



Dear participant,

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

Country:	Hungary
Number of participating centers:	4
Number of participating units:	21
Number of patients:	428
Number of patients who gave consent:	422

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 265 [50-265] 296 [140-581]

2. Total number of admissions in the hospital last year 4275 [4275-4275] 15484 [4482-34465]

3. Total number of staff in the hospital

Total medical doctors 96 [96-96] 226 [80-422]

Medical specialists 391 [391-391] 124 [37-273]

Medical non-specialists 33 [33-33] 56 [9-138]

Nurses 174 [174-174] 315 [128-726]

Dieticians 9 [9-9] 3 [1-9]

Nutritionists - 2 [1-5]

Pharmacists 1 [1-1] 7 [3-18]

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

Full time equivalent

Total medical doctors 71 [71-71] 144 [48-275]

Medical specialists 335 [335-335] 89 [34-215]

Medical non-specialists 28 [28-28] 46 [7-115]

Nurses 133 [133-133] 305 [98-562]

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

Nutritionists - 1 [0-3]

Pharmacists 1 [1-1] 5 [2-15]

Kitchen staff 22 [22-22] 24 [9-42]

4. Does the hospital have a nutrition care strategy? 1 (33.3%) 190 (40%) Yes

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

Nutrition training is available 1 (25%) 157 (33.1%) Yes

Nutrition steering committee is available - 125 (26.3%) Yes

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

Quality indicators are used for internal benchmarking	1 (25%)	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	-	32 (6.7%) Yes
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Codes available

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

Codes routinely used

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

Unit Sheet 1a/1b

Your Results Reference Results

1a. Main specialty

Internal Medicine / General	-	295 (17.2%)
Internal Medicine / Cardiology	1 (4.8%)	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	2 (9.5%)	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)	2 (9.5%)	215 (12.5%)
Surgery / General	1 (4.8%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	-	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	1 (4.8%)	46 (2.7%)
Trauma	-	12 (0.7%)
Urology	-	4 (0.2%)
Bariatric	-	0 (0%)
Ear Nose Throat (ENT)	1 (4.8%)	27 (1.6%)
Gynecology / Obstetrics	-	28 (1.6%)
Neurology	2 (9.5%)	34 (2%)
Psychiatry	-	21 (2%)
Pediatrics	1 (4.8%)	13 (0.8%)
Interdisciplinary	-	59 (3.4%)
Long term care	1 (4.8%)	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	9 (42.9%)	288 (16.8%)

1b. For surgical units only

Do you do ERAS?	3 (14.3%)	181 (11%) Yes
Do you have a ERAS protocol?	3 (14.3%)	131 (8%) Yes
Do you have an ERAS team?	2 (9.5%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes

2. Number of registered inpatients at noon	25 [15-40]	22 [16-29]
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3. Total bed capacity of the unit	40 [20-40]	28 [22-36]
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4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)

Fully trained		
Medical doctors	3 [2-5]	3 [2-6]
Medical students	-	
Nurses	5 [4-5]	4 [3-6]
Nursing aides	2 [1-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	2 [1-2]	1 [1-2]
Other staff involved in patient care	3 [2-5]	1 [0-3]

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

5. Is there a nutrition support team in your hospital available?	17 (81%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	16 (76.2%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	18 (85.7%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	21 (100%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	8 (38.1%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	1 (4.8%)	151 (8.8%) Yes
No fixed criteria	2 (9.5%)	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	9 (42.9%)	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	7 (33.3%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (9.5%)	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	15 (71.4%)	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?	17 (81%)	1092 (63.7%) Yes
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11b. If yes, which one is mainly used?		
International guidelines	8 (38.1%)	403 (23.5%) Yes
National guidelines	7 (33.3%)	180 (10.5%) Yes
Standards on hospital level	2 (9.5%)	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 (14.3%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	6 (28.6%)	574 (33.5%) Yes
Develop an individual nutrition care plan	11 (52.4%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	8 (38.1%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (28.6%)	693 (40.4%) Yes
Consult a medical professional	3 (14.3%)	417 (24.3%) Yes
Calculate energy requirements	6 (28.6%)	622 (36.3%) Yes
Calculate protein requirements	5 (23.8%)	619 (36.1%) Yes

Malnourished		
Watchful waiting	1 (4.8%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	7 (33.3%)	666 (38.8%) Yes
Develop an individual nutrition care plan	13 (61.9%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	10 (47.6%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (38.1%)	794 (46.3%) Yes
Consult a medical professional	7 (33.3%)	514 (30%) Yes
Calculate energy requirements	6 (28.6%)	813 (47.4%) Yes
Calculate protein requirements	7 (33.3%)	801 (46.7%) Yes

Every patient

Watchful waiting	8 (38.1%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	10 (47.6%)	452 (26.4%) Yes
Develop an individual nutrition care plan	3 (14.3%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	6 (28.6%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (47.6%)	371 (21.6%) Yes
Consult a medical professional	12 (57.1%)	428 (25%) Yes
Calculate energy requirements	9 (42.9%)	250 (14.6%) Yes
Calculate protein requirements	8 (38.1%)	240 (14%) Yes

None

Watchful waiting	4 (19%)	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	2 (9.5%)	90 (5.2%) Yes
Develop an individual nutrition care plan	1 (4.8%)	87 (5.1%) Yes
Initiate treatment / nutrition intervention	1 (4.8%)	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	1 (4.8%)	131 (7.6%) Yes
Calculate protein requirements	1 (4.8%)	138 (8%) Yes

13. When do you routinely weigh your patients?

At admission	12 (57.1%)	927 (54.1%) Yes
Within 24 hours	2 (9.5%)	173 (10.1%) Yes
Within 48 hours	3 (14.3%)	94 (5.5%) Yes
Within 72 hours	4 (19%)	44 (2.6%) Yes
Every week	3 (14.3%)	603 (35.2%) Yes
Occasionally	9 (42.9%)	196 (11.4%) Yes
When requested	8 (38.1%)	819 (47.8%) Yes
At discharge	2 (9.5%)	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	15 (71.4%)	1164 (67.9%) Yes
Offer meal choices	15 (71.4%)	1029 (60%) Yes
Offer different portion sizes	9 (42.9%)	837 (48.8%) Yes
Consider food presentation	7 (33.3%)	484 (28.2%) Yes
Change food texture/consistency as needed	17 (81%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	21 (100%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	15 (71.4%)	371 (21.6%) Yes
Promote positive eating environment	14 (66.7%)	413 (24.1%) Yes
Consider cultural/religious preferences	16 (76.2%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	20 (95.2%)	1315 (76.7%) Yes
Other	7 (33.3%)	99 (5.8%) Yes

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

Nutrition training is available	18 (85.7%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	12 (57.1%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	4 (19%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	10 (47.6%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (52.4%)	789 (46%) Yes

16. At admission what is asked and documented?

Change in weight	14 (66.7%)	1150 (67.1%) Yes
Eating habits/difficulties	18 (85.7%)	1025 (59.8%) Yes
Nutrition before admission	11 (52.4%)	770 (44.9%) Yes

17a. Patient record has a section indicating

if the patient is malnourished/ at risk	11 (52.4%)	1008 (58.8%) Yes
nutrition treatment	12 (57.1%)	786 (45.8%) Yes
I do not know	4 (19%)	141 (8.2%) Yes

17b. Discharge letter includes

nutrition treatment received during stay	14 (66.7%)	728 (42.4%) Yes
makes future nutrition-related recommendations	14 (66.7%)	855 (49.9%) Yes
I do not know	3 (14.3%)	166 (9.7%) Yes

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

3 (14.3%) 569 (33.2%) Yes

19. Who filled in this sheet?

Head staff	6 (28.6%)	375 (21.9%) Yes
Dietician	14 (66.7%)	707 (41.2%) Yes
Nurse	6 (28.6%)	328 (19.1%) Yes
Physician	2 (9.5%)	181 (10.6%) Yes
Administrative staff	1 (4.8%)	28 (1.6%) Yes
Others	-	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	422 (98.6%)	31895 (100%)

Female	198 (46.9%)	15478 (48.5%)
Male	224 (53.1%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	58 [51-73]	63 [46-76]
Weight	75.5±20.7	70.9±19.4
Height	169±11	166±11
BMI (female)	26.2±6.6	26±6.9
BMI (male)	26.9±14	25.3±5.9
BMI	26.5±11.1	25.6±6.5

This hospital admission was

planned	339 (80.3%)	11384 (35.7%)
an emergency	74 (17.5%)	18596 (58.3%)
I do not know	9 (2.1%)	1609 (5%)

1. Diagnosis at admission

0600 Nervous system	77 (18.2%)	2861 (9%)
0500 Mental health	3 (0.7%)	1240 (3.9%)
0700 Eye and adnexa	1 (0.2%)	271 (0.8%)
0800 Ear and mastoid process	1 (0.2%)	183 (0.6%)
0900 Circulatory system	110 (26.1%)	5336 (16.7%)
1000 Respiratory system	27 (6.4%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	49 (11.6%)	3860 (12.1%)
1100 Digestive system	81 (19.2%)	6965 (21.8%)
1400 Genitourinary system	3 (0.7%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	69 (16.4%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	18 (4.3%)	1418 (4.4%)
0100 Infectious and parasitic diseases	1 (0.2%)	3123 (9.8%)
0200 Neoplasms	38 (9%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	5 (1.2%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	8 (1.9%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	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	5 (1.2%)	84 (0.3%)
1900 Injury, poisoning	37 (8.8%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	30 (7.1%)	1288 (4%)

2. Main reason for admission

0600 Nervous system	97 (23%)	1964 (6.2%)
0500 Mental health	-	1431 (4.5%)

0700 Eye and adnexa	-	515 (1.6%)
0800 Ear and mastoid process	1 (0.2%)	1888 (5.9%)
0900 Circulatory system	44 (10.4%)	2437 (7.6%)
1000 Respiratory system	25 (5.9%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	2 (0.5%)	959 (3%)
1100 Digestive system	69 (16.4%)	3440 (10.8%)
1400 Genitourinary system	2 (0.5%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	28 (6.6%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	15 (3.6%)	940 (2.9%)
0100 Infectious and parasitic diseases	-	2024 (6.3%)
0200 Neoplasms	34 (8.1%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	-	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	71 (16.8%)	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	1 (0.2%)	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	18 (4.3%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	11 (2.6%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES

Cerebral vascular disease	34 (8.1%)	551 (1.7%)
Dementia	2 (0.5%)	319 (1%)
Major depressive disorder	7 (1.7%)	297 (0.9%)
Other chronic mental disorder	10 (2.4%)	202 (0.6%)
Myocardial infarction	3 (0.7%)	267 (0.8%)
Cardiac insufficiency	42 (10%)	981 (3.1%)
Chronic lung disease	11 (2.6%)	728 (2.3%)
Chronic liver disease	10 (2.4%)	366 (1.1%)
Chronic kidney disease	9 (2.1%)	983 (3.1%)



GI disease/problems	39 (9.2%)	941 (3%)
Urological disease/problems	13 (3.1%)	378 (1.2%)
Muscle-skeletal disease	37 (8.8%)	535 (1.7%)
Arthritis	14 (3.3%)	194 (0.6%)
Skin problems	3 (0.7%)	240 (0.8%)
Peripheral vascular disease	21 (1.9%)	412 (1.3%)

GENERAL COMORBIDITIES

Pain	26 (6.2%)	1247 (3.9%)
Fatigue	18 (4.3%)	724 (2.3%)
Infection	5 (1.2%)	676 (2.1%)
Diabetes	91 (21.6%)	2176 (6.8%)
Hypertension	173 (41%)	3234 (10.1%)
Hyperlipidaemia	24 (5.7%)	1040 (3.3%)
Endocrinal disease	18 (4.3%)	528 (1.7%)
Cancer	45 (10.7%)	1440 (4.5%)
History of cancer	4 (0.9%)	511 (1.6%)
Other chronic disease	45 (10.7%)	806 (2.5%)

NO COMORBIDITIES	37 (8.8%)	5868 (18.4%)
OTHER COMORBIDITIES	36 (8.5%)	971 (3%)

4. Previous ICU admission during this hospital stay?

Yes	19 (4.5%)	3305 (10.4%)
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5. Is this patient terminally ill?

Yes	15 (3.6%)	2109 (6.6%)
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6. Fluid status (TODAY)

Normal	375 (88.9%)	24553 (77%)
Overloaded	5 (1.2%)	1548 (4.9%)
Dehydrated	22 (5.2%)	2223 (7%)
I do not know	20 (4.7%)	3465 (10.9%)

7. Number of different medications planned (TODAY)

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

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

Malnourished	39 (9.2%)	5142 (16.1%)
At risk	114 (27%)	7052 (22.1%)
No	239 (56.6%)	17552 (55%)
I do not know	30 (7.1%)	2073 (6.5%)

9. IV Fluids (TODAY)

Electrolyte solution (NaCl, Ringers lactate, etc)	42 (10%)	11676 (36.6%)
5% Glucose solution	2 (0.5%)	1963 (6.2%)

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

Regular hospital food	162 (38.4%)	18876 (59.2%)
Fortified/enriched hospital food	35 (8.3%)	4517 (14.2%)
Special diet	188 (44.5%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	38 (9%)	6147 (19.3%)
Enteral nutrition	13 (3.1%)	1791 (5.6%)
Parenteral nutrition	21 (5%)	1271 (4%)

12a. All lines and tubes (TODAY)

Central Venous	7 (1.7%)	3714 (11.6%)
Peripheral venous access	81 (19.2%)	15651 (49.1%)
Nasogastric	1 (0.2%)	756 (2.4%)
Nasojejunal	3 (0.7%)	91 (0.3%)
Nasoduodenal	-	82 (0.3%)
Enterostoma	-	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	5 (1.2%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	2 (0.5%)	105 (0.3%)
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12b. Were there complications with lines and tubes since admission? (infections /obstructions)

Yes, previously	2 (0.5%)	565 (1.8%)
Yes, ongoing	-	255 (0.8%)
No	321 (76.1%)	23467 (73.6%)
I do not know	17 (4%)	2406 (7.5%)

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

Energy requirements were determined	250 (59.2%)	11605 (36.4%)
Protein requirements were determined	233 (55.2%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	144 (34.1%)	12508 (39.2%)
Nutrition treatment plan was developed	8 (1.9%)	11785 (36.9%)
Nutrition expert was consulted	226 (53.6%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	160 (37.9%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)

< 500 kcal	14 (3.3%)	281 (0.9%)
500-999 kcal	2 (0.5%)	286 (0.9%)
1000-1499 kcal	7 (1.7%)	2076 (6.5%)
1500-1999 kcal	217 (51.4%)	8530 (26.7%)
>=2000 kcal	61 (14.5%)	5796 (18.2%)
Not determined	54 (12.8%)	7876 (24.7%)
I do not know	12 (2.8%)	1851 (5.8%)
kcal/kg	43 [25-42]	30 [25-30]

14b. Energy intake (YESTERDAY)

< 500 kcal	17 (4%)	1190 (3.7%)
500-999 kcal	6 (1.4%)	1814 (5.7%)
1000-1499 kcal	19 (4.5%)	3863 (12.1%)
1500-1999 kcal	214 (50.7%)	6134 (19.2%)
>=2000 kcal	52 (12.3%)	3438 (10.8%)

Not determined	46 (10.9%)	7653 (24%)
I do not know	14 (3.3%)	2676 (8.4%)
kcal/kg	60 [60-60]	25 [21-30]

15. Since admission, this patient's health status has...		
Improved	214 (50.7%)	14998 (47%)
Deteriorated	8 (1.9%)	1844 (5.8%)
Remained the same	68 (16.1%)	6773 (21.2%)
This patient has just been admitted	27 (6.4%)	1954 (6.1%)
I do not know	53 (12.6%)	2168 (6.8%)

16a. Previous operation during this hospital stay		
Yes, planned	64 (15.2%)	4745 (14.9%)
Yes, acute	3 (0.7%)	2272 (7.1%)
No	68 (16.1%)	14399 (45.1%)
days since operation	17.6 [2-24.5]	4 [1-15]

16b. Planned operation during this hospital stay		
Yes, today or tomorrow	35 (8.3%)	2955 (9.3%)
Yes, later	3 (0.7%)	1925 (6%)
No	77 (18.2%)	15926 (49.9%)

17. Surgery type (single choice)		
Operated right after admission (acute)	4 (0.9%)	615 (1.9%)
Planned after unscheduled admission	2 (0.5%)	780 (2.4%)
Planned after scheduled admission	83 (19.7%)	1386 (4.3%)
None of the above	3 (0.7%)	103 (0.3%)
I don't know	5 (1.2%)	195 (0.6%)
Non-applicable (NA)	7 (1.7%)	550 (1.7%)

18. Surgical approach		
Open surgery including converted	47 (11.1%)	1792 (5.6%)

Minimal invasive surgery (laparoscopy, robotics etc.)	45 (10.7%)	1064 (3.3%)
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19. Duration of operation

Minor surgery	26 (6.2%)	834 (6.3%)
Major surgery	60 (14.2%)	2001 (6.3%)

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

Oesophagus	1 (0.2%)	48 (0.2%)
Gastric	1 (0.2%)	215 (0.7%)
Liver	4 (0.9%)	113 (0.4%)
Pancreas	3 (0.7%)	85 (0.3%)
Colorectal	10 (2.4%)	304 (1%)
Gynecology	-	123 (0.4%)
Gynaecologic oncology	-	53 (0.2%)
Urology	2 (0.5%)	120 (0.4%)
Urology oncology	-	8 (0%)
Cystectomy	5 (1.2%)	22 (0.1%)
Bariatric	1 (0.2%)	13 (0%)
Hip replacement	5 (1.2%)	128 (0.4%)
Knee replacement	8 (1.9%)	86 (0.3%)
Lung	11 (2.6%)	85 (0.3%)
Cardiac	-	45 (0.1%)
Vascular	13 (3.1%)	77 (0.2%)
other	34 (8.1%)	1469 (4.6%)
I don't know	3 (0.7%)	188 (0.6%)

21. Indication to use of nutritional therapy

No indication	57 (13.5%)	2012 (6.3%)
Expected prolonged postoperative fasting	3 (0.7%)	212 (0.7%)
Preoperative malnutrition	3 (0.7%)	218 (0.7%)
Ongoing surgical complication	3 (0.7%)	111 (0.3%)
Patient does not eat enough	2 (0.5%)	295 (0.9%)

other	33 (7.8%)	232 (0.7%)
I don't know	7 (1.7%)	332 (1%)

22. Days since nutritional therapy		
	4 [1.5-8.5]	7 [2-18]

30 Days after nutritionDay

Outcome code

1 Still in the hospital	101 (23.9%)	2475 (7.8%)
2 Transferred to another hospital	22 (5.2%)	585 (1.8%)
3 Transferred to long term care	1 (0.2%)	766 (2.4%)
4 Rehabilitation	5 (1.2%)	552 (1.7%)
5 Discharged home	279 (66.1%)	20087 (63%)
6 Death	10 (2.4%)	1059 (3.3%)
7 Others	-	402 (1.3%)

Readmission Code

1 No	290 (68.7%)	18836 (59.1%)
2 Yes, same hospital planned	25 (5.9%)	1940 (6.1%)
3 Yes, same hospital unplanned	4 (0.9%)	1360 (4.3%)
4 Yes, different hospital planned	14 (3.3%)	170 (0.5%)
5 Yes, different hospital unplanned	1 (0.2%)	105 (0.3%)
6 Unknown	3 (0.7%)	707 (2.2%)
Admitted to ICU	-	43 (0.1%)
Re-operated after nDay	-	128 (0.4%)
How many days after nDay	-	15 [6-30]

PATIENT Sheet 3a/3b

Your Results

Reference Results

1. What are your typical dietary habits?

I have dietary restrictions	45 (10.7%)	1391 (4.4%)
No special dietary habits	225 (53.3%)	18087 (56.7%)
I am vegetarian	2 (0.5%)	492 (1.5%)
I eat a vegan diet	1 (0.2%)	90 (0.3%)
I eat a gluten-free diet	7 (1.7%)	299 (0.9%)
I avoid added sugars	105 (24.9%)	4543 (14.2%)
I avoid carbohydrates	54 (12.8%)	1583 (5%)
I eat a low fat-diet	20 (4.7%)	2741 (8.6%)
I am lactose intolerant	13 (3.1%)	1150 (3.6%)
Other special diet due to intolerances/allergies	14 (3.3%)	504 (1.6%)
other	33 (7.8%)	1888 (5.9%)

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

At home	315 (74.6%)	23600 (74%)
In a nursing home or other live-in facility	5 (1.2%)	734 (2.3%)
I was transferred from another hospital	22 (5.2%)	1856 (5.8%)
Other	20 (4.7%)	466 (1.5%)

3. In general, are you able to walk?

Yes	201 (47.6%)	16629 (52.1%)
Yes, with someone's help	6 (1.4%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	85 (20.1%)	3474 (10.9%)
No, I have a wheelchair	56 (13.3%)	1077 (3.4%)
No, I am bedridden	11 (2.6%)	2317 (7.3%)

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

Very good	27 (6.4%)	2269 (7.1%)
Good	120 (28.4%)	9974 (31.3%)
Fair	172 (40.8%)	9994 (31.3%)
Poor	78 (18.5%)	3598 (11.3%)
Very poor	20 (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?	8 [2-10]	4 [2-9]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [1-2]	1 [0-2]
... how many nights in total have you spent in hospital?	42 [6-62.5]	5 [0-15]

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

1-2	86 (20.4%)	6274 (19.7%)
3-5	108 (25.6%)	6835 (21.4%)
More than 5	115 (27.3%)	7302 (22.9%)
None	53 (12.6%)	5209 (2.9%)
I do not know	10 (2.4%)	938 (2.9%)

7. Do you have health insurance?

Yes, private insurance only	7 (1.7%)	4393 (13.8%)
Yes, public insurance only	299 (70.9%)	12754 (40%)
Yes, both	17 (4%)	2697 (8.5%)
No	10 (2.4%)	5488 (17.2%)
I prefer not to answer	24 (5.7%)	933 (2.9%)

8. What was your weight 5 years ago?

kg	82 [68-95]	74 [63-85]
----	------------	------------

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

Yes, intentionally	50 (11.8%)	2317 (7.3%)
Yes, unintentionally	199 (47.2%)	13997 (43.9%)
No, my weight stayed the same	111 (26.3%)	7967 (25%)
No, I gained weight	34 (8.1%)	3144 (9.9%)
I do not know	24 (5.7%)	2573 (8.1%)

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

kg	11 [4-14]	6 [4-10]
----	-----------	----------

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

Yes	217 (51.4%)	9759 (30.6%)
No	134 (31.8%)	15387 (48.2%)

11. Please indicate if you ...

... were weighed at admission

Yes	177 (41.9%)	13167 (41.3%)
No	177 (41.9%)	12017 (37.7%)

... were informed about your nutrition status

Yes	161 (38.2%)	9376 (29.4%)
No	175 (41.5%)	15480 (48.5%)

... were informed about nutrition care options

Yes	138 (32.7%)	9168 (28.7%)
No	183 (43.4%)	15535 (48.7%)

... received special nutrition care

Yes	121 (28.7%)	9435 (29.6%)
No	220 (52.1%)	15419 (48.3%)

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

More than normal	9 (2.1%)	1467 (4.6%)
Normal	287 (68%)	17330 (54.3%)
About 3/4 of normal	20 (4.7%)	2866 (9%)
About half of normal	28 (6.6%)	3891 (12.2%)
About a quarter to nearly nothing	24 (5.7%)	3069 (9.6%)

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

about all	227 (53.8%)	14097 (44.2%)
1/2	96 (22.7%)	8045 (25.2%)
1/4	34 (8.1%)	4218 (13.2%)
nothing	59 (14%)	3510 (11%)

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

standard	277 (65.6%)	17603 (55.2%)
smaller	17 (4%)	2606 (8.2%)
larger	5 (1.2%)	1200 (3.8%)
I do not know	41 (9.7%)	2968 (9.3%)

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

Very satisfied	45 (10.7%)	7031 (22%)
Somewhat satisfied	190 (45%)	8669 (27.2%)
Dissatisfied	50 (11.8%)	4516 (14.2%)
Very dissatisfied	8 (1.9%)	2185 (6.9%)
Neutral	48 (11.4%)	1836 (5.8%)
I do not know	25 (5.9%)	1826 (5.7%)

15. Did you get any help with eating TODAY?

Yes, from family or friends	20 (4.7%)	3294 (10.3%)
Yes, from hospital staff	44 (10.4%)	1635 (5.1%)
No	283 (67.1%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?

Yes	321 (76.1%)	18317 (57.4%)
No	15 (3.6%)	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	26 (6.2%)	3237 (10.1%)
I did not like the smell of the food	6 (1.4%)	524 (1.6%)
I did not like the taste of the food	38 (9%)	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	4 (0.9%)	670 (2.1%)
Due to food allergy/intolerance	-	178 (0.6%)
I was not hungry at that time	29 (6.9%)	2438 (7.6%)
I do not have my usual appetite	60 (14.2%)	5371 (16.8%)
I have problems chewing/swallowing	14 (3.3%)	1164 (3.6%)
I normally eat less than what was served	27 (6.4%)	1837 (5.8%)
I had nausea/vomiting	2 (0.5%)	1538 (4.8%)
I was too tired	1 (0.2%)	972 (3%)
I cannot eat without help	-	278 (0.9%)
I was not allowed to eat	41 (9.7%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	19 (4.5%)	1156 (3.6%)
I did not get requested food	2 (0.5%)	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	2 [1-3]	1 [0-2]
Nutrition drink	2 [1-2.5]	0 [0-1]
Tea	3 [1-4]	1 [0-2]
Milk	1 [1-1]	0 [0-1]
Soft drinks	4 [2-4]	0 [0-0]
Other	2 [1-2]	0 [0-0]

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

Yes	205 (48.6%)	6892 (21.6%)
No	155 (36.7%)	18027 (56.5%)

19b. If yes, what did you eat?

Salty snacks	50 (11.8%)	2178 (6.8%)
Sweet snacks	46 (10.9%)	1075 (3.4%)
Homemade food	56 (13.3%)	1721 (5.4%)
Fruits	111 (26.3%)	2699 (8.5%)
Dairy products	26 (6.2%)	769 (2.4%)
Food delivered/restaurant	8 (1.9%)	288 (0.9%)
Sandwich	14 (3.3%)	458 (1.4%)
Other	23 (5.5%)	1217 (3.8%)

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

More	38 (9%)	4573 (14.3%)
Less	142 (33.6%)	9505 (29.8%)
Same	156 (37%)	10264 (32.2%)
I do not know	19 (4.5%)	1452 (4.6%)

21. TODAY, compared to admission I feel

Stronger	175 (41.5%)	14268 (44.7%)
Weaker	80 (19%)	5687 (17.8%)
Same	134 (31.8%)	8252 (25.9%)
I was admitted today	10 (2.4%)	813 (2.5%)
I do not know	26 (6.2%)	1336 (4.2%)

22. Can you walk without assistance TODAY?

Yes	244 (57.8%)	17585 (55.1%)
No, only with assistance	120 (28.4%)	8015 (25.1%)
No, I stay in bed	60 (14.2%)	4540 (14.2%)

23. Did anyone help you complete this questionnaire?

Yes	167 (39.6%)	18864 (59.1%)
No	201 (47.6%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	Hungary
Number of patients who gave consent:	422
Number of participating centers:	4
Filled out oncology unit sheet 1:	1
Filled out oncology sheet 2 and sheet 3:	20

For more information visit www.nutritionDay.org or contact us at office@nutritionDay.org!

Oncology Unit SHEET 1

	Your Results	Reference Results
Do you have a computerized documentation system in your hospital?		
yes	1 (100%)	317 (67.2%) Yes
no	-	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	1 (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	1 (100%)	234 (49.6%) Yes
When a patient asks	-	126 (26.7%) Yes
When weight loss > 10%	1 (100%)	126 (26.7%) Yes
During the palliative phase	1 (100%)	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	1 (100%)	252 (53.4%) Yes
Calculation of energy needs	1 (100%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	1 (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	1 (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	-	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	-	92 (19.5%) Yes
Never	1 (100%)	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	1 (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	1 (100%)	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	-	67 (14.2%) Yes
Never	1 (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	1 (100%)	103 (21.8%) Yes

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

Handgrip

Regularly	1 (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	1 (100%)	211 (44.7%) Yes
I do not know	-	21 (4.4%) Yes

Other

Regularly	1 (100%)	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	-	54 (11.4%) Yes
Never	-	132 (28%) Yes
I do not know	-	46 (9.7%) Yes

Nutritional requirements, calculated

Regularly	-	127 (26.9%) Yes
At every chemotherapy	-	10 (2.1%) Yes
When necessary	1 (100%)	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	1 (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	1 (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	1 (100%)	78 (16.5%) Yes
I do not know	-	33 (7%) Yes

24h recall

Regularly	-	99 (21%) Yes
At every chemotherapy	-	9 (1.9%) Yes
When necessary	1 (100%)	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		

	1 (100%)	52 (11%) Yes
Never	-	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	1 (100%)	65 (13.8%) Yes
Physician	-	50 (10.6%) Yes
Nutritional scientist	-	55 (11.7%) Yes
Other	-	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	-	210 (4.7%)
Ward (w)	20 (100%)	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	12 (60%)	2516 (56.4%)
p= palliative	8 (40%)	1352 (30.3%)
t= terminal	-	86 (1.9%)
Reason for admission		
Clinical diagnostics	2 (10%)	584 (13.1%)
Therapy	14 (70%)	1888 (42.3%)
Surgery related	-	635 (14.2%)
Treatment complications	3 (15%)	470 (10.5%)
Poor health status	1 (5%)	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)

Breast	1 (5%)	358 (8%)
Colon, rectum	7 (35%)	496 (11.1%)
Prostate	-	97 (2.2%)
Lung	2 (10%)	298 (6.7%)
Skin	-	66 (1.5%)
Kidney/bladder	-	130 (2.9%)
Gastric/oesophageal	1 (5%)	309 (6.9%)
Pancreas	3 (15%)	228 (5.1%)
Lymphoma	-	378 (8.5%)
ENT	1 (5%)	222 (5%)
Leukemia	-	408 (9.1%)
Genital tract	2 (10%)	213 (4.8%)
Liver	-	115 (2.6%)
Sarcoma	-	141 (3.2%)
Brain	-	70 (1.6%)
Testicular	-	47 (1.1%)
Other	3 (15%)	515 (11.5%)

Time since cancer diagnosis

0-2 months	4 (20%)	1025 (23%)
3-5 months	2 (10%)	767 (17.2%)
6-12 months	3 (15%)	701 (15.7%)
1-2 years	4 (20%)	556 (12.5%)
2-4 years	3 (15%)	374 (8.4%)
> 4 years	4 (20%)	469 (10.5%)
I do not know	-	69 (1.5%)

Cancer Staging

Carcinoma in situ	2 (10%)	278 (6.2%)
Localized	-	828 (18.6%)
Early locally advanced	3 (15%)	521 (11.7%)

Late locally advanced	-	468 (10.5%)
Metastasised	15 (75%)	1490 (8.4%)

Time since first therapy start		
No therapy	3 (15%)	278 (6.2%)
Tumor staging/Diagnosis	-	433 (9.7%)
0-2 months	5 (25%)	1094 (24.5%)
3-5 months	1 (5%)	632 (14.2%)
6-12 months	2 (10%)	525 (11.8%)
1-2 years	3 (15%)	435 (9.7%)
2-4 years	3 (15%)	298 (6.7%)
> 4 years	3 (15%)	391 (8.8%)
I do not know	1 (5%)	93 (2.1%)

Therapy situation		
Diagnosis	4 (20%)	417 (9.3%)
Chemotherapy 1st line	6 (30%)	1047 (23.5%)
Chemotherapy > 1st line	5 (25%)	780 (17.5%)
Radiotherapy	2 (10%)	358 (8%)
Target therapy	-	199 (4.5%)
Hormone therapy	1 (5%)	50 (1.1%)
Palliative	1 (5%)	423 (9.5%)
Surgery	-	656 (14.7%)
Cancer related complications	-	281 (6.3%)
Therapy related complications	2 (10%)	164 (3.7%)

Infections		
None	19 (95%)	2885 (64.6%)
Local	-	540 (12.1%)
General	-	442 (9.9%)

Lab. Parameter (CRP)	28 [13-5,9]	20 [4-67]
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Lab. Parameter (Albumin)	38 [36-10]	31 [18-38]
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Nutrition treatment		
No special diet	8 (40%)	1680 (37.6%)
Individualized diet plan	3 (15%)	1141 (25.6%)
Energy rich/protein rich ONS	9 (45%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	-	248 (5.6%)
Parenteral nutrition	-	347 (7.8%)
ONS enriched with special nutrients	1 (5%)	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	81 [70-88]	75 [64-86]
I do not know	-	396 (8.9%)
Your actual weight		
kg	73 [56-88.5]	67 [58-80]
I do not know	-	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	1 (5%)	224 (5%)
Unintentionally	18 (90%)	2825 (63.3%)
Weight is stable	1 (5%)	537 (12%)
I do not know	-	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?

Not at all	3 (15%)	1260 (28.2%)
A little	3 (15%)	1058 (23.7%)
Quite a bit	6 (30%)	855 (19.2%)
Very much	6 (30%)	675 (15.1%)
I do not know	2 (10%)	40 (0.9%)

Did you need to rest?

Not at all	2 (10%)	721 (16.2%)
A little	3 (15%)	1040 (23.3%)
Quite a bit	8 (40%)	1046 (23.4%)
Very much	7 (35%)	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?

Not at all	2 (10%)	807 (18.1%)
A little	3 (15%)	1070 (24%)
Quite a bit	6 (30%)	1036 (23.2%)
Very much	8 (40%)	908 (20.3%)
I do not know	1 (5%)	46 (1%)

Did you feel depressed?

Not at all	4 (20%)	1478 (33.1%)
A little	3 (15%)	1202 (26.9%)
Quite a bit	5 (25%)	663 (14.9%)
Very much	7 (35%)	462 (10.4%)
I do not know	1 (5%)	61 (1.4%)

Were you tired?

Not at all	1 (5%)	719 (16.1%)
A little	4 (20%)	1192 (26.7%)
Quite a bit	6 (30%)	1063 (23.8%)
Very much	8 (40%)	837 (18.8%)

I do not know	1 (5%)	60 (1.3%)
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Did pain interfere with your daily activities?

Not at all	8 (40%)	1420 (31.8%)
A little	2 (10%)	906 (20.3%)
Quite a bit	3 (15%)	752 (16.8%)
Very much	6 (30%)	714 (16%)
I do not know	1 (5%)	58 (1.3%)

Have you lacked appetite?

Not at all	5 (25%)	1338 (30%)
A little	2 (10%)	921 (20.6%)
Quite a bit	6 (30%)	851 (19.1%)
Very much	6 (30%)	706 (15.8%)
I do not know	1 (5%)	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	12 (60%)	1727 (38.7%)
A little	3 (15%)	1241 (27.8%)
Quite a bit	5 (25%)	567 (12.7%)
Very much	-	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

Not at all	3 (15%)	843 (18.9%)
A little	5 (25%)	1440 (32.3%)
Quite a bit	6 (30%)	989 (22.2%)
Very much	6 (30%)	557 (12.5%)
I do not know	-	53 (1.2%)

Do you feel weak?

Not at all	6 (30%)	1079 (24.2%)
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A little	4 (20%)	1274 (28.5%)
Quite a bit	5 (25%)	861 (19.3%)
Very much	5 (25%)	603 (13.5%)
I do not know	-	54 (1.2%)

Do you feel depressed?

Not at all	8 (40%)	1837 (41.2%)
A little	4 (20%)	1099 (24.6%)
Quite a bit	5 (25%)	539 (12.1%)
Very much	3 (15%)	328 (7.3%)
I do not know	-	62 (1.4%)

Are you tired?

Not at all	8 (40%)	1009 (22.6%)
A little	3 (15%)	1426 (32%)
Quite a bit	5 (25%)	890 (19.9%)
Very much	4 (20%)	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

Not at all	9 (45%)	1694 (38%)
A little	2 (10%)	965 (21.6%)
Quite a bit	3 (15%)	647 (14.5%)
Very much	6 (30%)	488 (10.9%)
I do not know	-	63 (1.4%)

Do you lack appetite?

Not at all	8 (40%)	1478 (33.1%)
A little	6 (30%)	1176 (26.3%)
Quite a bit	3 (15%)	688 (15.4%)
Very much	3 (15%)	453 (10.2%)
I do not know	-	59 (1.3%)

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

Nausea/vomiting	1 (5%)	855 (19.2%)
Inflammation in mouth	-	249 (5.6%)
Pain	3 (15%)	621 (13.9%)
Constipation	1 (5%)	427 (9.6%)
Diarrhea	2 (10%)	291 (6.5%)
Change in taste/smell	3 (15%)	608 (13.6%)
Early satiation/loss of appetite	6 (30%)	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	-	183 (4.1%)
Fully active	-	498 (11.2%)
Able to carry out light activities	13 (65%)	954 (21.4%)
Able to carry out self care	3 (15%)	1011 (22.7%)
Able to carry out limited self care	4 (20%)	656 (14.7%)
Confined to bed or chair	-	519 (11.6%)
I do not know	-	45 (1%)

What do you take without prescription from a doctor?

Nothing	8 (40%)	2585 (57.9%)
Herbal tea	2 (10%)	429 (9.6%)
Nutritional supplements	2 (10%)	383 (8.6%)
Multivitamines	6 (30%)	263 (5.9%)
Other medication	-	137 (3.1%)
Other	4 (20%)	171 (3.8%)

Which of the following activities do you perform?

Nothing	14 (70%)	2699 (60.5%)
Psychotherapy	1 (5%)	188 (4.2%)
Yoga	-	71 (1.6%)
Meditation	1 (5%)	158 (3.5%)
Progressive muscle relaxation	-	111 (2.5%)

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

Is it difficult to comply with your treatment?

Yes	1 (5%)	997 (22.3%)
No	18 (90%)	2400 (53.8%)
I do not know	1 (5%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	16 (80%)	2346 (52.6%)
No	4 (20%)	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	15 (75%)	2653 (59.4%)
No	-	519 (11.6%)
I do not know	5 (25%)	715 (16%)