



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Brazil

Dear participant,

Thank you for participating to nutritionDay worldwide in 2022. Your country report consists of the following sample size:

Number of participated center:	19
Number of participated units:	43
Number of patients:	1159
Number of patients who gave consent:	1064
Number of patients completing Sheet 3a:	1047
Number of patients completing Sheet 3b:	1047
Number of cancer patients:	250
Number of patients completing Sheet 2_onco:	30
Number of patients completing Sheet 3_onco:	30
Number of patients with 30-day outcome assessment:	1060

This report compares your country to the international reference database based on data from nutritionDay 2018-2021.

The report consists of 6 parts:

Part I reflects capacity and staffing of your hospital.

Part II reflects the organisation and the structure of the units.

Part III describes patient's demographics, the clinical information and the outcome.

Part IV is the summary of information on patient's nutrition, history and health status.

Part V is the oncology Report.

Part VI COVID-19

Participate again to next year's nutritionDay in November 2023! 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

I. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	243 [150-291]	355 [189-682]
2. Total number of admissions in the hospital last year	10185 [10076-28780]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	462 [287-602]	179 [90-394]
Medical specialists	462 [285-599]	110 [39-253]
Medical non-specialists	11 [10-11]	47 [20-125]
Nurses	138 [50-248]	385 [172-874]
Dieticians	1 [0-12]	4 [1-9]
Nutritionists	12 [8-23]	1 [0-4]
Pharmacists	38 [15-76]	9 [4-23]
Kitchen staff	65 [46-72]	29 [12-55]
Full time equivalent		
Total medical doctors	-	153 [62-360]
Medical specialists	-	92 [34-249]
Medical non-specialists	-	40 [17-118]
Nurses	138 [138-138]	328 [159-751]
Dieticians	1 [1-1]	4 [1-8]
Nutritionists	8 [8-8]	1 [0-4]
Pharmacists	14 [14-14]	7 [3-16]
Kitchen staff	57 [57-57]	29 [11-56]
4. Does the hospital have a nutrition care strategy?	5 (100%) Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	4 (21.1%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	4 (21.1%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	1 (5.3%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	5 (26.3%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (21.1%) Yes	409 (66.7%) Yes
None	-	62 (10.1%) Yes
No answer given	14 (73.7%)	34 (5.5%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	4 (21.1%) Yes	318 (51.9%) Yes

Oral nutrition supplements	3 (15.8%) Yes	264 (43.1%) Yes
Parenteral nutrition	4 (21.1%) Yes	373 (60.8%) Yes
Enteral nutrition	4 (21.1%) Yes	350 (57.1%) Yes
Dietary counseling	3 (15.8%) Yes	238 (38.8%) Yes
Specific dietary interventions	1 (5.3%) Yes	207 (33.8%) Yes
Screening for malnutrition	2 (10.5%) Yes	196 (32.0%) Yes
Risk of malnutrition	1 (5.3%) Yes	176 (28.7%) Yes
Malnutrition (in general)	3 (15.8%) Yes	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (10.5%) Yes	252 (41.1%) Yes
No information available from billing/finance/controlling	1 (5.3%) Yes	124 (20.2%) Yes
No answer given	-	34 (5.5%)

Codes routinely used

Nutrition Support	4 (21.1%) Yes	281 (45.8%) Yes
Oral nutrition supplements	2 (10.5%) Yes	235 (38.3%) Yes
Parenteral nutrition	4 (21.1%) Yes	340 (55.5%) Yes
Enteral nutrition	4 (21.1%) Yes	327 (53.3%) Yes
Dietary counseling	3 (15.8%) Yes	208 (33.9%) Yes
Specific dietary interventions	1 (5.3%) Yes	187 (30.5%) Yes
Screening for malnutrition	2 (10.5%) Yes	171 (27.9%) Yes
Risk of malnutrition	1 (5.3%) Yes	158 (25.8%) Yes
Malnutrition (in general)	1 (5.3%) Yes	247 (40.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (5.3%) Yes	226 (36.9%) Yes
No information available from billing/finance/controlling	1 (5.3%) Yes	134 (21.9%) Yes
No answer given	-	34 (5.5%)

II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	20 (46.5%)	20.5%
Internal Medicine / Cardiology	2 (4.7%)	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	5 (11.6%)	8.0%
Interdisciplinary	9 (20.9%)	2.9%
Long term care	-	2.6%
Neurology	1 (2.3%)	4.0%
Surgery / General	5 (11.6%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	1 (2.3%)	13.2%
2. Number of registered inpatients at noon	25 [16-30]	22 [17-30]
3. Total bed capacity of the unit	30 [24-45]	29 [23-40]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	4 [3-9]	3 [2-6]
Nurses	2 [2-4]	4 [3-7]
Nursing aides	9 [7-27]	2 [1-4]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-2]
Other staff involved in patient care	4 [2-4]	1 [0-3]
In training		
Medical doctors	1 [0-7]	1 [0-3]
Medical students	2 [0-13]	0 [0-2]
Nurses	0 [0-0]	1 [0-2]

Nursing aides	0 [0-3]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	2 [0-2]	0 [0-0]
Other staff involved in patient care	0 [0-1]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 17 (100%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 17 (100%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 17 (100%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 42 (100%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 10 (58.8%) Yes 659 (57.1%) Yes

10. How do you MAINLY screen/monitor patients for malnutrition?

At admission

No routine screening	1 (2.3%) Yes	116 (8.2%) Yes
No fixed criteria	2 (4.7%) Yes	16 (1.1%) Yes
Experience / visual assessment only	3 (7.0%) Yes	84 (5.9%) Yes
Weighing / BMI only	1 (2.3%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	33 (76.7%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	-	102 (7.2%) Yes
Malnutrition Screening tool (MST)	1 (2.3%) Yes	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	1 (2.3%) Yes	215 (15.1%) Yes
I do not know	-	13 (0.91%) Yes
Missing	1 (2.3%)	73 (5.1%)

During hospital stay

No routine monitoring	2 (4.7%) Yes	124 (8.7%) Yes
No fixed criteria	4 (9.3%) Yes	108 (7.6%) Yes
Experience / visual assessment only	6 (14.0%) Yes	211 (14.8%) Yes
Weighing / BMI only	12 (27.9%) Yes	458 (32.2%) Yes
Other formal tool	18 (41.9%) Yes	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	1 (2.3%)	73 (5.1%)

11a. Do you routinely use guidelines or standards for nutrition care? 16 (100%) Yes 953 (85.2%) Yes

11b. If yes, which one is mainly used?			
International guidelines	5 (31.3%)	Yes	296 (31.1%)
National guidelines	1 (6.3%)	Yes	141 (14.8%)
Standards on hospital level	8 (50.0%)	Yes	344 (36.1%)
Standards on unit level	-		61 (6.4%)
Individual patient nutrition care plans	1 (6.3%)	Yes	97 (10.2%)
Other	-		6 (0.63%)
Missing	1 (6.3%)		8 (0.84%)

12. What is routinely done in your unit for given patient groups?

At risk

Watchful waiting	3 (7.0%)	Yes	361 (25.4%)
Discuss nutrition care activities during ward rounds	6 (14.0%)	Yes	597 (42.0%)
Develop an individual nutrition care plan	13 (30.2%)	Yes	684 (48.1%)
Initiate treatment / nutrition intervention	9 (20.9%)	Yes	750 (52.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (11.6%)	Yes	725 (50.9%)
Consult a medical professional	-		430 (30.2%)
Calculate energy requirements	15 (34.9%)	Yes	601 (42.2%)
Calculate protein requirements	15 (34.9%)	Yes	590 (41.5%)

Malnourished

Watchful waiting	3 (7.0%)	Yes	264 (18.6%)
Discuss nutrition care activities during ward rounds	7 (16.3%)	Yes	622 (43.7%)
Develop an individual nutrition care plan	6 (14.0%)	Yes	757 (53.2%)
Initiate treatment / nutrition intervention	11 (25.6%)	Yes	818 (57.5%)
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (11.6%)	Yes	744 (52.3%)
Consult a medical professional	8 (18.6%)	Yes	552 (38.8%)
Calculate energy requirements	5 (11.6%)	Yes	710 (49.9%)
Calculate protein requirements	5 (11.6%)	Yes	702 (49.3%)

Every patient

Watchful waiting	15 (34.9%)	Yes	634 (44.6%)
Discuss nutrition care activities during ward rounds	14 (32.6%)	Yes	328 (23.0%)
Develop an individual nutrition care plan	9 (20.9%)	Yes	195 (13.7%)
Initiate treatment / nutrition intervention	9 (20.9%)	Yes	166 (11.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	17 (39.5%)	Yes	254 (17.8%)
Consult a medical professional	4 (9.3%)	Yes	298 (20.9%)
Calculate energy requirements	7 (16.3%)	Yes	162 (11.4%)
Calculate protein requirements	7 (16.3%)	Yes	143 (10.0%)

Never

Watchful waiting	2 (4.7%)	Yes	110 (7.7%)
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Discuss nutrition care activities during ward rounds	-	65 (4.6%) Yes
Develop an individual nutrition care plan	-	52 (3.7%) Yes
Initiate treatment / nutrition intervention	-	25 (1.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	15 (1.1%) Yes
Consult a medical professional	5 (11.6%) Yes	110 (7.7%) Yes
Calculate energy requirements	-	112 (7.9%) Yes
Calculate protein requirements	-	117 (8.2%) Yes

I do not know

Watchful waiting	-	75 (5.3%) Yes
Discuss nutrition care activities during ward rounds	-	42 (3.0%) Yes
Develop an individual nutrition care plan	-	50 (3.5%) Yes
Initiate treatment / nutrition intervention	-	39 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	43 (3.0%) Yes
Consult a medical professional	-	99 (7.0%) Yes
Calculate energy requirements	-	69 (4.8%) Yes
Calculate protein requirements	-	75 (5.3%) Yes

13. When do you routinely weigh your patients?

at admission	13 (30.2%) Yes	919 (64.6%) Yes
Within 24 hours	3 (7.0%) Yes	194 (13.6%) Yes
Within 48 hours	16 (37.2%) Yes	77 (5.4%) Yes
Within 72 hours	10 (23.3%) Yes	28 (2.0%) Yes
Every week	23 (53.5%) Yes	651 (45.7%) Yes
Occasionally	14 (32.6%) Yes	151 (10.6%) Yes
When requested	28 (65.1%) Yes	728 (51.2%) Yes
At discharge	-	80 (5.6%) Yes
Never	-	13 (0.91%) Yes
I do not know	-	17 (1.2%) Yes
No answer given	-	73 (5.1%)

14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	34 (79.1%) Yes	1096 (77.0%) Yes
Offer meal choices	31 (72.1%) Yes	985 (69.2%) Yes
Offer different portion sizes	39 (90.7%) Yes	895 (62.9%) Yes
Consider food presentation	20 (46.5%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	41 (95.3%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	36 (83.7%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	5 (11.6%) Yes	383 (26.9%) Yes
Promote positive eating environment	4 (9.3%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	40 (93.0%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	41 (95.3%) Yes	1198 (84.2%) Yes
Other	1 (2.3%) Yes	102 (7.2%) Yes

I do not know	1 (2.3%)	Yes	27 (1.9%)	Yes
No answer given	1 (2.3%)		73 (5.1%)	

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

Nutrition training is available	12 (27.9%)	Yes	769 (54.0%)	Yes
Reporting of nutrition related information to hospital managers	12 (27.9%)	Yes	549 (38.6%)	Yes
Quality indicators are recorded and reported to national or regional level	4 (9.3%)	Yes	396 (27.8%)	Yes
Quality indicators are used for internal benchmarking	3 (7.0%)	Yes	488 (34.3%)	Yes
Patient feedback about food and food service is collected using a questionnaire	11 (25.6%)	Yes	803 (56.4%)	Yes
None	5 (11.6%)	Yes	51 (3.6%)	Yes
I do not know	-		65 (4.6%)	Yes
No answer given	26 (60.5%)		269 (18.9%)	

16. At admission what is asked and documented?

Change in weight	17 (39.5%)	Yes	977 (68.7%)	Yes
Eating habits/difficulties	10 (23.3%)	Yes	893 (62.8%)	Yes
Nutrition before admission	13 (30.2%)	Yes	698 (49.1%)	Yes
None	-		30 (2.1%)	Yes
I do not know	-		45 (3.2%)	Yes
No answer given	26 (60.5%)		269 (18.9%)	

17. On what forms is there a specific part about eating, nutrition or malnutrition?

a. Patient Record has a section for ...

indicating if the patient is malnourished or at risk of malnutrition	13 (30.2%)	Yes	963 (67.7%)	Yes
nutrition treatment	17 (39.5%)	Yes	751 (52.8%)	Yes
None	-		59 (4.1%)	Yes
I do not know	-		43 (3.0%)	Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	2 (4.7%)	Yes	581 (40.8%)	Yes
makes future nutrition-related recommendations	4 (9.3%)	Yes	780 (54.8%)	Yes
None	13 (30.2%)	Yes	90 (6.3%)	Yes
I do not know	-		150 (10.5%)	Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	5 (29.4%)	Yes	498 (46.6%)	Yes
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19. Who filled in this sheet?

Head staff	4 (9.3%)	Yes	350 (24.6%)	Yes
Dietician	13 (30.2%)	Yes	611 (42.9%)	Yes
Nurse	3 (7.0%)	Yes	327 (23.0%)	Yes

Physician	-	145 (10.2%) Yes
Administrative staff	-	29 (2.0%) Yes
Other	1 (2.3%) Yes	106 (7.4%) Yes
None	-	2 (0.14%) Yes
I do not know	-	24 (1.7%) Yes

III. Patient demographics, medical information & Outcome (“Sheet 2a/2b”)

	YOUR RESULTS	REFERENCE RESULTS
Total	1064	26592
Age	65 [50-75]	66 [51-78]
Female	487 (45.8%)	13033 (49.0%)
Weight	71.5±18.1	70.4±18.6
Height	166±10	165±10
BMI	25.9±5.7	25.6±5.9

1. This hospital admission was...

planned	257 (24.2%)	8843 (33.3%)
an emergency	729 (68.5%)	15921 (59.9%)
I do not know	78 (7.3%)	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	91 (8.6%)	2701 (10.2%)
0200 Neoplasms	213 (20.0%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	34 (3.2%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	74 (7.0%)	3356 (12.6%)
0500 Mental health	28 (2.6%)	1197 (4.5%)
0600 Nervous system	116 (10.9%)	2419 (9.1%)
0700 Eye and adnexa	8 (0.75%)	316 (1.2%)
0800 Ear and mastoid process	5 (0.47%)	133 (0.50%)
0900 Circulatory system	256 (24.1%)	5507 (20.7%)
1000 Respiratory system	163 (15.3%)	4000 (15.0%)
1100 Digestive system	183 (17.2%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	32 (3.0%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	72 (6.8%)	4622 (17.4%)
1400 Genitourinary system	125 (11.7%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	1 (0.09%)	424 (1.6%)
1600 Conditions originating in the perinatal period	1 (0.09%)	71 (0.27%)
1700 Congenital/chromosomal abnormalities	2 (0.19%)	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	76 (7.1%)	1441 (5.4%)
1900 Injury, poisoning	45 (4.2%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	17 (1.6%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	46 (4.3%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	198 (21.2%)	4789 (18.8%)
Myocardial infarction	79 (8.5%)	1373 (5.4%)
Chronic lung disease	109 (11.7%)	3146 (12.4%)
Cerebral vascular disease	83 (9.0%)	2107 (8.3%)
Peripheral vascular disease	106 (11.5%)	2764 (10.9%)
Chronic liver disease	48 (5.2%)	1399 (5.5%)
Chronic kidney disease	112 (12.2%)	3056 (12.1%)
Diabetes	279 (29.7%)	5929 (23.2%)
Cancer	250 (26.5%)	5496 (21.5%)
Infection	145 (15.5%)	3680 (14.5%)
Dementia	50 (5.4%)	1243 (4.9%)
Major depressive disorder	62 (6.7%)	1152 (4.5%)
Other chronic mental disorder	73 (7.9%)	1149 (4.5%)
Other chronic disease	521 (53.0%)	6868 (26.9%)
None	120 (11.3%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	128 (12.0%)	4741 (17.8%)
Yes, acute	57 (5.4%)	1848 (6.9%)
No	374 (35.2%)	15775 (59.3%)
I do not know	7 (0.66%)	246 (0.93%)
Missing	498 (46.8%)	3982 (15.0%)

Days since operation	3 [1-10]	5 [1-15]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	21 (2.0%)	2462 (9.3%)
Yes, later	46 (4.3%)	1594 (6.0%)
No	478 (44.9%)	17439 (65.6%)
I do not know	11 (1.0%)	642 (2.4%)
Missing	508 (47.7%)	4455 (16.8%)

5. Previous ICU admission during this hospital stay? (Yes)

101 (17.4%)	2641 (11.5%)
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6. Is this patient terminally ill?

35 (3.3%)	1752 (6.6%)
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7. Fluid status

Normal	832 (78.2%)	20786 (78.2%)
Overloaded	61 (5.7%)	1272 (4.8%)
Dehydrated	45 (4.2%)	1395 (5.2%)
I do not know	126 (11.8%)	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

Oral	6 [3-9]	5 [2-8]
Other	4 [2-7]	2 [1-4]

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

Malnourished	184 (17.3%)	3439 (12.9%)
At risk	183 (17.2%)	5137 (19.3%)
No	657 (61.7%)	16313 (61.3%)
I do not know	40 (3.8%)	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	177 (16.6%)	8813 (33.1%)
5% Glucose solution	75 (7.0%)	1921 (7.2%)

11. Number of ONS drinks planned

0 [0-1]	0 [0-1]
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12. Nutrition intake

Regular hospital food	644 (60.5%)	15963 (60.0%)
Fortified/enriched hospital food	130 (12.2%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	317 (29.8%)	4623 (17.4%)
Enteral nutrition	91 (8.6%)	1194 (4.5%)
Parenteral nutrition	23 (2.2%)	965 (3.6%)
Special diet	340 (32.0%)	7968 (30.0%)
None	17 (1.6%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	101 (17.4%)	2276 (10.0%)
Peripheral venous access	410 (70.6%)	12226 (53.5%)
Nasogastric	23 (4.0%)	550 (2.4%)
Nasojejunal	11 (1.9%)	126 (0.55%)
Nasoduodenal	6 (1.0%)	60 (0.26%)
Enterostoma	8 (1.4%)	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	28 (4.8%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	6 (1.0%)	90 (0.39%)
None	583 (54.8%)	12214 (45.9%)

13b. Were there complications with nutrition related lines and tubes since admission?

Yes, previously	6 (0.56%)	329 (1.2%)
Yes, ongoing	4 (0.38%)	192 (0.72%)
No	487 (45.8%)	19494 (73.3%)
I do not know	64 (6.0%)	1927 (7.2%)
Missing	503 (47.3%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	304 (52.3%)	9131 (39.9%)
Protein requirements were determined	306 (52.7%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	409 (70.4%)	10365 (45.3%)
Nutrition treatment plan was developed	429 (73.8%)	8802 (38.5%)
Nutrition expert was consulted	491 (84.5%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	219 (37.7%)	7837 (34.3%)
None	-	-

15a. Energy goal		
< 500 kcal	6 (0.56%)	691 (2.6%)
500-999 kcal	2 (0.19%)	245 (0.92%)
1000-1499 kcal	23 (2.2%)	2014 (7.6%)
1500-1999 kcal	141 (13.3%)	7614 (28.6%)
>=2000 kcal	125 (11.7%)	2877 (10.8%)
Not determined	256 (24.1%)	7476 (28.1%)
I do not know	28 (2.6%)	1955 (7.4%)
Missing	483 (45.4%)	3720 (14.0%)

15b. Energy intake		
< 500 kcal	16 (1.5%)	1231 (4.6%)
500-999 kcal	17 (1.6%)	1085 (4.1%)
1000-1499 kcal	38 (3.6%)	2897 (10.9%)
1500-1999 kcal	100 (9.4%)	5852 (22.0%)
>=2000 kcal	59 (5.5%)	1702 (6.4%)
Not determined	309 (29.0%)	7294 (27.4%)
I do not know	42 (3.9%)	2811 (10.6%)
Missing	483 (45.4%)	3720 (14.0%)

16. Since admission, this patient's health status has...		
Improved	221 (20.8%)	12031 (45.2%)
Deteriorated	50 (4.7%)	1361 (5.1%)
Remained the same	216 (20.3%)	6081 (22.9%)
This patient has just been admitted	61 (5.7%)	1469 (5.5%)
I do not know	33 (3.1%)	1930 (7.3%)
Missing	483 (45.4%)	3720 (14.0%)

Length of hospital stay (days)	14 [7-27]	13 [7-24]
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Outcome Code		
1= Still in the hospital	125 (11.7%)	3018 (11.3%)
2= Transferred to another hospital	13 (1.2%)	595 (2.2%)
3= Transferred to long term care	6 (0.56%)	1051 (4.0%)

4= Rehabilitation	8 (0.75%)	875 (3.3%)
5= Discharged home	816 (76.7%)	19467 (73.2%)
6= Death	79 (7.4%)	934 (3.5%)
7= Others	13 (1.2%)	444 (1.7%)
Missing	4 (0.38%)	208 (0.78%)

Readmitted since nutritionDay

1= No	771 (83.6%)	17749 (77.4%)
2= Yes, same hospital planned	43 (4.7%)	1486 (6.5%)
3= Yes, same hospital unplanned	58 (6.3%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	-	344 (1.5%)
Missing	50 (5.4%)	1641 (7.2%)

IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b")

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	317 (30.3%)	15608 (60.4%)
I am vegetarian	7 (0.67%)	404 (1.6%)
I adhere to a vegan diet	1 (0.10%)	134 (0.52%)
I eat gluten-free diet	17 (1.6%)	214 (0.83%)
I avoid added sugars	125 (11.9%)	3790 (14.7%)
I avoid carbohydrates	43 (4.1%)	1446 (5.6%)
I eat a low fat-diet	52 (5.0%)	2516 (9.7%)
I am lactose intolerant	39 (3.7%)	943 (3.6%)
Other special diet due to intolerances/allergies	15 (1.4%)	497 (1.9%)
Other	43 (4.1%)	1670 (6.5%)
No answer given	514 (49.1%)	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	512 (48.9%)	19455 (75.3%)
In a nursing home or other live-in facility	10 (0.96%)	690 (2.7%)
I was transferred from another hospital	19 (1.8%)	1580 (6.1%)
Other	5 (0.48%)	346 (1.3%)
Missing	501 (47.9%)	3778 (14.6%)
3. In general, are you able to walk?		
Yes	362 (34.6%)	13793 (53.4%)
Yes, with someone's help	73 (7.0%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	39 (3.7%)	3173 (12.3%)
No, I have a wheelchair	18 (1.7%)	923 (3.6%)
No, I am bedridden	47 (4.5%)	1606 (6.2%)
Missing	508 (48.5%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	74 (7.1%)	1821 (7.0%)
Good	206 (19.7%)	8196 (31.7%)
Fair	154 (14.7%)	8359 (32.3%)
Poor	82 (7.8%)	2967 (11.5%)
Very poor	25 (2.4%)	643 (2.5%)
Missing	506 (48.3%)	3863 (14.9%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	5 [2-10]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]

... how many nights in total have you spent in hospital?	4 [0-17]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	67 (6.4%)	4777 (18.5%)
3-5	144 (13.8%)	5708 (22.1%)
More than 5	254 (24.3%)	6615 (25.6%)
None	64 (6.1%)	4090 (15.8%)
I do not know	17 (1.6%)	828 (3.2%)
Missing	501 (47.9%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	267 (25.5%)	3978 (15.4%)
Yes, public insurance only	164 (15.7%)	11614 (44.9%)
Yes, both	21 (2.0%)	2630 (10.2%)
None	81 (7.7%)	2739 (10.6%)
I prefer not to answer	6 (0.57%)	801 (3.1%)
Missing	508 (48.5%)	4087 (15.8%)

8. What was your weight 5 years ago?	75 [63-86]	72 [62-85]
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I do not know	100 (9.6%)	6263 (24.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	84 (8.0%)	2152 (8.3%)
Yes, unintentionally	529 (50.5%)	10461 (40.5%)
No, my weight stayed the same	277 (26.5%)	7518 (29.1%)
No, I gained weight	101 (9.6%)	2979 (11.5%)
I do not know	43 (4.1%)	2317 (9.0%)
Missing	13 (1.2%)	422 (1.6%)

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

I do not know	104 (17.0%)	2244 (17.8%)
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10. Did you know about your hospitalisation two days before admission? (Yes)	205 (38.9%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	357 (64.1%)	12850 (58.3%)
... were informed about your nutrition status	404 (72.5%)	8086 (36.9%)
... were informed about nutrition care options	387 (69.7%)	7149 (32.6%)
... received special nutrition care	326 (59.1%)	7225 (33.0%)

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

More than normal	50 (4.8%)	1206 (4.7%)
Normal	623 (59.5%)	15522 (60.2%)

About 3/4 of normal	72 (6.9%)	2695 (10.5%)
About half of normal	115 (11.0%)	3297 (12.8%)
About a quarter to nearly nothing	137 (13.1%)	2438 (9.5%)
I do not know	7 (0.67%)	237 (0.92%)
Missing	43 (4.1%)	383 (1.5%)

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

Very satisfied	219 (20.9%)	5906 (22.9%)
Somewhat satisfied	84 (8.0%)	7223 (28.0%)
Neutral	104 (9.9%)	4265 (16.5%)
Dissatisfied	54 (5.2%)	1849 (7.2%)
Very dissatisfied	23 (2.2%)	707 (2.7%)
I do not know	33 (3.2%)	1619 (6.3%)
Missing	530 (50.6%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	101 (9.6%)	2356 (9.1%)
Yes, from hospital staff	24 (2.3%)	1486 (5.8%)
No	369 (35.2%)	17167 (66.6%)
I do not know	11 (1.1%)	265 (1.0%)
Missing	542 (51.8%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)	359 (72.8%)	15756 (75.2%)
---	-------------	---------------

16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	510 (48.7%)	12282 (47.6%)
1/2	198 (18.9%)	6419 (24.9%)
1/4	153 (14.6%)	3259 (12.6%)
Nothing	100 (9.6%)	2785 (10.8%)
Missing	86 (8.2%)	1033 (4.0%)

16b. The portion size of the meal I ordered TODAY was...

Standard	339 (32.4%)	14046 (54.5%)
Smaller	65 (6.2%)	2165 (8.4%)
Larger	34 (3.2%)	1153 (4.5%)
I do not know	37 (3.5%)	2326 (9.0%)
Missing	572 (54.6%)	6088 (23.6%)

17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	42 (9.3%)	2085 (16.7%)
I did not like the smell/taste of the food	30 (6.7%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	-	134 (1.1%)
The food was too hot	-	42 (0.34%)

The food was too cold	2 (0.44%)	295 (2.4%)
Due to food allergy/intolerance	1 (0.22%)	130 (1.0%)
I was not hungry at that time	32 (7.1%)	1996 (16.0%)
I do not have my usual appetite	81 (18.0%)	3629 (29.1%)
I have problems chewing/swallowing	13 (2.9%)	781 (6.3%)
I normally eat less than what was served	8 (1.8%)	1474 (11.8%)
I had nausea/vomiting	44 (9.8%)	1076 (8.6%)
I was too tired	12 (2.7%)	733 (5.9%)
I cannot eat without help	1 (0.22%)	196 (1.6%)
I was not allowed to eat	13 (2.9%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	14 (3.1%)	801 (6.4%)
I did not get requested food	1 (0.22%)	143 (1.1%)
No answer given	237 (52.5%)	1961 (15.7%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 81 (16.5%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	15 (18.5%)	1682 (30.4%)
Salty snacks	20 (24.7%)	696 (12.6%)
Homemade food	2 (2.5%)	879 (15.9%)
Fruits	20 (24.7%)	2098 (37.9%)
Dairy products	5 (6.2%)	727 (13.1%)
Food delivered/restaurant	10 (12.3%)	262 (4.7%)
Sandwich	4 (4.9%)	341 (6.2%)
Other	18 (22.2%)	803 (14.5%)

20. How has your food intake changed since your hospital admission?

Increased	101 (9.6%)	3342 (13.0%)
Decreased	172 (16.4%)	7253 (28.1%)
Stayed the same	222 (21.2%)	9164 (35.5%)
I do not know	13 (1.2%)	1420 (5.5%)
Missing	539 (51.5%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	505 (48.2%)	11495 (44.6%)
Weaker than at admission	229 (21.9%)	4892 (19.0%)
Same as at admission	261 (24.9%)	7223 (28.0%)
I was admitted today	16 (1.5%)	611 (2.4%)
I do not know	30 (2.9%)	1156 (4.5%)
Missing	6 (0.57%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	546 (52.1%)	14760 (57.3%)
No, only with assistance	265 (25.3%)	6694 (26.0%)
No, I stay in bed	172 (16.4%)	3405 (13.2%)
Missing	64 (6.1%)	919 (3.6%)

23. Did anyone help you complete this questionnaire? (Yes)

393 (70.2%)	14819 (68.3%)
-------------	---------------

V. Oncology: Unit organisation and structures ("Sheet 1 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	8	300
Computerized system in hospital:	8 units (100%) YES	272 units (91%) YES
Nutritional treatment of cancer patients is part of overall care plan	8 units (100%) YES	274 units (91%) YES
Nutritional treatment is considered...		
Routinely	8 (100%)	181 (60,3%)
When patient asks	-	100 (33,3%)
When body weight loss > 10%	-	128 (42,7%)
During palliative phase	-	83 (27,7%)
Other	-	33 (11,0%)
Missing	-	21 (7,00%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	-	9 (3,00%)
No knowledge of the field	-	16 (5,33%)
No reimbursement	-	8 (2,67%)
It feeds the tumour	-	-
Other	-	16 (5,33%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	8 (100%)	209 (69,7%)
Calculation of energy needs	8 (100%)	207 (69,0%)
Monitoring patients intake and use of oral supplements	8 (100%)	254 (84,7%)
None	-	5 (1,67%)
Other	4 (50,0%)	13 (4,33%)
Missing	-	11 (3,67%)
Nutritional therapy is not used due to		
Lack of evidence	-	2 (0,67%)
Lack of experience	-	11 (3,67%)
No reimbursement	-	6 (2,00%)
Lack of dietitians	-	6 (2,00%)
Lack of other experts	-	3 (1,00%)
Other	-	9 (3,00%)
Missing	-	1 (0,33%)
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

Regularly	8 (100%)	205 (68,3%)
At chemotherapy	-	42 (14,0%)
When necessary	-	44 (14,7%)
Never	-	3 (1,00%)
Unknown	-	1 (0,33%)
Missing	-	5 (1,67%)

Anthropometrics (circumference)

Regularly	8 (100%)	42 (14,0%)
At chemotherapy	-	5 (1,67%)
When necessary	-	111 (37,0%)
Never	-	108 (36,0%)
Unknown	-	13 (4,33%)
Missing	-	21 (7,00%)

BIA

Regularly	-	10 (3,33%)
At chemotherapy	-	2 (0,67%)
When necessary	4 (50,0%)	108 (36,0%)
Never	4 (50,0%)	148 (49,3%)
Unknown	-	15 (5,00%)
Missing	-	17 (5,67%)

CT SCAN

Regularly	-	5 (1,67%)
At chemotherapy	-	3 (1,00%)
When necessary	-	81 (27,0%)
Never	8 (100%)	163 (54,3%)
Unknown	-	28 (9,33%)
Missing	-	20 (6,67%)

DEXA

Regularly	-	4 (1,33%)
At chemotherapy	-	-
When necessary	-	53 (17,7%)
Never	8 (100%)	192 (64,0%)
Unknown	-	32 (10,7%)
Missing	-	19 (6,33%)

Other (body composition)

Regularly	-	10 (3,33%)
At chemotherapy	-	1 (0,33%)

When necessary	-	44 (14,7%)
Never	8 (100%)	99 (33,0%)
Unknown	-	56 (18,7%)
Missing	-	90 (30,0%)

Body function:

Handgrip

Regularly	-	19 (6,33%)
At chemotherapy	-	4 (1,33%)
When necessary	8 (100%)	108 (36,0%)
Never	-	145 (48,3%)
Unknown	-	11 (3,67%)
Missing	-	13 (4,33%)

6-minutes walking test

Regularly	-	10 (3,33%)
At chemotherapy	-	3 (1,00%)
When necessary	-	76 (25,3%)
Never	8 (100%)	170 (56,7%)
Unknown	-	22 (7,33%)
Missing	-	19 (6,33%)

Other (body function)

Regularly	-	13 (4,33%)
At chemotherapy	-	-
When necessary	-	65 (21,7%)
Never	8 (100%)	101 (33,7%)
Unknown	-	45 (15,0%)
Missing	-	76 (25,3%)

Nutritional requirements, calculated

Regularly	7 (87,5%)	93 (31,0%)
At chemotherapy	-	6 (2,00%)
When necessary	-	136 (45,3%)
Never	-	21 (7,00%)
Unknown	-	7 (2,33%)
Missing	1 (12,5%)	37 (12,3%)

Nutritional intake:

Every meal

Regularly	-	85 (28,3%)
At chemotherapy	-	5 (1,67%)
When necessary	8 (100%)	131 (43,7%)
Never	-	31 (10,3%)

Unknown	-	12 (4,00%)
Missing	-	36 (12,0%)
1 meal per day		
Regularly	-	38 (12,7%)
At chemotherapy	-	4 (1,33%)
When necessary	7 (87,5%)	90 (30,0%)
Never	-	58 (19,3%)
Unknown	-	25 (8,33%)
Missing	1 (12,5%)	85 (28,3%)
2 meals per day		
Regularly	-	37 (12,3%)
At chemotherapy	-	4 (1,33%)
When necessary	7 (87,5%)	87 (29,0%)
Never	-	61 (20,3%)
Unknown	-	26 (8,67%)
Missing	1 (12,5%)	85 (28,3%)
24h recall		
Regularly	4 (50,0%)	68 (22,7%)
At chemotherapy	-	6 (2,00%)
When necessary	3 (37,5%)	112 (37,3%)
Never	-	46 (15,3%)
Unknown	-	15 (5,00%)
Missing	1 (12,5%)	53 (17,7%)
Other (nutritional intake)		
Regularly	-	12 (4,00%)
At chemotherapy	-	-
When necessary	3 (37,5%)	58 (19,3%)
Never	4 (50,0%)	52 (17,3%)
Unknown	-	46 (15,3%)
Missing	1 (12,5%)	132 (44,0%)
Questionnaire completed by		
Dietitian	8 (100%)	111 (37,0%)
Nurse	-	72 (24,0%)
Physician	-	65 (21,7%)
Nutritional scientist	-	41 (13,7%)
Other	-	4 (1,33%)
Missing	-	7 (2,33%)

V. Oncology: Cancer patients - Diagnosis & therapy ("Sheet 2 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	30	2978
Demographic data:		
Age (years)	71 [19-84]	64 [18-120]
Female gender	13 (43,3%)	1365 (45,8%)
Weight (kg)	63,9 ± 18,9	67,6 ± 17,3
Height (cm)	166,0 ± 8,6	165,8 ± 10,1
BMI (kg/m ²)	23,3 ± 6,6	24,5 ± 5,3
Outpatient (o)/Ward (w)		
Outpatient(o)	-	62 (2,08%)
Ward (w)	30 (100%)	2909 (97,7%)
Missing	-	7 (0,24%)
Goal of Therapy		
Curative	24 (80,0%)	1991 (66,9%)
Palliative	6 (20,0%)	788 (26,5%)
Terminal	-	118 (3,96%)
Missing	-	81 (2,72%)
Reason for admission		
Clinical diagnostics	4 (13,3%)	389 (13,1%)
Therapy	9 (30,0%)	1409 (47,3%)
Surgery related	5 (16,7%)	583 (19,6%)
Treatment complications	10 (33,3%)	370 (12,4%)
Poor health status	2 (6,67%)	414 (13,9%)
Independent care difficult	-	29 (0,97%)
Missing	-	2 (0,07%)
Present cancer diagnosis		
Breast	-	220 (7,39%)
Colon, rectum	8 (26,7%)	394 (13,2%)
Prostate	-	118 (3,96%)
Lung	1 (3,33%)	280 (9,40%)
Skin	-	34 (1,14%)
Kidney/bladder	1 (3,33%)	121 (4,06%)
Gastric/oesophageal	7 (23,3%)	315 (10,6%)
Pancreas	1 (3,33%)	164 (5,51%)
Lymphoma	2 (6,67%)	253 (8,50%)
Ears nose throat (ENT)	-	103 (3,46%)
Leukaemia	5 (16,7%)	260 (8,73%)

Genital tract	-	122 (4,10%)
Liver	-	200 (6,72%)
Sarcoma	-	55 (1,85%)
Brain	1 (3,33%)	59 (1,98%)
Testicular	-	20 (0,67%)
Other	4 (13,3%)	327 (11,0%)
Missing	-	56 (1,88%)

Time since diagnosis

0-2 months	7 (23,3%)	824 (27,7%)
3-5 months	10 (33,3%)	531 (17,8%)
6-12 months	4 (13,3%)	526 (17,7%)
1-2 years	1 (3,33%)	382 (12,8%)
2-4 years	3 (10,0%)	273 (9,17%)
> 4 years	5 (16,7%)	313 (10,5%)
Missing	-	81 (2,72%)

Cancer staging

0=Carcinoma in situ	3 (10,0%)	168 (5,64%)
I=Localized	6 (20,0%)	559 (18,8%)
II=Early locally advanced	3 (10,0%)	433 (14,5%)
III=Late locally advanced	-	479 (16,1%)
IV=Metastasised	2 (6,67%)	958 (32,2%)
Missing	16 (53,3%)	381 (12,8%)

Time since first therapy start

No therapy	2 (6,67%)	263 (8,83%)
Tumour staging/diagnosis	7 (23,3%)	344 (11,6%)
0-2 months	6 (20,0%)	834 (28,0%)
3-5 months	4 (13,3%)	393 (13,2%)
6-12 months	5 (16,7%)	405 (13,6%)
1-2 years	1 (3,33%)	337 (11,3%)
2-4 years	1 (3,33%)	234 (7,86%)
> 4 years	4 (13,3%)	254 (8,53%)
Missing	-	75 (2,52%)

Therapy situation

Diagnosis	7 (23,3%)	344 (11,6%)
Chemotherapy 1st line	2 (6,67%)	640 (21,5%)
Chemotherapy > 1st line	5 (16,7%)	523 (17,6%)
Radiotherapy	2 (6,67%)	320 (10,7%)
Target therapy	1 (3,33%)	81 (2,72%)
Hormone therapy	-	39 (1,31%)
Palliative	5 (16,7%)	263 (8,83%)

Surgery	9 (30,0%)	665 (22,3%)
Cancer related complications	-	280 (9,40%)
Therapy related complications	2 (6,67%)	109 (3,66%)
Missing	-	81 (2,72%)

Infections

None	20 (66,7%)	2171 (72,9%)
Local	8 (26,7%)	454 (15,2%)
General	2 (6,67%)	204 (6,85%)
Missing	-	149 (5,00%)

Nutrition Treatment

No special diet	6 (20,0%)	1356 (45,5%)
Individualized diet plan	9 (30,0%)	774 (26,0%)
Energy rich/protein rich ONS	15 (50,0%)	549 (18,4%)
Enteral nutrition (via NGT/PEG)	1 (3,33%)	160 (5,37%)
Parenteral nutrition	2 (6,67%)	239 (8,03%)
ONS enriched with special nutrients	1 (3,33%)	105 (3,53%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	-	21 (0,71%)
Personal preferences	11 (36,7%)	320 (10,7%)
Counselling	-	159 (5,34%)
Other	-	145 (4,87%)
Missing	-	1 (0,03%)

V. Oncology: Cancer patients - Appetite, food intake & quality of life ("Sheet 3 onco")

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	30	2938
Body weight prior to becoming ill	70 [55-138]	72 [17-196]
Actual body weight	66 [35-129]	66 [11-196]
Change in weight was		
Intentional	2 (6,67%)	130 (4,37%)
Unintentional	22 (73,3%)	1930 (64,8%)
Weight is stable	4 (13,3%)	456 (15,3%)
Missing	-	113 (3,79%)
During the last week		
Patients who have had pain:		
Not at all	5 (16,7%)	1022 (34,3%)
A little	17 (56,7%)	843 (28,3%)
Quite a bit	5 (16,7%)	472 (15,8%)
Very much	2 (6,67%)	400 (13,4%)
Missing	-	219 (7,35%)
Patients who needed a rest:		
Not at all	4 (13,3%)	640 (21,5%)
A little	8 (26,7%)	881 (29,6%)
Quite a bit	13 (43,3%)	684 (23,0%)
Very much	5 (16,7%)	508 (17,1%)
Missing	-	229 (7,69%)
Patients who felt weak:		
Not at all	6 (20,0%)	685 (23,0%)
A little	9 (30,0%)	858 (28,8%)
Quite a bit	14 (46,7%)	679 (22,8%)
Very much	1 (3,33%)	501 (16,8%)
Missing	-	223 (7,49%)
Patients who felt depressed:		
Not at all	10 (33,3%)	1148 (38,5%)
A little	11 (36,7%)	841 (28,2%)
Quite a bit	6 (20,0%)	437 (14,7%)
Very much	3 (10,0%)	275 (9,23%)
Missing	-	236 (7,92%)

Patients who were tired:

Not at all	5 (16,7%)	711 (23,9%)
A little	11 (36,7%)	915 (30,7%)
Quite a bit	12 (40,0%)	635 (21,3%)
Very much	2 (6,67%)	452 (15,2%)
Missing	-	227 (7,62%)

Patients whose pain interfered with their daily activities:

Not at all	5 (16,7%)	1169 (39,3%)
A little	17 (56,7%)	667 (22,4%)
Quite a bit	6 (20,0%)	470 (15,8%)
Very much	2 (6,67%)	395 (13,3%)
Missing	-	237 (7,96%)

Patients who lacked appetite:

Not at all	9 (30,0%)	1044 (35,1%)
A little	6 (20,0%)	724 (24,3%)
Quite a bit	11 (36,7%)	529 (17,8%)
Very much	4 (13,3%)	415 (13,9%)
Missing	-	228 (7,66%)

Just now**Patients who have pain:**

Not at all	14 (46,7%)	1280 (43,0%)
A little	12 (40,0%)	924 (31,0%)
Quite a bit	4 (13,3%)	348 (11,7%)
Very much	-	170 (5,71%)
Missing	-	226 (7,59%)

Patients who need a rest:

Not at all	6 (20,0%)	706 (23,7%)
A little	13 (43,3%)	1025 (34,4%)
Quite a bit	8 (26,7%)	625 (21,0%)
Very much	3 (10,0%)	345 (11,6%)
Missing	-	243 (8,16%)

Patients who feel weak:

Not at all	9 (30,0%)	833 (28,0%)
A little	13 (43,3%)	939 (31,5%)
Quite a bit	5 (16,7%)	606 (20,3%)
Very much	3 (10,0%)	335 (11,2%)
Missing	-	229 (7,69%)

Patients who are depressed:

Not at all	15 (50,0%)	1280 (43,0%)
A little	8 (26,7%)	856 (28,7%)
Quite a bit	3 (10,0%)	373 (12,5%)
Very much	4 (13,3%)	189 (6,35%)
Missing	-	245 (8,23%)

Patients who are tired:

Not at all	10 (33,3%)	851 (28,6%)
A little	9 (30,0%)	1023 (34,4%)
Quite a bit	10 (33,3%)	524 (17,6%)
Very much	1 (3,33%)	302 (10,1%)
Missing	-	240 (8,06%)

Patients whose pain interferes with their daily activities:

Not at all	14 (46,7%)	1269 (42,6%)
A little	9 (30,0%)	741 (24,9%)
Quite a bit	4 (13,3%)	385 (12,9%)
Very much	3 (10,0%)	282 (9,47%)
Missing	-	256 (8,60%)

Patients who lack appetite:

Not at all	8 (26,7%)	1128 (37,9%)
A little	9 (30,0%)	796 (26,7%)
Quite a bit	9 (30,0%)	455 (15,3%)
Very much	4 (13,3%)	305 (10,2%)
Missing	-	249 (8,36%)

Reasons for change in appetite/food intake

Nausea/Vomiting	9 (30,0%)	511 (17,2%)
Inflammation in mouth	1 (3,33%)	119 (4,00%)
Pain	6 (20,0%)	386 (13,0%)
Constipation	-	258 (8,66%)
Diarrhea	1 (3,33%)	200 (6,72%)
Change in taste/smell	4 (13,3%)	374 (12,6%)
Early satiation/Loss of appetite	15 (50,0%)	663 (22,3%)
Other	2 (6,67%)	471 (15,8%)
Missing	-	124 (4,16%)

Maximum activity performed by patients

Able to do sports	1 (3,33%)	132 (4,43%)
Fully active	2 (6,67%)	358 (12,0%)
Able to carry out light activities	5 (16,7%)	681 (22,9%)
Able to carry out self care	5 (16,7%)	751 (25,2%)
Able to carry out limited self care	5 (16,7%)	428 (14,4%)

Confined to bed or chair	12 (40,0%)	368 (12,4%)
Missing	-	243 (8,16%)
Patient takes additional (without prescription)		
Nothing	16 (53,3%)	1871 (62,8%)
Herbal tea	8 (26,7%)	300 (10,1%)
Nutritional supplements	4 (13,3%)	279 (9,37%)
Multivitamin	-	161 (5,41%)
Other medication	-	112 (3,76%)
Other	-	120 (4,03%)
Missing	2 (6,67%)	267 (8,97%)
Additional activities performed		
Nothing	20 (66,7%)	2133 (71,6%)
Psychotherapy	1 (3,33%)	65 (2,18%)
Yoga	-	39 (1,31%)
Meditation	-	87 (2,92%)
Progressive muscle relaxation	-	54 (1,81%)
Qigong	-	7 (0,24%)
Other	3 (10,0%)	359 (12,1%)
Missing	6 (20,0%)	295 (9,91%)
Patients having difficulties in complying with treatment		
	11 (36,7%)	698 (23,4%)
Patients needing help to complete questionnaire		
	23 (76,7%)	1572 (52,8%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:		
	26 (86,7%)	1998 (67,1%)

1. Are you COVID-19 positive TODAY?

Yes	15 (1.4%)	267 (1.0%)
No	867 (81.5%)	7135 (26.8%)
I do not know	112 (10.5%)	650 (2.4%)
Missing	70 (6.6%)	18540 (69.7%)

2. Have you been tested COVID-19 positive in the last:

0-3 months	22 (2.1%)	527 (2.0%)
3-6 months	59 (5.5%)	149 (0.56%)
6-12 months	107 (10.1%)	222 (0.83%)
>1 year	110 (10.3%)	177 (0.67%)
never	236 (22.2%)	3842 (14.4%)
I do not know	230 (21.6%)	973 (3.7%)
Missing	300 (28.2%)	20702 (77.9%)

3. Have you been hospitalized during your COVID-19 infection?

Yes	96 (9.0%)	494 (1.9%)
No	628 (59.0%)	5927 (22.3%)
I do not know	217 (20.4%)	865 (3.3%)
Missing	123 (11.6%)	19306 (72.6%)