



nutritionDay  
WORLDWIDE

**Country Report**  
**nutritionDay 2021**  
**Switzerland**

Dear participant,

Thank you for participating to nutritionDay worldwide in 2021. Your country report consists of the following sample size:

<b>Number of participated center:</b>	<b>3</b>
<b>Number of participated units:</b>	<b>6</b>
<b>Number of patients:</b>	<b>87</b>
<b>Number of patients who gave consent:</b>	<b>87</b>
<b>Number of patients completing Sheet 3a:</b>	<b>87</b>
<b>Number of patients completing Sheet 3b:</b>	<b>87</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>42</b>

This report compares your country data to the international reference database based on data from nutritionDay 2017-2019.

The report consists of 5 parts:

Part I reflects capacity and staffing of your hospitals.

Part II reflects the organisation and the structure of the units.

Part III describes patient´s demographics, the clinical information and the outcome.

Part IV is the summary of information on patient´s nutrition, history and health status.

Part V COVID-19

**Participate again to next year's nutritionDay in November 2022! Repeated participation allows benchmarking and monitoring the nutrition care in your country. For more information visit [www.nutritionDay.org](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

## I. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	57 [44-72]	375 [213-715]
<b>2. Total number of admissions in the hospital last year</b>	7554 [5004-10105]	18870 [9512-38961]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	60 [33-101]	186 [90-417]
Medical specialists	5 [5-5]	124 [54-273]
Medical non-specialists	1 [1-1]	45 [19-116]
Nurses	19 [15-49]	440 [208-910]
Dieticians	1 [1-2]	5 [1-10]
Nutritionists	0 [0-0]	1 [0-5]
Pharmacists	1 [1-1]	8 [4-24]
Kitchen staff	11 [8-12]	32 [15-62]
<b>Full time equivalent</b>		
Total medical doctors	5 [5-5]	175 [76-394]
Medical specialists	5 [5-5]	121 [50-274]
Medical non-specialists	1 [1-1]	45 [18-138]
Nurses	19 [14-40]	380 [198-793]
Dieticians	0 [0-0]	5 [2-8]
Nutritionists	0 [0-0]	1 [0-3]
Pharmacists	1 [0-1]	7 [4-20]
Kitchen staff	8 [6-9]	30 [14-57]
<b>4. Does the hospital have a nutrition care strategy?</b>	-	439 (80.8%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	-	391 (72.0%) Yes
Nutrition steering committee is available	1 (33.3%) Yes	328 (60.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	229 (42.2%) Yes
Quality indicators are used for internal benchmarking	-	299 (55.1%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (66.7%) Yes	415 (76.4%) Yes
None	1 (33.3%) Yes	32 (5.9%) Yes
No answer given	-	-
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		

### Codes available

Nutrition Support	-	296 (54.5%) Yes
Oral nutrition supplements	2 (66.7%) Yes	219 (40.3%) Yes
Parenteral nutrition	1 (33.3%) Yes	349 (64.3%) Yes
Enteral nutrition	2 (66.7%) Yes	327 (60.2%) Yes
Dietary counseling	1 (33.3%) Yes	232 (42.7%) Yes
Specific dietary interventions	1 (33.3%) Yes	178 (32.8%) Yes
Screening for malnutrition	1 (33.3%) Yes	195 (35.9%) Yes
Risk of malnutrition	-	160 (29.5%) Yes
Malnutrition (in general)	-	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	251 (46.2%) Yes
No information available from billing/finance/controlling	1 (33.3%) Yes	104 (19.2%) Yes
No answer given	-	-

### Codes routinely used

Nutrition Support	-	264 (48.6%) Yes
Oral nutrition supplements	1 (33.3%) Yes	200 (36.8%) Yes
Parenteral nutrition	1 (33.3%) Yes	326 (60.0%) Yes
Enteral nutrition	1 (33.3%) Yes	310 (57.1%) Yes
Dietary counseling	1 (33.3%) Yes	208 (38.3%) Yes
Specific dietary interventions	1 (33.3%) Yes	160 (29.5%) Yes
Screening for malnutrition	-	162 (29.8%) Yes
Risk of malnutrition	-	138 (25.4%) Yes
Malnutrition (in general)	-	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	218 (40.1%) Yes
No information available from billing/finance/controlling	2 (66.7%) Yes	115 (21.2%) Yes
No answer given	-	-

## II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (16.7%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (16.7%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	1 (16.7%)	4.0%
Surgery / General	2 (33.3%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	1 (16.7%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
<b>2. Number of registered inpatients at noon</b>	24 [15-26]	24 [18-31]
<b>3. Total bed capacity of the unit</b>	29 [27-30]	29 [24-38]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	4 [3-7]	3 [2-7]
Nurses	4 [2-9]	4 [3-7]
Nursing aides	4 [3-4]	2 [1-3]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-3]	1 [0-1]
Other staff involved in patient care	1 [1-3]	1 [0-3]
<b>In training</b>		
Medical doctors	4 [4-4]	1 [0-3]
Medical students	-	0 [0-2]
Nurses	0 [0-0]	1 [0-2]

Nursing aides	0 [0-0]	0 [0-1]
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?** - 936 (81.4%) Yes

**6. Does the unit have a nutrition care strategy?** 2 (33.3%) Yes 890 (77.4%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 2 (33.3%) Yes 831 (72.3%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 5 (83.3%) Yes 1155 (90.1%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 3 (50.0%) Yes 662 (57.6%) Yes

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

**At admission**

No routine screening	3 (50.0%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	1 (16.7%) Yes	85 (6.3%) Yes
Weighing / BMI only	-	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	2 (33.3%) Yes	455 (33.8%) Yes
Malnutrition Universal Screening Tool (MUST)	-	86 (6.4%) Yes
Malnutrition Screening tool (MST)	-	94 (7.0%) Yes
SNAQ	-	27 (2.0%) Yes
Other formal tool	-	218 (16.2%) Yes
I do not know	-	10 (0.74%) Yes
Missing	-	64 (4.8%)

**During hospital stay**

No routine monitoring	3 (50.0%) Yes	120 (8.9%) Yes
No fixed criteria	-	101 (7.5%) Yes
Experience / visual assessment only	1 (16.7%) Yes	212 (15.8%) Yes
Weighing / BMI only	2 (33.3%) Yes	438 (32.5%) Yes
Other formal tool	-	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	-	64 (4.8%)

**11a. Do you routinely use guidelines or standards for nutrition care?** - 954 (85.2%) Yes

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

International guidelines	-	266 (27.9%)	Yes
National guidelines	-	148 (15.5%)	Yes
Standards on hospital level	-	355 (37.2%)	Yes
Standards on unit level	-	58 (6.1%)	Yes
Individual patient nutrition care plans	-	111 (11.6%)	Yes
Other	-	8 (0.84%)	Yes
Missing	-	8 (0.84%)	

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

Watchful waiting	5 (83.3%)	Yes	355 (26.4%)	Yes
Discuss nutrition care activities during ward rounds	5 (83.3%)	Yes	572 (42.5%)	Yes
Develop an individual nutrition care plan	3 (50.0%)	Yes	675 (50.1%)	Yes
Initiate treatment / nutrition intervention	3 (50.0%)	Yes	739 (54.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%)	Yes	739 (54.9%)	Yes
Consult a medical professional	2 (33.3%)	Yes	472 (35.1%)	Yes
Calculate energy requirements	3 (50.0%)	Yes	593 (44.1%)	Yes
Calculate protein requirements	3 (50.0%)	Yes	574 (42.6%)	Yes

**Malnourished**

Watchful waiting	-		252 (18.7%)	Yes
Discuss nutrition care activities during ward rounds	-		614 (45.6%)	Yes
Develop an individual nutrition care plan	1 (16.7%)	Yes	739 (54.9%)	Yes
Initiate treatment / nutrition intervention	2 (33.3%)	Yes	797 (59.2%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-		729 (54.2%)	Yes
Consult a medical professional	-		540 (40.1%)	Yes
Calculate energy requirements	2 (33.3%)	Yes	686 (51.0%)	Yes
Calculate protein requirements	2 (33.3%)	Yes	670 (49.8%)	Yes

**Every patient**

Watchful waiting	2 (33.3%)	Yes	668 (49.6%)	Yes
Discuss nutrition care activities during ward rounds	1 (16.7%)	Yes	331 (24.6%)	Yes
Develop an individual nutrition care plan	1 (16.7%)	Yes	220 (16.3%)	Yes
Initiate treatment / nutrition intervention	-		173 (12.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (33.3%)	Yes	256 (19.0%)	Yes
Consult a medical professional	-		267 (19.8%)	Yes
Calculate energy requirements	-		166 (12.3%)	Yes
Calculate protein requirements	-		148 (11.0%)	Yes

**Never**

Watchful waiting	-	95 (7.1%) Yes
Discuss nutrition care activities during ward rounds	-	58 (4.3%) Yes
Develop an individual nutrition care plan	1 (16.7%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	1 (16.7%) Yes	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (16.7%) Yes	20 (1.5%) Yes
Consult a medical professional	3 (50.0%) Yes	124 (9.2%) Yes
Calculate energy requirements	1 (16.7%) Yes	120 (8.9%) Yes
Calculate protein requirements	1 (16.7%) Yes	139 (10.3%) Yes

#### I do not know

Watchful waiting	-	70 (5.2%) Yes
Discuss nutrition care activities during ward rounds	-	49 (3.6%) Yes
Develop an individual nutrition care plan	-	43 (3.2%) Yes
Initiate treatment / nutrition intervention	-	37 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	39 (2.9%) Yes
Consult a medical professional	1 (16.7%) Yes	96 (7.1%) Yes
Calculate energy requirements	-	68 (5.1%) Yes
Calculate protein requirements	-	75 (5.6%) Yes

#### 13. When do you routinely weigh your patients?

at admission	-	878 (65.2%) Yes
Within 24 hours	2 (33.3%) Yes	203 (15.1%) Yes
Within 48 hours	2 (33.3%) Yes	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	2 (33.3%) Yes	631 (46.9%) Yes
Occasionally	-	153 (11.4%) Yes
When requested	6 (100%) Yes	707 (52.5%) Yes
At discharge	-	65 (4.8%) Yes
Never	-	12 (0.89%) Yes
I do not know	-	8 (0.59%) Yes
No answer given	-	64 (4.8%)

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

Offer additional meals or in between snacks	5 (83.3%) Yes	1043 (77.5%) Yes
Offer meal choices	6 (100%) Yes	989 (73.5%) Yes
Offer different portion sizes	3 (50.0%) Yes	900 (66.9%) Yes
Consider food presentation	6 (100%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	5 (83.3%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	6 (100%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (50.0%) Yes	399 (29.6%) Yes
Promote positive eating environment	4 (66.7%) Yes	493 (36.6%) Yes
Consider cultural/religious preferences	5 (83.3%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	6 (100%) Yes	1163 (86.4%) Yes



Other	-	101 (7.5%) Yes
I do not know	-	23 (1.7%) Yes
No answer given	-	64 (4.8%)
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	-	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	2 (33.3%) Yes	544 (40.4%) Yes
Quality indicators are recorded and reported to national or regional level	-	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	-	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (83.3%) Yes	805 (59.8%) Yes
None	-	38 (2.8%) Yes
I do not know	1 (16.7%) Yes	59 (4.4%) Yes
No answer given	-	196 (14.6%)
<b>16. At admission what is asked and documented?</b>		
Change in weight	2 (33.3%) Yes	985 (73.2%) Yes
Eating habits/difficulties	3 (50.0%) Yes	932 (69.2%) Yes
Nutrition before admission	2 (33.3%) Yes	746 (55.4%) Yes
None	3 (50.0%) Yes	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	-	196 (14.6%)
<b>17. On what forms is there a specific part about eating, nutrition or malnutrition?</b>		
<b>a. Patient Record has a section for ...</b>		
indicating if the patient is malnourished or at risk of malnutrition	-	965 (71.7%) Yes
nutrition treatment	-	759 (56.4%) Yes
None	6 (100%) Yes	53 (3.9%) Yes
I do not know	-	40 (3.0%) Yes
<b>b. Discharge Letter ...</b>		
summarizes nutrition treatment received during stay	-	573 (42.6%) Yes
makes future nutrition-related recommendations	2 (33.3%) Yes	775 (57.6%) Yes
None	3 (50.0%) Yes	112 (8.3%) Yes
I do not know	1 (16.7%) Yes	136 (10.1%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	2 (33.3%) Yes	475 (44.9%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	4 (66.7%) Yes	369 (27.4%) Yes



Dietician	-	641 (47.6%) Yes
Nurse	2 (33.3%) Yes	339 (25.2%) Yes
Physician	-	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	-	87 (6.5%) Yes
None	-	-
I do not know	-	16 (1.2%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	87	24938
Age	77 [63-81]	67 [52-79]
Female	56 (64.4%)	12350 (49.5%)
Weight	70.5±14.8	70.6±18.8
Height	169±8	166±10
BMI	24.8±4.7	25.6±5.9

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

planned	78 (89.7%)	8897 (35.7%)
an emergency	9 (10.3%)	14095 (56.5%)
I do not know	-	1946 (7.8%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	2 (2.3%)	2401 (9.6%)
0200 Neoplasms	11 (12.6%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	1 (1.1%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	9 (10.3%)	3135 (12.6%)
0500 Mental health	3 (3.4%)	1229 (4.9%)
0600 Nervous system	14 (16.1%)	2384 (9.6%)
0700 Eye and adnexa	-	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	3 (3.4%)	5456 (21.9%)
1000 Respiratory system	4 (4.6%)	3828 (15.4%)
1100 Digestive system	1 (1.1%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	-	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	59 (67.8%)	4086 (16.4%)
1400 Genitourinary system	1 (1.1%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	-	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	-	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	4 (4.6%)	1374 (5.5%)
1900 Injury, poisoning	1 (1.1%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	760 (3.0%)
2100 Factors influencing health status and contact with health services	1 (1.1%)	967 (3.9%)
No answer given	-	-

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

Cardiac insufficiency	12 (13.8%)	4815 (20.0%)
Myocardial infarction	2 (2.3%)	1295 (5.4%)
Chronic lung disease	9 (10.3%)	3095 (12.9%)
Cerebral vascular disease	9 (10.3%)	2104 (8.8%)
Peripheral vascular disease	7 (8.0%)	2576 (10.7%)
Chronic liver disease	-	1387 (5.8%)
Chronic kidney disease	3 (3.6%)	2780 (11.6%)
Diabetes	9 (10.5%)	5493 (22.8%)
Cancer	15 (17.2%)	5291 (22.0%)
Infection	5 (5.8%)	3401 (14.2%)
Dementia	6 (6.9%)	1201 (5.0%)
Major depressive disorder	-	1146 (4.8%)
Other chronic mental disorder	8 (9.3%)	1129 (4.7%)
Other chronic disease	26 (30.6%)	6182 (25.7%)
None	26 (29.9%)	4918 (19.7%)

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

Yes, planned	37 (42.5%)	4588 (18.4%)
Yes, acute	1 (1.1%)	1540 (6.2%)
No	47 (54.0%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	2 (2.3%)	2956 (11.9%)

Days since operation	2 [1-3]	4 [1-13]
----------------------	---------	----------

#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	9 (10.3%)	1928 (7.7%)
Yes, later	-	1364 (5.5%)
No	67 (77.0%)	17466 (70.0%)
I do not know	-	777 (3.1%)
Missing	11 (12.6%)	3403 (13.6%)

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

4 (4.6%)	2367 (10.6%)
----------	--------------

#### 6. Is this patient terminally ill?

3 (3.4%)	1518 (6.1%)
----------	-------------

#### 7. Fluid status

Normal	56 (64.4%)	19053 (76.4%)
Overloaded	4 (4.6%)	1296 (5.2%)
Dehydrated	3 (3.4%)	1231 (4.9%)
I do not know	24 (27.6%)	3358 (13.5%)
Missing	-	-

## 8. Number of different medications planned

Oral	6 [4-9]	5 [2-8]
Other	0 [0-2]	2 [1-4]

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

Malnourished	3 (3.4%)	3162 (12.7%)
At risk	4 (4.6%)	4616 (18.5%)
No	47 (54.0%)	15318 (61.4%)
I do not know	33 (37.9%)	1842 (7.4%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	9 (10.3%)	8176 (32.8%)
5% Glucose solution	-	2128 (8.5%)

## 11. Number of ONS drinks planned

0 [0-0]	0 [0-0]
---------	---------

## 12. Nutrition intake

Regular hospital food	76 (87.4%)	15131 (60.7%)
Fortified/enriched hospital food	6 (6.9%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	8 (9.2%)	4070 (16.3%)
Enteral nutrition	2 (2.3%)	1106 (4.4%)
Parenteral nutrition	1 (1.1%)	1022 (4.1%)
Special diet	7 (8.0%)	7501 (30.1%)
None	4 (4.6%)	982 (3.9%)

## 13a. All lines and Tubes

Central Venous	2 (2.3%)	2136 (9.6%)
Peripheral venous access	31 (35.6%)	11129 (49.9%)
Nasogastric	1 (1.1%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (1.1%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	53 (60.9%)	11685 (46.9%)

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

Yes, previously	3 (3.4%)	352 (1.4%)
Yes, ongoing	2 (2.3%)	210 (0.84%)
No	79 (90.8%)	18650 (74.8%)
I do not know	-	2030 (8.1%)
Missing	3 (3.4%)	3696 (14.8%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	7 (8.0%)	8591 (38.5%)
Protein requirements were determined	7 (8.0%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	5 (5.7%)	9521 (42.7%)
Nutrition treatment plan was developed	9 (10.3%)	8177 (36.6%)
Nutrition expert was consulted	18 (20.7%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	3 (3.4%)	7448 (33.4%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	2 (2.3%)	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	1 (1.1%)	1956 (7.8%)
1500-1999 kcal	4 (4.6%)	7632 (30.6%)
>=2000 kcal	1 (1.1%)	2380 (9.5%)
Not determined	48 (55.2%)	7419 (29.7%)
I do not know	31 (35.6%)	1959 (7.9%)
Missing	-	2615 (10.5%)

<b>15b. Energy intake</b>		
< 500 kcal	2 (2.3%)	1316 (5.3%)
500-999 kcal	-	938 (3.8%)
1000-1499 kcal	-	2996 (12.0%)
1500-1999 kcal	5 (5.7%)	5568 (22.3%)
>=2000 kcal	-	1218 (4.9%)
Not determined	49 (56.3%)	7394 (29.6%)
I do not know	31 (35.6%)	2893 (11.6%)
Missing	-	2615 (10.5%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	33 (37.9%)	11443 (45.9%)
Deteriorated	3 (3.4%)	1219 (4.9%)
Remained the same	32 (36.8%)	6079 (24.4%)
This patient has just been admitted	16 (18.4%)	1466 (5.9%)
I do not know	3 (3.4%)	2116 (8.5%)
Missing	-	2615 (10.5%)
Length of hospital stay (days)	7 [5-13]	12 [6-23]

<b>Outcome Code</b>		
1= Still in the hospital	4 (4.6%)	2515 (10.1%)
2= Transferred to another hospital	1 (1.1%)	534 (2.1%)

3= Transferred to long term care	4 (4.6%)	1049 (4.2%)
4= Rehabilitation	-	871 (3.5%)
5= Discharged home	32 (36.8%)	18594 (74.6%)
6= Death	1 (1.1%)	785 (3.1%)
7= Others	-	410 (1.6%)
Missing	45 (51.7%)	180 (0.72%)

### Readmitted since nutritionDay

1= No	22 (57.9%)	16760 (76.8%)
2= Yes, same hospital planned	6 (15.8%)	1458 (6.7%)
3= Yes, same hospital unplanned	10 (26.3%)	1363 (6.2%)
4= Yes, different hospital planned	-	114 (0.52%)
5= Yes, different hospital unplanned	-	114 (0.52%)
6= Unknown	-	481 (2.2%)
Missing	-	1471 (6.7%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	61 (70.1%)	15402 (63.5%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	3 (3.4%)	204 (0.84%)
I avoid added sugars	19 (21.8%)	3626 (14.9%)
I avoid carbohydrates	3 (3.4%)	1383 (5.7%)
I eat a low fat-diet	8 (9.2%)	2463 (10.2%)
I am lactose intolerant	8 (9.2%)	809 (3.3%)
Other special diet due to intolerances/allergies	5 (5.7%)	416 (1.7%)
Other	7 (8.0%)	1608 (6.6%)
No answer given	-	2801 (11.5%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	70 (80.5%)	19123 (78.8%)
In a nursing home or other live-in facility	2 (2.3%)	762 (3.1%)
I was transferred from another hospital	15 (17.2%)	1370 (5.6%)
Other	-	330 (1.4%)
Missing	-	2674 (11.0%)
<b>3. In general, are you able to walk?</b>		
Yes	55 (63.2%)	13831 (57.0%)
Yes, with someone's help	8 (9.2%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	18 (20.7%)	3228 (13.3%)
No, I have a wheelchair	2 (2.3%)	852 (3.5%)
No, I am bedridden	2 (2.3%)	1317 (5.4%)
Missing	2 (2.3%)	2779 (11.5%)
<b>4. In general, how would you say your health is?</b>		
Very good	28 (32.2%)	1712 (7.1%)
Good	34 (39.1%)	7821 (32.2%)
Fair	18 (20.7%)	8148 (33.6%)
Poor	5 (5.7%)	3099 (12.8%)
Very poor	2 (2.3%)	710 (2.9%)
Missing	-	2769 (11.4%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [2-7]	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-1]	1 [0-2]



... how many nights in total have you spent in hospital?	0 [0-10]	6 [0-16]
--	----------	----------

### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	23 (26.4%)	4416 (18.2%)
3-5	18 (20.7%)	5773 (23.8%)
More than 5	27 (31.0%)	6835 (28.2%)
None	12 (13.8%)	3630 (15.0%)
I do not know	4 (4.6%)	820 (3.4%)
Missing	3 (3.4%)	2785 (11.5%)

### 7. Do you have health insurance?

Yes, private insurance only	15 (17.2%)	3823 (15.8%)
Yes, public insurance only	3 (3.4%)	11203 (46.2%)
Yes, both	64 (73.6%)	2662 (11.0%)
None	-	2485 (10.2%)
I prefer not to answer	4 (4.6%)	986 (4.1%)
Missing	1 (1.1%)	3100 (12.8%)

### 8. What was your weight 5 years ago?

	72 [60-82]	72 [62-85]
--	------------	------------

I do not know	25 (28.7%)	5440 (22.4%)
---------------	------------	--------------

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

Yes, intentionally	9 (10.3%)	2202 (9.1%)
Yes, unintentionally	18 (20.7%)	9411 (38.8%)
No, my weight stayed the same	39 (44.8%)	7247 (29.9%)
No, I gained weight	3 (3.4%)	2760 (11.4%)
I do not know	15 (17.2%)	2195 (9.0%)
Missing	3 (3.4%)	444 (1.8%)

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

	4 [3-5]	6 [4-10]
--	---------	----------

I do not know	4 (14.8%)	1851 (15.9%)
---------------	-----------	--------------

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

	64 (75.3%)	8227 (39.7%)
--	------------	--------------

### 11. Please indicate if you ...

... were weighed at admission	16 (18.4%)	12540 (58.3%)
... were informed about your nutrition status	11 (12.6%)	7803 (36.5%)
... were informed about nutrition care options	7 (8.1%)	7174 (33.6%)
... received special nutrition care	8 (9.3%)	6955 (32.7%)

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

More than normal	2 (2.3%)	1099 (4.5%)
Normal	52 (59.8%)	14509 (60.0%)

About 3/4 of normal	13 (14.9%)	2651 (11.0%)
About half of normal	11 (12.6%)	3062 (12.7%)
About a quarter to nearly nothing	6 (6.9%)	2263 (9.4%)
I do not know	3 (3.4%)	231 (0.96%)
Missing	-	362 (1.5%)

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

Very satisfied	43 (49.4%)	5394 (22.3%)
Somewhat satisfied	27 (31.0%)	7204 (29.8%)
Neutral	9 (10.3%)	4214 (17.4%)
Dissatisfied	3 (3.4%)	1854 (7.7%)
Very dissatisfied	-	673 (2.8%)
I do not know	1 (1.1%)	1694 (7.0%)
Missing	4 (4.6%)	3144 (13.0%)

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

Yes, from family or friends	3 (3.4%)	2177 (9.0%)
Yes, from hospital staff	1 (1.1%)	1475 (6.1%)
No	80 (92.0%)	16830 (69.6%)
I do not know	1 (1.1%)	282 (1.2%)
Missing	2 (2.3%)	3413 (14.1%)

**15. Were you able to eat without interruption TODAY? (Yes)** 70 (85.4%) 15256 (74.7%)

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

About all	47 (54.0%)	11133 (46.0%)
1/2	31 (35.6%)	6143 (25.4%)
1/4	8 (9.2%)	3103 (12.8%)
Nothing	-	2802 (11.6%)
Missing	1 (1.1%)	996 (4.1%)

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

Standard	56 (64.4%)	13732 (56.8%)
Smaller	11 (12.6%)	2093 (8.7%)
Larger	4 (4.6%)	1046 (4.3%)
I do not know	3 (3.4%)	2302 (9.5%)
Missing	13 (14.9%)	5004 (20.7%)

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

I did not like the type of food offered	8 (20.5%)	1945 (16.1%)
I did not like the smell/taste of the food	2 (5.1%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	-	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	1 (2.6%)	281 (2.3%)
Due to food allergy/intolerance	-	105 (0.87%)
I was not hungry at that time	12 (30.8%)	1991 (16.5%)
I do not have my usual appetite	17 (43.6%)	3586 (29.8%)
I have problems chewing/swallowing	4 (10.3%)	716 (5.9%)
I normally eat less than what was served	10 (25.6%)	1383 (11.5%)
I had nausea/vomiting	3 (7.7%)	984 (8.2%)
I was too tired	1 (2.6%)	740 (6.1%)
I cannot eat without help	-	191 (1.6%)
I was not allowed to eat	-	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	-	733 (6.1%)
I did not get requested food	-	124 (1.0%)
No answer given	1 (2.6%)	1823 (15.1%)

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

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

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 17 (20.2%) 5831 (29.2%)

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

Sweet snacks	12 (70.6%)	1820 (31.2%)
Salty snacks	3 (17.6%)	645 (11.1%)
Homemade food	-	896 (15.4%)
Fruits	2 (11.8%)	2357 (40.4%)
Dairy products	-	686 (11.8%)
Food delivered/restaurant	2 (11.8%)	272 (4.7%)
Sandwich	-	347 (6.0%)
Other	1 (5.9%)	795 (13.6%)

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

Increased	17 (19.5%)	3329 (13.8%)
Decreased	16 (18.4%)	6808 (28.2%)
Stayed the same	46 (52.9%)	9055 (37.5%)
I do not know	2 (2.3%)	1479 (6.1%)
Missing	6 (6.9%)	3506 (14.5%)

## 21. TODAY I feel...

Stronger than at admission	32 (36.8%)	10558 (43.7%)
Weaker than at admission	17 (19.5%)	4610 (19.1%)
Same as at admission	29 (33.3%)	6833 (28.3%)
I was admitted today	5 (5.7%)	576 (2.4%)
I do not know	4 (4.6%)	1178 (4.9%)
Missing	-	422 (1.7%)

## 22. Can you walk without assistance TODAY?

Yes	53 (60.9%)	14229 (58.9%)
No, only with assistance	29 (33.3%)	5989 (24.8%)
No, I stay in bed	5 (5.7%)	2912 (12.0%)
Missing	-	1047 (4.3%)

## 23. Did anyone help you complete this questionnaire? (Yes)

55 (64.0%) 13801 (65.2%)

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Are you COVID-19 positive TODAY?</b>		
Yes	-	-
No	86 (98.9%)	-
I do not know	-	-
Missing	1 (1.1%)	-
<b>2. Have you been tested COVID-19 positive in the last:</b>		
0-3 months	1 (1.1%)	-
3-6 months	-	-
6-12 months	3 (3.4%)	-
>1 year	4 (4.6%)	-
never	74 (85.1%)	-
I do not know	2 (2.3%)	-
Missing	3 (3.4%)	-
<b>3. Have you been hospitalized during your COVID-19 infection?</b>		
Yes	2 (2.3%)	-
No	82 (94.3%)	-
I do not know	1 (1.1%)	-
Missing	2 (2.3%)	-