



Dear participant,

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

Country:	Slovenia
Number of participating centers:	3
Number of participating units:	10
Number of patients:	160
Number of patients who gave consent:	160

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	162 [127-162]	296 [140-581]
2. Total number of admissions in the hospital last year	1171 [797-1171]	15484 [4482-34465]
3. Total number of staff in the hospital		
Total medical doctors	27 [14-27]	226 [80-422]
Medical specialists	18 [8-17.5]	124 [37-273]
Medical non-specialists	10 [6-9]	56 [9-138]
Nurses	75 [53-74]	315 [128-726]
Dieticians	3 [2-3]	3 [1-9]
Nutritionists	-	2 [1-5]
Pharmacists	6 [5-5]	7 [3-18]
Kitchen staff	18 [12-18]	24 [9-44]
Full time equivalent		
Total medical doctors	8 [8-8]	144 [48-275]
Medical specialists	8 [8-8]	89 [34-215]
Medical non-specialists	8 [8-8]	46 [7-115]
Nurses	8 [8-8]	305 [98-562]
Dieticians	8 [8-8]	2 [1-8]
Nutritionists	8 [8-8]	1 [0-3]
Pharmacists	8 [8-8]	5 [2-15]
Kitchen staff	8 [8-8]	24 [9-42]
4. Does the hospital have a nutrition care strategy?	1 (50%)	190 (40%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (66.7%)	157 (33.1%) Yes
Nutrition steering committee is available	1 (33.3%)	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 (33.3%)	118 (24.8%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (66.7%)	161 (33.9%) Yes

6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?

No information available from billing/finance/controlling	1 (33.3%)	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	1 (33.3%)	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 (33.3%)	109 (22.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%)	97 (20.4%) Yes

Codes routinely used

Nutrition Support	1 (33.3%)	60 (12.6%) Yes
Oral nutrition supplements	1 (33.3%)	110 (23.2%) Yes
Parenteral nutrition	1 (33.3%)	138 (29.1%) Yes
Enteral nutrition	2 (66.7%)	137 (28.8%) Yes
Dietary counseling	1 (33.3%)	82 (17.3%) Yes
Specific dietary interventions	1 (33.3%)	77 (16.2%) Yes
Screening for malnutrition	1 (33.3%)	82 (17.3%) Yes
Risk of malnutrition	1 (33.3%)	63 (13.3%) Yes
Malnutrition (in general)	2 (66.7%)	98 (20.6%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%)	88 (18.5%) Yes

Unit Sheet 1a/1b

Your Results Reference Results

1a. Main specialty

Internal Medicine / General	-	295 (17.2%)
Internal Medicine / Cardiology	-	56 (3.3%)
Internal Medicine / Gastroenterology & hepatology	1 (10%)	114 (6.6%)
Internal Medicine / Geriatrics	2 (20%)	105 (6.1%)
Internal Medicine / Infectious diseases	-	13 (0.8%)
Internal Medicine / Nephrology	1 (10%)	23 (1.3%)
Internal Medicine / Oncology (incl. radiotherapy)	-	215 (12.5%)
Surgery / General	-	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	6 (60%)	288 (16.8%)

1b. For surgical units only

Do you do ERAS?	-	181 (11%) Yes
Do you have a ERAS protocol?	-	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	24 [17.5-28]	22 [16-29]
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3. Total bed capacity of the unit	31 [24.5-34]	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 [2-3]	3 [2-6]
Medical students	-	
Nurses	6 [3-7]	4 [3-6]
Nursing aides	4 [1-6]	2 [1-4]
Dieticians	0 [0.33-1]	1 [0-1]
Nutritionists	-	0 [0-1]
Administrative staff	1 [0.75-1]	1 [1-2]
Other staff involved in patient care	1 [1-6]	1 [0-3]

In training		
Medical doctors	1 [1-2]	2 [0-3]
Medical students	1 [1-1]	1 [0-3]
Nurses	1 [1-2]	1 [0-2]
Nursing aides	-	0 [0-1]
Dieticians	0 [0.33-0]	0 [0-0]
Nutritionists	-	0 [0-1]
Administrative staff	-	
Other staff involved in patient care	1 [1-1]	0 [0-0]

5. Is there a nutrition support team in your hospital available?	7 (70%)	1032 (60.2%) Yes
6. Does the unit have a nutrition care strategy?	6 (60%)	990 (57.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	10 (100%)	950 (55.4%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	10 (100%)	1394 (81.3%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	10 (100%)	721 (42%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	2 (20%)	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	5 (50%)	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	1 (10%)	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	5 (50%)	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?	8 (80%)	1092 (63.7%) Yes
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11b. If yes, which one is mainly used?		
International guidelines	5 (50%)	403 (23.5%) Yes
National guidelines	1 (10%)	180 (10.5%) Yes
Standards on hospital level	-	331 (19.3%) Yes
Standards on unit level	-	66 (3.8%) Yes
Individual patient nutrition care plans	2 (20%)	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	4 (40%)	333 (19.4%) Yes
Discuss nutrition care activities during ward rounds	5 (50%)	574 (33.5%) Yes
Develop an individual nutrition care plan	8 (80%)	647 (37.7%) Yes
Initiate treatment / nutrition intervention	8 (80%)	748 (43.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	8 (80%)	693 (40.4%) Yes
Consult a medical professional	7 (70%)	417 (24.3%) Yes
Calculate energy requirements	9 (90%)	622 (36.3%) Yes
Calculate protein requirements	8 (80%)	619 (36.1%) Yes

Malnourished		
Watchful waiting	3 (30%)	276 (16.1%) Yes
Discuss nutrition care activities during ward rounds	5 (50%)	666 (38.8%) Yes
Develop an individual nutrition care plan	9 (90%)	804 (46.9%) Yes
Initiate treatment / nutrition intervention	10 (100%)	887 (51.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (100%)	794 (46.3%) Yes
Consult a medical professional	8 (80%)	514 (30%) Yes
Calculate energy requirements	10 (100%)	813 (47.4%) Yes
Calculate protein requirements	10 (100%)	801 (46.7%) Yes

Every patient

Watchful waiting	5 (50%)	731 (42.6%) Yes
Discuss nutrition care activities during ward rounds	3 (30%)	452 (26.4%) Yes
Develop an individual nutrition care plan	-	295 (17.2%) Yes
Initiate treatment / nutrition intervention	-	273 (15.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	371 (21.6%) Yes
Consult a medical professional	-	428 (25%) Yes
Calculate energy requirements	-	250 (14.6%) Yes
Calculate protein requirements	-	240 (14%) Yes

None

Watchful waiting	2 (20%)	180 (10.5%) Yes
Discuss nutrition care activities during ward rounds	3 (30%)	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 (30%)	927 (54.1%) Yes
Within 24 hours	5 (50%)	173 (10.1%) Yes
Within 48 hours	-	94 (5.5%) Yes
Within 72 hours	-	44 (2.6%) Yes
Every week	-	603 (35.2%) Yes
Occasionally	2 (20%)	196 (11.4%) Yes
When requested	7 (70%)	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	10 (100%)	1164 (67.9%) Yes
Offer meal choices	9 (90%)	1029 (60%) Yes
Offer different portion sizes	10 (100%)	837 (48.8%) Yes
Consider food presentation	3 (30%)	484 (28.2%) Yes
Change food texture/consistency as needed	10 (100%)	1277 (74.5%) Yes
Consider patient problems with eating and drinking	9 (90%)	1248 (72.8%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	8 (80%)	371 (21.6%) Yes
Promote positive eating environment	6 (60%)	413 (24.1%) Yes
Consider cultural/religious preferences	10 (100%)	1105 (64.4%) Yes
Consider patient allergies / intolerances	10 (100%)	1315 (76.7%) Yes
Other	1 (10%)	99 (5.8%) Yes

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

Nutrition training is available	10 (100%)	911 (53.1%) Yes
Reporting of nutrition related information to hospital managers	8 (80%)	595 (34.7%) Yes
Quality indicators are recorded and reported to national or regional level	5 (50%)	337 (19.7%) Yes
Quality indicators are used for internal benchmarking	7 (70%)	451 (26.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	10 (100%)	789 (46%) Yes

16. At admission what is asked and documented?

Change in weight	7 (70%)	1150 (67.1%) Yes
Eating habits/difficulties	10 (100%)	1025 (59.8%) Yes
Nutrition before admission	6 (60%)	770 (44.9%) Yes

17a. Patient record has a section indicating

if the patient is malnourished/ at risk	7 (70%)	1008 (58.8%) Yes
nutrition treatment	4 (40%)	786 (45.8%) Yes
I do not know	3 (30%)	141 (8.2%) Yes

17b. Discharge letter includes

nutrition treatment received during stay	10 (100%)	728 (42.4%) Yes
makes future nutrition-related recommendations	8 (80%)	855 (49.9%) Yes
I do not know	-	166 (9.7%) Yes

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

8 (80%) 569 (33.2%) Yes

19. Who filled in this sheet?

Head staff	4 (40%)	375 (21.9%) Yes
Dietician	10 (100%)	707 (41.2%) Yes
Nurse	3 (30%)	328 (19.1%) Yes
Physician	-	181 (10.6%) Yes
Administrative staff	-	28 (1.6%) Yes
Others	1 (10%)	132 (7.7%) Yes

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

Your Results Reference Results

TOTAL Patients:	160 (100%)	31895
Number of patients who gave consent	160 (100%)	31895 (100%)

Female	74 (46.3%)	15478 (48.5%)
Male	86 (53.8%)	16244 (50.9%)
Other	-	173 (0.5%)
Age	64 [51-75.5]	63 [46-76]
Weight	76.1±20	70.9±19.4
Height	169±12.2	166±11
BMI (female)	26.1±6.5	26±6.9
BMI (male)	26.3±5	25.3±5.9
BMI	26.2±5.7	25.6±6.5

This hospital admission was

planned	139 (86.9%)	11384 (35.7%)
an emergency	21 (13.1%)	18596 (58.3%)
I do not know	-	1609 (5%)

1. Diagnosis at admission

0600 Nervous system	65 (40.6%)	2861 (9%)
0500 Mental health	6 (3.8%)	1240 (3.9%)
0700 Eye and adnexa	1 (0.6%)	271 (0.8%)
0800 Ear and mastoid process	1 (0.6%)	183 (0.6%)
0900 Circulatory system	53 (33.1%)	5336 (16.7%)
1000 Respiratory system	26 (16.3%)	3968 (12.4%)
0400 Endocrine, nutritional and metabolic diseases	60 (37.5%)	3860 (12.1%)
1100 Digestive system	13 (8.1%)	6965 (21.8%)
1400 Genitourinary system	12 (7.5%)	3312 (10.4%)
1300 Musculoskeletal system and connective tissue	29 (18.1%)	4639 (14.5%)
1200 Skin and subcutaneous tissue	3 (1.9%)	1418 (4.4%)
0100 Infectious and parasitic diseases	3 (1.9%)	3123 (9.8%)
0200 Neoplasms	7 (4.4%)	6045 (19%)
0300 Blood and bloodforming organs and the immune mechanism	14 (8.8%)	2345 (7.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	10 (6.3%)	1895 (5.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	17 (10.6%)	1055 (3.3%)
1500 Pregnancy, childbirth and the puerperium	-	412 (1.3%)
1600 Conditions originating in the perinatal period	1 (0.6%)	30 (0.1%)
1700 Congenital/chromosomal abnormalities	1 (0.6%)	84 (0.3%)
1900 Injury, poisoning	35 (21.9%)	1075 (3.4%)
2100 Factors influencing health status and contact with health services	70 (43.8%)	1288 (4%)

2. Main reason for admission

0600 Nervous system	40 (25%)	1964 (6.2%)
0500 Mental health	-	1431 (4.5%)

0700 Eye and adnexa	-	515 (1.6%)
0800 Ear and mastoid process	-	1888 (5.9%)
0900 Circulatory system	22 (13.8%)	2437 (7.6%)
1000 Respiratory system	-	2739 (8.6%)
0400 Endocrine, nutritional and metabolic diseases	11 (6.9%)	959 (3%)
1100 Digestive system	2 (1.3%)	3440 (10.8%)
1400 Genitourinary system	2 (1.3%)	1540 (4.8%)
1300 Musculoskeletal system and connective tissue	10 (6.3%)	3898 (12.2%)
1200 Skin and subcutaneous tissue	-	940 (2.9%)
0100 Infectious and parasitic diseases	1 (0.6%)	2024 (6.3%)
0200 Neoplasms	3 (1.9%)	3355 (10.5%)
0300 Blood and bloodforming organs and the immune mechanism	1 (0.6%)	771 (2.4%)
1800 Symptoms, signs, abnormal clinical/lab findings	-	510 (1.6%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	750 (2.4%)
1500 Pregnancy, childbirth and the puerperium	-	520 (1.6%)
1600 Conditions originating in the perinatal period	-	324 (1%)
1700 Congenital/chromosomal abnormalities	-	130 (0.4%)
1900 Injury, poisoning	20 (12.5%)	570 (1.8%)
2100 Factors influencing health status and contact with health services	48 (30%)	465 (1.5%)

3. Which conditions/comorbidities does this patient have?

SPECIFIC COMORBIDITIES

Cerebral vascular disease	20 (12.5%)	551 (1.7%)
Dementia	1 (0.6%)	319 (1%)
Major depressive disorder	2 (1.3%)	297 (0.9%)
Other chronic mental disorder	6 (3.8%)	202 (0.6%)
Myocardial infarction	5 (3.1%)	267 (0.8%)
Cardiac insufficiency	7 (4.4%)	981 (3.1%)
Chronic lung disease	22 (13.8%)	728 (2.3%)
Chronic liver disease	3 (1.9%)	366 (1.1%)
Chronic kidney disease	7 (4.4%)	983 (3.1%)

GI disease/problems	19 (11.9%)	941 (3%)
Urological disease/problems	13 (8.1%)	378 (1.2%)
Muscle-skeletal disease	15 (9.4%)	535 (1.7%)
Arthritis	3 (1.9%)	194 (0.6%)
Skin problems	2 (1.3%)	240 (0.8%)
Peripheral vascular disease	10 (6.3%)	412 (1.3%)
GENERAL COMORBIDITIES		
Pain	16 (10%)	1247 (3.9%)
Fatigue	12 (7.5%)	724 (2.3%)
Infection	10 (6.3%)	676 (2.1%)
Diabetes	29 (18.1%)	2176 (6.8%)
Hypertension	58 (36.3%)	3234 (10.1%)
Hyperlipidaemia	34 (21.3%)	1040 (3.3%)
Endocrinal disease	14 (8.8%)	528 (1.7%)
Cancer	4 (2.5%)	1440 (4.5%)
History of cancer	12 (7.5%)	511 (1.6%)
Other chronic disease	17 (10.6%)	806 (2.5%)
NO COMORBIDITIES	11 (6.9%)	5868 (18.4%)
OTHER COMORBIDITIES	-	971 (3%)

4. Previous ICU admission during this hospital stay?

Yes	1 (0.6%)	3305 (10.4%)
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5. Is this patient terminally ill?

Yes	1 (0.6%)	2109 (6.6%)
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6. Fluid status (TODAY)

Normal	104 (65%)	24553 (77%)
Overloaded	2 (1.3%)	1548 (4.9%)
Dehydrated	27 (16.9%)	2223 (7%)
I do not know	27 (16.9%)	3465 (10.9%)

7. Number of different medications planned (TODAY)

oral	7 [4-10]	4 [2-8]
other	2 [1-2]	2 [1-4]

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

Malnourished	45 (28.1%)	5142 (16.1%)
At risk	19 (11.9%)	7052 (22.1%)
No	77 (48.1%)	17552 (55%)
I do not know	19 (11.9%)	2073 (6.5%)

9. IV Fluids (TODAY)

Electrolyte solution (NaCl, Ringers lactate, etc)	20 (12.5%)	11676 (36.6%)
5% Glucose solution	1 (0.6%)	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	114 (71.3%)	18876 (59.2%)
Fortified/enriched hospital food	9 (5.6%)	4517 (14.2%)
Special diet	54 (33.8%)	9526 (29.9%)
Protein/energy supplement (e.g. ONS drinks)	47 (29.4%)	6147 (19.3%)
Enteral nutrition	1 (0.6%)	1791 (5.6%)
Parenteral nutrition	-	1271 (4%)

12a. All lines and tubes (TODAY)

Central Venous	3 (1.9%)	3714 (11.6%)
Peripheral venous access	12 (7.5%)	15651 (49.1%)
Nasogastric	1 (0.6%)	756 (2.4%)
Nasojejunal	-	91 (0.3%)
Nasoduodenal	-	82 (0.3%)
Enterostoma	-	135 (0.4%)
Percutaneous endoscopy/surgical gastrostomy	2 (1.3%)	396 (1.2%)

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

Yes, previously	-	565 (1.8%)
Yes, ongoing	-	255 (0.8%)
No	154 (96.3%)	23467 (73.6%)
I do not know	-	2406 (7.5%)

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

Energy requirements were determined	66 (41.3%)	11605 (36.4%)
Protein requirements were determined	65 (40.6%)	10824 (33.9%)
Food/Nutrition intake was recorded in the patient record	104 (65%)	12508 (39.2%)
Nutrition treatment plan was developed	-	11785 (36.9%)
Nutrition expert was consulted	67 (41.9%)	12646 (39.6%)
Malnutrition status is recorded in the patient record	66 (41.3%)	11014 (34.5%)

14a. Energy goal (YESTERDAY)

< 500 kcal	-	281 (0.9%)
500-999 kcal	-	286 (0.9%)
1000-1499 kcal	2 (1.3%)	2076 (6.5%)
1500-1999 kcal	26 (16.3%)	8530 (26.7%)
>=2000 kcal	64 (40%)	5796 (18.2%)
Not determined	63 (39.4%)	7876 (24.7%)
I do not know	4 (2.5%)	1851 (5.8%)
kcal/kg	-	30 [25-30]

14b. Energy intake (YESTERDAY)

< 500 kcal	-	1190 (3.7%)
500-999 kcal	5 (3.1%)	1814 (5.7%)
1000-1499 kcal	10 (6.3%)	3863 (12.1%)
1500-1999 kcal	26 (16.3%)	6134 (19.2%)
>=2000 kcal	30 (18.8%)	3438 (10.8%)

Not determined	50 (31.3%)	7653 (24%)
I do not know	38 (23.8%)	2676 (8.4%)
kcal/kg	-	25 [21-30]

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

Improved	105 (65.6%)	14998 (47%)
Deteriorated	2 (1.3%)	1844 (5.8%)
Remained the same	28 (17.5%)	6773 (21.2%)
This patient has just been admitted	1 (0.6%)	1954 (6.1%)
I do not know	24 (15%)	2168 (6.8%)

16a. Previous operation during this hospital stay

Yes, planned	-	4745 (14.9%)
Yes, acute	-	2272 (7.1%)
No	2 (1.3%)	14399 (45.1%)
days since operation	0 [0-0]	4 [1-15]

16b. Planned operation during this hospital stay

Yes, today or tomorrow	-	2955 (9.3%)
Yes, later	-	1925 (6%)
No	1 (0.6%)	15926 (49.9%)

17. Surgery type (single choice)

Operated right after admission (acute)	-	615 (1.9%)
Planned after unscheduled admission	-	780 (2.4%)
Planned after scheduled admission	-	1386 (4.3%)
None of the above	-	103 (0.3%)
I don't know	-	195 (0.6%)
Non-applicable (NA)	-	550 (1.7%)

18. Surgical approach

Open surgery including converted	-	1792 (5.6%)
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Minimal invasive surgery (laparoscopy, robotics etc.)	-	1064 (3.3%)
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19. Duration of operation

Minor surgery	-	834 (6.3%)
Major surgery	-	2001 (6.3%)

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

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

21. Indication to use of nutritional therapy

No indication	1 (0.6%)	2012 (6.3%)
Expected prolonged postoperative fasting	1 (0.6%)	212 (0.7%)
Preoperative malnutrition	1 (0.6%)	218 (0.7%)
Ongoing surgical complication	1 (0.6%)	111 (0.3%)
Patient does not eat enough	1 (0.6%)	295 (0.9%)

other	1 (0.6%)	232 (0.7%)
I don't know	1 (0.6%)	332 (1%)

22. Days since nutritional therapy		
	0 [0-0]	7 [2-18]

30 Days after nutritionDay

Outcome code

1 Still in the hospital	21 (13.1%)	2475 (7.8%)
2 Transferred to another hospital	-	585 (1.8%)
3 Transferred to long term care	4 (2.5%)	766 (2.4%)
4 Rehabilitation	3 (1.9%)	552 (1.7%)
5 Discharged home	89 (55.6%)	20087 (63%)
6 Death	-	1059 (3.3%)
7 Others	-	402 (1.3%)

Readmission Code

1 No	81 (50.6%)	18836 (59.1%)
2 Yes, same hospital planned	-	1940 (6.1%)
3 Yes, same hospital unplanned	-	1360 (4.3%)
4 Yes, different hospital planned	-	170 (0.5%)
5 Yes, different hospital unplanned	-	105 (0.3%)
6 Unknown	-	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	32 (20%)	1391 (4.4%)
No special dietary habits	101 (63.1%)	18087 (56.7%)
I am vegetarian	5 (3.1%)	492 (1.5%)
I eat a vegan diet	-	90 (0.3%)
I eat a gluten-free diet	1 (0.6%)	299 (0.9%)
I avoid added sugars	35 (21.9%)	4543 (14.2%)
I avoid carbohydrates	9 (5.6%)	1583 (5%)
I eat a low fat-diet	31 (19.4%)	2741 (8.6%)
I am lactose intolerant	5 (3.1%)	1150 (3.6%)
Other special diet due to intolerances/allergies	2 (1.3%)	504 (1.6%)
other	7 (4.4%)	1888 (5.9%)

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

At home	123 (76.9%)	23600 (74%)
In a nursing home or other live-in facility	-	734 (2.3%)
I was transferred from another hospital	27 (16.9%)	1856 (5.8%)
Other	-	466 (1.5%)

3. In general, are you able to walk?

Yes	56 (35%)	16629 (52.1%)
Yes, with someone's help	8 (5%)	3011 (9.4%)
Yes, independently using a cane, walker, or crutches	57 (35.6%)	3474 (10.9%)
No, I have a wheelchair	36 (22.5%)	1077 (3.4%)
No, I am bedridden	4 (2.5%)	2317 (7.3%)

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

Very good	13 (8.1%)	2269 (7.1%)
Good	56 (35%)	9974 (31.3%)
Fair	64 (40%)	9994 (31.3%)
Poor	24 (15%)	3598 (11.3%)
Very poor	5 (3.1%)	674 (2.1%)

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

... how many times have you seen a doctor?	5 [2-5]	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?	40 [13-60]	5 [0-15]

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

1-2	40 (25%)	6274 (19.7%)
3-5	50 (31.3%)	6835 (21.4%)
More than 5	42 (26.3%)	7302 (22.9%)
None	28 (17.5%)	5209 (2.9%)
I do not know	3 (1.9%)	938 (2.9%)

7. Do you have health insurance?

Yes, private insurance only	-	4393 (13.8%)
Yes, public insurance only	92 (57.5%)	12754 (40%)
Yes, both	68 (42.5%)	2697 (8.5%)
No	-	5488 (17.2%)
I prefer not to answer	1 (0.6%)	933 (2.9%)

8. What was your weight 5 years ago?

kg	81 [67-94]	74 [63-85]
----	------------	------------

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

Yes, intentionally	13 (8.1%)	2317 (7.3%)
Yes, unintentionally	70 (43.8%)	13997 (43.9%)
No, my weight stayed the same	44 (27.5%)	7967 (25%)
No, I gained weight	22 (13.8%)	3144 (9.9%)
I do not know	9 (5.6%)	2573 (8.1%)

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

kg	13 [5-15]	6 [4-10]
----	-----------	----------

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

Yes	113 (70.6%)	9759 (30.6%)
No	48 (30%)	15387 (48.2%)

11. Please indicate if you ...

... were weighed at admission

Yes	115 (71.9%)	13167 (41.3%)
No	45 (28.1%)	12017 (37.7%)

... were informed about your nutrition status

Yes	86 (53.8%)	9376 (29.4%)
No	66 (41.3%)	15480 (48.5%)

... were informed about nutrition care options

Yes	87 (54.4%)	9168 (28.7%)
No	66 (41.3%)	15535 (48.7%)

... received special nutrition care

Yes	71 (44.4%)	9435 (29.6%)
No	80 (50%)	15419 (48.3%)

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

More than normal	10 (6.3%)	1467 (4.6%)
Normal	108 (67.5%)	17330 (54.3%)
About 3/4 of normal	13 (8.1%)	2866 (9%)
About half of normal	22 (13.8%)	3891 (12.2%)
About a quarter to nearly nothing	10 (6.3%)	3069 (9.6%)

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

about all	91 (56.9%)	14097 (44.2%)
1/2	53 (33.1%)	8045 (25.2%)
1/4	15 (9.4%)	4218 (13.2%)
nothing	3 (1.9%)	3510 (11%)

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

standard	131 (81.9%)	17603 (55.2%)
smaller	8 (5%)	2606 (8.2%)
larger	12 (7.5%)	1200 (3.8%)
I do not know	11 (6.9%)	2968 (9.3%)

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

Very satisfied	64 (40%)	7031 (22%)
Somewhat satisfied	76 (47.5%)	8669 (27.2%)
Dissatisfied	3 (1.9%)	4516 (14.2%)
Very dissatisfied	2 (1.3%)	2185 (6.9%)
Neutral	13 (8.1%)	1836 (5.8%)
I do not know	4 (2.5%)	1826 (5.7%)

15. Did you get any help with eating TODAY?

Yes, from family or friends	4 (2.5%)	3294 (10.3%)
Yes, from hospital staff	9 (5.6%)	1635 (5.1%)
No	144 (90%)	20381 (63.9%)

16. Were you able to eat without interruption TODAY?

Yes	135 (84.4%)	18317 (57.4%)
No	25 (15.6%)	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	21 (13.1%)	3237 (10.1%)
I did not like the smell of the food	4 (2.5%)	524 (1.6%)
I did not like the taste of the food	6 (3.8%)	1001 (3.1%)
The food did not fit my cultural/religious preferences	-	180 (0.6%)
The food was too hot	2 (1.3%)	83 (0.3%)
The food was too cold	3 (1.9%)	670 (2.1%)
Due to food allergy/intolerance	-	178 (0.6%)
I was not hungry at that time	24 (15%)	2438 (7.6%)
I do not have my usual appetite	30 (18.8%)	5371 (16.8%)
I have problems chewing/swallowing	7 (4.4%)	1164 (3.6%)
I normally eat less than what was served	26 (16.3%)	1837 (5.8%)
I had nausea/vomiting	1 (0.6%)	1538 (4.8%)
I was too tired	2 (1.3%)	972 (3%)
I cannot eat without help	-	278 (0.9%)
I was not allowed to eat	1 (0.6%)	1431 (4.5%)
I had an exam, surgery, or test and missed my meal	2 (1.3%)	1156 (3.6%)
I did not get requested food	-	208 (0.7%)

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

Water	5 [3-7]	4 [2-6]
Coffee	2 [1-2]	1 [0-2]
Fruit juice	2 [1-2]	1 [0-2]
Nutrition drink	1 [1-2]	0 [0-1]
Tea	3 [1-4]	1 [0-2]
Milk	1 [1-1.5]	0 [0-1]
Soft drinks	4 [1-5]	0 [0-0]
Other	2 [1-2]	0 [0-0]

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

Yes	61 (38.1%)	6892 (21.6%)
No	101 (63.1%)	18027 (56.5%)

19b. If yes, what did you eat?

Salty snacks	10 (6.3%)	2178 (6.8%)
Sweet snacks	21 (13.1%)	1075 (3.4%)
Homemade food	5 (3.1%)	1721 (5.4%)
Fruits	43 (26.9%)	2699 (8.5%)
Dairy products	5 (3.1%)	769 (2.4%)
Food delivered/restaurant	1 (0.6%)	288 (0.9%)
Sandwich	4 (2.5%)	458 (1.4%)
Other	7 (4.4%)	1217 (3.8%)

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

More	26 (16.3%)	4573 (14.3%)
Less	26 (16.3%)	9505 (29.8%)
Same	103 (64.4%)	10264 (32.2%)
I do not know	7 (4.4%)	1452 (4.6%)

21. TODAY, compared to admission I feel

Stronger	76 (47.5%)	14268 (44.7%)
Weaker	11 (6.9%)	5687 (17.8%)
Same	69 (43.1%)	8252 (25.9%)
I was admitted today	2 (1.3%)	813 (2.5%)
I do not know	5 (3.1%)	1336 (4.2%)

22. Can you walk without assistance TODAY?

Yes	79 (49.4%)	17585 (55.1%)
No, only with assistance	74 (46.3%)	8015 (25.1%)
No, I stay in bed	9 (5.6%)	4540 (14.2%)



23. Did anyone help you complete this questionnaire?

Yes	86 (53.8%)	18864 (59.1%)
No	77 (48.1%)	7285 (22.8%)

ONCOLOGY REPORT

Your oncology report consists of the following sample size:

Country:	Slovenia
Number of patients who gave consent:	160
Number of participating centers:	3
Filled out oncology unit sheet 1:	0
Filled out oncology sheet 2 and sheet 3:	0

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	-	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	-	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	-	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	-	252 (53.4%) Yes
Calculation of energy needs	-	251 (53.2%) Yes
Monitoring patients intake and supplementation with artificial nutrition when necessary	-	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	-	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	-	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	-	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	-	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	-	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	-	103 (21.8%) Yes

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

Handgrip

Regularly	-	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	-	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	-	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	-	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	-	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	-	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	-	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	-	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	-	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	-	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)	-	3840 (86%)
I do not know	-	59 (1.3%)
Goal of Therapy		
c= curative	-	2516 (56.4%)
p= palliative	-	1352 (30.3%)
t= terminal	-	86 (1.9%)
Reason for admission		
Clinical diagnostics	-	584 (13.1%)
Therapy	-	1888 (42.3%)
Surgery related	-	635 (14.2%)
Treatment complications	-	470 (10.5%)
Poor health status	-	778 (17.4%)
Independent care difficult	-	54 (1.2%)

Cancer diagnosis (actual)

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

Time since cancer diagnosis

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

Cancer Staging

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

Late locally advanced	-	468 (10.5%)
Metastasised	-	1490 (33.4%)
Time since first therapy start		
No therapy	-	278 (6.2%)
Tumor staging/Diagnosis	-	433 (9.7%)
0-2 months	-	1094 (24.5%)
3-5 months	-	632 (14.2%)
6-12 months	-	525 (11.8%)
1-2 years	-	435 (9.7%)
2-4 years	-	298 (6.7%)
> 4 years	-	391 (8.8%)
I do not know	-	93 (2.1%)
Therapy situation		
Diagnosis	-	417 (9.3%)
Chemotherapy 1st line	-	1047 (23.5%)
Chemotherapy > 1st line	-	780 (17.5%)
Radiotherapy	-	358 (8%)
Target therapy	-	199 (4.5%)
Hormone therapy	-	50 (1.1%)
Palliative	-	423 (9.5%)
Surgery	-	656 (14.7%)
Cancer related complications	-	281 (6.3%)
Therapy related complications	-	164 (3.7%)
Infections		
None	-	2885 (64.6%)
Local	-	540 (12.1%)
General	-	442 (9.9%)
Lab. Parameter (CRP)	-	20 [4-67]
Lab. Parameter (Albumin)	-	31 [18-38]

Nutrition treatment		
No special diet	-	1680 (37.6%)
Individualized diet plan	-	1141 (25.6%)
Energy rich/protein rich ONS	-	1115 (25%)
Enteral nutrition (via NGT/PEG)	-	248 (5.6%)
Parenteral nutrition	-	347 (7.8%)
ONS enriched with special nutrients	-	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	-	396 (8.9%)
Your actual weight		
kg	0 [0-0]	67 [58-80]
I do not know	-	241 (5.4%)
Was your change in weight intentionally or unintentionally?		
Intentionally	-	224 (5%)
Unintentionally	-	2825 (63.3%)
Weight is stable	-	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	-	1260 (28.2%)
A little	-	1058 (23.7%)
Quite a bit	-	855 (19.2%)
Very much	-	675 (15.1%)
I do not know	-	40 (0.9%)

Did you need to rest?

Not at all	-	721 (16.2%)
A little	-	1040 (23.3%)
Quite a bit	-	1046 (23.4%)
Very much	-	1008 (22.6%)
I do not know	-	53 (1.2%)

Have you felt weak?

Not at all	-	807 (18.1%)
A little	-	1070 (24%)
Quite a bit	-	1036 (23.2%)
Very much	-	908 (20.3%)
I do not know	-	46 (1%)

Did you feel depressed?

Not at all	-	1478 (33.1%)
A little	-	1202 (26.9%)
Quite a bit	-	663 (14.9%)
Very much	-	462 (10.4%)
I do not know	-	61 (1.4%)

Were you tired?

Not at all	-	719 (16.1%)
A little	-	1192 (26.7%)
Quite a bit	-	1063 (23.8%)
Very much	-	837 (18.8%)

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

Not at all	-	1420 (31.8%)
A little	-	906 (20.3%)
Quite a bit	-	752 (16.8%)
Very much	-	714 (16%)
I do not know	-	58 (1.3%)

Have you lacked appetite?

Not at all	-	1338 (30%)
A little	-	921 (20.6%)
Quite a bit	-	851 (19.1%)
Very much	-	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	-	1727 (38.7%)
A little	-	1241 (27.8%)
Quite a bit	-	567 (12.7%)
Very much	-	303 (6.8%)
I do not know	-	45 (1%)

Do you need to rest?

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

Do you feel weak?

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

Do you feel depressed?

Not at all	-	1837 (41.2%)
A little	-	1099 (24.6%)
Quite a bit	-	539 (12.1%)
Very much	-	328 (7.3%)
I do not know	-	62 (1.4%)

Are you tired?

Not at all	-	1009 (22.6%)
A little	-	1426 (32%)
Quite a bit	-	890 (19.9%)
Very much	-	463 (10.4%)
I do not know	-	68 (1.5%)

Does pain interfere with your daily activities?

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

Do you lack appetite?

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

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

Nausea/vomiting	-	855 (19.2%)
Inflammation in mouth	-	249 (5.6%)
Pain	-	621 (13.9%)
Constipation	-	427 (9.6%)
Diarrhea	-	291 (6.5%)
Change in taste/smell	-	608 (13.6%)
Early satiation/loss of appetite	-	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	-	954 (21.4%)
Able to carry out self care	-	1011 (22.7%)
Able to carry out limited self care	-	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	-	2585 (57.9%)
Herbal tea	-	429 (9.6%)
Nutritional supplements	-	383 (8.6%)
Multivitamines	-	263 (5.9%)
Other medication	-	137 (3.1%)
Other	-	171 (3.8%)

Which of the following activities do you perform?

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

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

Is it difficult to comply with your treatment?

Yes	-	997 (22.3%)
No	-	2400 (53.8%)
I do not know	-	463 (10.4%)

Did anyone help you to complete the questionnaire?

Yes	-	2346 (52.6%)
No	-	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	-	2653 (59.4%)
No	-	519 (11.6%)
I do not know	-	715 (16%)