28. July 2026

Dear participant,

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

Country:	**Mexico**
Number of participating centers:	**25**
Number of participating units:	**27**
Number of patients:	**891**
Number of patients who gave consent:	**882**

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	51 [30-196]	296 [140-581]
2. Total number of admissions in the hospital last year	3943 [2358-7711]	15484 [4482-34465]
3. Total number of staff in the hospital		
Total medical doctors	103 [25-229]	226 [80-422]
Medical specialists	91 [19-176.5]	124 [37-273]
Medical non-specialists	9 [6-30]	56 [9-138]
Nurses	103 [65-484]	315 [128-726]
Dieticians	6 [2.5-17]	3 [1-9]
Nutritionists	7 [1-7]	2 [1-5]
Pharmacists	5 [2-7]	7 [3-18]
Kitchen staff	12 [6-29]	24 [9-44]
Full time equivalent		
Total medical doctors	59 [16-171]	144 [48-275]
Medical specialists	54 [14-107]	89 [34-215]
Medical non-specialists	20 [5-43]	46 [7-115]
Nurses	113 [41-398]	305 [98-562]
Dieticians	6 [2.5-20.5]	2 [1-8]
Nutritionists	4 [1-9]	1 [0-3]
Pharmacists	5 [3-14]	5 [2-15]
Kitchen staff	13 [3-45]	24 [9-42]
4. Does the hospital have a nutrition care strategy?	21 (87.5%)	190 (40%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	17 (68%)	157 (33.1%) Yes
Nutrition steering committee is available	7 (28%)	125 (26.3%) Yes
Quality indicators are recorded and reported to national or regional level	15 (60%)	77 (16.2%) Yes

Quality indicators are used for internal benchmarking	12 (48%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (44%)	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 (4%)	32 (6.7%) Yes

Codes available		
Nutrition Support	12 (48%)	64 (13.5%) Yes
Oral nutrition supplements	14 (56%)	118 (24.8%) Yes
Parenteral nutrition	15 (60%)	157 (33.1%) Yes
Enteral nutrition	14 (56%)	156 (32.8%) Yes
Dietary counseling	10 (40%)	99 (20.8%) Yes
Specific dietary interventions	11 (44%)	90 (18.9%) Yes
Screening for malnutrition	1 (4%)	98 (20.6%) Yes
Risk of malnutrition	14 (56%)	71 (14.9%) Yes
Malnutrition (in general)	13 (52%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	13 (52%)	97 (20.4%) Yes

Codes routinely used		
Nutrition Support	12 (48%)	60 (12.6%) Yes
Oral nutrition supplements	15 (60%)	110 (23.2%) Yes
Parenteral nutrition	16 (64%)	138 (29.1%) Yes
Enteral nutrition	14 (56%)	137 (28.8%) Yes
Dietary counseling	12 (48%)	82 (17.3%) Yes
Specific dietary interventions	11 (44%)	77 (16.2%) Yes
Screening for malnutrition	11 (44%)	82 (17.3%) Yes
Risk of malnutrition	11 (44%)	63 (13.3%) Yes
Malnutrition (in general)	11 (44%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	11 (44%)	88 (18.5%) Yes

Unit Sheet 1a/1b

	Your Results	Reference Results
1a. Main specialty		
Internal Medicine / General	6 (22.2%)	295 (17.2%)
Internal Medicine / Cardiology	1 (3.7%)	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	2 (7.4%)	114 (6.6%)
Internal Medicine / Geriatrics	-	105 (6.1%)
Internal Medicine / Infectious diseases	1 (3.7%)	13 (0.8%)
Internal Medicine / Nephrology	-	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (7.4%)	215 (12.5%)
Surgery / General	5 (18.5%)	241 (14.1%)
Surgery/ Cardiac/Vascular/Thoracic	-	25 (1.5%)
Surgery / Neurosurgery	-	18 (1%)
Surgery / Orthopedic	1 (3.7%)	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	1 (3.7%)	13 (0.8%)
Interdisciplinary	7 (25.9%)	59 (3.4%)
Long term care	-	30 (1.7%)
Hospital care at home	-	0 (0%)
Other	1 (3.7%)	288 (16.8%)

1b. For surgical units only		
Do you do ERAS?	6 (22.2%)	181 (11%) Yes
Do you have a ERAS protocol?	4 (14.8%)	131 (8%) Yes
Do you have an ERAS team?	4 (14.8%)	108 (6%) Yes
Do you audit your ERAS results or practice?	-	96 (6%) Yes
2. Number of registered inpatients at noon	21 [10-77]	22 [16-29]
3. Total bed capacity of the unit	33 [20-72]	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	10 [5.5-31]	3 [2-6]
Medical students	-	
Nurses	29 [8.5-69]	4 [3-6]
Nursing aides	4 [2-13]	2 [1-4]
Dieticians	2 [1-4]	1 [0-1]
Nutritionists	2 [1-3]	0 [0-1]
Administrative staff	20 [3.5-34]	1 [1-2]
Other staff involved in patient care	4 [2-11]	1 [0-3]
In training		
Medical doctors	10 [4.5-40]	2 [0-3]
Medical students	5 [3-6]	1 [0-3]
Nurses	6 [5-9]	1 [0-2]
Nursing aides	3 [2-6]	0 [0-1]
Dieticians	2 [1-3]	0 [0-0]
Nutritionists	4 [1.5-7]	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	2 [2-2]	0 [0-0]

5. Is there a nutrition support team in your hospital available?	21 (77.8%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	19 (70.4%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	25 (92.6%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	27 (100%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	9 (33.3%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	-	151 (8.8%) Yes
No fixed criteria	1 (3.7%)	34 (2%) Yes
Experience / visual assessment only	-	81 (4.7%) Yes
Weighing / BMI only	1 (3.7%)	306 (17.8%) Yes
Nutritional Risk Screening (NRS) 2002	17 (63%)	582 (33.9%) Yes
Malnutrition Universal Screening Tool (MUST)	-	78 (4.5%) Yes
Malnutrition Screening tool (MST)	1 (3.7%)	91 (5.3%) Yes
SNAQ	-	17 (1%) Yes
Other formal tool	6 (22.2%)	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	6 (22.2%)	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?	21 (77.8%)	1092 (63.7%) Yes
11b. If yes, which one is mainly used?		
International guidelines	15 (55.6%)	403 (23.5%) Yes
National guidelines	2 (7.4%)	180 (10.5%) Yes
Standards on hospital level	4 (14.8%)	331 (19.3%) Yes
Standards on unit level	-	66 (3.8%) Yes
Individual patient nutrition care plans	1 (3.7%)	136 (7.9%) Yes
Others	1 (3.7%)	20 (1.2%) Yes
12. What is routinely done in your unit for given patient groups?		
At risk		
Watchful waiting	9 (33.3%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	9 (33.3%)	574 (33.5%) Yes
Develop an individual nutrition care plan	12 (44.4%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	13 (48.1%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (44.4%)	693 (40.4%) Yes
Consult a medical professional	5 (18.5%)	417 (24.3%) Yes
Calculate energy requirements	10 (37%)	622 (36.3%) Yes
Calculate protein requirements	12 (44.4%)	619 (36.1%) Yes
Malnourished		
Watchful waiting	5 (18.5%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	9 (33.3%)	666 (38.8%) Yes
Develop an individual nutrition care plan	13 (48.1%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	15 (55.6%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (44.4%)	794 (46.3%) Yes
Consult a medical professional	8 (29.6%)	514 (30%) Yes
Calculate energy requirements	11 (40.7%)	813 (47.4%) Yes
Calculate protein requirements	12 (44.4%)	801 (46.7%) Yes

Every patient		
Watchful waiting	16 (59.3%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	14 (51.9%)	452 (26.4%) Yes
Develop an individual nutrition care plan	9 (33.3%)	295 (17.2%) Yes
Initiate treatment / nutrition intervention	9 (33.3%)	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (44.4%)	371 (21.6%) Yes
Consult a medical professional	12 (44.4%)	428 (25%) Yes
Calculate energy requirements	12 (44.4%)	250 (14.6%) Yes
Calculate protein requirements	11 (40.7%)	240 (14%) Yes
None		
Watchful waiting	-	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	3 (11.1%)	90 (5.2%) Yes
Develop an individual nutrition care plan	2 (7.4%)	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	4 (14.8%)	177 (10.3%) Yes
Calculate energy requirements	1 (3.7%)	131 (7.6%) Yes
Calculate protein requirements	1 (3.7%)	138 (8%) Yes
13. When do you routinely weigh your patients?		
At admission	21 (77.8%)	927 (54.1%) Yes
Within 24 hours	1 (3.7%)	173 (10.1%) Yes
Within 48 hours	1 (3.7%)	94 (5.5%) Yes
Within 72 hours	1 (3.7%)	44 (2.6%) Yes
Every week	8 (29.6%)	603 (35.2%) Yes
Occasionally	1 (3.7%)	196 (11.4%) Yes
When requested	12 (44.4%)	819 (47.8%) Yes
At discharge	2 (7.4%)	68 (4%) Yes
Never	1 (3.7%)	24 (1.4%) Yes

14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	16 (59.3%)	1164 (67.9%) Yes
Offer meal choices	14 (51.9%)	1029 (60%) Yes
Offer different portion sizes	12 (44.4%)	837 (48.8%) Yes
Consider food presentation	16 (59.3%)	484 (28.2%) Yes
Change food texture/consistency as needed	25 (92.6%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	25 (92.6%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	6 (22.2%)	371 (21.6%) Yes
Promote positive eating environment	3 (11.1%)	413 (24.1%) Yes
Consider cultural/religious preferences	19 (70.4%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	23 (85.2%)	1315 (76.7%) Yes
Other	4 (14.8%)	99 (5.8%) Yes

15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	21 (77.8%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	12 (44.4%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	11 (40.7%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	11 (40.7%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	12 (44.4%)	789 (46%) Yes

16. At admission what is asked and documented?		
Change in weight	21 (77.8%)	1150 (67.1%) Yes
Eating habits/difficulties	21 (77.8%)	1025 (59.8%) Yes
Nutrition before admission	16 (59.3%)	770 (44.9%) Yes

17a. Patient record has a section indicating		
if the patient is malnourished/ at risk	16 (59.3%)	1008 (58.8%) Yes
nutrition treatment	13 (48.1%)	786 (45.8%) Yes
I do not know	8 (29.6%)	141 (8.2%) Yes

17b. Discharge letter includes		
nutrition treatment received during stay	11 (40.7%)	728 (42.4%) Yes
makes future nutrition-related recommendations	15 (55.6%)	855 (49.9%) Yes
I do not know	8 (29.6%)	166 (9.7%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	11 (40.7%)	569 (33.2%) Yes
19. Who filled in this sheet?		
Head staff	12 (44.4%)	375 (21.9%) Yes
Dietician	13 (48.1%)	707 (41.2%) Yes
Nurse	1 (3.7%)	328 (19.1%) Yes
Physician	4 (14.8%)	181 (10.6%) Yes
Administrative staff	1 (3.7%)	28 (1.6%) Yes
Others	3 (11.1%)	132 (7.7%) Yes

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

	Your Results	Reference Results
TOTAL Patients:	891 (100%)	31895
Number of patients who gave consent	882 (99%)	31895 (100%)
Female	466 (52.8%)	15478 (48.5%)
Male	413 (46.8%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	50 [35-66]	63 [46-76]
Weight	67.7±19	70.9±19.4
Height	162±11	166±11
BMI (female)	26±6.5	26±6.9
BMI (male)	25.1±6	25.3±5.9
BMI	25.5±6.3	25.6±6.5

This hospital admission was		
planned	339 (38.4%)	11384 (35.7%)
an emergency	498 (56.5%)	18596 (58.3%)
I do not know	12 (1.4%)	1609 (5%)

1. Diagnosis at admission		
0600 Nervous system	75 (8.5%)	2861 (9%)
0500 Mental health	9 (1%)	1240 (3.9%)
0700 Eye and adnexa	6 (0.7%)	271 (0.8%)
0800 Ear and mastoid process	5 (0.6%)	183 (0.6%)
0900 Circulatory system	76 (8.6%)	5336 (16.7%)
1000 Respiratory system	73 (8.3%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	86 (9.8%)	3860 (12.1%)
1100 Digestive system	227 (25.7%)	6965 (21.8%)
1400 Genitourinary system	94 (10.7%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	58 (6.6%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	40 (4.5%)	1418 (4.4%)
0100 Infectious and parasitic diseases	54 (6.1%)	3123 (9.8%)
0200 Neoplasms	116 (13.2%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	57 (6.5%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	19 (2.2%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	18 (2%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	25 (2.8%)	412 (1.3%)
1600 Conditions originating in the perinatal period	1 (0.1%)	30 (0.1%)
1700 Congenital/chromosomal abnormalities	4 (0.5%)	84 (0.3%)
1900 Injury, poisoning	23 (2.6%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	8 (0.9%)	1288 (4%)

2. Main reason for admission		
0600 Nervous system	59 (6.7%)	1964 (6.2%)
0500 Mental health	2 (0.2%)	1431 (4.5%)

0700 Eye and adnexa	3 (0.3%)	515 (1.6%)
0800 Ear and mastoid process	4 (0.5%)	1888 (5.9%)
0900 Circulatory system	68 (7.7%)	2437 (7.6%)
1000 Respiratory system	46 (5.2%)	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	55 (6.2%)	959 (3%)
1100 Digestive system	179 (20.3%)	3440 (10.8%)
1400 Genitourinary system	65 (7.4%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	42 (4.8%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	25 (2.8%)	940 (2.9%)
0100 Infectious and parasitic diseases	30 (3.4%)	2024 (6.3%)
0200 Neoplasms	105 (11.9%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	42 (4.8%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	6 (0.7%)	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	16 (1.8%)	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	22 (2.5%)	520 (1.6%)
1600 Conditions originating in the perinatal period	2 (0.2%)	324 (1%)
1700 Congenital/chromosomal abnormalities	4 (0.5%)	130 (0.4%)
1900 Injury, poisoning	15 (1.7%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	3 (0.3%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES		
Cerebral vascular disease	27 (3.1%)	551 (1.7%)
Dementia	8 (0.9%)	319 (1%)
Major depressive disorder	16 (1.8%)	297 (0.9%)
Other chronic mental disorder	10 (1.1%)	202 (0.6%)
Myocardial infarction	10 (1.1%)	267 (0.8%)
Cardiac insufficiency	33 (3.7%)	981 (3.1%)
Chronic lung disease	31 (3.5%)	728 (2.3%)
Chronic liver disease	33 (3.7%)	366 (1.1%)
Chronic kidney disease	59 (6.7%)	983 (3.1%)

GI disease/problems	87 (9.9%)	941 (3%)
Urological disease/problems	13 (1.5%)	378 (1.2%)
Muskle-skeletal disease	24 (2.7%)	535 (1.7%)
Arthritis	20 (2.3%)	194 (0.6%)
Skin problems	24 (2.7%)	240 (0.8%)
Peripheral vascular disease	23 (2.2%)	412 (1.3%)
GENERAL COMORBIDITIES		
Pain	136 (15.4%)	1247 (3.9%)
Fatigue	72 (8.2%)	724 (2.3%)
Infection	57 (6.5%)	676 (2.1%)
Diabetes	160 (18.1%)	2176 (6.8%)
Hypertension	159 (18%)	3234 (10.1%)
Hyperlipidaemia	29 (3.3%)	1040 (3.3%)
Endocrinal disease	33 (3.7%)	528 (1.7%)
Cancer	115 (13%)	1440 (4.5%)
History of cancer	32 (3.6%)	511 (1.6%)
Other chronic disease	28 (3.2%)	806 (2.5%)
NO COMORBIDITIES	60 (6.8%)	5868 (18.4%)
OTHER COMORBIDITIES	316 (35.8%)	971 (3%)
4. Previous ICU admission during this hospital stay?		
Yes	71 (8%)	3305 (10.4%)
5. Is this patient terminally ill?		
Yes	38 (4.3%)	2109 (6.6%)
6. Fluid status (TODAY)		
Normal	708 (80.3%)	24553 (77%)
Overloaded	44 (5%)	1548 (4.9%)
Dehydrated	94 (10.7%)	2223 (7%)
I do not know	31 (3.5%)	3465 (10.9%)

7. Number of different medications planned (TODAY)		
oral	4 [2-5]	4 [2-8]
other	4 [2-5]	2 [1-4]

8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	115 (13%)	5142 (16.1%)
At risk	261 (29.6%)	7052 (22.1%)
No	460 (52.2%)	17552 (55%)
I do not know	41 (4.6%)	2073 (6.5%)

9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	647 (73.4%)	11676 (36.6%)
5% Glucose solution	43 (4.9%)	1963 (6.2%)

10. Number of ONS drinks planned (TODAY)	26 [1-2]	0 [0-1]

11. Nutrition intake (TODAY)		
Regular hospital food	550 (62.4%)	18876 (59.2%)
Fortified/enriched hospital food	97 (11%)	4517 (14.2%)
Special diet	264 (29.9%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	161 (18.3%)	6147 (19.3%)
Enteral nutrition	44 (5%)	1791 (5.6%)
Parenteral nutrition	51 (5.8%)	1271 (4%)

12a. All lines and tubes (TODAY)		
Central Venous	202 (22.9%)	3714 (11.6%)
Peripheral venous access	448 (50.8%)	15651 (49.1%)
Nasogastric	20 (2.3%)	756 (2.4%)
Nasojejunal	3 (0.3%)	91 (0.3%)
Nasoduadenal	1 (0.1%)	82 (0.3%)
Enterostoma	4 (0.5%)	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	16 (1.8%)	396 (1.2%)

Percutaneous endoscopy/surgical jejunostomy	2 (0.2%)	105 (0.3%)

12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	22 (2.5%)	565 (1.8%)
Yes, ongoing	12 (1.4%)	255 (0.8%)
No	671 (76.1%)	23467 (73.6%)
I do not know	42 (4.8%)	2406 (7.5%)

13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	426 (48.3%)	11605 (36.4%)
Protein requirements were determined	409 (46.4%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	350 (39.7%)	12508 (39.2%)
Nutrition treatment plan was developed	74 (8.4%)	11785 (36.9%)
Nutrition expert was consulted	400 (45.4%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	360 (40.8%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)		
< 500 kcal	3 (0.3%)	281 (0.9%)
500-999 kcal	6 (0.7%)	286 (0.9%)
1000-1499 kcal	87 (9.9%)	2076 (6.5%)
1500-1999 kcal	367 (41.6%)	8530 (26.7%)
>=2000 kcal	65 (7.4%)	5796 (18.2%)
Not determined	165 (18.7%)	7876 (24.7%)
I do not know	69 (7.8%)	1851 (5.8%)
kcal/kg	30 [25-35]	30 [25-30]

14b. Energy intake (YESTERDAY)		
< 500 kcal	18 (2%)	1190 (3.7%)
500-999 kcal	39 (4.4%)	1814 (5.7%)
1000-1499 kcal	119 (13.5%)	3863 (12.1%)
1500-1999 kcal	302 (34.2%)	6134 (19.2%)
>=2000 kcal	39 (4.4%)	3438 (10.8%)

Not determined	167 (18.9%)	7653 (24%)
I do not know	80 (9.1%)	2676 (8.4%)
kcal/kg	25 [22-30]	25 [21-30]

15. Since admission, this patient's health status has…		
Improved	415 (47.1%)	14998 (47%)
Deteriorated	50 (5.7%)	1844 (5.8%)
Remained the same	184 (20.9%)	6773 (21.2%)
This patient has just been admitted	85 (9.6%)	1954 (6.1%)
I do not know	33 (3.7%)	2168 (6.8%)

16a. Previous operation during this hospital stay		
Yes, planned	168 (19%)	4745 (14.9%)
Yes, acute	55 (6.2%)	2272 (7.1%)
No	223 (25.3%)	14399 (45.1%)
days since operation	17.6 [1-7]	4 [1-15]

16b. Planned operation during this hospital stay		
Yes, today or tomorrow	171 (19.4%)	2955 (9.3%)
Yes, later	37 (4.2%)	1925 (6%)
No	225 (25.5%)	15926 (49.9%)

17. Surgery type (single choice)		
Operated right after admission (acute)	69 (7.8%)	615 (1.9%)
Planned after unscheduled admission	71 (8%)	780 (2.4%)
Planned after scheduled admission	163 (18.5%)	1386 (4.3%)
None of the above	24 (2.7%)	103 (0.3%)
I don't know	45 (5.1%)	195 (0.6%)
Non-applicable (NA)	74 (8.4%)	550 (1.7%)

18. Surgical approch		
Open surgery including converted	187 (21.2%)	1792 (5.6%)

Minimal invasive surgery (laparoscory, robotics etc.)	161 (18.3%)	1064 (3.3%)

19. Duration of operation		
Minor surgery	115 (13%)	834 (6.3%)
Major surgery	233 (26.4%)	2001 (6.3%)

20. Main organ operated / surgical procedure, planned or done		
Oesophagus	3 (0.3%)	48 (0.2%)
Gastric	35 (4%)	215 (0.7%)
Liver	8 (0.9%)	113 (0.4%)
Pancreas	11 (1.2%)	85 (0.3%)
Colorectal	24 (2.7%)	304 (1%)
Gynecology	26 (2.9%)	123 (0.4%)
Gynaecologic oncology	15 (1.7%)	53 (0.2%)
Urology	28 (3.2%)	120 (0.4%)
Urology oncology	5 (0.6%)	8 (0%)
Cystectomy	10 (1.1%)	22 (0.1%)
Bariatric	4 (0.5%)	13 (0%)
Hip replacement	7 (0.8%)	128 (0.4%)
Knee replacement	11 (1.2%)	86 (0.3%)
Lung	6 (0.7%)	85 (0.3%)
Cardiac	10 (1.1%)	45 (0.1%)
Vascular	8 (0.9%)	77 (0.2%)
other	142 (16.1%)	1469 (4.6%)
I don’t know	24 (2.7%)	188 (0.6%)

21. Indication to use of nutritional therapy		
No indication	249 (28.2%)	2012 (6.3%)
Expected prolonged postoperative fasting	47 (5.3%)	212 (0.7%)
Preoperative malnutrition	18 (2%)	218 (0.7%)
Ongoing surgical complication	7 (0.8%)	111 (0.3%)
Patient does not eat enough	18 (2%)	295 (0.9%)

other	23 (2.6%)	232 (0.7%)
I don't know	63 (7.1%)	332 (1%)

22. Days since nutritional therapy		
	2 [1-4]	7 [2-18]

30 Days after nutritionDay

Outcome code		
1 Still in the hospital	28 (3.2%)	2475 (7.8%)
2 Transferred to another hospital	23 (2.6%)	585 (1.8%)
3 Transferred to long term care	8 (0.9%)	766 (2.4%)
4 Rehabilitation	42 (4.8%)	552 (1.7%)
5 Discharged home	582 (66%)	20087 (63%)
6 Death	36 (4.1%)	1059 (3.3%)
7 Others	23 (2.6%)	402 (1.3%)

Readmission Code		
1 No	524 (59.4%)	18836 (59.1%)
2 Yes, same hospital planned	89 (10.1%)	1940 (6.1%)
3 Yes, same hospital unplanned	44 (5%)	1360 (4.3%)
4 Yes, different hospital planned	1 (0.1%)	170 (0.5%)
5 Yes, different hospital unplanned	5 (0.6%)	105 (0.3%)
6 Unknown	6 (0.7%)	707 (2.2%)

Admitted to ICU	18 (2%)	43 (0.1%)
Re-operated after nDay	27 (3.1%)	128 (0.4%)
How many days after nDay	8 [3-18]	15 [6-30]

PATIENT Sheet 3a/3b

	Your Results	Reference Results
1. What are your typical dietary habits?		
I have dietary restrictions	169 (19.2%)	1391 (4.4%)
No special dietary habits	390 (44.2%)	18087 (56.7%)
I am vegetarian	4 (0.5%)	492 (1.5%)
I eat a vegan diet	3 (0.3%)	90 (0.3%)
I eat a gluten-free diet	17 (1.9%)	299 (0.9%)
I avoid added sugars	107 (12.1%)	4543 (14.2%)
I avoid carbohydrates	43 (4.9%)	1583 (5%)
I eat a low fat-diet	108 (12.2%)	2741 (8.6%)
I am lactose intolerant	71 (8%)	1150 (3.6%)
Other special diet due to intolerances/allergies	26 (2.9%)	504 (1.6%)
other	72 (8.2%)	1888 (5.9%)
2. Where did you live before your current hospital admission?		
At home	707 (80.2%)	23600 (74%)
In a nursing home or other live-in facility	44 (5%)	734 (2.3%)
I was transferred from another hospital	94 (10.7%)	1856 (5.8%)
Other	31 (3.5%)	466 (1.5%)
3. In general, are you able to walk?		
Yes	500 (56.7%)	16629 (52.1%)
Yes, with someone's help	107 (12.1%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	56 (6.3%)	3474 (10.9%)
No, I have a wheelchair	19 (2.2%)	1077 (3.4%)
No, I am bedridden	72 (8.2%)	2317 (7.3%)

4. In general, how would you say your health is?		
Very good	74 (8.4%)	2269 (7.1%)
Good	343 (38.9%)	9974 (31.3%)
Fair	338 (38.3%)	9994 (31.3%)
Poor	90 (10.2%)	3598 (11.3%)
Very poor	13 (1.5%)	674 (2.1%)

5. Over the last 12 months prior to your current hospital admission approximately…		
… how many times have you seen a doctor?	7 [2-8]	4 [2-9]
… how many times have you been admitted to the hospital (Emergency room, any ward)?	2 [0-2]	1 [0-2]
… how many nights in total have you spent in hospital?	11 [2-12]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	213 (24.1%)	6274 (19.7%)
3-5	231 (26.2%)	6835 (21.4%)
More than 5	153 (17.3%)	7302 (22.9%)
None	117 (13.3%)	5209 (2.9%)
I do not know	42 (4.8%)	938 (2.9%)

7. Do you have health insurance?		
Yes, private insurance only	164 (18.6%)	4393 (13.8%)
Yes, public insurance only	264 (29.9%)	12754 (40%)
Yes, both	28 (3.2%)	2697 (8.5%)
No	266 (30.2%)	5488 (17.2%)
I prefer not to answer	21 (2.4%)	933 (2.9%)

8. What was your weight 5 years ago?		
kg	73 [62-82]	74 [63-85]

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	95 (10.8%)	2317 (7.3%)
Yes, unintentionally	336 (38.1%)	13997 (43.9%)
No, my weight stayed the same	213 (24.1%)	7967 (25%)
No, I gained weight	96 (10.9%)	3144 (9.9%)
I do not know	109 (12.4%)	2573 (8.1%)

9b. If yes, how many kg did you lose?		
kg	11 [4-11]	6 [4-10]

10. Did you know about your hospitalisation two days before admission?		
Yes	321 (36.4%)	9759 (30.6%)
No	406 (46%)	15387 (48.2%)

11. Please indicate if you …		
... were weighed at admission		
Yes	390 (44.2%)	13167 (41.3%)
No	344 (39%)	12017 (37.7%)
... were informed about your nutrition status		
Yes	315 (35.7%)	9376 (29.4%)
No	414 (46.9%)	15480 (48.5%)
... were informed about nutrition care options		
Yes	268 (30.4%)	9168 (28.7%)
No	455 (51.6%)	15535 (48.7%)
... received special nutrition care		
Yes	236 (26.8%)	9435 (29.6%)
No	479 (54.3%)	15419 (48.3%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	24 (2.7%)	1467 (4.6%)
Normal	492 (55.8%)	17330 (54.3%)
About 3/4 of normal	64 (7.3%)	2866 (9%)
About half of normal	93 (10.5%)	3891 (12.2%)
About a quarter to nearly nothing	75 (8.5%)	3069 (9.6%)

13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	446 (50.6%)	14097 (44.2%)
1/2	187 (21.2%)	8045 (25.2%)
1/4	97 (11%)	4218 (13.2%)
nothing	98 (11.1%)	3510 (11%)

13b. The portion size of the meal I ordered TODAY was…		
standard	503 (57%)	17603 (55.2%)
smaller	84 (9.5%)	2606 (8.2%)
larger	35 (4%)	1200 (3.8%)
I do not know	90 (10.2%)	2968 (9.3%)

14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	229 (26%)	7031 (22%)
Somewhat satisfied	256 (29%)	8669 (27.2%)
Dissatisfied	41 (4.6%)	4516 (14.2%)
Very dissatisfied	54 (6.1%)	2185 (6.9%)
Neutral	81 (9.2%)	1836 (5.8%)
I do not know	71 (8%)	1826 (5.7%)

15. Did you get any help with eating TODAY?		
Yes, from family or friends	163 (18.5%)	3294 (10.3%)
Yes, from hospital staff	35 (4%)	1635 (5.1%)
No	516 (58.5%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?		
Yes	513 (58.2%)	18317 (57.4%)
No	176 (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	79 (9%)	3237 (10.1%)
I did not like the smell of the food	24 (2.7%)	524 (1.6%)
I did not like the taste of the food	75 (8.5%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	4 (0.5%)	180 (0.6%)
The food was too hot	3 (0.3%)	83 (0.3%)
The food was too cold	52 (5.9%)	670 (2.1%)
Due to food allergy/intolerance	8 (0.9%)	178 (0.6%)
I was not hungry at that time	66 (7.5%)	2438 (7.6%)
I do not have my usual appetite	96 (10.9%)	5371 (16.8%)
I have problems chewing/swallowing	26 (2.9%)	1164 (3.6%)
I normally eat less than what was served	32 (3.6%)	1837 (5.8%)
I had nausea/vomiting	50 (5.7%)	1538 (4.8%)
I was too tired	29 (3.3%)	972 (3%)
I cannot eat without help	19 (2.2%)	278 (0.9%)
I was not allowed to eat	29 (3.3%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	52 (5.9%)	1156 (3.6%)
I did not get requested food	7 (0.8%)	208 (0.7%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	5 [2-5]	4 [2-6]
Coffee	1 [1-2]	1 [0-2]
Fruit juice	5 [1-4]	1 [0-2]
Nutrition drink	1 [1-2]	0 [0-1]
Tea	2 [1-2]	1 [0-2]
Milk	1 [1-2]	0 [0-1]
Soft drinks	2 [1-1.5]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY?		
Yes	54 (6.1%)	6892 (21.6%)
No	660 (74.8%)	18027 (56.5%)

19b. If yes, what did you eat?		
Salty snacks	11 (1.2%)	2178 (6.8%)
Sweet snacks	10 (1.1%)	1075 (3.4%)
Homemade food	34 (3.9%)	1721 (5.4%)
Fruits	32 (3.6%)	2699 (8.5%)
Dairy products	9 (1%)	769 (2.4%)
Food delivered/restaurant	5 (0.6%)	288 (0.9%)
Sandwich	7 (0.8%)	458 (1.4%)
Other	29 (3.3%)	1217 (3.8%)

20. Since hospital admission, do you eat more or less?		
More	102 (11.6%)	4573 (14.3%)
Less	253 (28.7%)	9505 (29.8%)
Same	316 (35.8%)	10264 (32.2%)
I do not know	58 (6.6%)	1452 (4.6%)

21. TODAY, compared to admission I feel		
Stronger	319 (36.2%)	14268 (44.7%)
Weaker	168 (19%)	5687 (17.8%)
Same	264 (29.9%)	8252 (25.9%)
I was admitted today	51 (5.8%)	813 (2.5%)
I do not know	54 (6.1%)	1336 (4.2%)

22. Can you walk without assistance TODAY?		
Yes	466 (52.8%)	17585 (55.1%)
No, only with assistance	208 (23.6%)	8015 (25.1%)
No, I stay in bed	170 (19.3%)	4540 (14.2%)

23. Did anyone help you complete this questionnaire?		
Yes	505 (57.3%)	18864 (59.1%)
No	240 (27.2%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	**Mexico**
Number of patients who gave consent:	**882**
Number of participating centers:	**25**
Filled out oncology unit sheet 1:	**9**
Filled out oncology sheet 2 and sheet 3:	**290**

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	7 (77.8%)	317 (67.2%) Yes
no	2 (22.2%)	13 (2.8%) Yes
I do not know	-	3 (0.6%) Yes
Is nutritional treatment part of the overall strategy of cancer patients?		
yes	7 (77.8%)	322 (68.2%) Yes
no	2 (22.2%)	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	7 (77.8%)	234 (49.6%) Yes
When a patient asks	1 (11.1%)	126 (26.7%) Yes
When weight loss > 10%	2 (22.2%)	126 (26.7%) Yes
During the palliative phase	3 (33.3%)	76 (16.1%) Yes
Other, please comment	2 (22.2%)	45 (9.5%) Yes

If not, because…		
Lack of evidence	-	1 (0.2%) Yes
No knowledge of the field	2 (22.2%)	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	8 (88.9%)	252 (53.4%) Yes
Calculation of energy needs	7 (77.8%)	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	7 (77.8%)	314 (66.5%) Yes
None	1 (11.1%)	0 (0%) Yes
Others	1 (11.1%)	37 (7.8%) Yes
If not, please indicate main reasons		
Lack of evidence	-	1 (0.2%) Yes
Lack of experience	1 (11.1%)	3 (0.6%) Yes
No reimbursement	-	1 (0.2%) Yes
Lack of dietitians	-	2 (0.4%) Yes
Lack of other experts	1 (11.1%)	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	6 (66.7%)	240 (50.8%) Yes
At every chemotherapy	-	53 (11.2%) Yes
When necessary	3 (33.3%)	35 (7.4%) Yes
Never	-	2 (0.4%) Yes
I do not know	-	1 (0.2%) Yes

Anthropometry (circumference)		
Regularly	3 (33.3%)	52 (11%) Yes
At every chemotherapy	-	12 (2.5%) Yes
When necessary	4 (44.4%)	92 (19.5%) Yes
Never	2 (22.2%)	161 (34.1%) Yes
I do not know	-	10 (2.1%) Yes
BIA		
Regularly	3 (33.3%)	19 (4%) Yes
At every chemotherapy	-	4 (0.8%) Yes
When necessary	2 (22.2%)	119 (25.2%) Yes
Never	4 (44.4%)	169 (35.8%) Yes
I do not know	-	13 (2.8%) Yes
CT Scan		
Regularly	-	9 (1.9%) Yes
At every chemotherapy	1 (11.1%)	2 (0.4%) Yes
When necessary	2 (22.2%)	80 (16.9%) Yes
Never	6 (66.7%)	202 (42.8%) Yes
I do not know	-	28 (5.9%) Yes
DEXA		
Regularly	-	1 (0.2%) Yes
At every chemotherapy	1 (11.1%)	3 (0.6%) Yes
When necessary	-	67 (14.2%) Yes
Never	8 (88.9%)	228 (48.3%) Yes
I do not know	-	22 (4.7%) Yes
Other		
Regularly	1 (11.1%)	11 (2.3%) Yes
At every chemotherapy	-	2 (0.4%) Yes
When necessary	-	42 (8.9%) Yes
Never	4 (44.4%)	103 (21.8%) Yes

I do not know	-	61 (12.9%) Yes
Body function		
Handgrip		
Regularly	2 (22.2%)	41 (8.7%) Yes
At every chemotherapy	1 (11.1%)	10 (2.1%) Yes
When necessary	4 (44.4%)	142 (30.1%) Yes
Never	2 (22.2%)	119 (25.2%) Yes
I do not know	-	10 (2.1%) Yes
6-minutes walking test		
Regularly	1 (11.1%)	11 (2.3%) Yes
At every chemotherapy	-	7 (1.5%) Yes
When necessary	1 (11.1%)	66 (14%) Yes
Never	6 (66.7%)	211 (44.7%) Yes
I do not know	-	21 (4.4%) Yes
Other		
Regularly	2 (22.2%)	11 (2.3%) Yes
At every chemotherapy	-	1 (0.2%) Yes
When necessary	1 (11.1%)	54 (11.4%) Yes
Never	4 (44.4%)	132 (28%) Yes
I do not know	-	46 (9.7%) Yes
Nutritional requirements, calculated		
Regularly	5 (55.6%)	127 (26.9%) Yes
At every chemotherapy	1 (11.1%)	10 (2.1%) Yes
When necessary	1 (11.1%)	151 (32%) Yes
Never	1 (11.1%)	8 (1.7%) Yes
I do not know	-	7 (1.5%) Yes

Nutritional intake		
Every meal		
Regularly	3 (33.3%)	71 (15%) Yes
At every chemotherapy	1 (11.1%)	5 (1.1%) Yes
When necessary	1 (11.1%)	137 (29%) Yes
Never	1 (11.1%)	57 (12.1%) Yes
I do not know	-	22 (4.7%) Yes
1 meal per day		
Regularly	1 (11.1%)	43 (9.1%) Yes
At every chemotherapy	1 (11.1%)	6 (1.3%) Yes
When necessary	2 (22.2%)	94 (19.9%) Yes
Never	2 (22.2%)	72 (15.3%) Yes
I do not know	-	35 (7.4%) Yes
2 meals per day		
Regularly	2 (22.2%)	34 (7.2%) Yes
At every chemotherapy	1 (11.1%)	5 (1.1%) Yes
When necessary	1 (11.1%)	103 (21.8%) Yes
Never	3 (33.3%)	78 (16.5%) Yes
I do not know	-	33 (7%) Yes
24h recall		
Regularly	5 (55.6%)	99 (21%) Yes
At every chemotherapy	1 (11.1%)	9 (1.9%) Yes
When necessary	-	147 (31.1%) Yes
Never	2 (22.2%)	26 (5.5%) Yes
I do not know	-	17 (3.6%) Yes
Other		
Regularly	1 (11.1%)	12 (2.5%) Yes
At every chemotherapy	1 (11.1%)	1 (0.2%) Yes
When necessary		

	-	52 (11%) Yes
Never	2 (22.2%)	63 (13.3%) Yes
I do not know	1 (11.1%)	49 (10.4%) Yes

Who filled in this questionnaire (Sheet1_oncology)?		
Dietitian	-	144 (30.5%) Yes
Nurse	-	65 (13.8%) Yes
Physician	3 (33.3%)	50 (10.6%) Yes
Nutritional scientist	6 (66.7%)	55 (11.7%) Yes
Other	-	16 (3.4%) Yes

ONCOLOGY SHEET 2

	Your Results	Reference Results
Outpatient (o) / ward (w)		
Outpatient (o)	14 (4.8%)	210 (4.7%)
Ward (w)	182 (62.8%)	3840 (86%)
I do not know	1 (0.3%)	59 (1.3%)
Goal of Therapy		
c= curative	150 (51.7%)	2516 (56.4%)
p= palliative	31 (10.7%)	1352 (30.3%)
t= terminal	5 (1.7%)	86 (1.9%)
Reason for admission		
Clinical diagnostics	29 (10%)	584 (13.1%)
Therapy	81 (27.9%)	1888 (42.3%)
Surgery related	34 (11.7%)	635 (14.2%)
Treatment complications	22 (7.6%)	470 (10.5%)
Poor health status	35 (12.1%)	778 (17.4%)
Independent care difficult	2 (0.7%)	54 (1.2%)

Cancer diagnosis (actual)		
Breast	13 (4.5%)	358 (8%)
Colon, rectum	17 (5.9%)	496 (11.1%)
Prostate	5 (1.7%)	97 (2.2%)
Lung	2 (0.7%)	298 (6.7%)
Skin	2 (0.7%)	66 (1.5%)
Kidney/bladder	7 (2.4%)	130 (2.9%)
Gastric/oesophageal	16 (5.5%)	309 (6.9%)
Pancreas	7 (2.4%)	228 (5.1%)
Lymphoma	14 (4.8%)	378 (8.5%)
ENT	3 (1%)	222 (5%)
Leukemia	30 (10.3%)	408 (9.1%)
Genital tract	13 (4.5%)	213 (4.8%)
Liver	2 (0.7%)	115 (2.6%)
Sarcoma	6 (2.1%)	141 (3.2%)
Brain	24 (8.3%)	70 (1.6%)
Testicular	7 (2.4%)	47 (1.1%)
Other	30 (10.3%)	515 (11.5%)

Time since cancer diagnosis		
0-2 months	32 (11%)	1025 (23%)
3-5 months	42 (14.5%)	767 (17.2%)
6-12 months	49 (16.9%)	701 (15.7%)
1-2 years	26 (9%)	556 (12.5%)
2-4 years	13 (4.5%)	374 (8.4%)
> 4 years	10 (3.4%)	469 (10.5%)
I do not know	14 (4.8%)	69 (1.5%)

Cancer Staging		
Carcinoma in situ	15 (5.2%)	278 (6.2%)
Localized	66 (22.8%)	828 (18.6%)
Early locally advanced	38 (13.1%)	521 (11.7%)

Late locally advanced	31 (10.7%)	468 (10.5%)
Metastasised	30 (10.3%)	1490 (8.4%)
Time since first therapy start		
No therapy	10 (3.4%)	278 (6.2%)
Tumor staging/Diagnosis	56 (19.3%)	433 (9.7%)
0-2 months	40 (13.8%)	1094 (24.5%)
3-5 months	25 (8.6%)	632 (14.2%)
6-12 months	45 (15.5%)	525 (11.8%)
1-2 years	22 (7.6%)	435 (9.7%)
2-4 years	14 (4.8%)	298 (6.7%)
> 4 years	7 (2.4%)	391 (8.8%)
I do not know	12 (4.1%)	93 (2.1%)
Therapy situation		
Diagnosis	25 (8.6%)	417 (9.3%)
Chemotherapy 1st line	40 (13.8%)	1047 (23.5%)
Chemotherapy > 1st line	25 (8.6%)	780 (17.5%)
Radiotherapy	14 (4.8%)	358 (8%)
Target therapy	7 (2.4%)	199 (4.5%)
Hormone therapy	3 (1%)	50 (1.1%)
Palliative	11 (3.8%)	423 (9.5%)
Surgery	63 (21.7%)	656 (14.7%)
Cancer related complications	22 (7.6%)	281 (6.3%)
Therapy related complications	10 (3.4%)	164 (3.7%)
Infections		
None	140 (48.3%)	2885 (64.6%)
Local	23 (7.9%)	540 (12.1%)
General	11 (3.8%)	442 (9.9%)
Lab. Parameter (CRP)	29 [8.5-68.5]	20 [4-67]
Lab. Parameter (Albumin)	3 [2-4]	31 [18-38]

Nutrition treatment		
No special diet	74 (25.5%)	1680 (37.6%)
Individualized diet plan	59 (20.3%)	1141 (25.6%)
Energy rich/protein rich ONS	55 (19%)	1115 (25%)
Enteral nutrition (via NGT/PEG)	3 (1%)	248 (5.6%)
Parenteral nutrition	19 (6.6%)	347 (7.8%)
ONS enriched with special nutrients	9 (3.1%)	214 (4.8%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	22 (7.6%)	65 (1.5%)
Personal preferences	4 (1.4%)	434 (9.7%)
Counselling	9 (3.1%)	694 (15.6%)
Other	3 (1%)	194 (4.3%)

ONCOLOGY Patient SHEET 3

	Your Results	Reference Results
Your usual body weight prior to becoming ill		
kg	80[63-89]	75 [64-86]
I do not know	34 (11.7%)	396 (8.9%)
Your actual weight		
kg	71 [54.5-80]	67 [58-80]
I do not know	18 (6.2%)	241 (5.4%)
Was your change in weight intentionally or unintentinally?		
Intentionally	17 (5.9%)	224 (5%)
Unintentionally	134 (46.2%)	2825 (63.3%)
Weight is stable	18 (6.2%)	537 (12%)
I do not know	18 (6.2%)	178 (4%)
Please mark what best applies to you during the last week:		

Have you had pain?		
Not at all	66 (22.8%)	1260 (28.2%)
A little	67 (23.1%)	1058 (23.7%)
Quite a bit	33 (11.4%)	855 (19.2%)
Very much	27 (9.3%)	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?		
Not at all	78 (26.9%)	721 (16.2%)
A little	65 (22.4%)	1040 (23.3%)
Quite a bit	37 (12.8%)	1046 (23.4%)
Very much	13 (4.5%)	1008 (22.6%)
I do not know	2 (0.7%)	53 (1.2%)

Have you felt weak?		
Not at all	58 (20%)	807 (18.1%)
A little	75 (25.9%)	1070 (24%)
Quite a bit	37 (12.8%)	1036 (23.2%)
Very much	23 (7.9%)	908 (20.3%)
I do not know	2 (0.7%)	46 (1%)

Did you feel depressed?		
Not at all	80 (27.6%)	1478 (33.1%)
A little	72 (24.8%)	1202 (26.9%)
Quite a bit	26 (9%)	663 (14.9%)
Very much	16 (5.5%)	462 (10.4%)
I do not know	1 (0.3%)	61 (1.4%)

Were you tired?		
Not at all	52 (17.9%)	719 (16.1%)
A little	76 (26.2%)	1192 (26.7%)
Quite a bit	37 (12.8%)	1063 (23.8%)
Very much	26 (9%)	837 (18.8%)

I do not know	2 (0.7%)	60 (1.3%)

Did pain interfere with your daily activities?

Not at all	81 (27.9%)	1420 (31.8%)
A little	48 (16.6%)	906 (20.3%)
Quite a bit	32 (11%)	752 (16.8%)
Very much	29 (10%)	714 (16%)
I do not know	4 (1.4%)	58 (1.3%)

Have you lacked appetite?

Not at all	86 (29.7%)	1338 (30%)
A little	51 (17.6%)	921 (20.6%)
Quite a bit	29 (10%)	851 (19.1%)
Very much	23 (7.9%)	706 (15.8%)
I do not know	4 (1.4%)	54 (1.2%)

Please mark what best applies to you just now:

Do you have pain?

Not at all	82 (28.3%)	1727 (38.7%)
A little	73 (25.2%)	1241 (27.8%)
Quite a bit	21 (7.2%)	567 (12.7%)
Very much	18 (6.2%)	303 (6.8%)
I do not know	1 (0.3%)	45 (1%)

Do you need to rest?

Not at all	61 (21%)	843 (18.9%)
A little	85 (29.3%)	1440 (32.3%)
Quite a bit	34 (11.7%)	989 (22.2%)
Very much	15 (5.2%)	557 (12.5%)
I do not know	-	53 (1.2%)

Do you feel weak?

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

A little	80 (27.6%)	1274 (28.5%)
Quite a bit	25 (8.6%)	861 (19.3%)
Very much	22 (7.6%)	603 (13.5%)
I do not know	1 (0.3%)	54 (1.2%)

Do you feel depressed?

Not at all	91 (31.4%)	1837 (41.2%)
A little	63 (21.7%)	1099 (24.6%)
Quite a bit	21 (7.2%)	539 (12.1%)
Very much	14 (4.8%)	328 (7.3%)
I do not know	5 (1.7%)	62 (1.4%)

Are you tired?

Not at all	68 (23.4%)	1009 (22.6%)
A little	77 (26.6%)	1426 (32%)
Quite a bit	28 (9.7%)	890 (19.9%)
Very much	19 (6.6%)	463 (10.4%)
I do not know	2 (0.7%)	68 (%)

Does pain interfere with your daily activities?

Not at all	89 (30.7%)	1694 (38%)
A little	54 (18.6%)	965 (21.6%)
Quite a bit	22 (7.6%)	647 (14.5%)
Very much	20 (6.9%)	488 (10.9%)
I do not know	5 (1.7%)	63 (1.4%)

Do you lack appetite?

Not at all	90 (31%)	1478 (33.1%)
A little	61 (21%)	1176 (26.3%)
Quite a bit	23 (7.9%)	688 (15.4%)
Very much	16 (5.5%)	453 (10.2%)
I do not know	-	59 (1.3%)

If your appetite or your food intake has changed, please indicate why?		
Nausea/vomiting	46 (15.9%)	855 (19.2%)
Inflammation in mouth	6 (2.1%)	249 (5.6%)
Pain	31 (10.7%)	621 (13.9%)
Constipation	21 (7.2%)	427 (9.6%)
Diarrhea	17 (5.9%)	291 (6.5%)
Change in taste/smell	13 (4.5%)	608 (13.6%)
Early satiation/loss of appetite	31 (10.7%)	1097 (24.6%)
Other	22 (7.6%)	666 (14.9%)

Which of the following activities can you perform at the maximum? (choose only one option)		
Able to do sports	9 (3.1%)	183 (4.1%)
Fully active	19 (6.6%)	498 (11.2%)
Able to carry out light activities	60 (20.7%)	954 (21.4%)
Able to carry out self care	34 (11.7%)	1011 (22.7%)
Able to carry out limited self care	26 (9%)	656 (14.7%)
Confined to bed or chair	37 (12.8%)	519 (11.6%)
I do not know	1 (0.3%)	45 (1%)

What do you take without prescription from a doctor?		
Nothing	140 (48.3%)	2585 (57.9%)
Herbal tea	17 (5.9%)	429 (9.6%)
Nutritional supplements	13 (4.5%)	383 (8.6%)
Multivitamines	6 (2.1%)	263 (5.9%)
Other medication	9 (3.1%)	137 (3.1%)
Other	7 (2.4%)	171 (3.8%)

Which of the following activities do you perform?		
Nothing	162 (55.9%)	2699 (60.5%)
Psychotherapy	4 (1.4%)	188 (4.2%)
Yoga	2 (0.7%)	71 (1.6%)
Meditation	9 (3.1%)	158 (3.5%)
Progressive muscle relaxation	3 (1%)	111 (2.5%)

Qigong	-	15 (0.3%)
Other	10 (3.4%)	641 (14.4%)

Is it difficult to comply with your treatment?

Yes	64 (22.1%)	997 (22.3%)
No	110 (37.9%)	2400 (53.8%)
I do not know	19 (6.6%)	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	131 (45.2%)	2346 (52.6%)
No	61 (21%)	1481 (33.2%)
I do not know	3 (1%)	56 (1.3%)

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

Yes	169 (58.3%)	2653 (59.4%)
No	7 (2.4%)	519 (11.6%)
I do not know	17 (5.9%)	715 (16%)