



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:	8
Number of participated units:	17
Number of patients:	473
Number of patients who gave consent:	473
Number of patients completing Sheet 3a:	468
Number of patients completing Sheet 3b:	464
Number of patients with 30-day outcome assessment:	308

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	91 [84-94]	333 [194-630]
2. Total number of admissions in the hospital last year	3490 [2063-5156]	18005 [9101-36130]
3. Total number of staff in the hospital		
Total medical doctors	81 [39-122]	173 [80-399]
Medical specialists	85 [28-130]	116 [53-250]
Medical non-specialists	3 [3-4]	37 [14-84]
Nurses	118 [86-209]	420 [183-836]
Dieticians	0 [0-0]	5 [2-9]
Nutritionists	6 [3-10]	1 [0-4]
Pharmacists	7 [3-7]	7 [4-21]
Kitchen staff	6 [3-10]	31 [15-59]
Full time equivalent		
Total medical doctors	-	148 [60-373]
Medical specialists	-	98 [45-251]
Medical non-specialists	-	36 [11-99]
Nurses	-	364 [180-788]
Dieticians	-	5 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	4 [4-4]	6 [3-18]
Kitchen staff	6 [6-6]	29 [15-55]
4. Does the hospital have a nutrition care strategy?	6 (100,0%) Yes	498 (79,4%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	0 (0,0%) Yes	434 (66,7%) Yes
Nutrition steering committee is available	1 (16,7%) Yes	388 (59,6%) Yes
Quality indicators are recorded and reported to national or regional level	6 (100,0%) Yes	263 (40,4%) Yes
Quality indicators are used for internal benchmarking	2 (33,3%) Yes	337 (51,8%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (50,0%) Yes	475 (73,0%) Yes
None	0 (0,0%) Yes	30 (4,6%) Yes
No answer given	0 (0,0%)	24 (3,7%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	6 (100,0%) Yes	313 (48,1%) Yes

Oral nutrition supplements	5 (83,3%) Yes	239 (36,7%) Yes
Parenteral nutrition	5 (83,3%) Yes	375 (57,6%) Yes
Enteral nutrition	6 (100,0%) Yes	334 (51,3%) Yes
Dietary counseling	6 (100,0%) Yes	235 (36,1%) Yes
Specific dietary interventions	2 (33,3%) Yes	181 (27,8%) Yes
Screening for malnutrition	6 (100,0%) Yes	187 (28,7%) Yes
Risk of malnutrition	6 (100,0%) Yes	160 (24,6%) Yes
Malnutrition (in general)	6 (100,0%) Yes	294 (45,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	6 (100,0%) Yes	280 (43,0%) Yes
No information available from billing/finance/controlling	0 (0,0%) Yes	109 (16,7%) Yes
No answer given	-	42 (6,5%)

Codes routinely used

Nutrition Support	6 (100,0%) Yes	270 (41,5%) Yes
Oral nutrition supplements	5 (83,3%) Yes	209 (32,1%) Yes
Parenteral nutrition	4 (66,7%) Yes	343 (52,7%) Yes
Enteral nutrition	6 (100,0%) Yes	307 (47,2%) Yes
Dietary counseling	6 (100,0%) Yes	198 (30,4%) Yes
Specific dietary interventions	2 (33,3%) Yes	159 (24,4%) Yes
Screening for malnutrition	6 (100,0%) Yes	149 (22,9%) Yes
Risk of malnutrition	6 (100,0%) Yes	128 (19,7%) Yes
Malnutrition (in general)	6 (100,0%) Yes	255 (39,2%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	6 (100,0%) Yes	242 (37,2%) Yes
No information available from billing/finance/controlling	0 (0,0%) 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	4 (23,5%)	21.1%
Internal Medicine / Cardiology	0 (0,0%)	4.3%
Internal Medicine / Gastroenterology & hepatology	0 (0,0%)	7.8%
Internal Medicine / Geriatrics	1 (5,9%)	9.7%
Internal Medicine / Infectious diseases	0 (0,0%)	0.6%
Internal Medicine / Nephrology	0 (0,0%)	1.2%
Internal Medicine / Oncology (incl. radiotherapy)	0 (0,0%)	8.1%
Interdisciplinary	0 (0,0%)	3.4%
Long term care	0 (0,0%)	2.0%
Neurology	0 (0,0%)	3.6%
Surgery / General	2 (11,8%)	15.7%
Surgery/ Cardiac/Vascular/Thoracic	0 (0,0%)	1.4%
Surgery / Neurosurgery	0 (0,0%)	0.9%
Surgery / Orthopedic	0 (0,0%)	4.2%
Trauma	0 (0,0%)	0.9%
Ear Nose Throat (ENT)	0 (0,0%)	1.7%
Gynecology / Obstetrics	1 (5,9%)	1.4%
Pediatrics	2 (11,8%)	0.1%
Psychiatry	0 (0,0%)	0.9%
Others	7 (41,2%)	11.1%
2. Number of registered inpatients at noon	9 [9-12]	25 [19-32]
3. Total bed capacity of the unit	16 [13-29]	30 [24-40]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	2 [1-5]	4 [2-7]
Nurses	4 [2-6]	5 [3-8]
Nursing aides	2 [1-3]	2 [1-4]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	1 [1-2]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-1]
Other staff involved in patient care	1 [1-2]	1 [0-2]
In training		
Medical doctors	6 [5-28]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	3 [1-4]	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]

5. Is there a nutrition support team in your hospital available? 10 (100,0%) Yes 1018 (78,3%) Yes

6. Does the unit have a nutrition care strategy? 9 (90,0%) Yes 984 (75,7%) Yes

7. Is there a person in your unit responsible for nutrition care? 10 (100,0%) Yes 922 (70,9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 8 (80,0%) Yes 1239 (90,8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 3 (30,0%) Yes 780 (60,0%) Yes

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

At admission

No routine screening	2 (11,8%) Yes	109 (7,6%)
No fixed criteria	-	21 (1,5%)
Experience / visual assessment only	-	102 (7,1%)
Weighing / BMI only	3 (17,6%) Yes	201 (14,1%)
Nutritional Risk Screening (NRS) 2002	4 (23,5%) 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 (5,9%) Yes	249 (17,4%)
I do not know	-	11 (0,77%)
Missing	7 (41,2%)	66 (4,6%)

During hospital stay

No routine monitoring	1 (5,9%) Yes	133 (9,3%)
No fixed criteria	-	118 (8,3%)
Experience / visual assessment only	1 (5,9%) Yes	235 (16,4%)
Weighing / BMI only	4 (23,5%) Yes	471 (32,9%)
Other formal tool	4 (23,5%) Yes	375 (26,2%)
I do not know	-	32 (2,2%)
Missing	7 (41,2%)	66 (4,6%)

11a. Do you routinely use guidelines or standards for nutrition care? 8 (88,9%) Yes 1043 (82,1%) Yes

11b. If yes, which one is mainly used?		
International guidelines	1 (12,5%) Yes	257 (24,6%)
National guidelines	-	166 (15,9%)
Standards on hospital level	4 (50,0%) Yes	378 (36,2%)
Standards on unit level	2 (25,0%) Yes	65 (6,2%)
Individual patient nutrition care plans	1 (12,5%) Yes	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	3 (17,6%) Yes	399 (27,9%)
Discuss nutrition care activities during ward rounds	4 (23,5%) Yes	614 (42,9%)
Develop an individual nutrition care plan	6 (35,3%) Yes	720 (50,3%)
Initiate treatment / nutrition intervention	8 (47,1%) Yes	820 (57,3%)
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (29,4%) Yes	828 (57,9%)
Consult a medical professional	2 (11,8%) Yes	505 (35,3%)
Calculate energy requirements	8 (47,1%) Yes	652 (45,6%)
Calculate protein requirements	8 (47,1%) Yes	630 (44,1%)

Malnourished

Watchful waiting	2 (11,8%) Yes	280 (19,6%)
Discuss nutrition care activities during ward rounds	5 (29,4%) Yes	675 (47,2%)
Develop an individual nutrition care plan	4 (23,5%) Yes	792 (55,4%)
Initiate treatment / nutrition intervention	6 (35,3%) Yes	884 (61,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (23,5%) Yes	823 (57,6%)
Consult a medical professional	1 (5,9%) Yes	579 (40,5%)
Calculate energy requirements	5 (29,4%) Yes	763 (53,4%)
Calculate protein requirements	5 (29,4%) Yes	745 (52,1%)

Every patient

Watchful waiting	6 (35,3%) Yes	700 (49,0%)
Discuss nutrition care activities during ward rounds	5 (29,4%) Yes	358 (25,0%)
Develop an individual nutrition care plan	4 (23,5%) Yes	250 (17,5%)
Initiate treatment / nutrition intervention	2 (11,8%) Yes	197 (13,8%)
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (23,5%) Yes	264 (18,5%)
Consult a medical professional	8 (47,1%) Yes	307 (21,5%)
Calculate energy requirements	2 (11,8%) Yes	186 (13,0%)
Calculate protein requirements	2 (11,8%) Yes	168 (11,7%)

Never

Watchful waiting	1 (5,9%) Yes	105 (7,3%)
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Discuss nutrition care activities during ward rounds	1 (5,9%) Yes	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	6 (35,3%) Yes	928 (64,9%)
Within 24 hours	-	210 (14,7%)
Within 48 hours	2 (11,8%) Yes	79 (5,5%)
Within 72 hours	-	39 (2,7%)
Every week	2 (11,8%) Yes	627 (43,8%)
Occasionally	2 (11,8%) Yes	158 (11,0%)
When requested	4 (23,5%) Yes	728 (50,9%)
At discharge	1 (5,9%) 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	7 (41,2%) Yes	1096 (76,6%)
Offer meal choices	3 (17,6%) Yes	1055 (73,8%)
Offer different portion sizes	3 (17,6%) Yes	934 (65,3%)
Consider food presentation	5 (29,4%) Yes	502 (35,1%)
Change food texture/consistency as needed	8 (47,1%) Yes	1175 (82,2%)
Consider patient problems with eating and drinking	10 (58,8%) Yes	1166 (81,5%)
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (5,9%) Yes	324 (22,7%)
Promote positive eating environment	2 (11,8%) Yes	419 (29,3%)
Consider cultural/religious preferences	5 (29,4%) Yes	903 (63,1%)
Consider patient allergies / intolerances	7 (41,2%) Yes	1045 (73,1%)
Other	-	103 (7,2%)

I do not know	-	26 (1,8%)
No answer given	7 (41,2%)	67 (4,7%)

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

Nutrition training is available	6 (35,3%) Yes	821 (57,4%)
Reporting of nutrition related information to hospital managers	7 (41,2%) Yes	608 (42,5%)
Quality indicators are recorded and reported to national or regional level	4 (23,5%) Yes	448 (31,3%)
Quality indicators are used for internal benchmarking	3 (17,6%) Yes	513 (35,9%)
Patient feedback about food and food service is collected using a questionnaire	4 (23,5%) Yes	884 (61,8%)
None	-	41 (2,9%)
I do not know	-	61 (4,3%)
No answer given	7 (41,2%)	151 (10,6%)

16. At admission what is asked and documented?

Change in weight	8 (47,1%) Yes	1104 (77,2%)
Eating habits/difficulties	8 (47,1%) Yes	1041 (72,8%)
Nutrition before admission	5 (29,4%) Yes	823 (57,6%)
None	-	18 (1,3%)
I do not know	1 (5,9%) Yes	33 (2,3%)
No answer given	7 (41,2%)	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	7 (41,2%) Yes	1037 (72,5%)
nutrition treatment	8 (47,1%) Yes	837 (58,5%)
None	-	65 (4,5%)
I do not know	1 (5,9%) Yes	42 (2,9%)

b. Discharge Letter ...

summarizes nutrition treatment received during stay	7 (41,2%) Yes	592 (41,4%)
makes future nutrition-related recommendations	8 (47,1%) Yes	816 (57,1%)
None	-	137 (9,6%)
I do not know	1 (5,9%) Yes	128 (9,0%)

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	5 (71,4%) Yes	519 (45,2%) Yes
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19. Who filled in this sheet?

Head staff	-	411 (28,7%)
Dietician	3 (17,6%) Yes	717 (50,1%)
Nurse	-	388 (27,1%)

Physician	2 (11,8%) Yes	175 (12,2%)
Administrative staff	-	13 (0,91%)
Other	5 (29,4%) Yes	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	473	27195
Age	67 [51-79]	67 [53-78]
Female	218 (46,1%)	13525 (49,7%)
Weight	73,9±16,0	69,9±18,9
Height	166±9	165±10
BMI	26,9±5,5	25,5±5,9

1. This hospital admission was...

planned	103 (21,8%)	9881 (36,3%)
an emergency	332 (70,2%)	14977 (55,1%)
I do not know	38 (8,0%)	2337 (8,6%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	79 (16,7%)	2442 (9,0%)
0200 Neoplasms	66 (14,0%)	4873 (17,9%)
0300 Blood and bloodforming organs and the immune mechanism	21 (4,4%)	1724 (6,3%)
0400 Endocrine, nutritional and metabolic diseases	102 (21,6%)	3266 (12,0%)
0500 Mental health	17 (3,6%)	1218 (4,5%)
0600 Nervous system	82 (17,3%)	2493 (9,2%)
0700 Eye and adnexa	3 (0,63%)	339 (1,2%)
0800 Ear and mastoid process	1 (0,21%)	172 (0,63%)
0900 Circulatory system	96 (20,3%)	5629 (20,7%)
1000 Respiratory system	105 (22,2%)	4217 (15,5%)
1100 Digestive system	77 (16,3%)	6840 (25,2%)
1200 Skin and subcutaneous tissue	41 (8,7%)	1244 (4,6%)
1300 Musculoskeletal system and connective tissue	87 (18,4%)	4246 (15,6%)
1400 Genitourinary system	45 (9,5%)	2809 (10,3%)
1500 Pregnancy, childbirth and the puerperium	9 (1,9%)	222 (0,82%)
1600 Conditions originating in the perinatal period	1 (0,21%)	36 (0,13%)
1700 Congenital/chromosomal abnormalities	-	52 (0,19%)
1800 Symptoms, signs, abnormal clinical/lab findings	7 (1,5%)	1319 (4,9%)
1900 Injury, poisoning	4 (0,85%)	724 (2,7%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	20 (4,2%)	671 (2,5%)
2100 Factors influencing health status and contact with health services	15 (3,2%)	990 (3,6%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	85 (22,3%)	5264 (21,3%)
Myocardial infarction	16 (4,4%)	1338 (5,5%)
Chronic lung disease	48 (12,9%)	3466 (14,1%)
Cerebral vascular disease	62 (16,4%)	2274 (9,3%)
Peripheral vascular disease	32 (8,7%)	2842 (11,6%)
Chronic liver disease	11 (3,0%)	1477 (6,1%)
Chronic kidney disease	49 (13,1%)	2817 (11,6%)
Diabetes	128 (32,7%)	5968 (24,2%)
Cancer	54 (14,4%)	5709 (23,2%)
Infection	73 (19,4%)	3578 (14,6%)
Dementia	16 (4,3%)	1229 (5,1%)
Major depressive disorder	14 (3,8%)	1233 (5,1%)
Other chronic mental disorder	10 (2,7%)	1229 (5,1%)
Other chronic disease	112 (29,9%)	6369 (25,9%)
None	57 (12,1%)	4869 (17,9%)

4a. Previous operation during this hospital stay

Yes, planned	55 (11,6%)	5304 (19,5%)
Yes, acute	58 (12,3%)	1634 (6,0%)
No	330 (69,8%)	17917 (65,9%)
I do not know	1 (0,21%)	313 (1,2%)
Missing	29 (6,1%)	2027 (7,5%)

Days since operation	13 [3-30]	3 [1-11]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	93 (19,7%)	1998 (7,3%)
Yes, later	28 (5,9%)	1411 (5,2%)
No	313 (66,2%)	19908 (73,2%)
I do not know	1 (0,21%)	1082 (4,0%)
Missing	38 (8,0%)	2796 (10,3%)

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

47 (10,3%)	2731 (10,6%)
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6. Is this patient terminally ill?

37 (7,8%)	1729 (6,4%)
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7. Fluid status

Normal	430 (90,9%)	20820 (76,6%)
Overloaded	6 (1,3%)	1466 (5,4%)
Dehydrated	16 (3,4%)	1298 (4,8%)
I do not know	21 (4,4%)	3611 (13,3%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	44 (9,3%)	3264 (12,0%)
At risk	131 (27,7%)	4856 (17,9%)
No	286 (60,5%)	16820 (61,8%)
I do not know	12 (2,5%)	2255 (8,3%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	355 (75,1%)	9496 (34,9%)
5% Glucose solution	45 (9,5%)	2615 (9,6%)

11. Number of ONS drinks planned

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

Regular hospital food	316 (66,8%)	15788 (58,1%)
Fortified/enriched hospital food	43 (9,1%)	3133 (11,5%)
Protein/energy supplement (e.g. ONS drinks)	16 (3,4%)	4012 (14,8%)
Enteral nutrition	75 (15,9%)	1315 (4,8%)
Parenteral nutrition	9 (1,9%)	1286 (4,7%)
Special diet	28 (5,9%)	8834 (32,5%)
None	23 (4,9%)	1283 (4,7%)

13a. All lines and Tubes

Central Venous	23 (5,1%)	2360 (9,2%)
Peripheral venous access	370 (81,3%)	12501 (48,7%)
Nasogastric	54 (11,9%)	680 (2,6%)
Nasojejunal	2 (0,44%)	135 (0,53%)
Nasoduodenal	-	99 (0,39%)
Enterostoma	-	126 (0,49%)
Percutaneous endoscopy/surgical gastrostomy	13 (2,9%)	234 (0,91%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0,37%)
None	59 (12,5%)	12303 (45,2%)

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

Yes, previously	5 (1,1%)	362 (1,3%)
Yes, ongoing	4 (0,85%)	227 (0,83%)
No	393 (83,1%)	21227 (78,1%)
I do not know	30 (6,3%)	2312 (8,5%)
Missing	41 (8,7%)	3067 (11,3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	211 (46,4%)	9593 (37,3%)
Protein requirements were determined	181 (39,8%)	8543 (33,3%)
Food/Nutrition intake was recorded in the patient record	183 (40,2%)	11079 (43,1%)
Nutrition treatment plan was developed	216 (47,5%)	9042 (35,2%)
Nutrition expert was consulted	300 (65,9%)	9313 (36,3%)
Malnutrition status is recorded in the patient record	177 (38,9%)	8238 (32,1%)
None	-	-

15a. Energy goal

< 500 kcal	23 (4,9%)	1046 (3,8%)
500-999 kcal	9 (1,9%)	269 (0,99%)
1000-1499 kcal	37 (7,8%)	2400 (8,8%)
1500-1999 kcal	152 (32,1%)	8218 (30,2%)
>=2000 kcal	17 (3,6%)	2704 (9,9%)
Not determined	190 (40,2%)	8749 (32,2%)
I do not know	27 (5,7%)	2265 (8,3%)
Missing	18 (3,8%)	1544 (5,7%)

15b. Energy intake

< 500 kcal	30 (6,3%)	1697 (6,2%)
500-999 kcal	35 (7,4%)	1257 (4,6%)
1000-1499 kcal	110 (23,3%)	3424 (12,6%)
1500-1999 kcal	57 (12,1%)	5999 (22,1%)
>=2000 kcal	2 (0,42%)	1448 (5,3%)
Not determined	192 (40,6%)	8533 (31,4%)
I do not know	29 (6,1%)	3276 (12,0%)
Missing	18 (3,8%)	1561 (5,7%)

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

Improved	274 (57,9%)	12837 (47,2%)
Deteriorated	36 (7,6%)	1433 (5,3%)
Remained the same	89 (18,8%)	7057 (25,9%)
This patient has just been admitted	39 (8,2%)	1699 (6,2%)
I do not know	17 (3,6%)	2663 (9,8%)
Missing	18 (3,8%)	1506 (5,5%)

Length of hospital stay (days)	14 [6-22]	12 [6-23]
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Outcome Code

1= Still in the hospital	13 (2,7%)	2601 (9,6%)
2= Transferred to another hospital	3 (0,63%)	571 (2,1%)
3= Transferred to long term care	2 (0,42%)	1107 (4,1%)

4= Rehabilitation	-	1222 (4,5%)
5= Discharged home	272 (57,5%)	20149 (74,1%)
6= Death	15 (3,2%)	845 (3,1%)
7= Others	3 (0,63%)	507 (1,9%)
Missing	165 (34,9%)	193 (0,71%)

Readmitted since ND

1= No	247 (84,6%)	18115 (75,8%)
2= Yes, same hospital planned	22 (7,5%)	1637 (6,9%)
3= Yes, same hospital unplanned	8 (2,7%)	1465 (6,1%)
4= Yes, different hospital planned	-	112 (0,47%)
5= Yes, different hospital unplanned	-	112 (0,47%)
6= Unknown	1 (0,34%)	796 (3,3%)
Missing	14 (4,8%)	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	264 (56,4%)	17526 (66,5%)
I am vegetarian	1 (0,21%)	510 (1,9%)
I adhere to a vegan diet	-	193 (0,73%)
I eat gluten-free diet	-	244 (0,93%)
I avoid added sugars	107 (22,9%)	3934 (14,9%)
I avoid carbohydrates	40 (8,5%)	1502 (5,7%)
I eat a low fat-diet	79 (16,9%)	2899 (11,0%)
I am lactose intolerant	4 (0,85%)	946 (3,6%)
Other special diet due to intolerances/allergies	6 (1,3%)	469 (1,8%)
Other	59 (12,6%)	1854 (7,0%)
No answer given	21 (4,5%)	1891 (7,2%)
2. Where did you live before your current hospital admission?		
At home	419 (89,5%)	22025 (83,6%)
In a nursing home or other live-in facility	1 (0,21%)	836 (3,2%)
I was transferred from another hospital	24 (5,1%)	1411 (5,4%)
Other	2 (0,43%)	374 (1,4%)
Missing	22 (4,7%)	1694 (6,4%)
3. In general, are you able to walk?		
Yes	230 (49,1%)	16014 (60,8%)
Yes, with someone's help	53 (11,3%)	2580 (9,8%)
Yes, independently using a cane, walker, or crutches	51 (10,9%)	3466 (13,2%)
No, I have a wheelchair	22 (4,7%)	1033 (3,9%)
No, I am bedridden	87 (18,6%)	1462 (5,6%)
Missing	25 (5,3%)	1785 (6,8%)
4. In general, how would you say your health is?		
Very good	40 (8,5%)	1854 (7,0%)
Good	209 (44,7%)	8966 (34,0%)
Fair	163 (34,8%)	9409 (35,7%)
Poor	26 (5,6%)	3513 (13,3%)
Very poor	4 (0,85%)	824 (3,1%)
Missing	26 (5,6%)	1774 (6,7%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [2-10]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-3]	1 [0-2]

... how many nights in total have you spent in hospital?	6 [2-15]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	130 (27,8%)	4936 (18,7%)
3-5	154 (32,9%)	6672 (25,3%)
More than 5	61 (13,0%)	7906 (30,0%)
None	87 (18,6%)	3926 (14,9%)
I do not know	12 (2,6%)	1077 (4,1%)
Missing	24 (5,1%)	1823 (6,9%)

7. Do you have health insurance?

Yes, private insurance only	21 (4,5%)	4253 (16,1%)
Yes, public insurance only	366 (78,2%)	12350 (46,9%)
Yes, both	24 (5,1%)	3229 (12,3%)
None	25 (5,3%)	2938 (11,2%)
I prefer not to answer	3 (0,64%)	1314 (5,0%)
Missing	29 (6,2%)	2256 (8,6%)

8. What was your weight 5 years ago?

	76 [67-89]	72 [60-85]
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I do not know	139 (29,7%)	6267 (23,8%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	71 (15,2%)	2468 (9,4%)
Yes, unintentionally	176 (37,6%)	10065 (38,2%)
No, my weight stayed the same	101 (21,6%)	7869 (29,9%)
No, I gained weight	57 (12,2%)	2857 (10,8%)
I do not know	54 (11,5%)	2512 (9,5%)
Missing	9 (1,9%)	569 (2,2%)

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

	8 [5-12]	6 [4-10]
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I do not know	34 (13,8%)	1997 (15,9%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	118 (28,6%)	9602 (40,6%)
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11. Please indicate if you ...

... were weighed at admission	112 (25,1%)	14112 (57,4%)
... were informed about your nutrition status	166 (37,3%)	8364 (34,3%)
... were informed about nutrition care options	169 (38,1%)	7769 (31,9%)
... received special nutrition care	182 (40,7%)	7463 (30,7%)

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

More than normal	46 (9,9%)	1163 (4,4%)
Normal	275 (59,3%)	15832 (60,4%)

About 3/4 of normal	56 (12,1%)	2728 (10,4%)
About half of normal	49 (10,6%)	3287 (12,5%)
About a quarter to nearly nothing	21 (4,5%)	2496 (9,5%)
I do not know	6 (1,3%)	264 (1,0%)
Missing	11 (2,4%)	443 (1,7%)

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

Very satisfied	111 (23,9%)	6066 (23,1%)
Somewhat satisfied	129 (27,8%)	8166 (31,2%)
Neutral	47 (10,1%)	4867 (18,6%)
Dissatisfied	42 (9,1%)	2103 (8,0%)
Very dissatisfied	17 (3,7%)	726 (2,8%)
I do not know	75 (16,2%)	2021 (7,7%)
Missing	43 (9,3%)	2264 (8,6%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	145 (31,3%)	2448 (9,3%)
Yes, from hospital staff	50 (10,8%)	1670 (6,4%)
No	228 (49,1%)	19193 (73,2%)
I do not know	2 (0,43%)	302 (1,2%)
Missing	39 (8,4%)	2600 (9,9%)

15. Were you able to eat without interruption TODAY? (Yes)	315 (75,9%)	17231 (74,2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	194 (41,8%)	12095 (46,1%)
1/2	114 (24,6%)	6486 (24,7%)
1/4	44 (9,5%)	3353 (12,8%)
Nothing	70 (15,1%)	3130 (11,9%)
Missing	42 (9,1%)	1149 (4,4%)

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

Standard	274 (59,1%)	15979 (61,0%)
Smaller	50 (10,8%)	2367 (9,0%)
Larger	2 (0,43%)	1119 (4,3%)
I do not know	58 (12,5%)	2429 (9,3%)
Missing	80 (17,2%)	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	41 (18,0%)	2061 (15,9%)
I did not like the smell/taste of the food	27 (11,8%)	1569 (12,1%)
The food did not fit my cultural/religious preferences	-	143 (1,1%)
The food was too hot	1 (0,44%)	59 (0,45%)

The food was too cold	8 (3,5%)	296 (2,3%)
Due to food allergy/intolerance	-	96 (0,74%)
I was not hungry at that time	21 (9,2%)	2205 (17,0%)
I do not have my usual appetite	31 (13,6%)	3830 (29,5%)
I have problems chewing/swallowing	18 (7,9%)	761 (5,9%)
I normally eat less than what was served	11 (4,8%)	1427 (11,0%)
I had nausea/vomiting	14 (6,1%)	1029 (7,9%)
I was too tired	4 (1,8%)	789 (6,1%)
I cannot eat without help	3 (1,3%)	208 (1,6%)
I was not allowed to eat	13 (5,7%)	1289 (9,9%)
I had an exam, surgery, or test and missed my meal	34 (14,9%)	766 (5,9%)
I did not get requested food	4 (1,8%)	139 (1,1%)
No answer given	41 (18,0%)	1829 (14,1%)

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

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

19a. Did you eat any food apart from hospital food TODAY? 192 (52,7%) 6580 (28,9%)

19b. If yes, what did you eat?

Sweet snacks	23 (12,0%)	1928 (29,3%)
Salty snacks	53 (27,6%)	749 (11,4%)
Homemade food	26 (13,5%)	963 (14,6%)
Fruits	98 (51,0%)	2551 (38,8%)
Dairy products	66 (34,4%)	724 (11,0%)
Food delivered/restaurant	6 (3,1%)	293 (4,5%)
Sandwich	7 (3,6%)	421 (6,4%)
Other	14 (7,3%)	1042 (15,8%)

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

Increased	69 (14,9%)	3706 (14,1%)
Decreased	204 (44,0%)	7774 (29,7%)
Stayed the same	132 (28,4%)	10331 (39,4%)
I do not know	10 (2,2%)	1690 (6,4%)
Missing	49 (10,6%)	2712 (10,3%)

21. TODAY I feel...

Stronger than at admission	250 (53,9%)	11240 (42,9%)
Weaker than at admission	59 (12,7%)	4893 (18,7%)
Same as at admission	111 (23,9%)	7428 (28,3%)
I was admitted today	12 (2,6%)	662 (2,5%)
I do not know	12 (2,6%)	1384 (5,3%)
Missing	20 (4,3%)	606 (2,3%)

22. Can you walk without assistance TODAY?

Yes	186 (40,1%)	15438 (58,9%)
No, only with assistance	90 (19,4%)	6458 (24,6%)
No, I stay in bed	137 (29,5%)	3018 (11,5%)
Missing	51 (11,0%)	1299 (5,0%)

23. Did anyone help you complete this questionnaire?	365 (84,9%)	15731 (65,1%)
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