[SUPPLEMENTARY MATERIAL]

Supplementary Table 1 Distribution of demographic and socioeconomic characteristics, clinical conditions, appetite, eating-related difficulties and psychosocial variables by nutritional status (normal or at risk of malnutrition/malnutrition) of the nursing home residents population in Portugal

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|  | | **Normal nutritional status**  % (95% CI) | **Risk of malnutrition or malnutrition**  % (95% CI) | ***P*** † |
| *Sex* | Women | 51.2 (45.3–57.0) | 48.8 (43.0–54.7) | < 0.001 |
| Men | 68.7 (60.5–75.8) | 31.3 (24.2–39.5) |
| *Age (years)* | < 75 | 68.9 (54.5–80.3) | 31.1 (19.7–45.5) | 0.019 |
| 75–84 | 60.6 (52.0–68.6) | 39.4 (31.4–48.0) |
| ≥ 85 | 51.6 (46.1–57.1) | 48.4 (42.9–53.9) |
| *Education (years)* | < 5 | 55.0 (48.6–61.2) | 45.0 (38.8–51.4) | 0.024 |
| ≥ 5 | 67.8 (58.7–75.7) | 32.2 (24.3–41.3) |
| *Marital status* | Single | 57.6 (42.3–71.6) | 42.4 (28.4–57.7) | 0.046 |
| Divorced or Widowed | 53.7 (48.1–59.1) | 46.3 (40.9–51.9) |
| Married | 68.0 (60.1–75.0) | 32.0 (25.0–39.9) |
| *Financial situation* | Very comfortable or Comfortable | 76.6 (66.5–84.4) | 23.4 (15.6–33.5) | < 0.001 |
| Enough for my needs | 70.1 (63.0–76.3) | 29.9 (23.7–37.0) |
| Hard or Very hard | 49.5 (42.9–56.2) | 50.5 (43.8–57.1) |
| *Total time in nursing home (months)* | < 12 | 48.4 (38.7–58.3) | 51.6 (41.7–61.3) | 0.130 |
| 12–23 | 62.0 (51.9–71.2) | 38.0 (28.8–48.1) |
| 24–59 | 61.3 (51.6–70.1) | 38.7 (29.9–48.4) |
| ≥ 60 | 56.9 (47.0–66.3) | 43.1 (33.7–53.0) |
| *Having diseases that need regular health care* ‡ | Yes | 67.5 (60.7–73.7) | 32.5 (26.3–39.3) | 0.821 |
| No | 66.5 (59.7–72.6) | 33.5 (27.4–40.3) |
| *Appetite* | 1 “No appetite” or 2 | 31.0 (22.3–41.4) | 69.0 (58.6–77.7) | < 0.001 |
| 3 | 60.2 (53.2–66.8) | 39.8 (33.2–46.8) |
| 4 or 5 “Lots of appetite” | 70.3 (62.2–77.3) | 29.7 (22.7–37.8) |
| *Eating difficulties due to oral health problems* | Many | 37.9 (28.5–48.4) | 62.1 (51.6–71.5) | < 0.001 |
| Some | 45.8 (35.5–56.5) | 54.2 (43.5 64.5) |
| Few or None | 63.0 (56.6–68.9) | 37.0 (31.1–43.4) |
| *Cognitive function* | Impaired | 45.1 (37.3–53.2) | 54.9 (46.8–62.7) | < 0.001 |
| Not impaired | 66.1 (60.5–71.2) | 33.9 (28.8–39.5) |
| *Symptoms of depression* ‡ | Yes | 53.1 (46.4–59.8) | 46.9 (40.2–53.6) | < 0.001 |
| No | 83.1 (76.4–88.2) | 16.9 (11.8–23.6) |
| *Functional status (IADLs)* ‡ | Dependent | 63.1 (56.5–69.3) | 36.9 (30.7–43.5) | < 0.001 |
| Independent | 92.6 (86.1–96.2) | 7.4 (3.8–13.9) |
| *Loneliness feelings* ‡ | Yes | 58.6 (48.9–67.7) | 41.4 (32.3–51.1) | 0.017 |
| No | 73.1 (65.7–79.4) | 26.9 (20.6–34.3) |

CI, Confidence Interval

IADLs, Instrumental Activities of Daily Living

† Second-order Rao-Scott adjusted chi-square statistic to compare between MNA® categories. Significance based on adjusted F and degrees of freedom (Complex Sample Analysis)

‡ Data only available for individuals without cognitive impairment (according to MMSE cut-offs)