15484 [4482-34465]
3. Total number of staff in the hospital		
Total medical doctors	505 [193-900]	226 [80-422]
Medical specialists	104 [88-200]	124 [37-273]
Medical non-specialists	106 [86-600]	56 [9-138]
Nurses	1130 [392-1775]	315 [128-726]
Dieticians	4 [2-19]	3 [1-9]
Nutritionists	5 [4-4]	2 [1-5]
Pharmacists	3 [3-15]	7 [3-18]
Kitchen staff	69 [40-70]	24 [9-44]
Full time equivalent		
Total medical doctors	210 [175-800]	144 [48-275]
Medical specialists	152 [104-152]	89 [34-215]
Medical non-specialists	106 [86-600]	46 [7-115]
Nurses	509 [276-1750]	305 [98-562]
Dieticians	4 [2-19]	2 [1-8]
Nutritionists	5 [4-4]	1 [0-3]
Pharmacists	3 [3-15]	5 [2-15]
Kitchen staff	69 [40-70]	24 [9-42]
4. Does the hospital have a nutrition care strategy?	4 (100%)	190 (40%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	3 (75%)	157 (33.1%) Yes
Nutrition steering committee is available	2 (50%)	125 (26.3%) Yes
Quality indicators are recorded and reported to national or regional level	3 (75%)	77 (16.2%) Yes

Quality indicators are used for internal benchmarking	2 (50%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (25%)	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 (25%)	32 (6.7%) Yes

Codes available		
Nutrition Support	3 (75%)	64 (13.5%) Yes
Oral nutrition supplements	3 (75%)	118 (24.8%) Yes
Parenteral nutrition	3 (75%)	157 (33.1%) Yes
Enteral nutrition	3 (75%)	156 (32.8%) Yes
Dietary counseling	3 (75%)	99 (20.8%) Yes
Specific dietary interventions	3 (75%)	90 (18.9%) Yes
Screening for malnutrition	1 (25%)	98 (20.6%) Yes
Risk of malnutrition	1 (25%)	71 (14.9%) Yes
Malnutrition (in general)	2 (50%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25%)	97 (20.4%) Yes

Codes routinely used		
Nutrition Support	4 (100%)	60 (12.6%) Yes
Oral nutrition supplements	4 (100%)	110 (23.2%) Yes
Parenteral nutrition	4 (100%)	138 (29.1%) Yes
Enteral nutrition	4 (100%)	137 (28.8%) Yes
Dietary counseling	4 (100%)	82 (17.3%) Yes
Specific dietary interventions	4 (100%)	77 (16.2%) Yes
Screening for malnutrition	2 (50%)	82 (17.3%) Yes
Risk of malnutrition	2 (50%)	63 (13.3%) Yes
Malnutrition (in general)	3 (75%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25%)	88 (18.5%) Yes

Unit Sheet 1a/1b

	Your Results	Reference Results
1a. Main specialty		
Internal Medicine / General	3 (42.9%)	295 (17.2%)
Internal Medicine / Cardiology	-	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	-	114 (6.6%)
Internal Medicine / Geriatrics	-	105 (6.1%)
Internal Medicine / Infectious diseases	-	13 (0.8%)
Internal Medicine / Nephrology	-	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	1 (14.3%)	215 (12.5%)
Surgery / General	3 (42.9%)	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)	-	27 (1.6%)
Gynecology / Obstetrics	-	28 (1.6%)
Neurology	-	34 (2%)
Psychiatry	-	21 (2%)
Pediatrics	-	13 (0.8%)
Interdisciplinary	-	59 (3.4%)
Long term care	-	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	-	288 (16.8%)

1b. For surgical units only		
Do you do ERAS?	-	181 (11%) Yes
Do you have a ERAS protocol?	1 (14.3%)	131 (8%) Yes
Do you have an ERAS team?	-	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes
2. Number of registered inpatients at noon	50 [23-140]	22 [16-29]
3. Total bed capacity of the unit	52 [48-160]	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	4 [2-8]	3 [2-6]
Medical students	-	
Nurses	4 [1-6]	4 [3-6]
Nursing aides	6 [3-14]	2 [1-4]
Dieticians	1 [1-3]	1 [0-1]
Nutritionists	3 [1.5-4]	0 [0-1]
Administrative staff	2 [2-4]	1 [1-2]
Other staff involved in patient care	2 [2-3]	1 [0-3]
In training		
Medical doctors	9 [6.5-11]	2 [0-3]
Medical students	20 [3-25]	1 [0-3]
Nurses	-	1 [0-2]
Nursing aides	-	0 [0-1]
Dieticians	10 [10-10]	0 [0-0]
Nutritionists	2 [1-3]	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	-	0 [0-0]

5. Is there a nutrition support team in your hospital available?	1 (14.3%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	6 (85.7%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	7 (100%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	7 (100%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	3 (42.9%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	1 (14.3%)	151 (8.8%) Yes
No fixed criteria	-	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	-	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	6 (85.7%)	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	-	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	-	178 (10.4%) Yes
Weighing / BMI only	-	571 (33.3%) Yes
Other formal tool	7 (100%)	450 (26.2%) Yes
I do not know	-	196 (11.4%) Yes

11a. Do you routinely use guidelines or standards for nutrition care?	7 (100%)	1092 (63.7%) Yes
11b. If yes, which one is mainly used?		
International guidelines	6 (85.7%)	403 (23.5%) Yes
National guidelines	-	180 (10.5%) Yes
Standards on hospital level	1 (14.3%)	331 (19.3%) Yes
Standards on unit level	-	66 (3.8%) Yes
Individual patient nutrition care plans	-	136 (7.9%) Yes
Others	-	20 (1.2%) Yes
12. What is routinely done in your unit for given patient groups?		
At risk		
Watchful waiting	3 (42.9%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	4 (57.1%)	574 (33.5%) Yes
Develop an individual nutrition care plan	4 (57.1%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	4 (57.1%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (57.1%)	693 (40.4%) Yes
Consult a medical professional	1 (14.3%)	417 (24.3%) Yes
Calculate energy requirements	4 (57.1%)	622 (36.3%) Yes
Calculate protein requirements	4 (57.1%)	619 (36.1%) Yes
Malnourished		
Watchful waiting	-	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	6 (85.7%)	666 (38.8%) Yes
Develop an individual nutrition care plan	6 (85.7%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	6 (85.7%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (85.7%)	794 (46.3%) Yes
Consult a medical professional	3 (42.9%)	514 (30%) Yes
Calculate energy requirements	6 (85.7%)	813 (47.4%) Yes
Calculate protein requirements	6 (85.7%)	801 (46.7%) Yes

Every patient		
Watchful waiting	4 (57.1%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	1 (14.3%)	452 (26.4%) Yes
Develop an individual nutrition care plan	1 (14.3%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	1 (14.3%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (14.3%)	371 (21.6%) Yes
Consult a medical professional	4 (57.1%)	428 (25%) Yes
Calculate energy requirements	1 (14.3%)	250 (14.6%) Yes
Calculate protein requirements	1 (14.3%)	240 (14%) Yes

None		
Watchful waiting	-	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	-	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	-	177 (10.3%) Yes
Calculate energy requirements	-	131 (7.6%) Yes
Calculate protein requirements	-	138 (8%) Yes

13. When do you routinely weigh your patients?		
At admission	3 (42.9%)	927 (54.1%) Yes
Within 24 hours	-	173 (10.1%) Yes
Within 48 hours	-	94 (5.5%) Yes
Within 72 hours	1 (14.3%)	44 (2.6%) Yes
Every week	4 (57.1%)	603 (35.2%) Yes
Occasionally	1 (14.3%)	196 (11.4%) Yes
When requested	1 (14.3%)	819 (47.8%) Yes
At discharge	-	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	6 (85.7%)	1164 (67.9%) Yes
Offer meal choices	3 (42.9%)	1029 (60%) Yes
Offer different portion sizes	2 (28.6%)	837 (48.8%) Yes
Consider food presentation	2 (28.6%)	484 (28.2%) Yes
Change food texture/consistency as needed	7 (100%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	6 (85.7%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	371 (21.6%) Yes
Promote positive eating environment	-	413 (24.1%) Yes
Consider cultural/religious preferences	1 (14.3%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	4 (57.1%)	1315 (76.7%) Yes
Other	1 (14.3%)	99 (5.8%) Yes

15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	6 (85.7%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	5 (71.4%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	2 (28.6%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	2 (28.6%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (42.9%)	789 (46%) Yes

16. At admission what is asked and documented?		
Change in weight	6 (85.7%)	1150 (67.1%) Yes
Eating habits/difficulties	7 (100%)	1025 (59.8%) Yes
Nutrition before admission	4 (57.1%)	770 (44.9%) Yes

17a. Patient record has a section indicating		
if the patient is malnourished/ at risk	3 (42.9%)	1008 (58.8%) Yes
nutrition treatment	6 (85.7%)	786 (45.8%) Yes
I do not know	-	141 (8.2%) Yes

17b. Discharge letter includes		
nutrition treatment received during stay	3 (42.9%)	728 (42.4%) Yes
makes future nutrition-related recommendations	6 (85.7%)	855 (49.9%) Yes
I do not know	-	166 (9.7%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (42.9%)	569 (33.2%) Yes
19. Who filled in this sheet?		
Head staff	-	375 (21.9%) Yes
Dietician	4 (57.1%)	707 (41.2%) Yes
Nurse	-	328 (19.1%) Yes
Physician	-	181 (10.6%) Yes
Administrative staff	-	28 (1.6%) Yes
Others	3 (42.9%)	132 (7.7%) Yes

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

	Your Results	Reference Results
TOTAL Patients:	428 (100%)	31895
Number of patients who gave consent	407 (95.1%)	31895 (100%)
Female	209 (51.4%)	15478 (48.5%)
Male	193 (47.4%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	47 [29-64]	63 [46-76]
Weight	62.2±17	70.9±19.4
Height	157±9.4	166±11
BMI (female)	25.4±7.2	26±6.9
BMI (male)	24.5±5	25.3±5.9
BMI	25±6.3	25.6±6.5

This hospital admission was		
planned	86 (21.1%)	11384 (35.7%)
an emergency	286 (70.3%)	18596 (58.3%)
I do not know	35 (8.6%)	1609 (5%)

1. Diagnosis at admission		
0600 Nervous system	18 (4.4%)	2861 (9%)
0500 Mental health	1 (0.2%)	1240 (3.9%)
0700 Eye and adnexa	8 (2%)	271 (0.8%)
0800 Ear and mastoid process	-	183 (0.6%)
0900 Circulatory system	50 (12.3%)	5336 (16.7%)
1000 Respiratory system	32 (7.9%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	43 (10.6%)	3860 (12.1%)
1100 Digestive system	63 (15.5%)	6965 (21.8%)
1400 Genitourinary system	36 (8.8%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	48 (11.8%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	25 (6.1%)	1418 (4.4%)
0100 Infectious and parasitic diseases	22 (5.4%)	3123 (9.8%)
0200 Neoplasms	58 (14.3%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	39 (9.6%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	3 (0.7%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	24 (5.9%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	2 (0.5%)	412 (1.3%)
1600 Conditions originating in the perinatal period	-	30 (0.1%)
1700 Congenital/chromosomal abnormalities	-	84 (0.3%)
1900 Injury, poisoning	18 (4.4%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	-	1288 (4%)

2. Main reason for admission		
0600 Nervous system	14 (3.4%)	1964 (6.2%)
0500 Mental health	1 (0.2%)	1431 (4.5%)

0700 Eye and adnexa	6 (1.5%)	515 (1.6%)
0800 Ear and mastoid process	-	1888 (5.9%)
0900 Circulatory system	38 (9.3%)	2437 (7.6%)
1000 Respiratory system	26 (6.4%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	27 (6.6%)	959 (3%)
1100 Digestive system	49 (12%)	3440 (10.8%)
1400 Genitourinary system	18 (4.4%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	43 (10.6%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	22 (5.4%)	940 (2.9%)
0100 Infectious and parasitic diseases	13 (3.2%)	2024 (6.3%)
0200 Neoplasms	60 (14.7%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	32 (7.9%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	4 (1%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	20 (4.9%)	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	1 (0.2%)	520 (1.6%)
1600 Conditions originating in the perinatal period	-	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	5 (1.2%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	-	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES		
Cerebral vascular disease	6 (1.5%)	551 (1.7%)
Dementia	1 (0.2%)	319 (1%)
Major depressive disorder	2 (0.5%)	297 (0.9%)
Other chronic mental disorder	1 (0.2%)	202 (0.6%)
Myocardial infarction	5 (1.2%)	267 (0.8%)
Cardiac insufficiency	14 (3.4%)	981 (3.1%)
Chronic lung disease	5 (1.2%)	728 (2.3%)
Chronic liver disease	13 (3.2%)	366 (1.1%)
Chronic kidney disease	43 (10.6%)	983 (3.1%)

GI disease/problems	28 (6.9%)	941 (3%)
Urological disease/problems	6 (1.5%)	378 (1.2%)
Muskle-skeletal disease	10 (2.5%)	535 (1.7%)
Arthritis	2 (0.5%)	194 (0.6%)
Skin problems	6 (1.5%)	240 (0.8%)
Peripheral vascular disease	4 (0.7%)	412 (1.3%)
GENERAL COMORBIDITIES		
Pain	31 (7.6%)	1247 (3.9%)
Fatigue	18 (4.4%)	724 (2.3%)
Infection	17 (4.2%)	676 (2.1%)
Diabetes	99 (24.3%)	2176 (6.8%)
Hypertension	84 (20.6%)	3234 (10.1%)
Hyperlipidaemia	11 (2.7%)	1040 (3.3%)
Endocrinal disease	6 (1.5%)	528 (1.7%)
Cancer	31 (7.6%)	1440 (4.5%)
History of cancer	4 (1%)	511 (1.6%)
Other chronic disease	14 (3.4%)	806 (2.5%)
NO COMORBIDITIES	26 (6.4%)	5868 (18.4%)
OTHER COMORBIDITIES	186 (45.7%)	971 (3%)
4. Previous ICU admission during this hospital stay?		
Yes	13 (3.2%)	3305 (10.4%)
5. Is this patient terminally ill?		
Yes	11 (2.7%)	2109 (6.6%)
6. Fluid status (TODAY)		
Normal	357 (87.7%)	24553 (77%)
Overloaded	7 (1.7%)	1548 (4.9%)
Dehydrated	29 (7.1%)	2223 (7%)
I do not know	14 (3.4%)	3465 (10.9%)

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

8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	52 (12.8%)	5142 (16.1%)
At risk	125 (30.7%)	7052 (22.1%)
No	214 (52.6%)	17552 (55%)
I do not know	16 (3.9%)	2073 (6.5%)

9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	72 (17.7%)	11676 (36.6%)
5% Glucose solution	10 (2.5%)	1963 (6.2%)

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

11. Nutrition intake (TODAY)		
Regular hospital food	262 (64.4%)	18876 (59.2%)
Fortified/enriched hospital food	7 (1.7%)	4517 (14.2%)
Special diet	158 (38.8%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	168 (41.3%)	6147 (19.3%)
Enteral nutrition	42 (10.3%)	1791 (5.6%)
Parenteral nutrition	10 (2.5%)	1271 (4%)

12a. All lines and tubes (TODAY)		
Central Venous	43 (10.6%)	3714 (11.6%)
Peripheral venous access	272 (66.8%)	15651 (49.1%)
Nasogastric	2 (0.5%)	756 (2.4%)
Nasojejunal	1 (0.2%)	91 (0.3%)
Nasoduadenal	1 (0.2%)	82 (0.3%)
Enterostoma	1 (0.2%)	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	2 (0.5%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	1 (0.2%)	105 (0.3%)

12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	10 (2.5%)	565 (1.8%)
Yes, ongoing	5 (1.2%)	255 (0.8%)
No	352 (86.5%)	23467 (73.6%)
I do not know	21 (5.2%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	287 (70.5%)	11605 (36.4%)
Protein requirements were determined	283 (69.5%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	258 (63.4%)	12508 (39.2%)
Nutrition treatment plan was developed	-	11785 (36.9%)
Nutrition expert was consulted	295 (72.5%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	234 (57.5%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)		
< 500 kcal	-	281 (0.9%)
500-999 kcal	-	286 (0.9%)
1000-1499 kcal	43 (10.6%)	2076 (6.5%)
1500-1999 kcal	232 (57%)	8530 (26.7%)
>=2000 kcal	30 (7.4%)	5796 (18.2%)
Not determined	56 (13.8%)	7876 (24.7%)
I do not know	14 (3.4%)	1851 (5.8%)
kcal/kg	30 [28-35]	30 [25-30]

14b. Energy intake (YESTERDAY)		
< 500 kcal	7 (1.7%)	1190 (3.7%)
500-999 kcal	67 (16.5%)	1814 (5.7%)
1000-1499 kcal	96 (23.6%)	3863 (12.1%)
1500-1999 kcal	137 (33.7%)	6134 (19.2%)
>=2000 kcal	6 (1.5%)	3438 (10.8%)

Not determined	53 (13%)	7653 (24%)
I do not know	19 (4.7%)	2676 (8.4%)
kcal/kg	26 [20-30]	25 [21-30]

15. Since admission, this patient's health status has…		
Improved	199 (48.9%)	14998 (47%)
Deteriorated	35 (8.6%)	1844 (5.8%)
Remained the same	78 (19.2%)	6773 (21.2%)
This patient has just been admitted	51 (12.5%)	1954 (6.1%)
I do not know	42 (10.3%)	2168 (6.8%)

16a. Previous operation during this hospital stay		
Yes, planned	41 (10.1%)	4745 (14.9%)
Yes, acute	13 (3.2%)	2272 (7.1%)
No	148 (36.4%)	14399 (45.1%)
days since operation	58 [4-38.5]	4 [1-15]

16b. Planned operation during this hospital stay		
Yes, today or tomorrow	32 (7.9%)	2955 (9.3%)
Yes, later	97 (23.8%)	1925 (6%)
No	78 (19.2%)	15926 (49.9%)

17. Surgery type (single choice)		
Operated right after admission (acute)	22 (5.4%)	615 (1.9%)
Planned after unscheduled admission	78 (19.2%)	780 (2.4%)
Planned after scheduled admission	51 (12.5%)	1386 (4.3%)
None of the above	4 (1%)	103 (0.3%)
I don't know	19 (4.7%)	195 (0.6%)
Non-applicable (NA)	40 (9.8%)	550 (1.7%)

18. Surgical approch		
Open surgery including converted	118 (29%)	1792 (5.6%)

Minimal invasive surgery (laparoscory, robotics etc.)	43 (10.6%)	1064 (3.3%)

19. Duration of operation		
Minor surgery	51 (12.5%)	834 (6.3%)
Major surgery	108 (26.5%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done		
Oesophagus	-	48 (0.2%)
Gastric	19 (4.7%)	215 (0.7%)
Liver	-	113 (0.4%)
Pancreas	3 (0.7%)	85 (0.3%)
Colorectal	13 (3.2%)	304 (1%)
Gynecology	1 (0.2%)	123 (0.4%)
Gynaecologic oncology	1 (0.2%)	53 (0.2%)
Urology	2 (0.5%)	120 (0.4%)
Urology oncology	-	8 (0%)
Cystectomy	-	22 (0.1%)
Bariatric	-	13 (0%)
Hip replacement	11 (2.7%)	128 (0.4%)
Knee replacement	1 (0.2%)	86 (0.3%)
Lung	-	85 (0.3%)
Cardiac	-	45 (0.1%)
Vascular	1 (0.2%)	77 (0.2%)
other	116 (28.5%)	1469 (4.6%)
I don’t know	19 (4.7%)	188 (0.6%)

21. Indication to use of nutritional therapy		
No indication	65 (16%)	2012 (6.3%)
Expected prolonged postoperative fasting	1 (0.2%)	212 (0.7%)
Preoperative malnutrition	40 (9.8%)	218 (0.7%)
Ongoing surgical complication	5 (1.2%)	111 (0.3%)
Patient does not eat enough	40 (9.8%)	295 (0.9%)

other	31 (7.6%)	232 (0.7%)
I don't know	28 (6.9%)	332 (1%)

22. Days since nutritional therapy		
	21 [8-40]	7 [2-18]

30 Days after nutritionDay

Outcome code		
1 Still in the hospital	37 (9.1%)	2475 (7.8%)
2 Transferred to another hospital	-	585 (1.8%)
3 Transferred to long term care	1 (0.2%)	766 (2.4%)
4 Rehabilitation	4 (1%)	552 (1.7%)
5 Discharged home	262 (64.4%)	20087 (63%)
6 Death	17 (4.2%)	1059 (3.3%)
7 Others	2 (0.5%)	402 (1.3%)

Readmission Code		
1 No	246 (60.4%)	18836 (59.1%)
2 Yes, same hospital planned	7 (1.7%)	1940 (6.1%)
3 Yes, same hospital unplanned	1 (0.2%)	1360 (4.3%)
4 Yes, different hospital planned	-	170 (0.5%)
5 Yes, different hospital unplanned	-	105 (0.3%)
6 Unknown	23 (5.7%)	707 (2.2%)

Admitted to ICU	1 (0.2%)	43 (0.1%)
Re-operated after nDay	-	128 (0.4%)
How many days after nDay	15 [7-31]	15 [6-30]

PATIENT Sheet 3a/3b

	Your Results	Reference Results
1. What are your typical dietary habits?		
I have dietary restrictions	67 (16.5%)	1391 (4.4%)
No special dietary habits	229 (56.3%)	18087 (56.7%)
I am vegetarian	1 (0.2%)	492 (1.5%)
I eat a vegan diet	3 (0.7%)	90 (0.3%)
I eat a gluten-free diet	-	299 (0.9%)
I avoid added sugars	94 (23.1%)	4543 (14.2%)
I avoid carbohydrates	32 (7.9%)	1583 (5%)
I eat a low fat-diet	51 (12.5%)	2741 (8.6%)
I am lactose intolerant	20 (4.9%)	1150 (3.6%)
Other special diet due to intolerances/allergies	7 (1.7%)	504 (1.6%)
other	26 (6.4%)	1888 (5.9%)
2. Where did you live before your current hospital admission?		
At home	363 (89.2%)	23600 (74%)
In a nursing home or other live-in facility	7 (1.7%)	734 (2.3%)
I was transferred from another hospital	29 (7.1%)	1856 (5.8%)
Other	14 (3.4%)	466 (1.5%)
3. In general, are you able to walk?		
Yes	242 (59.5%)	16629 (52.1%)
Yes, with someone's help	42 (10.3%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	43 (10.6%)	3474 (10.9%)
No, I have a wheelchair	13 (3.2%)	1077 (3.4%)
No, I am bedridden	63 (15.5%)	2317 (7.3%)

4. In general, how would you say your health is?		
Very good	42 (10.3%)	2269 (7.1%)
Good	142 (34.9%)	9974 (31.3%)
Fair	194 (47.7%)	9994 (31.3%)
Poor	38 (9.3%)	3598 (11.3%)
Very poor	3 (0.7%)	674 (2.1%)

5. Over the last 12 months prior to your current hospital admission approximately…		
… how many times have you seen a doctor?	4 [2-5]	4 [2-9]
… how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]
… how many nights in total have you spent in hospital?	19 [4-23.5]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	137 (33.7%)	6274 (19.7%)
3-5	89 (21.9%)	6835 (21.4%)
More than 5	41 (10.1%)	7302 (22.9%)
None	118 (29%)	5209 (2.9%)
I do not know	21 (5.2%)	938 (2.9%)

7. Do you have health insurance?		
Yes, private insurance only	27 (6.6%)	4393 (13.8%)
Yes, public insurance only	8 (2%)	12754 (40%)
Yes, both	3 (0.7%)	2697 (8.5%)
No	357 (87.7%)	5488 (17.2%)
I prefer not to answer	1 (0.2%)	933 (2.9%)

8. What was your weight 5 years ago?		
kg	72 [59-81]	74 [63-85]

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	30 (7.4%)	2317 (7.3%)
Yes, unintentionally	215 (52.8%)	13997 (43.9%)
No, my weight stayed the same	69 (17%)	7967 (25%)
No, I gained weight	23 (5.7%)	3144 (9.9%)
I do not know	69 (17%)	2573 (8.1%)

9b. If yes, how many kg did you lose?		
kg	13 [4-13]	6 [4-10]

10. Did you know about your hospitalisation two days before admission?		
Yes	115 (28.3%)	9759 (30.6%)
No	274 (67.3%)	15387 (48.2%)

11. Please indicate if you …		
... were weighed at admission		
Yes	191 (46.9%)	13167 (41.3%)
No	195 (47.9%)	12017 (37.7%)
... were informed about your nutrition status		
Yes	147 (36.1%)	9376 (29.4%)
No	235 (57.7%)	15480 (48.5%)
... were informed about nutrition care options		
Yes	182 (44.7%)	9168 (28.7%)
No	204 (50.1%)	15535 (48.7%)
... received special nutrition care		
Yes	220 (54.1%)	9435 (29.6%)
No	177 (43.5%)	15419 (48.3%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	21 (5.2%)	1467 (4.6%)
Normal	248 (60.9%)	17330 (54.3%)
About 3/4 of normal	36 (8.8%)	2866 (9%)
About half of normal	54 (13.3%)	3891 (12.2%)
About a quarter to nearly nothing	48 (11.8%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	206 (50.6%)	14097 (44.2%)
1/2	110 (27%)	8045 (25.2%)
1/4	60 (14.7%)	4218 (13.2%)
nothing	40 (9.8%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was…		
standard	262 (64.4%)	17603 (55.2%)
smaller	48 (11.8%)	2606 (8.2%)
larger	18 (4.4%)	1200 (3.8%)
I do not know	38 (9.3%)	2968 (9.3%)

14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	122 (30%)	7031 (22%)
Somewhat satisfied	106 (26%)	8669 (27.2%)
Dissatisfied	47 (11.5%)	4516 (14.2%)
Very dissatisfied	50 (12.3%)	2185 (6.9%)
Neutral	61 (15%)	1836 (5.8%)
I do not know	13 (3.2%)	1826 (5.7%)

15. Did you get any help with eating TODAY?		
Yes, from family or friends	29 (7.1%)	3294 (10.3%)
Yes, from hospital staff	26 (6.4%)	1635 (5.1%)
No	336 (82.6%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?		
Yes	284 (69.8%)	18317 (57.4%)
No	103 (25.3%)	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	69 (17%)	3237 (10.1%)
I did not like the smell of the food	38 (9.3%)	524 (1.6%)
I did not like the taste of the food	60 (14.7%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	5 (1.2%)	180 (0.6%)
The food was too hot	1 (0.2%)	83 (0.3%)
The food was too cold	45 (11.1%)	670 (2.1%)
Due to food allergy/intolerance	9 (2.2%)	178 (0.6%)
I was not hungry at that time	31 (7.6%)	2438 (7.6%)
I do not have my usual appetite	40 (9.8%)	5371 (16.8%)
I have problems chewing/swallowing	9 (2.2%)	1164 (3.6%)
I normally eat less than what was served	12 (2.9%)	1837 (5.8%)
I had nausea/vomiting	31 (7.6%)	1538 (4.8%)
I was too tired	11 (2.7%)	972 (3%)
I cannot eat without help	5 (1.2%)	278 (0.9%)
I was not allowed to eat	13 (3.2%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	15 (3.7%)	1156 (3.6%)
I did not get requested food	3 (0.7%)	208 (0.7%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	4 [2-5]	4 [2-6]
Coffee	1 [1-1]	1 [0-2]
Fruit juice	2 [1-2]	1 [0-2]
Nutrition drink	2 [1-2]	0 [0-1]
Tea	1 [1-1]	1 [0-2]
Milk	1 [1-1]	0 [0-1]
Soft drinks	2 [1-3]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?		
Yes	103 (25.3%)	6892 (21.6%)
No	272 (66.8%)	18027 (56.5%)

19b. If yes, what did you eat?		
Salty snacks	27 (6.6%)	2178 (6.8%)
Sweet snacks	26 (6.4%)	1075 (3.4%)
Homemade food	25 (6.1%)	1721 (5.4%)
Fruits	40 (9.8%)	2699 (8.5%)
Dairy products	5 (1.2%)	769 (2.4%)
Food delivered/restaurant	1 (0.2%)	288 (0.9%)
Sandwich	4 (1%)	458 (1.4%)
Other	15 (3.7%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?		
More	56 (13.8%)	4573 (14.3%)
Less	182 (44.7%)	9505 (29.8%)
Same	145 (35.6%)	10264 (32.2%)
I do not know	18 (4.4%)	1452 (4.6%)

21. TODAY, compared to admission I feel		
Stronger	208 (51.1%)	14268 (44.7%)
Weaker	82 (20.1%)	5687 (17.8%)
Same	104 (25.6%)	8252 (25.9%)
I was admitted today	9 (2.2%)	813 (2.5%)
I do not know	16 (3.9%)	1336 (4.2%)

22. Can you walk without assistance TODAY?		
Yes	227 (55.8%)	17585 (55.1%)
No, only with assistance	105 (25.8%)	8015 (25.1%)
No, I stay in bed	85 (20.9%)	4540 (14.2%)

23. Did anyone help you complete this questionnaire?		
Yes	372 (91.4%)	18864 (59.1%)
No	34 (8.4%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	**Guatemala**
Number of patients who gave consent:	**407**
Number of participating centers:	**4**
Filled out oncology unit sheet 1:	**3**
Filled out oncology sheet 2 and sheet 3:	**27**

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Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	-	317 (67.2%) Yes
no	3 (100%)	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	3 (100%)	322 (68.2%) Yes
no	-	6 (1.3%) Yes
I do not know	-	3 (0.6%) Yes
If yes, in what way is it part of the comprehensive approach?		
Routinely considered	3 (100%)	234 (49.6%) Yes
When a patient asks	-	126 (26.7%) Yes
When weight loss > 10%	-	126 (26.7%) Yes
During the palliative phase	-	76 (16.1%) Yes
Other, please comment	-	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	3 (100%)	252 (53.4%) Yes
Calculation of energy needs	3 (100%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	3 (100%)	314 (66.5%) Yes
None	-	0 (0%) Yes
Others	-	37 (7.8%) Yes
If not, please indicate main reasons		
Lack of evidence	-	1 (0.2%) Yes
Lack of experience	-	3 (0.6%) Yes
No reimbursement	-	1 (0.2%) Yes
Lack of dietitians	-	2 (0.4%) Yes
Lack of other experts	-	1 (0.2%) Yes
Other	-	13 (2.8%) Yes
How often do you assess the following parameters in cancer patients and which methods do you use?		
Anthropometry (circumference)		
Body weight		
Regularly	3 (100%)	240 (50.8%) Yes
At every chemotherapy	-	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	3 (100%)	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	-	92 (19.5%) Yes
Never	-	161 (34.1%) Yes
I do not know	-	10 (2.1%) Yes
BIA		
Regularly	-	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	3 (100%)	119 (25.2%) Yes
Never	-	169 (35.8%) Yes
I do not know	-	13 (2.8%) Yes
CT Scan		
Regularly	-	9 (1.9%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	-	80 (16.9%) Yes
Never	3 (100%)	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	-	67 (14.2%) Yes
Never	3 (100%)	228 (48.3%) Yes
I do not know	-	22 (4.7%) Yes
Other		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	-	42 (8.9%) Yes
Never	3 (100%)	103 (21.8%) Yes

I do not know	-	61 (12.9%) Yes
Body function		
Handgrip		
Regularly	3 (100%)	41 (8.7%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	-	142 (30.1%) Yes
Never	-	119 (25.2%) Yes
I do not know	-	10 (2.1%) Yes
6-minutes walking test		
Regularly	-	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	-	66 (14%) Yes
Never	3 (100%)	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	-	54 (11.4%) Yes
Never	3 (100%)	132 (28%) Yes
I do not know	-	46 (9.7%) Yes
Nutritional requirements, calculated		
Regularly	3 (100%)	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	-	151 (32%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake		
Every meal		
Regularly	-	71 (15%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	-	137 (29%) Yes
Never	3 (100%)	57 (12.1%) Yes
I do not know	-	22 (4.7%) Yes
1 meal per day		
Regularly	-	43 (9.1%) Yes
At every chemotherapy	-	6 (1.3%) Yes
When necessary	-	94 (19.9%) Yes
Never	3 (100%)	72 (15.3%) Yes
I do not know	-	35 (7.4%) Yes
2 meals per day		
Regularly	-	34 (7.2%) Yes
At every chemotherapy	-	5 (1.1%) Yes
When necessary	-	103 (21.8%) Yes
Never	3 (100%)	78 (16.5%) Yes
I do not know	-	33 (7%) Yes
24h recall		
Regularly	3 (100%)	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	-	147 (31.1%) Yes
Never	-	26 (5.5%) Yes
I do not know	-	17 (3.6%) Yes
Other		
Regularly	-	12 (2.5%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary		

	-	52 (11%) Yes
Never	3 (100%)	63 (13.3%) Yes
I do not know	-	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	-	144 (30.5%) Yes
Nurse	-	65 (13.8%) Yes
Physician	-	50 (10.6%) Yes
Nutritional scientist	3 (100%)	55 (11.7%) Yes
Other	-	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	-	210 (4.7%)
Ward (w)	27 (100%)	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	21 (77.8%)	2516 (56.4%)
p= palliative	2 (7.4%)	1352 (30.3%)
t= terminal	2 (7.4%)	86 (1.9%)
Reason for admission		
Clinical diagnostics	8 (29.6%)	584 (13.1%)
Therapy	11 (40.7%)	1888 (42.3%)
Surgery related	-	635 (14.2%)
Treatment complications	2 (7.4%)	470 (10.5%)
Poor health status	6 (22.2%)	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)		
Breast	2 (7.4%)	358 (8%)
Colon, rectum	2 (7.4%)	496 (11.1%)
Prostate	1 (3.7%)	97 (2.2%)
Lung	2 (7.4%)	298 (6.7%)
Skin	-	66 (1.5%)
Kidney/bladder	-	130 (2.9%)
Gastric/oesophageal	-	309 (6.9%)
Pancreas	-	228 (5.1%)
Lymphoma	2 (7.4%)	378 (8.5%)
ENT	1 (3.7%)	222 (5%)
Leukemia	12 (44.4%)	408 (9.1%)
Genital tract	-	213 (4.8%)
Liver	2 (7.4%)	115 (2.6%)
Sarcoma	-	141 (3.2%)
Brain	2 (7.4%)	70 (1.6%)
Testicular	-	47 (1.1%)
Other	1 (3.7%)	515 (11.5%)

Time since cancer diagnosis		
0-2 months	9 (33.3%)	1025 (23%)
3-5 months	6 (22.2%)	767 (17.2%)
6-12 months	5 (18.5%)	701 (15.7%)
1-2 years	1 (3.7%)	556 (12.5%)
2-4 years	-	374 (8.4%)
> 4 years	1 (3.7%)	469 (10.5%)
I do not know	2 (7.4%)	69 (1.5%)

Cancer Staging		
Carcinoma in situ	-	278 (6.2%)
Localized	8 (29.6%)	828 (18.6%)
Early locally advanced	3 (11.1%)	521 (11.7%)

Late locally advanced	-	468 (10.5%)
Metastasised	5 (18.5%)	1490 (8.4%)
Time since first therapy start		
No therapy	1 (3.7%)	278 (6.2%)
Tumor staging/Diagnosis	1 (3.7%)	433 (9.7%)
0-2 months	8 (29.6%)	1094 (24.5%)
3-5 months	5 (18.5%)	632 (14.2%)
6-12 months	4 (14.8%)	525 (11.8%)
1-2 years	2 (7.4%)	435 (9.7%)
2-4 years	-	298 (6.7%)
> 4 years	1 (3.7%)	391 (8.8%)
I do not know	6 (22.2%)	93 (2.1%)
Therapy situation		
Diagnosis	11 (40.7%)	417 (9.3%)
Chemotherapy 1st line	8 (29.6%)	1047 (23.5%)
Chemotherapy > 1st line	2 (7.4%)	780 (17.5%)
Radiotherapy	1 (3.7%)	358 (8%)
Target therapy	-	199 (4.5%)
Hormone therapy	-	50 (1.1%)
Palliative	4 (14.8%)	423 (9.5%)
Surgery	-	656 (14.7%)
Cancer related complications	1 (3.7%)	281 (6.3%)
Therapy related complications	1 (3.7%)	164 (3.7%)
Infections		
None	21 (77.8%)	2885 (64.6%)
Local	2 (7.4%)	540 (12.1%)
General	1 (3.7%)	442 (9.9%)
Lab. Parameter (CRP)	5 [3-8.5]	20 [4-67]
Lab. Parameter (Albumin)	3 [3-4]	31 [18-38]

Nutrition treatment		
No special diet	-	1680 (37.6%)
Individualized diet plan	-	1141 (25.6%)
Energy rich/protein rich ONS	13 (48.1%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	-	248 (5.6%)
Parenteral nutrition	1 (3.7%)	347 (7.8%)
ONS enriched with special nutrients	14 (51.9%)	214 (4.8%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	65 (1.5%)
Personal preferences	-	434 (9.7%)
Counselling	-	694 (15.6%)
Other	-	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	14 (51.9%)	396 (8.9%)
Your actual weight		
kg	59 [51-62]	67 [58-80]
I do not know	-	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	-	224 (5%)
Unintentionally	25 (92.6%)	2825 (63.3%)
Weight is stable	-	537 (12%)
I do not know	1 (3.7%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?		
Not at all	5 (18.5%)	1260 (28.2%)
A little	7 (25.9%)	1058 (23.7%)
Quite a bit	8 (29.6%)	855 (19.2%)
Very much	7 (25.9%)	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?		
Not at all	4 (14.8%)	721 (16.2%)
A little	12 (44.4%)	1040 (23.3%)
Quite a bit	7 (25.9%)	1046 (23.4%)
Very much	4 (14.8%)	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?		
Not at all	4 (14.8%)	807 (18.1%)
A little	10 (37%)	1070 (24%)
Quite a bit	10 (37%)	1036 (23.2%)
Very much	3 (11.1%)	908 (20.3%)
I do not know	-	46 (1%)

Did you feel depressed?		
Not at all	5 (18.5%)	1478 (33.1%)
A little	11 (40.7%)	1202 (26.9%)
Quite a bit	7 (25.9%)	663 (14.9%)
Very much	3 (11.1%)	462 (10.4%)
I do not know	-	61 (1.4%)

Were you tired?		
Not at all	2 (7.4%)	719 (16.1%)
A little	12 (44.4%)	1192 (26.7%)
Quite a bit	10 (37%)	1063 (23.8%)
Very much	3 (11.1%)	837 (18.8%)

I do not know	-	60 (1.3%)

Did pain interfere with your daily activities?

Not at all	4 (14.8%)	1420 (31.8%)
A little	8 (29.6%)	906 (20.3%)
Quite a bit	10 (37%)	752 (16.8%)
Very much	5 (18.5%)	714 (16%)
I do not know	-	58 (1.3%)

Have you lacked appetite?

Not at all	6 (22.2%)	1338 (30%)
A little	12 (44.4%)	921 (20.6%)
Quite a bit	7 (25.9%)	851 (19.1%)
Very much	2 (7.4%)	706 (15.8%)
I do not know	-	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	11 (40.7%)	1727 (38.7%)
A little	8 (29.6%)	1241 (27.8%)
Quite a bit	7 (25.9%)	567 (12.7%)
Very much	1 (3.7%)	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

Not at all	4 (14.8%)	843 (18.9%)
A little	14 (51.9%)	1440 (32.3%)
Quite a bit	7 (25.9%)	989 (22.2%)
Very much	2 (7.4%)	557 (12.5%)
I do not know	-	53 (1.2%)

Do you feel weak?

Not at all	10 (37%)	1079 (24.2%)

A little	7 (25.9%)	1274 (28.5%)
Quite a bit	8 (29.6%)	861 (19.3%)
Very much	2 (7.4%)	603 (13.5%)
I do not know	-	54 (1.2%)

Do you feel depressed?

Not at all	8 (29.6%)	1837 (41.2%)
A little	12 (44.4%)	1099 (24.6%)
Quite a bit	6 (22.2%)	539 (12.1%)
Very much	1 (3.7%)	328 (7.3%)
I do not know	-	62 (1.4%)

Are you tired?

Not at all	7 (25.9%)	1009 (22.6%)
A little	10 (37%)	1426 (32%)
Quite a bit	8 (29.6%)	890 (19.9%)
Very much	2 (7.4%)	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

Not at all	7 (25.9%)	1694 (38%)
A little	11 (40.7%)	965 (21.6%)
Quite a bit	7 (25.9%)	647 (14.5%)
Very much	2 (7.4%)	488 (10.9%)
I do not know	-	63 (1.4%)

Do you lack appetite?

Not at all	10 (37%)	1478 (33.1%)
A little	11 (40.7%)	1176 (26.3%)
Quite a bit	5 (18.5%)	688 (15.4%)
Very much	1 (3.7%)	453 (10.2%)
I do not know	-	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?		
Nausea/vomiting	10 (37%)	855 (19.2%)
Inflammation in mouth	-	249 (5.6%)
Pain	7 (25.9%)	621 (13.9%)
Constipation	6 (22.2%)	427 (9.6%)
Diarrhea	2 (7.4%)	291 (6.5%)
Change in taste/smell	2 (7.4%)	608 (13.6%)
Early satiation/loss of appetite	5 (18.5%)	1097 (24.6%)
Other	-	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)		
Able to do sports	1 (3.7%)	183 (4.1%)
Fully active	2 (7.4%)	498 (11.2%)
Able to carry out light activities	7 (25.9%)	954 (21.4%)
Able to carry out self care	11 (40.7%)	1011 (22.7%)
Able to carry out limited self care	1 (3.7%)	656 (14.7%)
Confined to bed or chair	5 (18.5%)	519 (11.6%)
I do not know	-	45 (1%)

What do you take without prescription from a doctor?		
Nothing	17 (63%)	2585 (57.9%)
Herbal tea	4 (14.8%)	429 (9.6%)
Nutritional supplements	1 (3.7%)	383 (8.6%)
Multivitamines	3 (11.1%)	263 (5.9%)
Other medication	2 (7.4%)	137 (3.1%)
Other	-	171 (3.8%)

Which of the following activities do you perform?		
Nothing	22 (81.5%)	2699 (60.5%)
Psychotherapy	1 (3.7%)	188 (4.2%)
Yoga	-	71 (1.6%)
Meditation	-	158 (3.5%)
Progressive muscle relaxation	-	111 (2.5%)

Qigong	-	15 (0.3%)
Other	3 (11.1%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	16 (59.3%)	997 (22.3%)
No	9 (33.3%)	2400 (53.8%)
I do not know	2 (7.4%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	19 (70.4%)	2346 (52.6%)
No	8 (29.6%)	1481 (33.2%)
I do not know	-	56 (1.3%)

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

Yes	26 (96.3%)	2653 (59.4%)
No	-	519 (11.6%)
I do not know	1 (3.7%)	715 (16%)