Supplementary Table 1. Basal sociodemographic and clinical characteristics of each cohort

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| **Sociodemographic and clinical characteristics** | **Complete cohort** (N = 57) | **Follow-up cohort** (N = 36) |
| **Age**, years (mean [SD]) | 57.2 (16.3) | 53.8 (17.2) |
| **Sex** (n [%])WomenMen | 24 (47.2)33 (57.8) | 17 (47.2)19 (57.8) |
| **Usual weight**, kg (mean [SD]) | 70.4 (16.9) | 67.7 (16.4) |
| **Basal weight**, kg (mean [SD]) | 63.4 (15.2) | 61.6 (14.2) |
| **BMI**, kg/m2 (mean [SD]) | 22.6 (4.4) | 22.2 (4.3) |
| **Nutritional status according to SGA** (n [%])Normal nutritionRisk or moderate malnutritionSevere malnutrition | 4 (7.0)37 (64.9)16 (28.1) | 4 (11.1)22 (61.1)10 (27.8) |
| **Nutritional status according to GLIM** (n [%])Moderate malnutrition (grade 1)Severe malnutrition (grade 2) | 31 (54.4)21 (36.8) | 21 (67.7)10 (32.3) |
| **Degree of dependency according to Barthel** (n [%])IndependenceLow dependencyModerate dependencySevere dependencyFull dependency | 36 (63.2)9 (15.8)7 (12.3)2 (3.5)3 (5.3) | 23 (63.9)6 (16.7)3 (8.3)2 (5.6)2 (5.6) |
| **Comorbidities according to Charlson’s index** (n [%])Tumour (in the last 5 years)DiabetesMetastatic solid tumourPeripheral vascular diseaseMild liver pathologyModerate or severe kidney diseaseDementiaChronic obstructive pulmonary diseaseCerebrovascular diseaseHemiplegiaDiabetes with organ damageAIDSHeart attackCongestive heart failureLeukaemiaLymphomaNone | 32 (56.1)10 (17.5)10 (17.5)7 (12.3)3 (5.3)3 (5.3)2 (3.5)2 (3.5)1 (1.8)1 (1.8)1 (1.8)1 (1.8)1 (1.8)1 (1.8)1 (1.8)1 (1.8)10 (17.5) | 18 (50.0)6 (16.7)2 (5.6)2 (5.6)1 (2.8)1 (2.8)1 (2.8)1 (2.8)1 (2.8)1 (2.8)1 (2.8)1 (2.8)----10 (27.8) |
| **Charlson’s index** (mean [SD]) | 4.2 (3.3) | 3.0 (2.6) |
| **Motive for HEN prescription** (n [%])Swallow or transit mechanic alterationsClinical situations involving severe malnutritionNeuromotor disorders that prevent swallowing or transitSpecial energy and/or nutrient requirementsOthers | 24 (42.1)20 (35.1)7 (12.3)5 (8.8)1 (1.8) | 16 (44.4)10 (27.8)5 (13.9)4 (11.1)1 (2.8) |
| **Route of HEN administration**OralNasojejunal tubeNasogastric tubeGastrostomyJejunostomy | 34 (59.7)3 (5.3)8 (14.0)11 (19.3)1 (1.8) | 19 (52.8)3 (8.3)5 (13.9)8 (22.2)1 (2.8) |

BMI: body mass index; GLIM: Global Leadership Initiative on Malnutrition; SD: standard deviation; SGA: subjective global assessment

Supplementary Table 2. Distribution of patients in the complete cohort according to their health-related quality of life (HRQoL) at the basal and each follow-up visit

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|  | **Complete cohort**(N = 57) |
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| **NutriQoL® score**, mean (SD) | 70.9 (12.4) |
| **HRQoL category** (n [%])Very deficientDeficientAcceptableGoodExcellent | 0 (0.0)0 (0.0)8 (14.0)33 (57.9)16 (28.1) |

HRQoL: health-related quality of life