



Dear participant,

Thank you for your participation in nutritionDay worldwide in 2019 and for your effort. We are now able to present you your country report of the following sample size:

Number of participated center:	6
Number of participated units:	12
Number of patients:	211
Number of patients who gave consent:	210
Number of patients completing Sheet 3a:	195
Number of patients completing Sheet 3b:	193
Number of patients with 30-day outcome assessment:	139

This report compares your country data to international reference database based on data from nutritionDay 2016-2018.

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 2020. Again, we would very much appreciate your participation. You will be provided with further information on a regular

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

Sigrid Moick, MA

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	350 [250-425]	333 [194-630]
2. Total number of admissions in the hospital last year	35606 [26821-102255]	18005 [9101-36130]
3. Total number of staff in the hospital		
Total medical doctors	50 [45-102]	173 [80-399]
Medical specialists	61 [35-86]	116 [53-250]
Medical non-specialists	42 [42-42]	37 [14-84]
Nurses	650 [515-925]	420 [183-836]
Dieticians	10 [9-12]	5 [2-9]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	48 [46-49]	7 [4-21]
Kitchen staff	59 [54-65]	31 [15-59]
Full time equivalent		
Total medical doctors	153 [153-153]	148 [60-373]
Medical specialists	90 [90-90]	98 [45-251]
Medical non-specialists	42 [42-42]	36 [11-99]
Nurses	440 [410-470]	364 [180-788]
Dieticians	11 [10-11]	5 [2-8]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	45 [45-45]	6 [3-18]
Kitchen staff	48 [48-48]	29 [15-55]
4. Does the hospital have a nutrition care strategy?	3 (100,0%) Yes	498 (79,4%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	3 (75,0%) Yes	434 (66,7%) Yes
Nutrition steering committee is available	2 (50,0%) Yes	388 (59,6%) Yes
Quality indicators are recorded and reported to national or regional level	2 (50,0%) Yes	263 (40,4%) Yes
Quality indicators are used for internal benchmarking	3 (75,0%) Yes	337 (51,8%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (75,0%) Yes	475 (73,0%) Yes
None	0 (0,0%) Yes	30 (4,6%) Yes
No answer given	1 (25,0%)	24 (3,7%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	1 (25,0%) Yes	313 (48,1%) Yes

Oral nutrition supplements	2 (50,0%) Yes	239 (36,7%) Yes
Parenteral nutrition	2 (50,0%) Yes	375 (57,6%) Yes
Enteral nutrition	2 (50,0%) Yes	334 (51,3%) Yes
Dietary counseling	1 (25,0%) Yes	235 (36,1%) Yes
Specific dietary interventions	1 (25,0%) Yes	181 (27,8%) Yes
Screening for malnutrition	1 (25,0%) Yes	187 (28,7%) Yes
Risk of malnutrition	1 (25,0%) Yes	160 (24,6%) Yes
Malnutrition (in general)	2 (50,0%) Yes	294 (45,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25,0%) Yes	280 (43,0%) Yes
No information available from billing/finance/controlling	1 (25,0%) Yes	109 (16,7%) Yes
No answer given	-	42 (6,5%)

Codes routinely used

Nutrition Support	1 (25,0%) Yes	270 (41,5%) Yes
Oral nutrition supplements	2 (50,0%) Yes	209 (32,1%) Yes
Parenteral nutrition	2 (50,0%) Yes	343 (52,7%) Yes
Enteral nutrition	2 (50,0%) Yes	307 (47,2%) Yes
Dietary counseling	1 (25,0%) Yes	198 (30,4%) Yes
Specific dietary interventions	1 (25,0%) Yes	159 (24,4%) Yes
Screening for malnutrition	1 (25,0%) Yes	149 (22,9%) Yes
Risk of malnutrition	1 (25,0%) Yes	128 (19,7%) Yes
Malnutrition (in general)	2 (50,0%) Yes	255 (39,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25,0%) Yes	242 (37,2%) Yes
No information available from billing/finance/controlling	1 (25,0%) Yes	120 (18,4%) Yes
No answer given	-	53 (8,1%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (8,3%)	21.1%
Internal Medicine / Cardiology	1 (8,3%)	4.3%
Internal Medicine / Gastroenterology & hepatology	2 (16,7%)	7.8%
Internal Medicine / Geriatrics	0 (0,0%)	9.7%
Internal Medicine / Infectious diseases	0 (0,0%)	0.6%
Internal Medicine / Nephrology	3 (25,0%)	1.2%
Internal Medicine / Oncology (incl. radiotherapy)	0 (0,0%)	8.1%
Interdisciplinary	1 (8,3%)	3.4%
Long term care	0 (0,0%)	2.0%
Neurology	1 (8,3%)	3.6%
Surgery / General	0 (0,0%)	15.7%
Surgery/ Cardiac/Vascular/Thoracic	0 (0,0%)	1.4%
Surgery / Neurosurgery	0 (0,0%)	0.9%
Surgery / Orthopedic	1 (8,3%)	4.2%
Trauma	0 (0,0%)	0.9%
Ear Nose Throat (ENT)	0 (0,0%)	1.7%
Gynecology / Obstetrics	0 (0,0%)	1.4%
Pediatrics	0 (0,0%)	0.1%
Psychiatry	0 (0,0%)	0.9%
Others	2 (16,7%)	11.1%
2. Number of registered inpatients at noon	19 [12-30]	25 [19-32]
3. Total bed capacity of the unit	58 [29-95]	30 [24-40]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	13 [9-34]	4 [2-7]
Nurses	32 [10-86]	5 [3-8]
Nursing aides	1 [1-3]	2 [1-4]
Dieticians	2 [2-3]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	4 [3-5]	1 [0-1]
Other staff involved in patient care	3 [3-6]	1 [0-2]
In training		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	1 [0-1]	0 [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? 9 (100,0%) Yes 1018 (78,3%) Yes

6. Does the unit have a nutrition care strategy? 9 (100,0%) Yes 984 (75,7%) Yes

7. Is there a person in your unit responsible for nutrition care? 9 (100,0%) Yes 922 (70,9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 10 (100,0%) Yes 1239 (90,8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 2 (22,2%) Yes 780 (60,0%) Yes

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

At admission

No routine screening	-	109 (7,6%)
No fixed criteria	-	21 (1,5%)
Experience / visual assessment only	-	102 (7,1%)
Weighing / BMI only	3 (25,0%) Yes	201 (14,1%)
Nutritional Risk Screening (NRS) 2002	6 (50,0%) Yes	462 (32,3%)
Malnutrition Universal Screening Tool (MUST)	-	81 (5,7%)
Malnutrition Screening tool (MST)	-	115 (8,0%)
SNAQ	-	13 (0,91%)
Other formal tool	1 (8,3%) Yes	249 (17,4%)
I do not know	-	11 (0,77%)
Missing	2 (16,7%)	66 (4,6%)

During hospital stay

No routine monitoring	-	133 (9,3%)
No fixed criteria	-	118 (8,3%)
Experience / visual assessment only	-	235 (16,4%)
Weighing / BMI only	4 (33,3%) Yes	471 (32,9%)
Other formal tool	6 (50,0%) Yes	375 (26,2%)
I do not know	-	32 (2,2%)
Missing	2 (16,7%)	66 (4,6%)

11a. Do you routinely use guidelines or standards for nutrition care? 9 (100,0%) Yes 1043 (82,1%) Yes

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

International guidelines	9 (100%) Yes	257 (24,6%)
National guidelines	-	166 (15,9%)
Standards on hospital level	-	378 (36,2%)
Standards on unit level	-	65 (6,2%)
Individual patient nutrition care plans	-	155 (14,9%)
Other	-	11 (1,1%)
Missing	-	11 (1,1%)

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

Watchful waiting	1 (8,3%) Yes	399 (27,9%)
Discuss nutrition care activities during ward rounds	1 (8,3%) Yes	614 (42,9%)
Develop an individual nutrition care plan	-	720 (50,3%)
Initiate treatment / nutrition intervention	1 (8,3%) Yes	820 (57,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	828 (57,9%)
Consult a medical professional	-	505 (35,3%)
Calculate energy requirements	-	652 (45,6%)
Calculate protein requirements	-	630 (44,1%)

Malnourished

Watchful waiting	-	280 (19,6%)
Discuss nutrition care activities during ward rounds	-	675 (47,2%)
Develop an individual nutrition care plan	-	792 (55,4%)
Initiate treatment / nutrition intervention	-	884 (61,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	823 (57,6%)
Consult a medical professional	-	579 (40,5%)
Calculate energy requirements	-	763 (53,4%)
Calculate protein requirements	-	745 (52,1%)

Every patient

Watchful waiting	8 (66,7%) Yes	700 (49,0%)
Discuss nutrition care activities during ward rounds	8 (66,7%) Yes	358 (25,0%)
Develop an individual nutrition care plan	9 (75,0%) Yes	250 (17,5%)
Initiate treatment / nutrition intervention	8 (66,7%) Yes	197 (13,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (75,0%) Yes	264 (18,5%)
Consult a medical professional	9 (75,0%) Yes	307 (21,5%)
Calculate energy requirements	9 (75,0%) Yes	186 (13,0%)
Calculate protein requirements	9 (75,0%) Yes	168 (11,7%)

Never

Watchful waiting	-	105 (7,3%)
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Discuss nutrition care activities during ward rounds	-	77 (5,4%)
Develop an individual nutrition care plan	-	62 (4,3%)
Initiate treatment / nutrition intervention	-	19 (1,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1,4%)
Consult a medical professional	-	146 (10,2%)
Calculate energy requirements	-	141 (9,9%)
Calculate protein requirements	-	165 (11,5%)

I do not know

Watchful waiting	-	71 (5,0%)
Discuss nutrition care activities during ward rounds	-	54 (3,8%)
Develop an individual nutrition care plan	-	41 (2,9%)
Initiate treatment / nutrition intervention	-	34 (2,4%)
Consult a nutrition expert (dietician, nutritionist, etc.)	-	33 (2,3%)
Consult a medical professional	-	86 (6,0%)
Calculate energy requirements	-	65 (4,5%)
Calculate protein requirements	-	71 (5,0%)

13. When do you routinely weigh your patients?

at admission	8 (66,7%) Yes	928 (64,9%)
Within 24 hours	1 (8,3%) Yes	210 (14,7%)
Within 48 hours	-	79 (5,5%)
Within 72 hours	-	39 (2,7%)
Every week	2 (16,7%) Yes	627 (43,8%)
Occasionally	-	158 (11,0%)
When requested	6 (50,0%) Yes	728 (50,9%)
At discharge	3 (25,0%) Yes	67 (4,7%)
Never	-	17 (1,2%)
I do not know	-	6 (0,42%)
No answer given	3 (16,7%)	69 (4,8%)

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

Offer additional meals or in between snacks	8 (66,7%) Yes	1096 (76,6%)
Offer meal choices	10 (83,3%) Yes	1055 (73,8%)
Offer different portion sizes	10 (83,3%) Yes	934 (65,3%)
Consider food presentation	10 (83,3%) Yes	502 (35,1%)
Change food texture/consistency as needed	10 (83,3%) Yes	1175 (82,2%)
Consider patient problems with eating and drinking	10 (83,3%) Yes	1166 (81,5%)
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (25,0%) Yes	324 (22,7%)
Promote positive eating environment	4 (33,3%) Yes	419 (29,3%)
Consider cultural/religious preferences	10 (83,3%) Yes	903 (63,1%)
Consider patient allergies / intolerances	10 (83,3%) Yes	1045 (73,1%)
Other	1 (8,3%) Yes	103 (7,2%)

I do not know	-	26 (1,8%)
No answer given	2 (16,7%)	67 (4,7%)

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

Nutrition training is available	9 (75,0%) Yes	821 (57,4%)
Reporting of nutrition related information to hospital managers	9 (75,0%) Yes	608 (42,5%)
Quality indicators are recorded and reported to national or regional level	8 (66,7%) Yes	448 (31,3%)
Quality indicators are used for internal benchmarking	9 (75,0%) Yes	513 (35,9%)
Patient feedback about food and food service is collected using a questionnaire	9 (75,0%) Yes	884 (61,8%)
None	-	41 (2,9%)
I do not know	-	61 (4,3%)
No answer given	3 (25,0%)	151 (10,6%)

16. At admission what is asked and documented?

Change in weight	9 (75,0%) Yes	1104 (77,2%)
Eating habits/difficulties	9 (75,0%) Yes	1041 (72,8%)
Nutrition before admission	9 (75,0%) Yes	823 (57,6%)
None	-	18 (1,3%)
I do not know	-	33 (2,3%)
No answer given	3 (25,0%)	153 (10,7%)

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	9 (75,0%) Yes	1037 (72,5%)
nutrition treatment	9 (75,0%) Yes	837 (58,5%)
None	-	65 (4,5%)
I do not know	-	42 (2,9%)

b. Discharge Letter ...

summarizes nutrition treatment received during stay	2 (16,7%) Yes	592 (41,4%)
makes future nutrition-related recommendations	9 (75,0%) Yes	816 (57,1%)
None	-	137 (9,6%)
I do not know	-	128 (9,0%)

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	2 (22,2%) Yes	519 (45,2%) Yes
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19. Who filled in this sheet?

Head staff	-	411 (28,7%)
Dietician	9 (75,0%) Yes	717 (50,1%)
Nurse	-	388 (27,1%)

Physician	-	175 (12,2%)
Administrative staff	-	13 (0,91%)
Other	-	71 (5,0%)
None	-	-
I do not know	-	15 (1,0%)

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

	YOUR RESULTS	REFERENCE RESULTS
Total	210	27195
Age	55 [42-67]	67 [53-78]
Female	104 (49,5%)	13525 (49,7%)
Weight	65,5±16,4	69,9±18,9
Height	160±8	165±10
BMI	25,3±5,5	25,5±5,9

1. This hospital admission was...

planned	115 (54,8%)	9881 (36,3%)
an emergency	95 (45,2%)	14977 (55,1%)
I do not know	-	2337 (8,6%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	26 (12,4%)	2442 (9,0%)
0200 Neoplasms	1 (0,48%)	4873 (17,9%)
0300 Blood and bloodforming organs and the immune mechanism	24 (11,4%)	1724 (6,3%)
0400 Endocrine, nutritional and metabolic diseases	42 (20,0%)	3266 (12,0%)
0500 Mental health	3 (1,4%)	1218 (4,5%)
0600 Nervous system	17 (8,1%)	2493 (9,2%)
0700 Eye and adnexa	-	339 (1,2%)
0800 Ear and mastoid process	-	172 (0,63%)
0900 Circulatory system	34 (16,2%)	5629 (20,7%)
1000 Respiratory system	20 (9,5%)	4217 (15,5%)
1100 Digestive system	43 (20,5%)	6840 (25,2%)
1200 Skin and subcutaneous tissue	8 (3,8%)	1244 (4,6%)
1300 Musculoskeletal system and connective tissue	7 (3,3%)	4246 (15,6%)
1400 Genitourinary system	17 (8,1%)	2809 (10,3%)
1500 Pregnancy, childbirth and the puerperium	2 (0,95%)	222 (0,82%)
1600 Conditions originating in the perinatal period	-	36 (0,13%)
1700 Congenital/chromosomal abnormalities	-	52 (0,19%)
1800 Symptoms, signs, abnormal clinical/lab findings	26 (12,4%)	1319 (4,9%)
1900 Injury, poisoning	3 (1,4%)	724 (2,7%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	5 (2,4%)	671 (2,5%)
2100 Factors influencing health status and contact with health services	10 (4,8%)	990 (3,6%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	56 (27,7%)	5264 (21,3%)
Myocardial infarction	17 (8,5%)	1338 (5,5%)
Chronic lung disease	13 (6,5%)	3466 (14,1%)
Cerebral vascular disease	7 (3,5%)	2274 (9,3%)
Peripheral vascular disease	1 (0,50%)	2842 (11,6%)
Chronic liver disease	14 (6,9%)	1477 (6,1%)
Chronic kidney disease	36 (17,8%)	2817 (11,6%)
Diabetes	83 (40,9%)	5968 (24,2%)
Cancer	32 (15,9%)	5709 (23,2%)
Infection	20 (10,0%)	3578 (14,6%)
Dementia	3 (1,5%)	1229 (5,1%)
Major depressive disorder	1 (0,50%)	1233 (5,1%)
Other chronic mental disorder	-	1229 (5,1%)
Other chronic disease	4 (2,0%)	6369 (25,9%)
None	50 (23,8%)	4869 (17,9%)

4a. Previous operation during this hospital stay

Yes, planned	42 (20,0%)	5304 (19,5%)
Yes, acute	3 (1,4%)	1634 (6,0%)
No	140 (66,7%)	17917 (65,9%)
I do not know	-	313 (1,2%)
Missing	25 (11,9%)	2027 (7,5%)

Days since operation	0 [0-2]	3 [1-11]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	39 (18,6%)	1998 (7,3%)
Yes, later	7 (3,3%)	1411 (5,2%)
No	134 (63,8%)	19908 (73,2%)
I do not know	-	1082 (4,0%)
Missing	30 (14,3%)	2796 (10,3%)

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

43 (23,0%)	2731 (10,6%)
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6. Is this patient terminally ill?

33 (15,7%)	1729 (6,4%)
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7. Fluid status

Normal	171 (81,4%)	20820 (76,6%)
Overloaded	24 (11,4%)	1466 (5,4%)
Dehydrated	14 (6,7%)	1298 (4,8%)
I do not know	1 (0,48%)	3611 (13,3%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	42 (20,0%)	3264 (12,0%)
At risk	43 (20,5%)	4856 (17,9%)
No	124 (59,0%)	16820 (61,8%)
I do not know	1 (0,48%)	2255 (8,3%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	110 (52,4%)	9496 (34,9%)
5% Glucose solution	45 (21,4%)	2615 (9,6%)

11. Number of ONS drinks planned

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

Regular hospital food	196 (93,3%)	15788 (58,1%)
Fortified/enriched hospital food	99 (47,1%)	3133 (11,5%)
Protein/energy supplement (e.g. ONS drinks)	59 (28,1%)	4012 (14,8%)
Enteral nutrition	6 (2,9%)	1315 (4,8%)
Parenteral nutrition	36 (17,1%)	1286 (4,7%)
Special diet	45 (21,4%)	8834 (32,5%)
None	0 (0,0%)	1283 (4,7%)

13a. All lines and Tubes

Central Venous	22 (11,8%)	2360 (9,2%)
Peripheral venous access	109 (58,3%)	12501 (48,7%)
Nasogastric	4 (2,1%)	680 (2,6%)
Nasojejunal	2 (1,1%)	135 (0,53%)
Nasoduodenal	-	99 (0,39%)
Enterostoma	-	126 (0,49%)
Percutaneous endoscopy/surgical gastrostomy	1 (0,53%)	234 (0,91%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0,37%)
None	86 (41,0%)	12303 (45,2%)

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

Yes, previously	3 (1,4%)	362 (1,3%)
Yes, ongoing	16 (7,6%)	227 (0,83%)
No	158 (75,2%)	21227 (78,1%)
I do not know	5 (2,4%)	2312 (8,5%)
Missing	28 (13,3%)	3067 (11,3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	185 (98,9%)	9593 (37,3%)
Protein requirements were determined	186 (99,5%)	8543 (33,3%)
Food/Nutrition intake was recorded in the patient record	185 (98,9%)	11079 (43,1%)
Nutrition treatment plan was developed	184 (98,4%)	9042 (35,2%)
Nutrition expert was consulted	184 (98,4%)	9313 (36,3%)
Malnutrition status is recorded in the patient record	147 (78,6%)	8238 (32,1%)
None	-	-

15a. Energy goal

< 500 kcal	1 (0,48%)	1046 (3,8%)
500-999 kcal	1 (0,48%)	269 (0,99%)
1000-1499 kcal	52 (24,8%)	2400 (8,8%)
1500-1999 kcal	126 (60,0%)	8218 (30,2%)
>=2000 kcal	5 (2,4%)	2704 (9,9%)
Not determined	2 (0,95%)	8749 (32,2%)
I do not know	-	2265 (8,3%)
Missing	23 (11,0%)	1544 (5,7%)

15b. Energy intake

< 500 kcal	2 (0,95%)	1697 (6,2%)
500-999 kcal	28 (13,3%)	1257 (4,6%)
1000-1499 kcal	78 (37,1%)	3424 (12,6%)
1500-1999 kcal	69 (32,9%)	5999 (22,1%)
>=2000 kcal	6 (2,9%)	1448 (5,3%)
Not determined	3 (1,4%)	8533 (31,4%)
I do not know	1 (0,48%)	3276 (12,0%)
Missing	23 (11,0%)	1561 (5,7%)

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

Improved	136 (64,8%)	12837 (47,2%)
Deteriorated	3 (1,4%)	1433 (5,3%)
Remained the same	27 (12,9%)	7057 (25,9%)
This patient has just been admitted	21 (10,0%)	1699 (6,2%)
I do not know	-	2663 (9,8%)
Missing	23 (11,0%)	1506 (5,5%)

Length of hospital stay (days)	6 [4-12]	12 [6-23]
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Outcome Code

1= Still in the hospital	2 (0,95%)	2601 (9,6%)
2= Transferred to another hospital	2 (0,95%)	571 (2,1%)
3= Transferred to long term care	-	1107 (4,1%)

4= Rehabilitation	-	1222 (4,5%)
5= Discharged home	133 (63,3%)	20149 (74,1%)
6= Death	1 (0,48%)	845 (3,1%)
7= Others	1 (0,48%)	507 (1,9%)
Missing	71 (33,8%)	193 (0,71%)

Readmitted since ND

1= No	126 (92,6%)	18115 (75,8%)
2= Yes, same hospital planned	5 (3,7%)	1637 (6,9%)
3= Yes, same hospital unplanned	-	1465 (6,1%)
4= Yes, different hospital planned	-	112 (0,47%)
5= Yes, different hospital unplanned	-	112 (0,47%)
6= Unknown	3 (2,2%)	796 (3,3%)
Missing	-	1597 (6,7%)

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	141 (72,3%)	17526 (66,5%)
I am vegetarian	27 (13,8%)	510 (1,9%)
I adhere to a vegan diet	-	193 (0,73%)
I eat gluten-free diet	-	244 (0,93%)
I avoid added sugars	16 (8,2%)	3934 (14,9%)
I avoid carbohydrates	8 (4,1%)	1502 (5,7%)
I eat a low fat-diet	10 (5,1%)	2899 (11,0%)
I am lactose intolerant	-	946 (3,6%)
Other special diet due to intolerances/allergies	3 (1,5%)	469 (1,8%)
Other	8 (4,1%)	1854 (7,0%)
No answer given	24 (12,3%)	1891 (7,2%)
2. Where did you live before your current hospital admission?		
At home	153 (78,5%)	22025 (83,6%)
In a nursing home or other live-in facility	-	836 (3,2%)
I was transferred from another hospital	18 (9,2%)	1411 (5,4%)
Other	1 (0,51%)	374 (1,4%)
Missing	23 (11,8%)	1694 (6,4%)
3. In general, are you able to walk?		
Yes	135 (69,2%)	16014 (60,8%)
Yes, with someone's help	26 (13,3%)	2580 (9,8%)
Yes, independently using a cane, walker, or crutches	1 (0,51%)	3466 (13,2%)
No, I have a wheelchair	2 (1,0%)	1033 (3,9%)
No, I am bedridden	7 (3,6%)	1462 (5,6%)
Missing	24 (12,3%)	1785 (6,8%)
4. In general, how would you say your health is?		
Very good	26 (13,3%)	1854 (7,0%)
Good	116 (59,5%)	8966 (34,0%)
Fair	23 (11,8%)	9409 (35,7%)
Poor	7 (3,6%)	3513 (13,3%)
Very poor	-	824 (3,1%)
Missing	23 (11,8%)	1774 (6,7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	2 [1-4]	5 [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?	2 [0-4]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	68 (34,9%)	4936 (18,7%)
3-5	45 (23,1%)	6672 (25,3%)
More than 5	33 (16,9%)	7906 (30,0%)
None	22 (11,3%)	3926 (14,9%)
I do not know	4 (2,1%)	1077 (4,1%)
Missing	23 (11,8%)	1823 (6,9%)

7. Do you have health insurance?

Yes, private insurance only	44 (22,6%)	4253 (16,1%)
Yes, public insurance only	50 (25,6%)	12350 (46,9%)
Yes, both	3 (1,5%)	3229 (12,3%)
None	68 (34,9%)	2938 (11,2%)
I prefer not to answer	6 (3,1%)	1314 (5,0%)
Missing	24 (12,3%)	2256 (8,6%)

8. What was your weight 5 years ago?

	66 [58-75]	72 [60-85]
I do not know	56 (28,7%)	6267 (23,8%)

9a. Have you lost weight within the last 3 months?

Yes, intentionally	15 (7,7%)	2468 (9,4%)
Yes, unintentionally	52 (26,7%)	10065 (38,2%)
No, my weight stayed the same	61 (31,3%)	7869 (29,9%)
No, I gained weight	29 (14,9%)	2857 (10,8%)
I do not know	36 (18,5%)	2512 (9,5%)
Missing	2 (1,0%)	569 (2,2%)

9b. If yes, how many kg did you lose?

	5 [3-8]	6 [4-10]
I do not know	8 (11,9%)	1997 (15,9%)

10. Did you know about your hospitalisation two days before admission? (Yes)

	83 (50,6%)	9602 (40,6%)
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11. Please indicate if you ...

... were weighed at admission	145 (84,3%)	14112 (57,4%)
... were informed about your nutrition status	170 (98,8%)	8364 (34,3%)
... were informed about nutrition care options	172 (100%)	7769 (31,9%)
... received special nutrition care	170 (99,4%)	7463 (30,7%)

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

More than normal	7 (3,6%)	1163 (4,4%)
Normal	118 (61,1%)	15832 (60,4%)

About 3/4 of normal	29 (15,0%)	2728 (10,4%)
About half of normal	26 (13,5%)	3287 (12,5%)
About a quarter to nearly nothing	12 (6,2%)	2496 (9,5%)
I do not know	-	264 (1,0%)
Missing	1 (0,52%)	443 (1,7%)

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

Very satisfied	77 (39,9%)	6066 (23,1%)
Somewhat satisfied	63 (32,6%)	8166 (31,2%)
Neutral	21 (10,9%)	4867 (18,6%)
Dissatisfied	2 (1,0%)	2103 (8,0%)
Very dissatisfied	-	726 (2,8%)
I do not know	2 (1,0%)	2021 (7,7%)
Missing	28 (14,5%)	2264 (8,6%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	47 (24,4%)	2448 (9,3%)
Yes, from hospital staff	23 (11,9%)	1670 (6,4%)
No	92 (47,7%)	19193 (73,2%)
I do not know	-	302 (1,2%)
Missing	31 (16,1%)	2600 (9,9%)

15. Were you able to eat without interruption TODAY? (Yes)	122 (76,3%)	17231 (74,2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	102 (52,8%)	12095 (46,1%)
1/2	65 (33,7%)	6486 (24,7%)
1/4	20 (10,4%)	3353 (12,8%)
Nothing	5 (2,6%)	3130 (11,9%)
Missing	1 (0,52%)	1149 (4,4%)

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

Standard	128 (66,3%)	15979 (61,0%)
Smaller	10 (5,2%)	2367 (9,0%)
Larger	1 (0,52%)	1119 (4,3%)
I do not know	5 (2,6%)	2429 (9,3%)
Missing	49 (25,4%)	4319 (16,5%)

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

I did not like the type of food offered	3 (3,3%)	2061 (15,9%)
I did not like the smell/taste of the food	21 (23,3%)	1569 (12,1%)
The food did not fit my cultural/religious preferences	2 (2,2%)	143 (1,1%)
The food was too hot	-	59 (0,45%)

The food was too cold	2 (2,2%)	296 (2,3%)
Due to food allergy/intolerance	1 (1,1%)	96 (0,74%)
I was not hungry at that time	9 (10,0%)	2205 (17,0%)
I do not have my usual appetite	27 (30,0%)	3830 (29,5%)
I have problems chewing/swallowing	8 (8,9%)	761 (5,9%)
I normally eat less than what was served	24 (26,7%)	1427 (11,0%)
I had nausea/vomiting	18 (20,0%)	1029 (7,9%)
I was too tired	7 (7,8%)	789 (6,1%)
I cannot eat without help	4 (4,4%)	208 (1,6%)
I was not allowed to eat	3 (3,3%)	1289 (9,9%)
I had an exam, surgery, or test and missed my meal	6 (6,7%)	766 (5,9%)
I did not get requested food	-	139 (1,1%)
No answer given	9 (10,0%)	1829 (14,1%)

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

Water	6 [4-8]	3 [2-5]
Tea	2 [1-2]	1 [0-2]
Coffee	0 [0-1]	1 [1-2]
Milk	0 [0-1]	1 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	0 [0-2]	0 [0-1]
Other	0 [0-0]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? 25 (15,9%) 6580 (28,9%)

19b. If yes, what did you eat?

Sweet snacks	1 (4,0%)	1928 (29,3%)
Salty snacks	-	749 (11,4%)
Homemade food	6 (24,0%)	963 (14,6%)
Fruits	20 (80,0%)	2551 (38,8%)
Dairy products	2 (8,0%)	724 (11,0%)
Food delivered/restaurant	-	293 (4,5%)
Sandwich	-	421 (6,4%)
Other	1 (4,0%)	1042 (15,8%)

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

Increased	65 (33,7%)	3706 (14,1%)
Decreased	29 (15,0%)	7774 (29,7%)
Stayed the same	55 (28,5%)	10331 (39,4%)
I do not know	6 (3,1%)	1690 (6,4%)
Missing	38 (19,7%)	2712 (10,3%)

21. TODAY I feel...

Stronger than at admission	114 (59,1%)	11240 (42,9%)
Weaker than at admission	20 (10,4%)	4893 (18,7%)
Same as at admission	44 (22,8%)	7428 (28,3%)
I was admitted today	11 (5,7%)	662 (2,5%)
I do not know	3 (1,6%)	1384 (5,3%)
Missing	1 (0,52%)	606 (2,3%)

22. Can you walk without assistance TODAY?

Yes	135 (69,9%)	15438 (58,9%)
No, only with assistance	45 (23,3%)	6458 (24,6%)
No, I stay in bed	12 (6,2%)	3018 (11,5%)
Missing	1 (0,52%)	1299 (5,0%)

23. Did anyone help you complete this questionnaire?	127 (76,5%)	15731 (65,1%)
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