



nutritionDay
WORLDWIDE

Country report
nutritionDay 2016
Japan

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2016 and for your effort. We are now able to present you your country report of the following sample size:

Number of centers on nutritionDay:	13
Number of units on nutritionDay:	60
Number of patients on nutritionDay:	1380
Number of patients who gave consent:	1260
Number of patients completing Sheet 3a:	1177
Number of patients completing Sheet 3b:	1153
Number of cancer patients on nutritionDay:	301
Number of patients completing Sheet 2_onco:	256
Number of patients completing Sheet 3_onco:	255
Number of patients with 30-day outcome assessment:	1171

This report compares your country to international reference database based on data from nutritionDay 2016.

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospitals.

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

Part III describes the 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 your oncology Report.

Next year's nutritionDay will take place in November 2017. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	416 [297-623]	305 [180-526]
2. Total number of admissions in the hospital last year	100232 [46501-119421]	17891 [8741-38415]
3. Total number of staff in the hospital		
Total medical doctors	89 [49-179]	162 [65-328]
Medical specialists	61 [24-138]	108 [44-210]
Medical non-specialists	18 [11-36]	35 [12-81]
Nurses	429 [283-658]	346 [124-710]
Dieticians	6 [4-8]	4 [1-8]
Nutritionists	0 [0-1]	1 [0-4]
Pharmacists	23 [12-27]	6 [3-14]
Kitchen staff	9 [1-14]	28 [11-55]
Full time equivalent		
Total medical doctors	1 [1-1]	126 [56-296]
Medical specialists	-	88 [44-210]
Medical non-specialists	-	33 [11-83]
Nurses	120 [55-317]	317 [123-726]
Dieticians	1 [1-1]	4 [1-7]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	1 [1-1]	5 [2-11]
Kitchen staff	0 [0-0]	25 [12-50]
4. Does the hospital have a nutrition care strategy?	7 (70.0%) Yes	269 (76.0%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	6 (60.0%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	10 (100%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	2 (20.0%) Yes	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	5 (50.0%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	7 (70.0%) Yes	250 (70.6%) Yes
None	-	30 (8.5%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	6 (60.0%) Yes	175 (49.4%) Yes
Oral nutrition supplements	-	141 (39.8%) Yes

Parenteral nutrition	4 (40.0%) Yes	202 (57.1%) Yes
Enteral nutrition	1 (10.0%) Yes	167 (47.2%) Yes
Dietary counseling	3 (30.0%) Yes	120 (33.9%) Yes
Specific dietary interventions	2 (20.0%) Yes	104 (29.4%) Yes
Screening for malnutrition	1 (10.0%) Yes	88 (24.9%) Yes
Risk of malnutrition	-	90 (25.4%) Yes
Malnutrition (in general)	-	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	154 (43.5%) Yes
No information available from billing/finance/controlling	-	55 (15.5%) Yes
No answer given	-	28 (7.9%)

Codes routinely used

Nutrition Support	6 (60.0%) Yes	139 (39.3%) Yes
Oral nutrition supplements	-	111 (31.4%) Yes
Parenteral nutrition	4 (40.0%) Yes	177 (50.0%) Yes
Enteral nutrition	1 (10.0%) Yes	145 (41.0%) Yes
Dietary counseling	2 (20.0%) Yes	88 (24.9%) Yes
Specific dietary interventions	2 (20.0%) Yes	84 (23.7%) Yes
Screening for malnutrition	1 (10.0%) Yes	68 (19.2%) Yes
Risk of malnutrition	-	61 (17.2%) Yes
Malnutrition (in general)	-	138 (39.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	126 (35.6%) Yes
No information available from billing/finance/controlling	1 (10.0%) Yes	68 (19.2%) Yes
No answer given	-	42 (11.9%)

II. Unit organisation and structures ("Sheet 1a/1b"):

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	9 (15.0%)	92 (20.0%)
Internal Medicine / Cardiology	4 (6.7%)	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	6 (10.0%)	31 (6.8%)
Internal Medicine / Geriatrics	-	37 (8.1%)
Internal Medicine / Infectious diseases	1 (1.7%)	5 (1.1%)
Internal Medicine / Nephrology	2 (3.3%)	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	2 (3.3%)	35 (7.6%)
Interdisciplinary	2 (3.3%)	21 (4.6%)
Long term care	1 (1.7%)	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	5 (8.3%)	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	1 (1.7%)	6 (1.3%)
Surgery / Neurosurgery	4 (6.7%)	4 (0.9%)
Surgery / Orthopedic	6 (10.0%)	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	1 (1.7%)	7 (1.5%)
Gynecology / Obstetrics	2 (3.3%)	10 (2.2%)
Pediatrics	-	-
Psychiatry	1 (1.7%)	3 (0.7%)
Others	13 (21.7%)	48 (10.5%)
2. Number of registered inpatients at noon	35 [26-41]	24 [17-35]
3. Total bed capacity of the unit	42 [33-45]	31 [25-44]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	10 [5-11]	4 [2-8]
Nurses	14 [9-20]	5 [4-8]
Nursing aides	2 [2-3]	2 [1-4]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-1]	1 [0-2]
Other staff involved in patient care	1 [0-1]	1 [0-3]
In training		
Medical doctors	2 [0-2]	1 [0-3]
Medical students	0 [0-0]	1 [0-2]
Nurses	0 [0-0]	1 [0-3]

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

5. Is there a nutrition support team in your hospital available? 57 (100%) Yes 323 (73.6%) Yes

6. Does the unit have a nutrition care strategy? 51 (89.5%) Yes 316 (72.0%) Yes

7. Is there a person in your unit responsible for nutrition care? 44 (77.2%) Yes 317 (72.2%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 57 (100%) Yes 395 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 51 (89.5%) Yes 268 (61.0%) Yes

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

At admission

No routine screening	-	45 (9.8%) Yes
No fixed criteria	1 (1.7%) Yes	10 (2.2%) Yes
Experience / visual assessment only	13 (21.7%) Yes	43 (9.4%) Yes
Weighing / BMI only	-	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	3 (5.0%) Yes	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	-	28 (6.1%) Yes
Malnutrition Screening tool (MST)	1 (1.7%) Yes	42 (9.2%) Yes
SNAQ	-	2 (0.44%) Yes
Other formal tool	39 (65.0%) Yes	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	3 (5.0%)	20 (4.4%)

During hospital stay

No routine monitoring	-	43 (9.4%) Yes
No fixed criteria	9 (15.0%) Yes	44 (9.6%) Yes
Experience / visual assessment only	14 (23.3%) Yes	90 (19.6%) Yes
Weighing / BMI only	1 (1.7%) Yes	132 (28.8%) Yes
Other formal tool	33 (55.0%) Yes	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	3 (5.0%)	20 (4.4%)

11a. Do you routinely use guidelines or standards for nutrition care? 48 (84.2%) Yes 343 (78.7%) Yes

11b. If yes, which one is mainly used?

International guidelines	2 (4.2%) Yes	86 (25.1%) Yes
National guidelines	4 (8.3%) Yes	56 (16.3%) Yes
Standards on hospital level	29 (60.4%) Yes	115 (33.5%) Yes
Standards on unit level	2 (4.2%) Yes	23 (6.7%) Yes
Individual patient nutrition care plans	9 (18.8%) Yes	56 (16.3%) Yes
Other	1 (2.1%) Yes	4 (1.2%) Yes
Missing	1 (2.1%)	3 (0.87%)

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

Watchful waiting	29 (48.3%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	31 (51.7%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	20 (33.3%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	28 (46.7%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	32 (53.3%) Yes	285 (62.1%) Yes
Consult a medical professional	32 (53.3%) Yes	172 (37.5%) Yes
Calculate energy requirements	22 (36.7%) Yes	232 (50.5%) Yes
Calculate protein requirements	22 (36.7%) Yes	226 (49.2%) Yes

Malnourished

Watchful waiting	23 (38.3%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	47 (78.3%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	35 (58.3%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	44 (73.3%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	43 (71.7%) Yes	284 (61.9%) Yes
Consult a medical professional	43 (71.7%) Yes	183 (39.9%) Yes
Calculate energy requirements	19 (31.7%) Yes	261 (56.9%) Yes
Calculate protein requirements	21 (35.0%) Yes	257 (56.0%) Yes

Every patient

Watchful waiting	35 (58.3%) Yes	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	1 (1.7%) Yes	126 (27.5%) Yes
Develop an individual nutrition care plan	18 (30.0%) Yes	74 (16.1%) Yes
Initiate treatment / nutrition intervention	7 (11.7%) Yes	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (3.3%) Yes	73 (15.9%) Yes
Consult a medical professional	1 (1.7%) Yes	101 (22.0%) Yes
Calculate energy requirements	36 (60.0%) Yes	50 (10.9%) Yes
Calculate protein requirements	34 (56.7%) Yes	44 (9.6%) Yes

Never

Watchful waiting	-	34 (7.4%) Yes
Discuss nutrition care activities during ward rounds	1 (1.7%) Yes	38 (8.3%) Yes

Develop an individual nutrition care plan	3 (5.0%) Yes	31 (6.8%) Yes
Initiate treatment / nutrition intervention	-	6 (1.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	8 (1.7%) Yes
Consult a medical professional	1 (1.7%) Yes	49 (10.7%) Yes
Calculate energy requirements	1 (1.7%) Yes	50 (10.9%) Yes
Calculate protein requirements	1 (1.7%) Yes	54 (11.8%) Yes

I do not know

Watchful waiting	-	20 (4.4%) Yes
Discuss nutrition care activities during ward rounds	-	10 (2.2%) Yes
Develop an individual nutrition care plan	-	5 (1.1%) Yes
Initiate treatment / nutrition intervention	-	4 (0.87%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	4 (0.87%) Yes
Consult a medical professional	2 (3.3%) Yes	18 (3.9%) Yes
Calculate energy requirements	-	11 (2.4%) Yes
Calculate protein requirements	-	13 (2.8%) Yes

13. When do you routinely weigh your patients?

at admission	42 (70.0%) Yes	291 (63.4%) Yes
Within 24 hours	13 (21.7%) Yes	64 (13.9%) Yes
Within 48 hours	-	20 (4.4%) Yes
Within 72 hours	-	13 (2.8%) Yes
Every week	37 (61.7%) Yes	152 (33.1%) Yes
Occasionally	14 (23.3%) Yes	59 (12.9%) Yes
When requested	28 (46.7%) Yes	207 (45.1%) Yes
At discharge	-	20 (4.4%) Yes
Never	-	8 (1.7%) Yes
I do not know	-	1 (0.22%) Yes
No answer given	3 (5.0%)	22 (4.8%)

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

Offer additional meals or in between snacks	49 (81.7%) Yes	338 (73.6%) Yes
Offer meal choices	45 (75.0%) Yes	336 (73.2%) Yes
Offer different portion sizes	56 (93.3%) Yes	282 (61.4%) Yes
Consider food presentation	32 (53.3%) Yes	192 (41.8%) Yes
Change food texture/consistency as needed	57 (95.0%) Yes	376 (81.9%) Yes
Consider patient problems with eating and drinking	45 (75.0%) Yes	372 (81.0%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	18 (30.0%) Yes	51 (11.1%) Yes
Promote positive eating environment	20 (33.3%) Yes	82 (17.9%) Yes
Consider cultural/religious preferences	19 (31.7%) Yes	188 (41.0%) Yes
Consider patient allergies / intolerances	31 (51.7%) Yes	214 (46.6%) Yes
Other	2 (3.3%) Yes	29 (6.3%) Yes
I do not know	1 (1.7%) Yes	6 (1.3%) Yes
No answer given	3 (5.0%)	20 (4.4%)

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

Nutrition training is available	46 (76.7%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	28 (46.7%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	26 (43.3%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	43 (71.7%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	42 (70.0%) Yes	291 (63.4%) Yes
None	-	21 (4.6%) Yes
I do not know	2 (3.3%) Yes	11 (2.4%) Yes
No answer given	3 (5.0%)	36 (7.8%)

16. At admission what is asked and documented?

Change in weight	55 (91.7%) Yes	358 (78.0%) Yes
Eating habits/difficulties	55 (91.7%) Yes	336 (73.2%) Yes
Nutrition before admission	51 (85.0%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	3 (5.0%)	38 (8.3%)

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	50 (83.3%) Yes	323 (70.4%) Yes
nutrition treatment	45 (75.0%) Yes	270 (58.8%) Yes
None	1 (1.7%) Yes	30 (6.5%) Yes
I do not know	45 (75.0%) Yes	270 (58.8%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	32 (53.3%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	20 (33.3%) Yes	258 (56.2%) Yes
None	11 (18.3%) Yes	56 (12.2%) Yes
I do not know	5 (8.3%) Yes	23 (5.0%) Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	45 (83.3%) Yes	162 (43.9%) Yes
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19. Who filled in this sheet?

Head staff	2 (3.3%) Yes	117 (25.5%) Yes
Dietician	27 (45.0%) Yes	236 (51.4%) Yes
Nurse	18 (30.0%) Yes	124 (27.0%) Yes
Physician	11 (18.3%) Yes	72 (15.7%) Yes
Administrative staff	-	4 (0.87%) Yes

Other	-	7 (1.5%) Yes
None	-	-
I do not know	-	3 (0.65%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	1260	8743
Age	71 [59-80]	67 [53-78]
Female	597 (47.4%)	4410 (50.4%)
Weight	57.1±14.9	69.1±18.8
Height	159±10	164±10
BMI	22.4±4.7	25.5±6.0

1. This hospital admission was...

planned	637 (50.6%)	3052 (34.9%)
an emergency	471 (37.4%)	5037 (57.6%)
I do not know	152 (12.1%)	654 (7.5%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	49 (3.9%)	801 (9.2%)
0200 Neoplasms	278 (22.1%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	78 (6.2%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	123 (9.8%)	1043 (11.9%)
0500 Mental health	43 (3.4%)	333 (3.8%)
0600 Nervous system	95 (7.5%)	762 (8.7%)
0700 Eye and adnexa	60 (4.8%)	131 (1.5%)
0800 Ear and mastoid process	22 (1.7%)	70 (0.80%)
0900 Circulatory system	156 (12.4%)	1723 (19.7%)
1000 Respiratory system	125 (9.9%)	1358 (15.5%)
1100 Digestive system	312 (24.8%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	45 (3.6%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	228 (18.1%)	1276 (14.6%)
1400 Genitourinary system	130 (10.3%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	8 (0.63%)	123 (1.4%)
1600 Conditions originating in the perinatal period	-	21 (0.24%)
1700 Congenital/chromosomal abnormalities	1 (0.08%)	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	27 (2.1%)	391 (4.5%)
1900 Injury, poisoning	29 (2.3%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.08%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	12 (0.95%)	210 (2.4%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	88 (7.7%)	1569 (22.2%)
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Myocardial infarction	32 (2.8%)	394 (5.8%)
Chronic lung disease	71 (6.3%)	1080 (15.5%)
Cerebral vascular disease	79 (7.0%)	745 (10.9%)
Peripheral vascular disease	60 (5.2%)	869 (12.6%)
Chronic liver disease	45 (4.0%)	441 (6.5%)
Chronic kidney disease	83 (7.4%)	821 (11.9%)
Diabetes	248 (21.9%)	1899 (26.8%)
Cancer	301 (26.3%)	1733 (24.8%)
Infection	37 (3.3%)	1103 (15.8%)
Dementia	39 (3.4%)	374 (5.5%)
Major depressive disorder	21 (1.9%)	377 (5.6%)
Other chronic mental disorder	35 (3.1%)	378 (5.6%)
Other chronic disease	125 (11.7%)	1968 (27.8%)
None	287 (22.8%)	1394 (15.9%)

4a. Previous operation during this hospital stay

Yes, planned	331 (26.3%)	1743 (19.9%)
Yes, acute	64 (5.1%)	539 (6.2%)
No	786 (62.4%)	6145 (70.3%)
I do not know	28 (2.2%)	126 (1.4%)
Missing	51 (4.0%)	190 (2.2%)

Days since operation	7 [2-19]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	82 (6.5%)	738 (8.4%)
Yes, later	56 (4.4%)	513 (5.9%)
No	1015 (80.6%)	6496 (74.3%)
I do not know	20 (1.6%)	414 (4.7%)
Missing	87 (6.9%)	582 (6.7%)

5. Previous ICU admission during this hospital stay? (Yes)	92 (7.3%)	934 (10.7%)
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6. Is this patient terminally ill?	59 (4.7%)	630 (7.2%)
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7. Fluid status

Normal	952 (75.6%)	6866 (78.5%)
Overloaded	47 (3.7%)	500 (5.7%)
Dehydrated	22 (1.7%)	450 (5.1%)
I do not know	239 (19.0%)	927 (10.6%)
Missing	-	-

8. Number of different medications planned

Oral	5 [2-8]	5 [2-8]
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Other	0 [0-1]	2 [1-4]
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9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	111 (8.8%)	871 (10.0%)
At risk	240 (19.0%)	1543 (17.6%)
No	746 (59.2%)	5642 (64.5%)
I do not know	163 (12.9%)	687 (7.9%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	234 (18.6%)	3469 (39.7%)
5% Glucose solution	40 (3.2%)	860 (9.8%)

11. Number of ONS drinks planned

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

Regular hospital food	698 (55.4%)	4849 (55.5%)
Fortified/enriched hospital food	44 (3.5%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	53 (4.2%)	998 (11.4%)
Enteral nutrition	44 (3.5%)	485 (5.5%)
Parenteral nutrition	178 (14.1%)	479 (5.5%)
Special diet	393 (31.2%)	3072 (35.1%)
None	39 (3.1%)	474 (5.4%)

13a. All lines and Tubes

Central Venous	37 (2.9%)	734 (8.4%)
Peripheral venous access	378 (30.0%)	4122 (47.1%)
Nasogastric	23 (1.8%)	258 (3.0%)
Nasojejunal	2 (0.16%)	38 (0.43%)
Nasoduodenal	2 (0.16%)	22 (0.25%)
Enterostoma	7 (0.56%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	8 (0.63%)	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	9 (0.71%)	27 (0.31%)
None	821 (65.2%)	3894 (44.5%)

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

Yes, previously	13 (1.0%)	87 (1.00%)
Yes, ongoing	3 (0.24%)	80 (0.92%)
No	944 (74.9%)	7278 (83.2%)
I do not know	183 (14.5%)	846 (9.7%)
Missing	117 (9.3%)	452 (5.2%)

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

Energy requirements were determined	825 (65.5%)	3103 (35.5%)
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Protein requirements were determined	794 (63.0%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	795 (63.1%)	3893 (44.5%)
Nutrition treatment plan was developed	578 (45.9%)	3013 (34.5%)
Nutrition expert was consulted	229 (18.2%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	230 (18.3%)	2363 (27.0%)
None	-	-

15a. Energy goal

< 500 kcal	145 (11.5%)	268 (3.1%)
500-999 kcal	23 (1.8%)	93 (1.1%)
1000-1499 kcal	319 (25.3%)	884 (10.1%)
1500-1999 kcal	573 (45.5%)	2574 (29.4%)
>=2000 kcal	64 (5.1%)	958 (11.0%)
Not determined	33 (2.6%)	3200 (36.6%)
I do not know	94 (7.5%)	730 (8.3%)
Missing	9 (0.71%)	36 (0.41%)

15b. Energy intake

< 500 kcal	210 (16.7%)	530 (6.1%)
500-999 kcal	97 (7.7%)	483 (5.5%)
1000-1499 kcal	281 (22.3%)	1101 (12.6%)
1500-1999 kcal	505 (40.1%)	1928 (22.1%)
>=2000 kcal	49 (3.9%)	584 (6.7%)
Not determined	15 (1.2%)	2964 (33.9%)
I do not know	94 (7.5%)	1101 (12.6%)
Missing	9 (0.71%)	52 (0.59%)

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

Improved	302 (24.0%)	4436 (50.7%)
Deteriorated	66 (5.2%)	485 (5.5%)
Remained the same	582 (46.2%)	2411 (27.6%)
This patient has just been admitted	78 (6.2%)	555 (6.3%)
I do not know	232 (18.4%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	19 [9-37]	12 [6-24]
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Outcome Code

1= Still in the hospital	218 (17.3%)	748 (8.6%)
2= Transferred to another hospital	58 (4.6%)	211 (2.4%)
3= Transferred to long term care	14 (1.1%)	360 (4.1%)
4= Rehabilitation	6 (0.48%)	486 (5.6%)
5= Discharged home	845 (67.1%)	6417 (73.4%)
6= Death	30 (2.4%)	260 (3.0%)

7= Others	-	173 (2.0%)
Missing	89 (7.1%)	88 (1.0%)

Readmitted since ND

1= No	749 (78.6%)	6055 (78.3%)
2= Yes, same hospital planned	73 (7.7%)	457 (5.9%)
3= Yes, same hospital unplanned	24 (2.5%)	454 (5.9%)
4= Yes, different hospital planned	2 (0.21%)	44 (0.57%)
5= Yes, different hospital unplanned	2 (0.21%)	44 (0.57%)
6= Unknown	47 (4.9%)	299 (3.9%)
Missing	54 (5.7%)	386 (5.0%)

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

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	856 (72.7%)	5885 (69.8%)
I am vegetarian	14 (1.2%)	142 (1.7%)
I adhere to a vegan diet	28 (2.4%)	50 (0.59%)
I eat gluten-free diet	6 (0.51%)	73 (0.87%)
I avoid added sugars	72 (6.1%)	1290 (15.3%)
I avoid carbohydrates	23 (2.0%)	477 (5.7%)
I eat a low fat-diet	68 (5.8%)	972 (11.5%)
I am lactose intolerant	19 (1.6%)	328 (3.9%)
Other special diet due to intolerances/allergies	26 (2.2%)	171 (2.0%)
Other	34 (2.9%)	603 (7.2%)
No answer given	187 (15.9%)	162 (1.9%)
2. Where did you live before your current hospital admission?		
At home	972 (82.6%)	7497 (89.0%)
In a nursing home or other live-in facility	19 (1.6%)	287 (3.4%)
I was transferred from another hospital	25 (2.1%)	418 (5.0%)
Other	13 (1.1%)	139 (1.6%)
Missing	148 (12.6%)	87 (1.0%)
3. In general, are you able to walk?		
Yes	869 (73.8%)	5392 (64.0%)
Yes, with someone's help	83 (7.1%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	115 (9.8%)	1107 (13.1%)
No, I have a wheelchair	62 (5.3%)	355 (4.2%)
No, I am bedridden	29 (2.5%)	548 (6.5%)
Missing	19 (1.6%)	127 (1.5%)
4. In general, how would you say your health is?		
Very good	60 (5.1%)	615 (7.3%)
Good	326 (27.7%)	3078 (36.5%)
Fair	480 (40.8%)	3196 (37.9%)
Poor	250 (21.2%)	1144 (13.6%)
Very poor	42 (3.6%)	254 (3.0%)
Missing	19 (1.6%)	141 (1.7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	10 [3-12]	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?	3 [0-18]	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	192 (16.3%)	1638 (19.4%)
3-5	240 (20.4%)	2272 (27.0%)
More than 5	378 (32.1%)	2608 (30.9%)
None	157 (13.3%)	1375 (16.3%)
I do not know	46 (3.9%)	429 (5.1%)
Missing	164 (13.9%)	106 (1.3%)

7. Do you have health insurance?		
Yes, private insurance only	63 (5.4%)	1250 (14.8%)
Yes, public insurance only	378 (32.1%)	4213 (50.0%)
Yes, both	411 (34.9%)	1101 (13.1%)
None	40 (3.4%)	1114 (13.2%)
I prefer not to answer	79 (6.7%)	483 (5.7%)
Missing	206 (17.5%)	267 (3.2%)

8. What was your weight 5 years ago?	60 [52-70]	70 [60-83]
I do not know	305 (25.9%)	2268 (26.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	157 (13.3%)	795 (9.4%)
Yes, unintentionally	364 (30.9%)	3179 (37.7%)
No, my weight stayed the same	420 (35.7%)	2488 (29.5%)
No, I gained weight	121 (10.3%)	911 (10.8%)
I do not know	94 (8.0%)	856 (10.2%)
Missing	21 (1.8%)	199 (2.4%)

9b. If yes, how many kg did you lose?	5 [3-9]	6 [3-10]
I do not know	80 (15.4%)	672 (16.9%)

10. Did you know about your hospitalisation two days before admission? (Yes)	553 (56.1%)	3142 (39.1%)
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11. Please indicate if you ...		
... were weighed at admission	842 (81.5%)	4710 (56.2%)
... were informed about your nutrition status	350 (34.2%)	2651 (32.0%)
... were informed about nutrition care options	155 (15.3%)	2341 (28.3%)
... received special nutrition care	122 (12.0%)	2232 (27.0%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	56 (4.9%)	366 (4.4%)
Normal	794 (68.9%)	5184 (62.0%)
About 3/4 of normal	99 (8.6%)	801 (9.6%)
About half of normal	92 (8.0%)	1028 (12.3%)

About a quarter to nearly nothing	80 (6.9%)	750 (9.0%)
I do not know	13 (1.1%)	82 (0.98%)
Missing	19 (1.6%)	157 (1.9%)

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

Very satisfied	147 (12.7%)	2303 (27.5%)
Somewhat satisfied	151 (13.1%)	2525 (30.2%)
Neutral	405 (35.1%)	1669 (19.9%)
Dissatisfied	97 (8.4%)	652 (7.8%)
Very dissatisfied	15 (1.3%)	252 (3.0%)
I do not know	136 (11.8%)	712 (8.5%)
Missing	202 (17.5%)	255 (3.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	33 (2.9%)	910 (10.9%)
Yes, from hospital staff	54 (4.7%)	544 (6.5%)
No	880 (76.3%)	6450 (77.1%)
I do not know	10 (0.87%)	107 (1.3%)
Missing	176 (15.3%)	357 (4.3%)

15. Were you able to eat without interruption TODAY? (Yes)

835 (87.3%) 5869 (74.5%)

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

About all	794 (68.9%)	4051 (48.4%)
1/2	160 (13.9%)	1966 (23.5%)
1/4	81 (7.0%)	1005 (12.0%)
Nothing	69 (6.0%)	975 (11.7%)
Missing	49 (4.2%)	371 (4.4%)

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

Standard	669 (58.0%)	5388 (64.4%)
Smaller	113 (9.8%)	778 (9.3%)
Larger	48 (4.2%)	328 (3.9%)
I do not know	113 (9.8%)	848 (10.1%)
Missing	210 (18.2%)	1026 (12.3%)

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

I did not like the type of food offered	26 (8.4%)	570 (14.4%)
I did not like the smell/taste of the food	53 (17.1%)	443 (11.2%)
The food did not fit my cultural/religious preferences	1 (0.32%)	47 (1.2%)
The food was too hot	1 (0.32%)	14 (0.35%)
The food was too cold	6 (1.9%)	86 (2.2%)
Due to food allergy/intolerance	-	25 (0.63%)
I was not hungry at that time	56 (18.1%)	672 (17.0%)

I do not have my usual appetite	81 (26.1%)	1114 (28.2%)
I have problems chewing/swallowing	15 (4.8%)	225 (5.7%)
I normally eat less than what was served	40 (12.9%)	428 (10.8%)
I had nausea/vomiting	29 (9.4%)	327 (8.3%)
I was too tired	22 (7.1%)	219 (5.5%)
I cannot eat without help	2 (0.65%)	68 (1.7%)
I was not allowed to eat	29 (9.4%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	24 (7.7%)	234 (5.9%)
I did not get requested food	1 (0.32%)	53 (1.3%)
No answer given	41 (13.2%)	481 (12.2%)

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

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

19a. Did you eat any food apart from hospital food TODAY? 324 (29.4%) 2048 (26.7%)

19b. If yes, what did you eat?

Sweet snacks	75 (23.1%)	501 (24.5%)
Salty snacks	74 (22.8%)	273 (13.3%)
Homemade food	25 (7.7%)	302 (14.7%)
Fruits	91 (28.1%)	724 (35.4%)
Dairy products	64 (19.8%)	212 (10.4%)
Food delivered/restaurant	6 (1.9%)	84 (4.1%)
Sandwich	23 (7.1%)	139 (6.8%)
Other	73 (22.5%)	400 (19.5%)

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

Increased	86 (7.5%)	1138 (13.6%)
Decreased	208 (18.0%)	2694 (32.2%)
Stayed the same	503 (43.6%)	3504 (41.9%)
I do not know	145 (12.6%)	582 (7.0%)
Missing	211 (18.3%)	450 (5.4%)

21. TODAY I feel...

Stronger than at admission	339 (29.4%)	3635 (43.4%)
Weaker than at admission	119 (10.3%)	1458 (17.4%)
Same as at admission	362 (31.4%)	2363 (28.2%)

I was admitted today	54 (4.7%)	236 (2.8%)
I do not know	116 (10.1%)	454 (5.4%)
Missing	163 (14.1%)	222 (2.7%)

22. Can you walk without assistance TODAY?

Yes	816 (70.8%)	4925 (58.9%)
No, only with assistance	235 (20.4%)	2067 (24.7%)
No, I stay in bed	67 (5.8%)	929 (11.1%)
Missing	35 (3.0%)	447 (5.3%)

23. Did anyone help you complete this questionnaire?	379 (33.8%)	5634 (69.0%)
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V. Oncology: Unit organisation and structures ("Sheet 1 onco"):

	YOUR RESULTS	REFERENCE RESULTS
Number of units with cancer patients:	32	113
Computerized system in hospital:	31 units (97%) YES	109 units (96%) YES
Nutritional treatment of cancer patients is part of overall care plan	27 units (84%) YES	95 units (84%) YES
Nutritional treatment is considered...		
Routinely	9 (28,1%)	56 (49.6%)
When patient asks	9 (28,1%)	29 (25.7%)
When body weight loss > 10%	7 (21,9%)	39 (34.5%)
During palliative phase	15 (46,9%)	33 (29.2%)
Other	-	6 (5.31%)
Missing	5 (15,6%)	17 (15.0%)
Nutritional treatment is not part of the comprehensive approach due to		
Lack of evidence	1 (3,13%)	7 (6.19%)
No knowledge of the field	2 (6,25%)	7 (6.19%)
No reimbursement	-	7 (6.19%)
It feeds the tumour	-	1 (0.88%)
Other	-	4 (3.54%)
Nutritional therapy used for cancer patients		
Nutrition according to nutrition plan	22 (68,8%)	64 (56.6%)
Calculation of energy needs	26 (81,3%)	82 (72.6%)
Monitoring patients intake and use of oral supplements	30 (93,8%)	99 (87.6%)
None	-	4 (3.54%)
Other	1 (3,13%)	5 (4.42%)
Missing	1 (3,13%)	2 (1.77%)
Nutritional therapy is not used due to		
Lack of evidence	-	2 (1.77%)
Lack of experience	-	6 (5.31%)
No reimbursement	-	3 (2.65%)
Lack of dietitians	-	8 (7.08%)
Lack of other experts	-	3 (2.65%)
Other	-	1 (0.88%)
Missing	-	-
Assessment of parameters in cancer patients & methods used:		

Anthropometry/Body composition:**Body weight**

Regularly	27 (84,4%)	75 (66.4%)
At chemotherapy	1 (3,13%)	12 (10.6%)
When necessary	3 (9,38%)	23 (20.4%)
Never	-	1 (0.88%)
Unknown	-	1 (0.88%)
Missing	1 (3,13%)	1 (0.88%)

Anthropometrics (circumference)

Regularly	8 (25,0%)	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	19 (59,4%)	40 (35.4%)
Never	4 (12,5%)	53 (46.9%)
Unknown	-	1 (0.88%)
Missing	1 (3,13%)	6 (5.31%)

BIA

Regularly	2 (6,25%)	5 (4.42%)
At chemotherapy	-	-
When necessary	10 (31,3%)	23 (20.4%)
Never	18 (56,3%)	77 (68.1%)
Unknown	1 (3,13%)	3 (2.65%)
Missing	1 (3,13%)	5 (4.42%)

CT SCAN

Regularly	1 (3,13%)	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	17 (53,1%)	29 (25.7%)
Never	13 (40,6%)	70 (61.9%)
Unknown	-	3 (2.65%)
Missing	1 (3,13%)	4 (3.54%)

DEXA

Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	4 (12,5%)	15 (13.3%)
Never	25 (78,1%)	83 (73.5%)
Unknown	2 (6,25%)	8 (7.08%)
Missing	1 (3,13%)	5 (4.42%)

Other (body composition)

Regularly	-	1 (0.88%)
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At chemotherapy	-	-
When necessary	6 (18,8%)	16 (14.2%)
Never	7 (21,9%)	40 (35.4%)
Unknown	7 (21,9%)	19 (16.8%)
Missing	12 (37,5%)	37 (32.7%)

Body function:

Handgrip

Regularly	-	6 (5.31%)
At chemotherapy	-	1 (0.88%)
When necessary	16 (50,0%)	36 (31.9%)
Never	14 (43,8%)	60 (53.1%)
Unknown	1 (3,13%)	4 (3.54%)
Missing	1 (3,13%)	6 (5.31%)

6-minutes walking test

Regularly	1 (3,13%)	3 (2.65%)
At chemotherapy	-	-
When necessary	14 (43,8%)	32 (28.3%)
Never	14 (43,8%)	66 (58.4%)
Unknown	2 (6,25%)	5 (4.42%)
Missing	1 (3,13%)	7 (6.19%)

Other (body function)

Regularly	1 (3,13%)	4 (3.54%)
At chemotherapy	-	-
When necessary	7 (21,9%)	22 (19.5%)
Never	8 (25,0%)	45 (39.8%)
Unknown	6 (18,8%)	15 (13.3%)
Missing	10 (31,3%)	27 (23.9%)

Nutritional requirements, calculated

Regularly	14 (43,8%)	32 (28.3%)
At chemotherapy	-	-
When necessary	15 (46,9%)	64 (56.6%)
Never	-	5 (4.42%)
Unknown	-	-
Missing	3 (9,38%)	12 (10.6%)

Nutritional intake:

Every meal

Regularly	18 (56,3%)	31 (27.4%)
At chemotherapy	-	1 (0.88%)
When necessary	10 (31,3%)	49 (43.4%)

Never	1 (3,13%)	13 (11.5%)
Unknown	2 (6,25%)	6 (5.31%)
Missing	1 (3,13%)	13 (11.5%)
1 meal per day		
Regularly	4 (12,5%)	12 (10.6%)
At chemotherapy	-	1 (0.88%)
When necessary	13 (40,6%)	34 (30.1%)
Never	4 (12,5%)	19 (16.8%)
Unknown	3 (9,38%)	9 (7.96%)
Missing	8 (25,0%)	38 (33.6%)
2 meals per day		
Regularly	4 (12,5%)	12 (10.6%)
At chemotherapy	-	-
When necessary	13 (40,6%)	33 (29.2%)
Never	4 (12,5%)	20 (17.7%)
Unknown	3 (9,38%)	9 (7.96%)
Missing	8 (25,0%)	39 (34.5%)
24h recall		
Regularly	-	27 (23.9%)
At chemotherapy	-	2 (1.77%)
When necessary	17 (53,1%)	40 (35.4%)
Never	3 (9,38%)	12 (10.6%)
Unknown	3 (9,38%)	7 (6.19%)
Missing	9 (28,1%)	25 (22.1%)
Other (nutritional intake)		
Regularly	-	2 (1.77%)
At chemotherapy	-	-
When necessary	6 (18,8%)	16 (14.2%)
Never	5 (15,6%)	22 (19.5%)
Unknown	6 (18,8%)	17 (15.0%)
Missing	15 (46,9%)	56 (49.6%)
Questionnaire completed by		
Dietitian	11 (34,4%)	40 (35.4%)
Nurse	10 (31,3%)	29 (25.7%)
Physician	11 (34,4%)	38 (33.6%)
Nutritional scientist	-	5 (4.42%)
Other	-	-
Missing	-	1 (0.88%)

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 2_onco:	256	959
Demographic data:		
Age (years)	72 [22-94]	66 [18-96]
Female gender	96 (37,5%)	378 (39.4%)
Weight (kg)	55,3 ± 12,4	65.1 ± 16.5
Height (cm)	160,0 ± 9,0	165.9 ± 9.9
BMI (kg/m2)	21,5 ± 3,9	23.7 ± 4.7
Outpatient (o)/Ward (w)		
Outpatient(o)	2 (0,78%)	63 (6.57%)
Ward (w)	254 (99,2%)	892 (93.0%)
Missing	-	4 (0.42%)
Goal of Therapy		
Curative	114 (44,5%)	554 (57.8%)
Palliative	98 (38,3%)	343 (35.8%)
Terminal	37 (14,5%)	37 (3.86%)
Missing	7 (2,73%)	25 (2.61%)
Reason for admission		
Clinical diagnostics	23 (8,98%)	104 (10.8%)
Therapy	159 (62,1%)	469 (48.9%)
Surgery related	40 (15,6%)	200 (20.9%)
Treatment complications	18 (7,03%)	119 (12.4%)
Poor health status	41 (16,0%)	118 (12.3%)
Independent care difficult	3 (1,17%)	6 (0.63%)
Missing	-	-
Present cancer diagnosis		
Breast	16 (6,25%)	51 (5.32%)
Colon, rectum	42 (16,4%)	163 (17.0%)
Prostate	8 (3,13%)	29 (3.02%)
Lung	33 (12,9%)	75 (7.82%)
Skin	2 (0,78%)	4 (0.42%)
Kidney/bladder	11 (4,30%)	30 (3.13%)
Gastric/oesophageal	38 (14,8%)	144 (15.0%)
Pancreas	16 (6,25%)	63 (6.57%)
Lymphoma	24 (9,38%)	94 (9.80%)
Ears nose throat (ENT)	11 (4,30%)	41 (4.28%)
Leukaemia	13 (5,08%)	74 (7.72%)
Genital tract	7 (2,73%)	32 (3.34%)

Liver	35 (13,7%)	103 (10.7%)
Sarcoma	-	8 (0.83%)
Brain	6 (2,34%)	11 (1.15%)
Testicular	-	-
Other	15 (5,86%)	73 (7.61%)
Missing	3 (1,17%)	11 (1.15%)

Time since diagnosis

0-2 months	85 (33,2%)	344 (35.9%)
3-5 months	37 (14,5%)	159 (16.6%)
6-12 months	30 (11,7%)	152 (15.8%)
1-2 years	39 (15,2%)	118 (12.3%)
2-4 years	29 (11,3%)	77 (8.03%)
> 4 years	32 (12,5%)	87 (9.07%)
Missing	3 (1,17%)	19 (1.98%)

Cancer staging

0=Carcinoma in situ	12 (4,69%)	35 (3.65%)
I=Localized	29 (11,3%)	202 (21.1%)
II=Early locally advanced	49 (19,1%)	159 (16.6%)
III=Late locally advanced	53 (20,7%)	168 (17.5%)
IV=Metastasised	80 (31,3%)	287 (29.9%)
Missing	33 (12,9%)	108 (11.3%)

Time since first therapy start

No therapy	24 (9,38%)	125 (13.0%)
Tumour staging/diagnosis	17 (6,64%)	63 (6.57%)
0-2 months	71 (27,7%)	267 (27.8%)
3-5 months	26 (10,2%)	128 (13.3%)
6-12 months	26 (10,2%)	135 (14.1%)
1-2 years	37 (14,5%)	90 (9.38%)
2-4 years	27 (10,5%)	59 (6.15%)
> 4 years	33 (12,9%)	98 (10.2%)
Missing	4 (1,56%)	16 (1.67%)

Therapy situation

Diagnosis	25 (9,77%)	107 (11.2%)
Chemotherapy 1st line	49 (19,1%)	175 (18.2%)
Chemotherapy > 1st line	58 (22,7%)	142 (14.8%)
Radiotherapy	20 (7,81%)	67 (6.99%)
Target therapy	2 (0,78%)	30 (3.13%)
Hormone therapy	3 (1,17%)	12 (1.25%)
Palliative	39 (15,2%)	108 (11.3%)
Surgery	62 (24,2%)	322 (33.6%)

Cancer related complications	42 (16,4%)	57 (5.94%)
Therapy related complications	8 (3,13%)	36 (3.75%)
Missing	2 (0,78%)	13 (1.36%)
Infections		
None	226 (88,3%)	731 (76.2%)
Local	21 (8,20%)	136 (14.2%)
General	7 (2,73%)	70 (7.30%)
Missing	2 (0,78%)	22 (2.29%)
Nutrition Treatment		
No special diet	136 (53,1%)	453 (47.2%)
Individualized diet plan	68 (26,6%)	228 (23.8%)
Energy rich/protein rich ONS	7 (2,73%)	120 (12.5%)
Enteral nutrition (via NGT/PEG)	11 (4,30%)	52 (5.42%)
Parenteral nutrition	50 (19,5%)	128 (13.3%)
ONS enriched with special nutrients	10 (3,91%)	19 (1.98%)
Special nutrients (EPA, branched chained amino acids, glutamine, arginine, carnitine)	6 (2,34%)	7 (0.73%)
Personal preferences	27 (10,5%)	109 (11.4%)
Counselling	-	54 (5.63%)
Other	2 (0,78%)	27 (2.82%)
Missing	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Number of patients completing Sheet 3_onco:	255	951
Body weight prior to becoming ill	58 [38-130]	70 [22-180]
Actual body weight	54 [30-94]	63 [21-128]
Change in weight was		
Intentional	13 (5,08%)	31 (3.23%)
Unintentional	152 (59,4%)	607 (63.3%)
Weight is stable	9 (3,52%)	154 (16.1%)
Missing	8 (3,13%)	30 (3.13%)
During the last week		
Patients who have had pain:		
Not at all	78 (30,5%)	329 (34.3%)
A little	88 (34,4%)	263 (27.4%)
Quite a bit	20 (7,81%)	161 (16.8%)
Very much	6 (2,34%)	107 (11.2%)
Missing	60 (23,4%)	87 (9.07%)
Patients who needed a rest:		
Not at all	49 (19,1%)	230 (24.0%)
A little	88 (34,4%)	279 (29.1%)
Quite a bit	37 (14,5%)	212 (22.1%)
Very much	13 (5,08%)	125 (13.0%)
Missing	63 (24,6%)	95 (9.91%)
Patients who felt weak:		
Not at all	30 (11,7%)	228 (23.8%)
A little	78 (30,5%)	266 (27.7%)
Quite a bit	60 (23,4%)	224 (23.4%)
Very much	22 (8,59%)	135 (14.1%)
Missing	62 (24,2%)	92 (9.59%)
Patients who felt depressed:		
Not at all	61 (23,8%)	348 (36.3%)
A little	91 (35,5%)	303 (31.6%)
Quite a bit	29 (11,3%)	125 (13.0%)
Very much	6 (2,34%)	72 (7.51%)
Missing	60 (23,4%)	89 (9.28%)
Patients who were tired:		

Not at all	56 (21,9%)	241 (25.1%)
A little	86 (33,6%)	283 (29.5%)
Quite a bit	38 (14,8%)	213 (22.2%)
Very much	11 (4,30%)	116 (12.1%)
Missing	60 (23,4%)	89 (9.28%)

Patients whose pain interfered with their daily activities:

Not at all	93 (36,3%)	373 (38.9%)
A little	64 (25,0%)	220 (22.9%)
Quite a bit	23 (8,98%)	142 (14.8%)
Very much	6 (2,34%)	110 (11.5%)
Missing	64 (25,0%)	94 (9.80%)

Patients who lacked appetite:

Not at all	72 (28,1%)	347 (36.2%)
A little	61 (23,8%)	238 (24.8%)
Quite a bit	37 (14,5%)	149 (15.5%)
Very much	17 (6,64%)	113 (11.8%)
Missing	63 (24,6%)	95 (9.91%)

Just now

Patients who have pain:

Not at all	86 (33,6%)	375 (39.1%)
A little	88 (34,4%)	304 (31.7%)
Quite a bit	13 (5,08%)	122 (12.7%)
Very much	3 (1,17%)	45 (4.69%)
Missing	61 (23,8%)	98 (10.2%)

Patients who need a rest:

Not at all	46 (18,0%)	192 (20.0%)
A little	100 (39,1%)	322 (33.6%)
Quite a bit	26 (10,2%)	230 (24.0%)
Very much	14 (5,47%)	98 (10.2%)
Missing	62 (24,2%)	96 (10.0%)

Patients who feel weak:

Not at all	25 (9,77%)	209 (21.8%)
A little	90 (35,2%)	313 (32.6%)
Quite a bit	51 (19,9%)	219 (22.8%)
Very much	23 (8,98%)	99 (10.3%)
Missing	62 (24,2%)	98 (10.2%)

Patients who are depressed:

Not at all	58 (22,7%)	375 (39.1%)
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A little	103 (40,2%)	314 (32.7%)
Quite a bit	23 (8,98%)	116 (12.1%)
Very much	7 (2,73%)	39 (4.07%)
Missing	60 (23,4%)	96 (10.0%)

Patients who are tired:

Not at all	52 (20,3%)	222 (23.1%)
A little	103 (40,2%)	343 (35.8%)
Quite a bit	26 (10,2%)	197 (20.5%)
Very much	8 (3,13%)	82 (8.55%)
Missing	61 (23,8%)	94 (9.80%)

Patients whose pain interferes with their daily activities:

Not at all	91 (35,5%)	339 (35.3%)
A little	72 (28,1%)	259 (27.0%)
Quite a bit	17 (6,64%)	154 (16.1%)
Very much	8 (3,13%)	80 (8.34%)
Missing	62 (24,2%)	100 (10.4%)

Patients who lack appetite:

Not at all	80 (31,3%)	327 (34.1%)
A little	64 (25,0%)	264 (27.5%)
Quite a bit	28 (10,9%)	157 (16.4%)
Very much	16 (6,25%)	92 (9.59%)
Missing	62 (24,2%)	99 (10.3%)

Reasons for change in appetite/food intake

Nausea/Vomiting	18 (7,03%)	154 (16.1%)
Inflammation in mouth	17 (6,64%)	55 (5.74%)
Pain	17 (6,64%)	116 (12.1%)
Constipation	22 (8,59%)	64 (6.67%)
Diarrhea	9 (3,52%)	42 (4.38%)
Change in taste/smell	22 (8,59%)	104 (10.8%)
Early satiation/Loss of appetite	45 (17,6%)	217 (22.6%)
Other	24 (9,38%)	165 (17.2%)
Missing	16 (6,25%)	45 (4.69%)

Maximum activity performed by patients

Able to do sports	8 (3,13%)	38 (3.96%)
Fully active	31 (12,1%)	125 (13.0%)
Able to carry out light activities	18 (7,03%)	184 (19.2%)
Able to carry out self care	68 (26,6%)	215 (22.4%)
Able to carry out limited self care	40 (15,6%)	146 (15.2%)
Confined to bed or chair	25 (9,77%)	142 (14.8%)

Missing	61 (23,8%)	96 (10.0%)
Patient takes additional (without prescription)		
Nothing	144 (56,3%)	611 (63.7%)
Herbal tea	1 (0,39%)	75 (7.82%)
Nutritional supplements	15 (5,86%)	61 (6.36%)
Multivitamin	4 (1,56%)	37 (3.86%)
Other medication	5 (1,95%)	44 (4.59%)
Other	13 (5,08%)	49 (5.11%)
Missing	77 (30,1%)	116 (12.1%)
Additional activities performed		
Nothing	163 (63,7%)	710 (74.0%)
Psychotherapy	-	17 (1.77%)
Yoga	2 (0,78%)	9 (0.94%)
Meditation	1 (0,39%)	21 (2.19%)
Progressive muscle relaxation	-	14 (1.46%)
Qigong	1 (0,39%)	1 (0.10%)
Other	9 (3,52%)	68 (7.09%)
Missing	80 (31,3%)	129 (13.5%)
Patients having difficulties in complying with treatment	10 (3,91%)	181 (18.9%)
Patients needing help to complete questionnaire	60 (23,4%)	545 (56.8%)
Patients believing that including nutrition in their therapeutic approach could provide relevant benefit to them:	86 (33,6%)	549 (57.2%)