



**nutritionDay**  
WORLDWIDE

**Country report**  
**nutritionDay 2016**  
**Brazil**

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:

<b>Number of centers on nutritionDay:</b>	<b>5</b>
<b>Number of units on nutritionDay:</b>	<b>7</b>
<b>Number of patients on nutritionDay:</b>	<b>174</b>
<b>Number of patients who gave consent:</b>	<b>174</b>
<b>Number of patients completing Sheet 3a:</b>	<b>173</b>
<b>Number of patients completing Sheet 3b:</b>	<b>173</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>159</b>

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

The report consists of 4 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.

**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
<b>1. Total number of beds in hospital</b>	194 [175-213]	305 [180-526]
<b>2. Total number of admissions in the hospital last year</b>	10000 [10000-10000]	17891 [8741-38415]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	40 [40-40]	162 [65-328]
Medical specialists	65 [53-78]	108 [44-210]
Medical non-specialists	-	35 [12-81]
Nurses	47 [34-61]	346 [124-710]
Dieticians	0 [0-0]	4 [1-8]
Nutritionists	6 [4-7]	1 [0-4]
Pharmacists	6 [6-7]	6 [3-14]
Kitchen staff	27 [20-33]	28 [11-55]
<b>Full time equivalent</b>		
Total medical doctors	-	126 [56-296]
Medical specialists	-	88 [44-210]
Medical non-specialists	-	33 [11-83]
Nurses	47 [34-61]	317 [123-726]
Dieticians	-	4 [1-7]
Nutritionists	40 [40-40]	1 [0-4]
Pharmacists	40 [40-40]	5 [2-11]
Kitchen staff	-	25 [12-50]
<b>4. Does the hospital have a nutrition care strategy?</b>	2 (100%) Yes	269 (76.0%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	2 (100%) Yes	226 (63.8%) Yes
Nutrition steering committee is available	2 (100%) Yes	207 (58.5%) Yes
Quality indicators are recorded and reported to national or regional level	-	139 (39.3%) Yes
Quality indicators are used for internal benchmarking	2 (100%) Yes	171 (48.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (100%) Yes	250 (70.6%) Yes
None	-	30 (8.5%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
<b>Codes available</b>		
Nutrition Support	2 (100%) Yes	175 (49.4%) Yes
Oral nutrition supplements	2 (100%) Yes	141 (39.8%) Yes

Parenteral nutrition	2 (100%) Yes	202 (57.1%) Yes
Enteral nutrition	1 (50.0%) Yes	167 (47.2%) Yes
Dietary counseling	1 (50.0%) Yes	120 (33.9%) Yes
Specific dietary interventions	1 (50.0%) Yes	104 (29.4%) Yes
Screening for malnutrition	1 (50.0%) Yes	88 (24.9%) Yes
Risk of malnutrition	1 (50.0%) Yes	90 (25.4%) Yes
Malnutrition (in general)	1 (50.0%) Yes	170 (48.0%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (50.0%) Yes	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	1 (50.0%) Yes	139 (39.3%) Yes
Oral nutrition supplements	1 (50.0%) Yes	111 (31.4%) Yes
Parenteral nutrition	1 (50.0%) Yes	177 (50.0%) Yes
Enteral nutrition	-	145 (41.0%) Yes
Dietary counseling	-	88 (24.9%) Yes
Specific dietary interventions	-	84 (23.7%) Yes
Screening for malnutrition	-	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	-	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	1 (14.3%)	92 (20.0%)
Internal Medicine / Cardiology	-	26 (5.7%)
Internal Medicine / Gastroenterology & hepatology	-	31 (6.8%)
Internal Medicine / Geriatrics	-	37 (8.1%)
Internal Medicine / Infectious diseases	-	5 (1.1%)
Internal Medicine / Nephrology	-	5 (1.1%)
Internal Medicine / Oncology (incl. radiotherapy)	1 (14.3%)	35 (7.6%)
Interdisciplinary	2 (28.6%)	21 (4.6%)
Long term care	-	7 (1.5%)
Neurology	-	14 (3.1%)
Surgery / General	-	82 (17.9%)
Surgery/ Cardiac/Vascular/Thoracic	-	6 (1.3%)
Surgery / Neurosurgery	-	4 (0.9%)
Surgery / Orthopedic	-	19 (4.1%)
Trauma	-	7 (1.5%)
Ear Nose Throat (ENT)	-	7 (1.5%)
Gynecology / Obstetrics	-	10 (2.2%)
Pediatrics	-	-
Psychiatry	-	3 (0.7%)
Others	3 (42.9%)	48 (10.5%)
<b>2. Number of registered inpatients at noon</b>	20 [18-28]	24 [17-35]
<b>3. Total bed capacity of the unit</b>	22 [19-31]	31 [25-44]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	4 [3-11]	4 [2-8]
Nurses	2 [2-8]	5 [4-8]
Nursing aides	8 [7-31]	2 [1-4]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	2 [2-5]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-2]
Other staff involved in patient care	4 [4-5]	1 [0-3]
<b>In training</b>		
Medical doctors	7 [7-9]	1 [0-3]
Medical students	12 [6-12]	1 [0-2]
Nurses	3 [3-8]	1 [0-3]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	3 [2-3]	0 [0-0]
Other staff involved in patient care	3 [1-4]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 4 (100%) Yes 323 (73.6%) Yes

**6. Does the unit have a nutrition care strategy?** 4 (100%) Yes 316 (72.0%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 4 (100%) Yes 317 (72.2%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 4 (100%) Yes 395 (90.0%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 2 (50.0%) 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	-	10 (2.2%) Yes
Experience / visual assessment only	-	43 (9.4%) Yes
Weighing / BMI only	-	66 (14.4%) Yes
Nutritional Risk Screening (NRS) 2002	3 (42.9%) Yes	131 (28.5%) Yes
Malnutrition Universal Screening Tool (MUST)	1 (14.3%) Yes	28 (6.1%) Yes
Malnutrition Screening tool (MST)	-	42 (9.2%) Yes
SNAQ	-	2 (0.44%) Yes
Other formal tool	-	70 (15.3%) Yes
I do not know	-	2 (0.44%) Yes
Missing	3 (42.9%)	20 (4.4%)

**During hospital stay**

No routine monitoring	-	43 (9.4%) Yes
No fixed criteria	-	44 (9.6%) Yes
Experience / visual assessment only	-	90 (19.6%) Yes
Weighing / BMI only	2 (28.6%) Yes	132 (28.8%) Yes
Other formal tool	2 (28.6%) Yes	121 (26.4%) Yes
I do not know	-	9 (2.0%) Yes
Missing	3 (42.9%)	20 (4.4%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 4 (100%) Yes 343 (78.7%) Yes

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

International guidelines	1 (25.0%) Yes	86 (25.1%) Yes
National guidelines	1 (25.0%) Yes	56 (16.3%) Yes
Standards on hospital level	1 (25.0%) Yes	115 (33.5%) Yes
Standards on unit level	1 (25.0%) Yes	23 (6.7%) Yes
Individual patient nutrition care plans	-	56 (16.3%) Yes
Other	-	4 (1.2%) Yes
Missing	-	3 (0.87%)

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

Watchful waiting	3 (42.9%) Yes	139 (30.3%) Yes
Discuss nutrition care activities during ward rounds	4 (57.1%) Yes	192 (41.8%) Yes
Develop an individual nutrition care plan	4 (57.1%) Yes	246 (53.6%) Yes
Initiate treatment / nutrition intervention	4 (57.1%) Yes	277 (60.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (57.1%) Yes	285 (62.1%) Yes
Consult a medical professional	2 (28.6%) Yes	172 (37.5%) Yes
Calculate energy requirements	4 (57.1%) Yes	232 (50.5%) Yes
Calculate protein requirements	4 (57.1%) Yes	226 (49.2%) Yes

**Malnourished**

Watchful waiting	1 (14.3%) Yes	98 (21.4%) Yes
Discuss nutrition care activities during ward rounds	2 (28.6%) Yes	208 (45.3%) Yes
Develop an individual nutrition care plan	2 (28.6%) Yes	258 (56.2%) Yes
Initiate treatment / nutrition intervention	2 (28.6%) Yes	304 (66.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (28.6%) Yes	284 (61.9%) Yes
Consult a medical professional	4 (57.1%) Yes	183 (39.9%) Yes
Calculate energy requirements	2 (28.6%) Yes	261 (56.9%) Yes
Calculate protein requirements	2 (28.6%) Yes	257 (56.0%) Yes

**Every patient**

Watchful waiting	-	193 (42.0%) Yes
Discuss nutrition care activities during ward rounds	-	126 (27.5%) Yes
Develop an individual nutrition care plan	-	74 (16.1%) Yes
Initiate treatment / nutrition intervention	-	57 (12.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (14.3%) Yes	73 (15.9%) Yes
Consult a medical professional	-	101 (22.0%) Yes
Calculate energy requirements	-	50 (10.9%) Yes
Calculate protein requirements	-	44 (9.6%) Yes

**Never**

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

Develop an individual nutrition care plan	-	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	-	49 (10.7%)	Yes
Calculate energy requirements	-	50 (10.9%)	Yes
Calculate protein requirements	-	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	-	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	1 (14.3%)	Yes	291 (63.4%)	Yes
Within 24 hours	-		64 (13.9%)	Yes
Within 48 hours	-		20 (4.4%)	Yes
Within 72 hours	2 (28.6%)	Yes	13 (2.8%)	Yes
Every week	1 (14.3%)	Yes	152 (33.1%)	Yes
Occasionally	-		59 (12.9%)	Yes
When requested	1 (14.3%)	Yes	207 (45.1%)	Yes
At discharge	1 (14.3%)	Yes	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	3 (42.9%)	Yes	338 (73.6%)	Yes
Offer meal choices	3 (42.9%)	Yes	336 (73.2%)	Yes
Offer different portion sizes	4 (57.1%)	Yes	282 (61.4%)	Yes
Consider food presentation	3 (42.9%)	Yes	192 (41.8%)	Yes
Change food texture/consistency as needed	4 (57.1%)	Yes	376 (81.9%)	Yes
Consider patient problems with eating and drinking	4 (57.1%)	Yes	372 (81.0%)	Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-		51 (11.1%)	Yes
Promote positive eating environment	-		82 (17.9%)	Yes
Consider cultural/religious preferences	1 (14.3%)	Yes	188 (41.0%)	Yes
Consider patient allergies / intolerances	1 (14.3%)	Yes	214 (46.6%)	Yes
Other	-		29 (6.3%)	Yes
I do not know	-		6 (1.3%)	Yes
No answer given	3 (42.9%)		20 (4.4%)	

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

Nutrition training is available	4 (57.1%) Yes	257 (56.0%) Yes
Reporting of nutrition related information to hospital managers	3 (42.9%) Yes	201 (43.8%) Yes
Quality indicators are recorded and reported to national or regional level	3 (42.9%) Yes	123 (26.8%) Yes
Quality indicators are used for internal benchmarking	3 (42.9%) Yes	166 (36.2%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (28.6%) Yes	291 (63.4%) Yes
None	-	21 (4.6%) Yes
I do not know	-	11 (2.4%) Yes
No answer given	3 (42.9%)	36 (7.8%)

**16. At admission what is asked and documented?**

Change in weight	4 (57.1%) Yes	358 (78.0%) Yes
Eating habits/difficulties	4 (57.1%) Yes	336 (73.2%) Yes
Nutrition before admission	4 (57.1%) Yes	260 (56.6%) Yes
None	-	9 (2.0%) Yes
I do not know	-	5 (1.1%) Yes
No answer given	3 (42.9%)	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	4 (57.1%) Yes	323 (70.4%) Yes
nutrition treatment	4 (57.1%) Yes	270 (58.8%) Yes
None	-	30 (6.5%) Yes
I do not know	4 (57.1%) Yes	270 (58.8%) Yes

**b. Discharge Letter ...**

summarizes nutrition treatment received during stay	2 (28.6%) Yes	162 (35.3%) Yes
makes future nutrition-related recommendations	4 (57.1%) Yes	258 (56.2%) Yes
None	-	56 (12.2%) Yes
I do not know	-	23 (5.0%) Yes

<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	1 (25.0%) Yes	162 (43.9%) Yes
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**19. Who filled in this sheet?**

Head staff	-	117 (25.5%) Yes
Dietician	4 (57.1%) Yes	236 (51.4%) Yes
Nurse	-	124 (27.0%) Yes
Physician	-	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	174	8743
Age	61 [50-70]	67 [53-78]
Female	88 (50.6%)	4410 (50.4%)
Weight	69.4±16.5	69.1±18.8
Height	165±9	164±10
BMI	25.5±5.7	25.5±6.0

#### 1. This hospital admission was...

planned	92 (52.9%)	3052 (34.9%)
an emergency	77 (44.3%)	5037 (57.6%)
I do not know	5 (2.9%)	654 (7.5%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	18 (10.3%)	801 (9.2%)
0200 Neoplasms	60 (34.5%)	1381 (15.8%)
0300 Blood and bloodforming organs and the immune mechanism	20 (11.5%)	578 (6.6%)
0400 Endocrine, nutritional and metabolic diseases	16 (9.2%)	1043 (11.9%)
0500 Mental health	6 (3.4%)	333 (3.8%)
0600 Nervous system	6 (3.4%)	762 (8.7%)
0700 Eye and adnexa	1 (0.57%)	131 (1.5%)
0800 Ear and mastoid process	-	70 (0.80%)
0900 Circulatory system	31 (17.8%)	1723 (19.7%)
1000 Respiratory system	20 (11.5%)	1358 (15.5%)
1100 Digestive system	27 (15.5%)	2210 (25.3%)
1200 Skin and subcutaneous tissue	5 (2.9%)	424 (4.8%)
1300 Musculoskeletal system and connective tissue	13 (7.5%)	1276 (14.6%)
1400 Genitourinary system	16 (9.2%)	809 (9.3%)
1500 Pregnancy, childbirth and the puerperium	-	123 (1.4%)
1600 Conditions originating in the perinatal period	-	21 (0.24%)
1700 Congenital/chromosomal abnormalities	-	9 (0.10%)
1800 Symptoms, signs, abnormal clinical/lab findings	6 (3.4%)	391 (4.5%)
1900 Injury, poisoning	3 (1.7%)	276 (3.2%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	2 (1.1%)	156 (1.8%)
2100 Factors influencing health status and contact with health services	-	210 (2.4%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	14 (8.2%)	1569 (22.2%)
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Myocardial infarction	8 (4.7%)	394 (5.8%)
Chronic lung disease	15 (8.8%)	1080 (15.5%)
Cerebral vascular disease	4 (2.3%)	745 (10.9%)
Peripheral vascular disease	8 (4.7%)	869 (12.6%)
Chronic liver disease	11 (6.4%)	441 (6.5%)
Chronic kidney disease	10 (5.8%)	821 (11.9%)
Diabetes	30 (17.4%)	1899 (26.8%)
Cancer	31 (18.1%)	1733 (24.8%)
Infection	17 (9.9%)	1103 (15.8%)
Dementia	3 (1.8%)	374 (5.5%)
Major depressive disorder	10 (5.9%)	377 (5.6%)
Other chronic mental disorder	3 (1.8%)	378 (5.6%)
Other chronic disease	20 (13.2%)	1968 (27.8%)
None	55 (31.6%)	1394 (15.9%)

#### 4a. Previous operation during this hospital stay

Yes, planned	24 (13.8%)	1743 (19.9%)
Yes, acute	4 (2.3%)	539 (6.2%)
No	144 (82.8%)	6145 (70.3%)
I do not know	-	126 (1.4%)
Missing	2 (1.1%)	190 (2.2%)

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

Yes, today or tomorrow	7 (4.0%)	738 (8.4%)
Yes, later	11 (6.3%)	513 (5.9%)
No	151 (86.8%)	6496 (74.3%)
I do not know	1 (0.57%)	414 (4.7%)
Missing	4 (2.3%)	582 (6.7%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	16 (9.2%)	934 (10.7%)
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<b>6. Is this patient terminally ill?</b>	7 (4.0%)	630 (7.2%)
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#### 7. Fluid status

Normal	127 (73.0%)	6866 (78.5%)
Overloaded	14 (8.0%)	500 (5.7%)
Dehydrated	28 (16.1%)	450 (5.1%)
I do not know	5 (2.9%)	927 (10.6%)
Missing	-	-

#### 8. Number of different medications planned

Oral	4 [2-7]	5 [2-8]
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Other	4 [2-6]	2 [1-4]
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### 9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	27 (15.5%)	871 (10.0%)
At risk	36 (20.7%)	1543 (17.6%)
No	108 (62.1%)	5642 (64.5%)
I do not know	3 (1.7%)	687 (7.9%)
Missing	-	-

### 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	105 (60.3%)	3469 (39.7%)
5% Glucose solution	10 (5.7%)	860 (9.8%)

### 11. Number of ONS drinks planned

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

Regular hospital food	73 (42.0%)	4849 (55.5%)
Fortified/enriched hospital food	38 (21.8%)	756 (8.6%)
Protein/energy supplement (e.g. ONS drinks)	32 (18.4%)	998 (11.4%)
Enteral nutrition	14 (8.0%)	485 (5.5%)
Parenteral nutrition	-	479 (5.5%)
Special diet	72 (41.4%)	3072 (35.1%)
None	6 (3.4%)	474 (5.4%)

### 13a. All lines and Tubes

Central Venous	11 (6.3%)	734 (8.4%)
Peripheral venous access	120 (69.0%)	4122 (47.1%)
Nasogastric	7 (4.0%)	258 (3.0%)
Nasojejunal	5 (2.9%)	38 (0.43%)
Nasoduodenal	1 (0.57%)	22 (0.25%)
Enterostoma	1 (0.57%)	42 (0.48%)
Percutaneous endoscopy/surgical gastrostomy	-	67 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.57%)	27 (0.31%)
None	42 (24.1%)	3894 (44.5%)

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

Yes, previously	4 (2.3%)	87 (1.00%)
Yes, ongoing	3 (1.7%)	80 (0.92%)
No	148 (85.1%)	7278 (83.2%)
I do not know	17 (9.8%)	846 (9.7%)
Missing	2 (1.1%)	452 (5.2%)

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

Energy requirements were determined	95 (54.6%)	3103 (35.5%)
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Protein requirements were determined	83 (47.7%)	2765 (31.6%)
Food/Nutrition intake was recorded in the patient record	117 (67.2%)	3893 (44.5%)
Nutrition treatment plan was developed	149 (85.6%)	3013 (34.5%)
Nutrition expert was consulted	120 (69.0%)	2890 (33.1%)
Malnutrition status is recorded in the patient record	107 (61.5%)	2363 (27.0%)
None	-	-

### 15a. Energy goal

< 500 kcal	-	268 (3.1%)
500-999 kcal	1 (0.57%)	93 (1.1%)
1000-1499 kcal	13 (7.5%)	884 (10.1%)
1500-1999 kcal	46 (26.4%)	2574 (29.4%)
>=2000 kcal	62 (35.6%)	958 (11.0%)
Not determined	43 (24.7%)	3200 (36.6%)
I do not know	9 (5.2%)	730 (8.3%)
Missing	-	36 (0.41%)

### 15b. Energy intake

< 500 kcal	6 (3.4%)	530 (6.1%)
500-999 kcal	9 (5.2%)	483 (5.5%)
1000-1499 kcal	21 (12.1%)	1101 (12.6%)
1500-1999 kcal	28 (16.1%)	1928 (22.1%)
>=2000 kcal	34 (19.5%)	584 (6.7%)
Not determined	56 (32.2%)	2964 (33.9%)
I do not know	17 (9.8%)	1101 (12.6%)
Missing	3 (1.7%)	52 (0.59%)

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

Improved	99 (56.9%)	4436 (50.7%)
Deteriorated	14 (8.0%)	485 (5.5%)
Remained the same	33 (19.0%)	2411 (27.6%)
This patient has just been admitted	11 (6.3%)	555 (6.3%)
I do not know	17 (9.8%)	856 (9.8%)
Missing	-	-

Length of hospital stay (days)	17 [9-32]	12 [6-24]
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### Outcome Code

1= Still in the hospital	2 (1.1%)	748 (8.6%)
2= Transferred to another hospital	8 (4.6%)	211 (2.4%)
3= Transferred to long term care	-	360 (4.1%)
4= Rehabilitation	-	486 (5.6%)
5= Discharged home	130 (74.7%)	6417 (73.4%)
6= Death	11 (6.3%)	260 (3.0%)

7= Others	8 (4.6%)	173 (2.0%)
Missing	15 (8.6%)	88 (1.0%)

**Readmitted since ND**

1= No	72 (48.3%)	6055 (78.3%)
2= Yes, same hospital planned	-	457 (5.9%)
3= Yes, same hospital unplanned	-	454 (5.9%)
4= Yes, different hospital planned	-	44 (0.57%)
5= Yes, different hospital unplanned	-	44 (0.57%)
6= Unknown	-	299 (3.9%)
Missing	77 (51.7%)	386 (5.0%)

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

	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	84 (48.6%)	5885 (69.8%)
I am vegetarian	-	142 (1.7%)
I adhere to a vegan diet	-	50 (0.59%)
I eat gluten-free diet	1 (0.58%)	73 (0.87%)
I avoid added sugars	15 (8.7%)	1290 (15.3%)
I avoid carbohydrates	9 (5.2%)	477 (5.7%)
I eat a low fat-diet	27 (15.6%)	972 (11.5%)
I am lactose intolerant	2 (1.2%)	328 (3.9%)
Other special diet due to intolerances/allergies	2 (1.2%)	171 (2.0%)
Other	12 (6.9%)	603 (7.2%)
No answer given	39 (22.5%)	162 (1.9%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	127 (73.4%)	7497 (89.0%)
In a nursing home or other live-in facility	1 (0.58%)	287 (3.4%)
I was transferred from another hospital	14 (8.1%)	418 (5.0%)
Other	3 (1.7%)	139 (1.6%)
Missing	28 (16.2%)	87 (1.0%)
<b>3. In general, are you able to walk?</b>		
Yes	107 (61.8%)	5392 (64.0%)
Yes, with someone's help	27 (15.6%)	899 (10.7%)
Yes, independently using a cane, walker, or crutches	14 (8.1%)	1107 (13.1%)
No, I have a wheelchair	2 (1.2%)	355 (4.2%)
No, I am bedridden	21 (12.1%)	548 (6.5%)
Missing	2 (1.2%)	127 (1.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	20 (11.6%)	615 (7.3%)
Good	64 (37.0%)	3078 (36.5%)
Fair	52 (30.1%)	3196 (37.9%)
Poor	25 (14.5%)	1144 (13.6%)
Very poor	11 (6.4%)	254 (3.0%)
Missing	1 (0.58%)	141 (1.7%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	3 [1-6]	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 [0-15]	5 [0-15]

<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	32 (18.5%)	1638 (19.4%)
3-5	59 (34.1%)	2272 (27.0%)
More than 5	42 (24.3%)	2608 (30.9%)
None	23 (13.3%)	1375 (16.3%)
I do not know	16 (9.2%)	429 (5.1%)
Missing	1 (0.58%)	106 (1.3%)

<b>7. Do you have health insurance?</b>		
Yes, private insurance only	16 (9.2%)	1250 (14.8%)
Yes, public insurance only	95 (54.9%)	4213 (50.0%)
Yes, both	9 (5.2%)	1101 (13.1%)
None	50 (28.9%)	1114 (13.2%)
I prefer not to answer	1 (0.58%)	483 (5.7%)
Missing	2 (1.2%)	267 (3.2%)

<b>8. What was your weight 5 years ago?</b>	74 [62-85]	70 [60-83]
I do not know	17 (9.8%)	2268 (26.9%)

<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	8 (4.6%)	795 (9.4%)
Yes, unintentionally	91 (52.6%)	3179 (37.7%)
No, my weight stayed the same	37 (21.4%)	2488 (29.5%)
No, I gained weight	21 (12.1%)	911 (10.8%)
I do not know	11 (6.4%)	856 (10.2%)
Missing	5 (2.9%)	199 (2.4%)

<b>9b. If yes, how many kg did you lose?</b>	9 [5-14]	6 [3-10]
I do not know	10 (10.1%)	672 (16.9%)

<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	70 (41.2%)	3142 (39.1%)
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<b>11. Please indicate if you ...</b>		
... were weighed at admission	110 (64.3%)	4710 (56.2%)
... were informed about your nutrition status	128 (75.7%)	2651 (32.0%)
... were informed about nutrition care options	136 (80.5%)	2341 (28.3%)
... received special nutrition care	127 (76.0%)	2232 (27.0%)

<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	14 (8.1%)	366 (4.4%)
Normal	87 (50.3%)	5184 (62.0%)
About 3/4 of normal	15 (8.7%)	801 (9.6%)
About half of normal	20 (11.6%)	1028 (12.3%)



About a quarter to nearly nothing	32 (18.5%)	750 (9.0%)
I do not know	3 (1.7%)	82 (0.98%)
Missing	2 (1.2%)	157 (1.9%)

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

Very satisfied	91 (52.6%)	2303 (27.5%)
Somewhat satisfied	12 (6.9%)	2525 (30.2%)
Neutral	15 (8.7%)	1669 (19.9%)
Dissatisfied	37 (21.4%)	652 (7.8%)
Very dissatisfied	7 (4.0%)	252 (3.0%)
I do not know	6 (3.5%)	712 (8.5%)
Missing	5 (2.9%)	255 (3.0%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	45 (26.0%)	910 (10.9%)
Yes, from hospital staff	5 (2.9%)	544 (6.5%)
No	118 (68.2%)	6450 (77.1%)
I do not know	1 (0.58%)	107 (1.3%)
Missing	4 (2.3%)	357 (4.3%)

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

128 (76.6%) 5869 (74.5%)

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

About all	72 (41.6%)	4051 (48.4%)
1/2	38 (22.0%)	1966 (23.5%)
1/4	37 (21.4%)	1005 (12.0%)
Nothing	20 (11.6%)	975 (11.7%)
Missing	6 (3.5%)	371 (4.4%)

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

Standard	125 (72.3%)	5388 (64.4%)
Smaller	13 (7.5%)	778 (9.3%)
Larger	5 (2.9%)	328 (3.9%)
I do not know	7 (4.0%)	848 (10.1%)
Missing	23 (13.3%)	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	11 (11.6%)	570 (14.4%)
I did not like the smell/taste of the food	6 (6.3%)	443 (11.2%)
The food did not fit my cultural/religious preferences	1 (1.1%)	47 (1.2%)
The food was too hot	-	14 (0.35%)
The food was too cold	5 (5.3%)	86 (2.2%)
Due to food allergy/intolerance	-	25 (0.63%)
I was not hungry at that time	10 (10.5%)	672 (17.0%)

I do not have my usual appetite	31 (32.6%)	1114 (28.2%)
I have problems chewing/swallowing	6 (6.3%)	225 (5.7%)
I normally eat less than what was served	5 (5.3%)	428 (10.8%)
I had nausea/vomiting	11 (11.6%)	327 (8.3%)
I was too tired	5 (5.3%)	219 (5.5%)
I cannot eat without help	3 (3.2%)	68 (1.7%)
I was not allowed to eat	6 (6.3%)	449 (11.4%)
I had an exam, surgery, or test and missed my meal	5 (5.3%)	234 (5.9%)
I did not get requested food	1 (1.1%)	53 (1.3%)
No answer given	22 (23.2%)	481 (12.2%)

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

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

**19a. Did you eat any food apart from hospital food TODAY?** 55 (34.0%) 2048 (26.7%)

#### 19b. If yes, what did you eat?

Sweet snacks	10 (18.2%)	501 (24.5%)
Salty snacks	11 (20.0%)	273 (13.3%)
Homemade food	3 (5.5%)	302 (14.7%)
Fruits	28 (50.9%)	724 (35.4%)
Dairy products	3 (5.5%)	212 (10.4%)
Food delivered/restaurant	4 (7.3%)	84 (4.1%)
Sandwich	9 (16.4%)	139 (6.8%)
Other	7 (12.7%)	400 (19.5%)

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

Increased	45 (26.0%)	1138 (13.6%)
Decreased	55 (31.8%)	2694 (32.2%)
Stayed the same	60 (34.7%)	3504 (41.9%)
I do not know	7 (4.0%)	582 (7.0%)
Missing	6 (3.5%)	450 (5.4%)

#### 21. TODAY I feel...

Stronger than at admission	91 (52.6%)	3635 (43.4%)
Weaker than at admission	41 (23.7%)	1458 (17.4%)
Same as at admission	29 (16.8%)	2363 (28.2%)

I was admitted today	3 (1.7%)	236 (2.8%)
I do not know	6 (3.5%)	454 (5.4%)
Missing	3 (1.7%)	222 (2.7%)

**22. Can you walk without assistance TODAY?**

Yes	103 (59.5%)	4925 (58.9%)
No, only with assistance	43 (24.9%)	2067 (24.7%)
No, I stay in bed	24 (13.9%)	929 (11.1%)
Missing	3 (1.7%)	447 (5.3%)

<b>23. Did anyone help you complete this questionnaire?</b>	95 (55.6%)	5634 (69.0%)
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