



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2021
Ecuador

Dear participant,

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

Number of participated center:	3
Number of participated units:	6
Number of patients:	102
Number of patients who gave consent:	102
Number of patients completing Sheet 3a:	102
Number of patients completing Sheet 3b:	102
Number of patients with 30-day outcome assessment:	102

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 or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	130 [122-174]	375 [213-715]
2. Total number of admissions in the hospital last year	6763 [3932-8205]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	170 [105-231]	186 [90-417]
Medical specialists	152 [86-180]	124 [54-273]
Medical non-specialists	20 [19-53]	45 [19-116]
Nurses	44 [35-54]	440 [208-910]
Dieticians	0 [0-0]	5 [1-10]
Nutritionists	1 [1-2]	1 [0-5]
Pharmacists	3 [2-11]	8 [4-24]
Kitchen staff	10 [10-17]	32 [15-62]
Full time equivalent		
Total medical doctors	170 [105-231]	175 [76-394]
Medical specialists	152 [86-180]	121 [50-274]
Medical non-specialists	20 [19-53]	45 [18-138]
Nurses	44 [35-54]	380 [198-793]
Dieticians	0 [0-0]	5 [2-8]
Nutritionists	1 [1-2]	1 [0-3]
Pharmacists	3 [2-11]	7 [4-20]
Kitchen staff	10 [10-17]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	-	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	1 (33.3%) Yes	391 (72.0%) Yes
Nutrition steering committee is available	-	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	-	415 (76.4%) Yes
None	2 (66.7%) Yes	32 (5.9%) Yes
No answer given	-	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	2 (66.7%) Yes	296 (54.5%) Yes
Oral nutrition supplements	1 (33.3%) Yes	219 (40.3%) Yes
Parenteral nutrition	1 (33.3%) Yes	349 (64.3%) Yes
Enteral nutrition	1 (33.3%) Yes	327 (60.2%) Yes
Dietary counseling	2 (66.7%) Yes	232 (42.7%) Yes
Specific dietary interventions	2 (66.7%) Yes	178 (32.8%) Yes
Screening for malnutrition	1 (33.3%) Yes	195 (35.9%) Yes
Risk of malnutrition	1 (33.3%) Yes	160 (29.5%) Yes
Malnutrition (in general)	2 (66.7%) Yes	262 (48.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (100%) Yes	251 (46.2%) Yes
No information available from billing/finance/controlling	-	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	2 (66.7%) Yes	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	2 (66.7%) Yes	208 (38.3%) Yes
Specific dietary interventions	2 (66.7%) Yes	160 (29.5%) Yes
Screening for malnutrition	1 (33.3%) Yes	162 (29.8%) Yes
Risk of malnutrition	1 (33.3%) Yes	138 (25.4%) Yes
Malnutrition (in general)	2 (66.7%) Yes	238 (43.8%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	3 (100%) Yes	218 (40.1%) Yes
No information available from billing/finance/controlling	-	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	2 (33.3%)	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)	-	8.0%
Interdisciplinary	2 (33.3%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	1 (16.7%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	1 (16.7%)	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
2. Number of registered inpatients at noon	20 [18-28]	24 [18-31]
3. Total bed capacity of the unit	49 [44-53]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	26 [8-32]	3 [2-7]
Nurses	13 [5-17]	4 [3-7]
Nursing aides	12 [7-16]	2 [1-3]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-1]	0 [0-1]
Administrative staff	0 [0-0]	1 [0-1]
Other staff involved in patient care	0 [0-1]	1 [0-3]
In training		
Medical doctors	5 [0-5]	1 [0-3]
Medical students	0 [0-8]	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 [0-1]	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? - 890 (77.4%) Yes

7. Is there a person in your unit responsible for nutrition care? 6 (100%) 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? - 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	-	85 (6.3%) Yes
Weighing / BMI only	3 (50.0%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	-	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	-	212 (15.8%) Yes
Weighing / BMI only	3 (50.0%) 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? 1 (16.7%) Yes 954 (85.2%) Yes

11b. If yes, which one is mainly used?		
International guidelines	Yes	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	3 (50.0%) Yes	355 (26.4%) Yes
Discuss nutrition care activities during ward rounds	4 (66.7%) Yes	572 (42.5%) Yes
Develop an individual nutrition care plan	4 (66.7%) Yes	675 (50.1%) Yes
Initiate treatment / nutrition intervention	6 (100%) Yes	739 (54.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (100%) Yes	739 (54.9%) Yes
Consult a medical professional	4 (66.7%) Yes	472 (35.1%) Yes
Calculate energy requirements	6 (100%) Yes	593 (44.1%) Yes
Calculate protein requirements	6 (100%) Yes	574 (42.6%) Yes

Malnourished

Watchful waiting	3 (50.0%) Yes	252 (18.7%) Yes
Discuss nutrition care activities during ward rounds	4 (66.7%) Yes	614 (45.6%) Yes
Develop an individual nutrition care plan	4 (66.7%) Yes	739 (54.9%) Yes
Initiate treatment / nutrition intervention	6 (100%) Yes	797 (59.2%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (100%) Yes	729 (54.2%) Yes
Consult a medical professional	4 (66.7%) Yes	540 (40.1%) Yes
Calculate energy requirements	6 (100%) Yes	686 (51.0%) Yes
Calculate protein requirements	6 (100%) Yes	670 (49.8%) Yes

Every patient

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

Never

Watchful waiting	2 (33.3%) Yes	95 (7.1%) Yes
Discuss nutrition care activities during ward rounds	2 (33.3%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	2 (33.3%) Yes	40 (3.0%) Yes
Initiate treatment / nutrition intervention	-	22 (1.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	20 (1.5%) Yes
Consult a medical professional	-	124 (9.2%) Yes
Calculate energy requirements	-	120 (8.9%) Yes
Calculate protein requirements	-	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	-	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	3 (50.0%) Yes	878 (65.2%) Yes
Within 24 hours	-	203 (15.1%) Yes
Within 48 hours	3 (50.0%) Yes	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	-	631 (46.9%) Yes
Occasionally	1 (16.7%) Yes	153 (11.4%) Yes
When requested	3 (50.0%) 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	6 (100%) Yes	1043 (77.5%) Yes
Offer meal choices	-	989 (73.5%) Yes
Offer different portion sizes	-	900 (66.9%) Yes
Consider food presentation	-	460 (34.2%) Yes
Change food texture/consistency as needed	3 (50.0%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	1 (16.7%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	399 (29.6%) Yes
Promote positive eating environment	-	493 (36.6%) Yes
Consider cultural/religious preferences	-	999 (74.2%) Yes
Consider patient allergies / intolerances	1 (16.7%) Yes	1163 (86.4%) Yes

Other	1 (16.7%) Yes	101 (7.5%) Yes
I do not know	-	23 (1.7%) Yes
No answer given	-	64 (4.8%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	4 (66.7%) Yes	772 (57.4%) Yes
Reporting of nutrition related information to hospital managers	-	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	-	805 (59.8%) Yes
None	2 (33.3%) Yes	38 (2.8%) Yes
I do not know	-	59 (4.4%) Yes
No answer given	-	196 (14.6%)
16. At admission what is asked and documented?		
Change in weight	4 (66.7%) Yes	985 (73.2%) Yes
Eating habits/difficulties	3 (50.0%) Yes	932 (69.2%) Yes
Nutrition before admission	1 (16.7%) Yes	746 (55.4%) Yes
None	2 (33.3%) Yes	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	-	196 (14.6%)
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	1 (16.7%) Yes	965 (71.7%) Yes
nutrition treatment	1 (16.7%) Yes	759 (56.4%) Yes
None	5 (83.3%) Yes	53 (3.9%) Yes
I do not know	-	40 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	-	573 (42.6%) Yes
makes future nutrition-related recommendations	1 (16.7%) Yes	775 (57.6%) Yes
None	5 (83.3%) Yes	112 (8.3%) Yes
I do not know	-	136 (10.1%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (50.0%) Yes	475 (44.9%) Yes
19. Who filled in this sheet?		
Head staff	2 (33.3%) Yes	369 (27.4%) Yes

Dietician	3 (50.0%) Yes	641 (47.6%) Yes
Nurse	-	339 (25.2%) Yes
Physician	4 (66.7%) Yes	140 (10.4%) Yes
Administrative staff	2 (33.3%) Yes	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	102	24938
Age	53 [35-67]	67 [52-79]
Female	42 (41.2%)	12350 (49.5%)
Weight	71.3±19.0	70.6±18.8
Height	162±10	166±10
BMI	26.9±5.7	25.6±5.9

1. This hospital admission was...

planned	17 (16.7%)	8897 (35.7%)
an emergency	69 (67.6%)	14095 (56.5%)
I do not know	16 (15.7%)	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	13 (12.7%)	2401 (9.6%)
0200 Neoplasms	3 (2.9%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	5 (4.9%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	9 (8.8%)	3135 (12.6%)
0500 Mental health	3 (2.9%)	1229 (4.9%)
0600 Nervous system	9 (8.8%)	2384 (9.6%)
0700 Eye and adnexa	-	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	14 (13.7%)	5456 (21.9%)
1000 Respiratory system	19 (18.6%)	3828 (15.4%)
1100 Digestive system	16 (15.7%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	9 (8.8%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	15 (14.7%)	4086 (16.4%)
1400 Genitourinary system	15 (14.7%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	2 (2.0%)	294 (1.2%)
1600 Conditions originating in the perinatal period	-	55 (0.22%)
1700 Congenital/chromosomal abnormalities	3 (2.9%)	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	1 (0.98%)	1374 (5.5%)
1900 Injury, poisoning	17 (16.7%)	699 (2.8%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	3 (2.9%)	760 (3.0%)
2100 Factors influencing health status and contact with health services	-	967 (3.9%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	8 (8.1%)	4815 (20.0%)
Myocardial infarction	3 (3.0%)	1295 (5.4%)
Chronic lung disease	4 (4.0%)	3095 (12.9%)
Cerebral vascular disease	6 (6.1%)	2104 (8.8%)
Peripheral vascular disease	4 (4.1%)	2576 (10.7%)
Chronic liver disease	1 (1.0%)	1387 (5.8%)
Chronic kidney disease	10 (10.1%)	2780 (11.6%)
Diabetes	21 (21.0%)	5493 (22.8%)
Cancer	3 (3.0%)	5291 (22.0%)
Infection	4 (4.0%)	3401 (14.2%)
Dementia	-	1201 (5.0%)
Major depressive disorder	-	1146 (4.8%)
Other chronic mental disorder	1 (1.0%)	1129 (4.7%)
Other chronic disease	35 (34.7%)	6182 (25.7%)
None	37 (36.3%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	21 (20.6%)	4588 (18.4%)
Yes, acute	26 (25.5%)	1540 (6.2%)
No	54 (52.9%)	15619 (62.6%)
I do not know	1 (0.98%)	235 (0.94%)
Missing	-	2956 (11.9%)

Days since operation	2 [1-31]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	25 (24.5%)	1928 (7.7%)
Yes, later	1 (0.98%)	1364 (5.5%)
No	71 (69.6%)	17466 (70.0%)
I do not know	4 (3.9%)	777 (3.1%)
Missing	1 (0.98%)	3403 (13.6%)

5. Previous ICU admission during this hospital stay? (Yes)	26 (25.5%)	2367 (10.6%)
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6. Is this patient terminally ill?	15 (14.7%)	1518 (6.1%)
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7. Fluid status

Normal	95 (93.1%)	19053 (76.4%)
Overloaded	1 (0.98%)	1296 (5.2%)
Dehydrated	2 (2.0%)	1231 (4.9%)
I do not know	4 (3.9%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

Oral	3 [2-5]	5 [2-8]
Other	6 [4-7]	2 [1-4]

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

Malnourished	8 (7.8%)	3162 (12.7%)
At risk	8 (7.8%)	4616 (18.5%)
No	62 (60.8%)	15318 (61.4%)
I do not know	24 (23.5%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	69 (67.6%)	8176 (32.8%)
5% Glucose solution	3 (2.9%)	2128 (8.5%)

11. Number of ONS drinks planned

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

Regular hospital food	49 (48.0%)	15131 (60.7%)
Fortified/enriched hospital food	10 (9.8%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	7 (6.9%)	4070 (16.3%)
Enteral nutrition	6 (5.9%)	1106 (4.4%)
Parenteral nutrition	2 (2.0%)	1022 (4.1%)
Special diet	37 (36.3%)	7501 (30.1%)
None	8 (7.8%)	982 (3.9%)

13a. All lines and Tubes

Central Venous	8 (7.8%)	2136 (9.6%)
Peripheral venous access	85 (83.3%)	11129 (49.9%)
Nasogastric	2 (2.0%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	1 (0.98%)	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.98%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	9 (8.8%)	11685 (46.9%)

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

Yes, previously	-	352 (1.4%)
Yes, ongoing	-	210 (0.84%)
No	89 (87.3%)	18650 (74.8%)
I do not know	11 (10.8%)	2030 (8.1%)
Missing	2 (2.0%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	19 (18.6%)	8591 (38.5%)
Protein requirements were determined	19 (18.6%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	16 (15.7%)	9521 (42.7%)
Nutrition treatment plan was developed	19 (18.6%)	8177 (36.6%)
Nutrition expert was consulted	20 (19.6%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	16 (15.7%)	7448 (33.4%)
None	-	-

15a. Energy goal

< 500 kcal	-	783 (3.1%)
500-999 kcal	-	194 (0.78%)
1000-1499 kcal	-	1956 (7.8%)
1500-1999 kcal	7 (6.9%)	7632 (30.6%)
>=2000 kcal	6 (5.9%)	2380 (9.5%)
Not determined	75 (73.5%)	7419 (29.7%)
I do not know	14 (13.7%)	1959 (7.9%)
Missing	-	2615 (10.5%)

15b. Energy intake

< 500 kcal	1 (0.98%)	1316 (5.3%)
500-999 kcal	-	938 (3.8%)
1000-1499 kcal	-	2996 (12.0%)
1500-1999 kcal	8 (7.8%)	5568 (22.3%)
>=2000 kcal	3 (2.9%)	1218 (4.9%)
Not determined	75 (73.5%)	7394 (29.6%)
I do not know	15 (14.7%)	2893 (11.6%)
Missing	-	2615 (10.5%)

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

Improved	73 (71.6%)	11443 (45.9%)
Deteriorated	1 (0.98%)	1219 (4.9%)
Remained the same	13 (12.7%)	6079 (24.4%)
This patient has just been admitted	1 (0.98%)	1466 (5.9%)
I do not know	14 (13.7%)	2116 (8.5%)
Missing	-	2615 (10.5%)

Length of hospital stay (days)	21 [8-37]	12 [6-23]
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Outcome Code

1= Still in the hospital	18 (17.6%)	2515 (10.1%)
2= Transferred to another hospital	-	534 (2.1%)

3= Transferred to long term care	-	1049 (4.2%)
4= Rehabilitation	-	871 (3.5%)
5= Discharged home	81 (79.4%)	18594 (74.6%)
6= Death	3 (2.9%)	785 (3.1%)
7= Others	-	410 (1.6%)
Missing	-	180 (0.72%)

Readmitted since nutritionDay

1= No	30 (35.7%)	16760 (76.8%)
2= Yes, same hospital planned	2 (2.4%)	1458 (6.7%)
3= Yes, same hospital unplanned	1 (1.2%)	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	51 (60.7%)	1471 (6.7%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	75 (73.5%)	15402 (63.5%)
I am vegetarian	1 (0.98%)	445 (1.8%)
I adhere to a vegan diet	1 (0.98%)	160 (0.66%)
I eat gluten-free diet	1 (0.98%)	204 (0.84%)
I avoid added sugars	9 (8.8%)	3626 (14.9%)
I avoid carbohydrates	8 (7.8%)	1383 (5.7%)
I eat a low fat-diet	11 (10.8%)	2463 (10.2%)
I am lactose intolerant	5 (4.9%)	809 (3.3%)
Other special diet due to intolerances/allergies	2 (2.0%)	416 (1.7%)
Other	8 (7.8%)	1608 (6.6%)
No answer given	2 (2.0%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	90 (88.2%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	8 (7.8%)	1370 (5.6%)
Other	4 (3.9%)	330 (1.4%)
Missing	-	2674 (11.0%)
3. In general, are you able to walk?		
Yes	69 (67.6%)	13831 (57.0%)
Yes, with someone's help	13 (12.7%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	5 (4.9%)	3228 (13.3%)
No, I have a wheelchair	3 (2.9%)	852 (3.5%)
No, I am bedridden	11 (10.8%)	1317 (5.4%)
Missing	1 (0.98%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	13 (12.7%)	1712 (7.1%)
Good	31 (30.4%)	7821 (32.2%)
Fair	48 (47.1%)	8148 (33.6%)
Poor	8 (7.8%)	3099 (12.8%)
Very poor	2 (2.0%)	710 (2.9%)
Missing	-	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	2 [1-6]	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 [0-6]	6 [0-16]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	20 (19.6%)	4416 (18.2%)
3-5	30 (29.4%)	5773 (23.8%)
More than 5	11 (10.8%)	6835 (28.2%)
None	38 (37.3%)	3630 (15.0%)
I do not know	3 (2.9%)	820 (3.4%)
Missing	-	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	13 (12.7%)	3823 (15.8%)
Yes, public insurance only	24 (23.5%)	11203 (46.2%)
Yes, both	6 (5.9%)	2662 (11.0%)
None	59 (57.8%)	2485 (10.2%)
I prefer not to answer	-	986 (4.1%)
Missing	-	3100 (12.8%)

8. What was your weight 5 years ago?

I do not know	71 [64-82]	72 [62-85]
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I do not know	45 (44.1%)	5440 (22.4%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	12 (11.8%)	2202 (9.1%)
Yes, unintentionally	47 (46.1%)	9411 (38.8%)
No, my weight stayed the same	16 (15.7%)	7247 (29.9%)
No, I gained weight	12 (11.8%)	2760 (11.4%)
I do not know	14 (13.7%)	2195 (9.0%)
Missing	1 (0.98%)	444 (1.8%)

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

I do not know	8 [5-13]	6 [4-10]
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I do not know	24 (40.7%)	1851 (15.9%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	27 (27.8%)	8227 (39.7%)
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11. Please indicate if you ...

... were weighed at admission	47 (46.1%)	12540 (58.3%)
... were informed about your nutrition status	16 (15.7%)	7803 (36.5%)
... were informed about nutrition care options	9 (8.8%)	7174 (33.6%)
... received special nutrition care	22 (21.6%)	6955 (32.7%)

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

More than normal	11 (10.8%)	1099 (4.5%)
Normal	62 (60.8%)	14509 (60.0%)

About 3/4 of normal	8 (7.8%)	2651 (11.0%)
About half of normal	10 (9.8%)	3062 (12.7%)
About a quarter to nearly nothing	9 (8.8%)	2263 (9.4%)
I do not know	2 (2.0%)	231 (0.96%)
Missing	-	362 (1.5%)

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

Very satisfied	46 (45.1%)	5394 (22.3%)
Somewhat satisfied	11 (10.8%)	7204 (29.8%)
Neutral	17 (16.7%)	4214 (17.4%)
Dissatisfied	13 (12.7%)	1854 (7.7%)
Very dissatisfied	3 (2.9%)	673 (2.8%)
I do not know	11 (10.8%)	1694 (7.0%)
Missing	1 (0.98%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	24 (23.5%)	2177 (9.0%)
Yes, from hospital staff	4 (3.9%)	1475 (6.1%)
No	71 (69.6%)	16830 (69.6%)
I do not know	3 (2.9%)	282 (1.2%)
Missing	-	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	65 (63.7%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	64 (62.7%)	11133 (46.0%)
1/2	21 (20.6%)	6143 (25.4%)
1/4	12 (11.8%)	3103 (12.8%)
Nothing	3 (2.9%)	2802 (11.6%)
Missing	2 (2.0%)	996 (4.1%)

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

Standard	67 (65.7%)	13732 (56.8%)
Smaller	15 (14.7%)	2093 (8.7%)
Larger	4 (3.9%)	1046 (4.3%)
I do not know	9 (8.8%)	2302 (9.5%)
Missing	7 (6.9%)	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	3 (8.3%)	1945 (16.1%)
I did not like the smell/taste of the food	1 (2.8%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	1 (2.8%)	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	-	281 (2.3%)
Due to food allergy/intolerance	1 (2.8%)	105 (0.87%)
I was not hungry at that time	8 (22.2%)	1991 (16.5%)
I do not have my usual appetite	6 (16.7%)	3586 (29.8%)
I have problems chewing/swallowing	5 (13.9%)	716 (5.9%)
I normally eat less than what was served	3 (8.3%)	1383 (11.5%)
I had nausea/vomiting	5 (13.9%)	984 (8.2%)
I was too tired	-	740 (6.1%)
I cannot eat without help	-	191 (1.6%)
I was not allowed to eat	1 (2.8%)	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	1 (2.8%)	733 (6.1%)
I did not get requested food	1 (2.8%)	124 (1.0%)
No answer given	3 (8.3%)	1823 (15.1%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 15 (17.0%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	3 (20.0%)	1820 (31.2%)
Salty snacks	2 (13.3%)	645 (11.1%)
Homemade food	-	896 (15.4%)
Fruits	2 (13.3%)	2357 (40.4%)
Dairy products	2 (13.3%)	686 (11.8%)
Food delivered/restaurant	2 (13.3%)	272 (4.7%)
Sandwich	3 (20.0%)	347 (6.0%)
Other	3 (20.0%)	795 (13.6%)

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

Increased	14 (13.7%)	3329 (13.8%)
Decreased	56 (54.9%)	6808 (28.2%)
Stayed the same	26 (25.5%)	9055 (37.5%)
I do not know	5 (4.9%)	1479 (6.1%)
Missing	1 (0.98%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	62 (60.8%)	10558 (43.7%)
Weaker than at admission	14 (13.7%)	4610 (19.1%)
Same as at admission	20 (19.6%)	6833 (28.3%)
I was admitted today	-	576 (2.4%)
I do not know	6 (5.9%)	1178 (4.9%)
Missing	-	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	50 (49.0%)	14229 (58.9%)
No, only with assistance	22 (21.6%)	5989 (24.8%)
No, I stay in bed	27 (26.5%)	2912 (12.0%)
Missing	3 (2.9%)	1047 (4.3%)

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

47 (47.0%) 13801 (65.2%)

	YOUR RESULTS	REFERENCE RESULTS
1. Are you COVID-19 positive TODAY?		
Yes	3 (2.9%)	-
No	80 (78.4%)	-
I do not know	11 (10.8%)	-
Missing	8 (7.8%)	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	2 (2.0%)	-
3-6 months	1 (0.98%)	-
6-12 months	8 (7.8%)	-
>1 year	7 (6.9%)	-
never	33 (32.4%)	-
I do not know	20 (19.6%)	-
Missing	31 (30.4%)	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	1 (0.98%)	-
No	64 (62.7%)	-
I do not know	1 (0.98%)	-
Missing	36 (35.3%)	-