



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2021
Guatemala

Dear participant,

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

Number of participated center:	4
Number of participated units:	10
Number of patients:	177
Number of patients who gave consent:	177
Number of patients completing Sheet 3a:	175
Number of patients completing Sheet 3b:	175
Number of patients with 30-day outcome assessment:	137

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	230 [127-436]	375 [213-715]
2. Total number of admissions in the hospital last year	4113 [3273-14454]	18870 [9512-38961]
3. Total number of staff in the hospital		
Total medical doctors	124 [58-209]	186 [90-417]
Medical specialists	26 [16-59]	124 [54-273]
Medical non-specialists	74 [69-78]	45 [19-116]
Nurses	258 [211-314]	440 [208-910]
Dieticians	0 [0-3]	5 [1-10]
Nutritionists	3 [3-4]	1 [0-5]
Pharmacists	2 [2-5]	8 [4-24]
Kitchen staff	14 [12-41]	32 [15-62]
Full time equivalent		
Total medical doctors	92 [49-135]	175 [76-394]
Medical specialists	46 [24-69]	121 [50-274]
Medical non-specialists	44 [25-64]	45 [18-138]
Nurses	168 [109-226]	380 [198-793]
Dieticians	3 [1-4]	5 [2-8]
Nutritionists	4 [3-4]	1 [0-3]
Pharmacists	1 [1-2]	7 [4-20]
Kitchen staff	37 [21-52]	30 [14-57]
4. Does the hospital have a nutrition care strategy?	2 (50.0%) Yes	439 (80.8%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (50.0%) 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	1 (25.0%) Yes	415 (76.4%) Yes
None	3 (75.0%) 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	1 (25.0%) Yes	296 (54.5%) Yes
Oral nutrition supplements	1 (25.0%) Yes	219 (40.3%) Yes
Parenteral nutrition	1 (25.0%) Yes	349 (64.3%) Yes
Enteral nutrition	1 (25.0%) Yes	327 (60.2%) Yes
Dietary counseling	-	232 (42.7%) Yes
Specific dietary interventions	1 (25.0%) Yes	178 (32.8%) Yes
Screening for malnutrition	-	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	3 (75.0%) Yes	104 (19.2%) Yes
No answer given	-	-

Codes routinely used

Nutrition Support	1 (25.0%) Yes	264 (48.6%) Yes
Oral nutrition supplements	1 (25.0%) Yes	200 (36.8%) Yes
Parenteral nutrition	1 (25.0%) Yes	326 (60.0%) Yes
Enteral nutrition	1 (25.0%) Yes	310 (57.1%) Yes
Dietary counseling	-	208 (38.3%) Yes
Specific dietary interventions	1 (25.0%) 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	3 (75.0%) Yes	115 (21.2%) Yes
No answer given	-	-

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	4 (40.0%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	1 (10.0%)	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	1 (10.0%)	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	-	0.4%
Psychiatry	-	1.0%
Others	4 (40.0%)	13.2%
2. Number of registered inpatients at noon	26 [22-30]	24 [18-31]
3. Total bed capacity of the unit	46 [34-69]	29 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	3 [3-5]	3 [2-7]
Nurses	1 [1-6]	4 [3-7]
Nursing aides	4 [2-9]	2 [1-3]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	2 [2-2]	0 [0-1]
Administrative staff	0 [0-0]	1 [0-1]
Other staff involved in patient care	2 [2-4]	1 [0-3]
In training		
Medical doctors	2 [1-3]	1 [0-3]
Medical students	4 [2-4]	0 [0-2]
Nurses	0 [0-0]	1 [0-2]

Nursing aides	4 [4-4]	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? 2 (33.3%) Yes 936 (81.4%) Yes

6. Does the unit have a nutrition care strategy? 3 (50.0%) Yes 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? 6 (100%) Yes 1155 (90.1%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 4 (66.7%) Yes 662 (57.6%) Yes

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

At admission

No routine screening	2 (20.0%) Yes	101 (7.5%) Yes
No fixed criteria	-	13 (0.97%) Yes
Experience / visual assessment only	-	85 (6.3%) Yes
Weighing / BMI only	1 (10.0%) Yes	193 (14.3%) Yes
Nutritional Risk Screening (NRS) 2002	3 (30.0%) 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	4 (40.0%)	64 (4.8%)

During hospital stay

No routine monitoring	-	120 (8.9%) Yes
No fixed criteria	2 (20.0%) Yes	101 (7.5%) Yes
Experience / visual assessment only	-	212 (15.8%) Yes
Weighing / BMI only	3 (30.0%) Yes	438 (32.5%) Yes
Other formal tool	1 (10.0%) Yes	378 (28.1%) Yes
I do not know	-	33 (2.5%) Yes
Missing	4 (40.0%)	64 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? 5 (100%) Yes 954 (85.2%) Yes

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

International guidelines	3 (60.0%)	Yes	266 (27.9%)	Yes
National guidelines	-		148 (15.5%)	Yes
Standards on hospital level	2 (40.0%)	Yes	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	1 (10.0%)	Yes	355 (26.4%)	Yes
Discuss nutrition care activities during ward rounds	3 (30.0%)	Yes	572 (42.5%)	Yes
Develop an individual nutrition care plan	4 (40.0%)	Yes	675 (50.1%)	Yes
Initiate treatment / nutrition intervention	5 (50.0%)	Yes	739 (54.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (50.0%)	Yes	739 (54.9%)	Yes
Consult a medical professional	2 (20.0%)	Yes	472 (35.1%)	Yes
Calculate energy requirements	4 (40.0%)	Yes	593 (44.1%)	Yes
Calculate protein requirements	4 (40.0%)	Yes	574 (42.6%)	Yes

Malnourished

Watchful waiting	-		252 (18.7%)	Yes
Discuss nutrition care activities during ward rounds	1 (10.0%)	Yes	614 (45.6%)	Yes
Develop an individual nutrition care plan	1 (10.0%)	Yes	739 (54.9%)	Yes
Initiate treatment / nutrition intervention	3 (30.0%)	Yes	797 (59.2%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (20.0%)	Yes	729 (54.2%)	Yes
Consult a medical professional	-		540 (40.1%)	Yes
Calculate energy requirements	3 (30.0%)	Yes	686 (51.0%)	Yes
Calculate protein requirements	2 (20.0%)	Yes	670 (49.8%)	Yes

Every patient

Watchful waiting	5 (50.0%)	Yes	668 (49.6%)	Yes
Discuss nutrition care activities during ward rounds	2 (20.0%)	Yes	331 (24.6%)	Yes
Develop an individual nutrition care plan	3 (30.0%)	Yes	220 (16.3%)	Yes
Initiate treatment / nutrition intervention	1 (10.0%)	Yes	173 (12.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (10.0%)	Yes	256 (19.0%)	Yes
Consult a medical professional	4 (40.0%)	Yes	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	1 (10.0%) Yes	58 (4.3%) Yes
Develop an individual nutrition care plan	-	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	1 (10.0%) Yes	878 (65.2%) Yes
Within 24 hours	-	203 (15.1%) Yes
Within 48 hours	-	74 (5.5%) Yes
Within 72 hours	-	32 (2.4%) Yes
Every week	3 (30.0%) Yes	631 (46.9%) Yes
Occasionally	2 (20.0%) Yes	153 (11.4%) Yes
When requested	3 (30.0%) Yes	707 (52.5%) Yes
At discharge	1 (10.0%) Yes	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	4 (40.0%) Yes	1043 (77.5%) Yes
Offer meal choices	1 (10.0%) Yes	989 (73.5%) Yes
Offer different portion sizes	2 (20.0%) Yes	900 (66.9%) Yes
Consider food presentation	2 (20.0%) Yes	460 (34.2%) Yes
Change food texture/consistency as needed	4 (40.0%) Yes	1106 (82.2%) Yes
Consider patient problems with eating and drinking	4 (40.0%) Yes	1111 (82.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (10.0%) Yes	399 (29.6%) Yes
Promote positive eating environment	-	493 (36.6%) Yes
Consider cultural/religious preferences	3 (30.0%) Yes	999 (74.2%) Yes
Consider patient allergies / intolerances	2 (20.0%) Yes	1163 (86.4%) Yes

Other	1 (10.0%) Yes	101 (7.5%) Yes
I do not know	-	23 (1.7%) Yes
No answer given	4 (40.0%)	64 (4.8%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	4 (40.0%) 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	2 (20.0%) Yes	422 (31.4%) Yes
Quality indicators are used for internal benchmarking	2 (20.0%) Yes	494 (36.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (30.0%) Yes	805 (59.8%) Yes
None	2 (20.0%) Yes	38 (2.8%) Yes
I do not know	1 (10.0%) Yes	59 (4.4%) Yes
No answer given	4 (40.0%)	196 (14.6%)
16. At admission what is asked and documented?		
Change in weight	6 (60.0%) Yes	985 (73.2%) Yes
Eating habits/difficulties	6 (60.0%) Yes	932 (69.2%) Yes
Nutrition before admission	4 (40.0%) Yes	746 (55.4%) Yes
None	-	20 (1.5%) Yes
I do not know	-	39 (2.9%) Yes
No answer given	4 (40.0%)	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	5 (50.0%) Yes	965 (71.7%) Yes
nutrition treatment	2 (20.0%) Yes	759 (56.4%) Yes
None	1 (10.0%) Yes	53 (3.9%) Yes
I do not know	-	40 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	3 (30.0%) Yes	573 (42.6%) Yes
makes future nutrition-related recommendations	4 (40.0%) Yes	775 (57.6%) Yes
None	2 (20.0%) 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?	4 (66.7%) Yes	475 (44.9%) Yes
19. Who filled in this sheet?		
Head staff	-	369 (27.4%) Yes

Dietician	4 (40.0%) Yes	641 (47.6%) Yes
Nurse	-	339 (25.2%) Yes
Physician	-	140 (10.4%) Yes
Administrative staff	-	22 (1.6%) Yes
Other	1 (10.0%) Yes	87 (6.5%) Yes
None	1 (10.0%) Yes	-
I do not know	-	16 (1.2%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	177	24938
Age	52 [39-69]	67 [52-79]
Female	75 (42.4%)	12350 (49.5%)
Weight	61.7±18.0	70.6±18.8
Height	159±8	166±10
BMI	24.2±6.2	25.6±5.9

1. This hospital admission was...

planned	16 (9.0%)	8897 (35.7%)
an emergency	157 (88.7%)	14095 (56.5%)
I do not know	4 (2.3%)	1946 (7.8%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	27 (15.3%)	2401 (9.6%)
0200 Neoplasms	24 (13.6%)	4540 (18.2%)
0300 Blood and bloodforming organs and the immune mechanism	15 (8.5%)	1745 (7.0%)
0400 Endocrine, nutritional and metabolic diseases	21 (11.9%)	3135 (12.6%)
0500 Mental health	2 (1.1%)	1229 (4.9%)
0600 Nervous system	3 (1.7%)	2384 (9.6%)
0700 Eye and adnexa	2 (1.1%)	314 (1.3%)
0800 Ear and mastoid process	-	143 (0.57%)
0900 Circulatory system	10 (5.6%)	5456 (21.9%)
1000 Respiratory system	37 (20.9%)	3828 (15.4%)
1100 Digestive system	8 (4.5%)	6160 (24.7%)
1200 Skin and subcutaneous tissue	12 (6.8%)	1185 (4.8%)
1300 Musculoskeletal system and connective tissue	48 (27.1%)	4086 (16.4%)
1400 Genitourinary system	4 (2.3%)	2781 (11.2%)
1500 Pregnancy, childbirth and the puerperium	-	294 (1.2%)
1600 Conditions originating in the perinatal period	1 (0.56%)	55 (0.22%)
1700 Congenital/chromosomal abnormalities	-	57 (0.23%)
1800 Symptoms, signs, abnormal clinical/lab findings	9 (5.1%)	1374 (5.5%)
1900 Injury, poisoning	1 (0.56%)	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	4 (2.3%)	967 (3.9%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	8 (6.3%)	4815 (20.0%)
Myocardial infarction	5 (3.9%)	1295 (5.4%)
Chronic lung disease	5 (3.8%)	3095 (12.9%)
Cerebral vascular disease	4 (3.1%)	2104 (8.8%)
Peripheral vascular disease	8 (6.2%)	2576 (10.7%)
Chronic liver disease	8 (6.3%)	1387 (5.8%)
Chronic kidney disease	17 (13.1%)	2780 (11.6%)
Diabetes	45 (32.8%)	5493 (22.8%)
Cancer	20 (15.0%)	5291 (22.0%)
Infection	30 (21.4%)	3401 (14.2%)
Dementia	4 (3.1%)	1201 (5.0%)
Major depressive disorder	3 (2.3%)	1146 (4.8%)
Other chronic mental disorder	1 (0.78%)	1129 (4.7%)
Other chronic disease	14 (10.1%)	6182 (25.7%)
None	42 (23.7%)	4918 (19.7%)

4a. Previous operation during this hospital stay

Yes, planned	10 (5.6%)	4588 (18.4%)
Yes, acute	6 (3.4%)	1540 (6.2%)
No	117 (66.1%)	15619 (62.6%)
I do not know	-	235 (0.94%)
Missing	44 (24.9%)	2956 (11.9%)

Days since operation	1 [0-18]	4 [1-13]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	4 (2.3%)	1928 (7.7%)
Yes, later	13 (7.3%)	1364 (5.5%)
No	113 (63.8%)	17466 (70.0%)
I do not know	1 (0.56%)	777 (3.1%)
Missing	46 (26.0%)	3403 (13.6%)

5. Previous ICU admission during this hospital stay? (Yes)	16 (11.7%)	2367 (10.6%)
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6. Is this patient terminally ill?	15 (8.5%)	1518 (6.1%)
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7. Fluid status

Normal	167 (94.4%)	19053 (76.4%)
Overloaded	4 (2.3%)	1296 (5.2%)
Dehydrated	5 (2.8%)	1231 (4.9%)
I do not know	1 (0.56%)	3358 (13.5%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	31 (17.5%)	3162 (12.7%)
At risk	70 (39.5%)	4616 (18.5%)
No	70 (39.5%)	15318 (61.4%)
I do not know	6 (3.4%)	1842 (7.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	59 (33.3%)	8176 (32.8%)
5% Glucose solution	2 (1.1%)	2128 (8.5%)

11. Number of ONS drinks planned

2 [0-3]	0 [0-0]
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12. Nutrition intake

Regular hospital food	129 (72.9%)	15131 (60.7%)
Fortified/enriched hospital food	3 (1.7%)	3290 (13.2%)
Protein/energy supplement (e.g. ONS drinks)	106 (59.9%)	4070 (16.3%)
Enteral nutrition	15 (8.5%)	1106 (4.4%)
Parenteral nutrition	3 (1.7%)	1022 (4.1%)
Special diet	35 (19.8%)	7501 (30.1%)
None	-	982 (3.9%)

13a. All lines and Tubes

Central Venous	9 (6.6%)	2136 (9.6%)
Peripheral venous access	88 (64.2%)	11129 (49.9%)
Nasogastric	6 (4.4%)	528 (2.4%)
Nasojejunal	-	115 (0.52%)
Nasoduodenal	-	82 (0.37%)
Enterostoma	-	100 (0.45%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.73%)	216 (0.97%)
Percutaneous endoscopy/surgical jejunostomy	-	91 (0.41%)
None	77 (43.5%)	11685 (46.9%)

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

Yes, previously	-	352 (1.4%)
Yes, ongoing	2 (1.1%)	210 (0.84%)
No	129 (72.9%)	18650 (74.8%)
I do not know	-	2030 (8.1%)
Missing	46 (26.0%)	3696 (14.8%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	87 (63.5%)	8591 (38.5%)
Protein requirements were determined	83 (60.6%)	7723 (34.6%)
Food/Nutrition intake was recorded in the patient record	56 (40.9%)	9521 (42.7%)
Nutrition treatment plan was developed	94 (68.6%)	8177 (36.6%)
Nutrition expert was consulted	98 (71.5%)	8667 (38.8%)
Malnutrition status is recorded in the patient record	56 (40.9%)	7448 (33.4%)
None	-	-

15a. Energy goal

< 500 kcal	3 (1.7%)	783 (3.1%)
500-999 kcal	4 (2.3%)	194 (0.78%)
1000-1499 kcal	23 (13.0%)	1956 (7.8%)
1500-1999 kcal	56 (31.6%)	7632 (30.6%)
>=2000 kcal	21 (11.9%)	2380 (9.5%)
Not determined	18 (10.2%)	7419 (29.7%)
I do not know	12 (6.8%)	1959 (7.9%)
Missing	40 (22.6%)	2615 (10.5%)

15b. Energy intake

< 500 kcal	5 (2.8%)	1316 (5.3%)
500-999 kcal	16 (9.0%)	938 (3.8%)
1000-1499 kcal	33 (18.6%)	2996 (12.0%)
1500-1999 kcal	37 (20.9%)	5568 (22.3%)
>=2000 kcal	15 (8.5%)	1218 (4.9%)
Not determined	17 (9.6%)	7394 (29.6%)
I do not know	14 (7.9%)	2893 (11.6%)
Missing	40 (22.6%)	2615 (10.5%)

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

Improved	77 (43.5%)	11443 (45.9%)
Deteriorated	16 (9.0%)	1219 (4.9%)
Remained the same	28 (15.8%)	6079 (24.4%)
This patient has just been admitted	12 (6.8%)	1466 (5.9%)
I do not know	4 (2.3%)	2116 (8.5%)
Missing	40 (22.6%)	2615 (10.5%)

Length of hospital stay (days)	31 [17-54]	12 [6-23]
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Outcome Code

1= Still in the hospital	31 (17.5%)	2515 (10.1%)
2= Transferred to another hospital	4 (2.3%)	534 (2.1%)

3= Transferred to long term care	-	1049 (4.2%)
4= Rehabilitation	2 (1.1%)	871 (3.5%)
5= Discharged home	73 (41.2%)	18594 (74.6%)
6= Death	17 (9.6%)	785 (3.1%)
7= Others	10 (5.6%)	410 (1.6%)
Missing	40 (22.6%)	180 (0.72%)

Readmitted since nutritionDay

1= No	59 (61.5%)	16760 (76.8%)
2= Yes, same hospital planned	22 (22.9%)	1458 (6.7%)
3= Yes, same hospital unplanned	1 (1.0%)	1363 (6.2%)
4= Yes, different hospital planned	1 (1.0%)	114 (0.52%)
5= Yes, different hospital unplanned	1 (1.0%)	114 (0.52%)
6= Unknown	3 (3.1%)	481 (2.2%)
Missing	8 (8.3%)	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	87 (49.7%)	15402 (63.5%)
I am vegetarian	1 (0.57%)	445 (1.8%)
I adhere to a vegan diet	-	160 (0.66%)
I eat gluten-free diet	-	204 (0.84%)
I avoid added sugars	15 (8.6%)	3626 (14.9%)
I avoid carbohydrates	16 (9.1%)	1383 (5.7%)
I eat a low fat-diet	16 (9.1%)	2463 (10.2%)
I am lactose intolerant	7 (4.0%)	809 (3.3%)
Other special diet due to intolerances/allergies	2 (1.1%)	416 (1.7%)
Other	13 (7.4%)	1608 (6.6%)
No answer given	39 (22.3%)	2801 (11.5%)
2. Where did you live before your current hospital admission?		
At home	122 (69.7%)	19123 (78.8%)
In a nursing home or other live-in facility	-	762 (3.1%)
I was transferred from another hospital	8 (4.6%)	1370 (5.6%)
Other	6 (3.4%)	330 (1.4%)
Missing	39 (22.3%)	2674 (11.0%)
3. In general, are you able to walk?		
Yes	84 (48.0%)	13831 (57.0%)
Yes, with someone's help	11 (6.3%)	2252 (9.3%)
Yes, independently using a cane, walker, or crutches	13 (7.4%)	3228 (13.3%)
No, I have a wheelchair	7 (4.0%)	852 (3.5%)
No, I am bedridden	19 (10.9%)	1317 (5.4%)
Missing	41 (23.4%)	2779 (11.5%)
4. In general, how would you say your health is?		
Very good	6 (3.4%)	1712 (7.1%)
Good	60 (34.3%)	7821 (32.2%)
Fair	51 (29.1%)	8148 (33.6%)
Poor	16 (9.1%)	3099 (12.8%)
Very poor	3 (1.7%)	710 (2.9%)
Missing	39 (22.3%)	2769 (11.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	1 [1-3]	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?	11 [3-24]	6 [0-16]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	56 (32.0%)	4416 (18.2%)
3-5	35 (20.0%)	5773 (23.8%)
More than 5	14 (8.0%)	6835 (28.2%)
None	29 (16.6%)	3630 (15.0%)
I do not know	2 (1.1%)	820 (3.4%)
Missing	39 (22.3%)	2785 (11.5%)

7. Do you have health insurance?

Yes, private insurance only	39 (22.3%)	3823 (15.8%)
Yes, public insurance only	1 (0.57%)	11203 (46.2%)
Yes, both	6 (3.4%)	2662 (11.0%)
None	79 (45.1%)	2485 (10.2%)
I prefer not to answer	10 (5.7%)	986 (4.1%)
Missing	40 (22.9%)	3100 (12.8%)

8. What was your weight 5 years ago?

I do not know	70 [61-82]	72 [62-85]
	44 (25.1%)	5440 (22.4%)

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

Yes, intentionally	8 (4.6%)	2202 (9.1%)
Yes, unintentionally	105 (60.0%)	9411 (38.8%)
No, my weight stayed the same	30 (17.1%)	7247 (29.9%)
No, I gained weight	8 (4.6%)	2760 (11.4%)
I do not know	21 (12.0%)	2195 (9.0%)
Missing	3 (1.7%)	444 (1.8%)

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

I do not know	9 [5-14]	6 [4-10]
	43 (38.1%)	1851 (15.9%)

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

	29 (22.5%)	8227 (39.7%)
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11. Please indicate if you ...

... were weighed at admission	62 (45.6%)	12540 (58.3%)
... were informed about your nutrition status	47 (34.6%)	7803 (36.5%)
... were informed about nutrition care options	52 (38.2%)	7174 (33.6%)
... received special nutrition care	77 (56.6%)	6955 (32.7%)

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

More than normal	9 (5.1%)	1099 (4.5%)
Normal	100 (57.1%)	14509 (60.0%)

About 3/4 of normal	18 (10.3%)	2651 (11.0%)
About half of normal	32 (18.3%)	3062 (12.7%)
About a quarter to nearly nothing	15 (8.6%)	2263 (9.4%)
I do not know	-	231 (0.96%)
Missing	1 (0.57%)	362 (1.5%)

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

Very satisfied	36 (20.6%)	5394 (22.3%)
Somewhat satisfied	31 (17.7%)	7204 (29.8%)
Neutral	27 (15.4%)	4214 (17.4%)
Dissatisfied	20 (11.4%)	1854 (7.7%)
Very dissatisfied	15 (8.6%)	673 (2.8%)
I do not know	5 (2.9%)	1694 (7.0%)
Missing	41 (23.4%)	3144 (13.0%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	8 (4.6%)	2177 (9.0%)
Yes, from hospital staff	16 (9.1%)	1475 (6.1%)
No	108 (61.7%)	16830 (69.6%)
I do not know	-	282 (1.2%)
Missing	43 (24.6%)	3413 (14.1%)

15. Were you able to eat without interruption TODAY? (Yes)	94 (72.3%)	15256 (74.7%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	89 (50.9%)	11133 (46.0%)
1/2	52 (29.7%)	6143 (25.4%)
1/4	24 (13.7%)	3103 (12.8%)
Nothing	9 (5.1%)	2802 (11.6%)
Missing	1 (0.57%)	996 (4.1%)

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

Standard	90 (51.4%)	13732 (56.8%)
Smaller	15 (8.6%)	2093 (8.7%)
Larger	5 (2.9%)	1046 (4.3%)
I do not know	11 (6.3%)	2302 (9.5%)
Missing	54 (30.9%)	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	34 (40.0%)	1945 (16.1%)
I did not like the smell/taste of the food	17 (20.0%)	1480 (12.3%)
The food did not fit my cultural/religious preferences	2 (2.4%)	127 (1.1%)
The food was too hot	-	54 (0.45%)

The food was too cold	8 (9.4%)	281 (2.3%)
Due to food allergy/intolerance	2 (2.4%)	105 (0.87%)
I was not hungry at that time	17 (20.0%)	1991 (16.5%)
I do not have my usual appetite	32 (37.6%)	3586 (29.8%)
I have problems chewing/swallowing	9 (10.6%)	716 (5.9%)
I normally eat less than what was served	7 (8.2%)	1383 (11.5%)
I had nausea/vomiting	10 (11.8%)	984 (8.2%)
I was too tired	6 (7.1%)	740 (6.1%)
I cannot eat without help	3 (3.5%)	191 (1.6%)
I was not allowed to eat	-	1088 (9.0%)
I had an exam, surgery, or test and missed my meal	4 (4.7%)	733 (6.1%)
I did not get requested food	1 (1.2%)	124 (1.0%)
No answer given	5 (5.9%)	1823 (15.1%)

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

Water	4 [2-5]	3 [2-6]
Tea	1 [0-1]	1 [0-3]
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	2 [2-3]	0 [0-1]
Other	2 [0-4]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 26 (21.3%) 5831 (29.2%)

19b. If yes, what did you eat?

Sweet snacks	7 (26.9%)	1820 (31.2%)
Salty snacks	5 (19.2%)	645 (11.1%)
Homemade food	4 (15.4%)	896 (15.4%)
Fruits	6 (23.1%)	2357 (40.4%)
Dairy products	-	686 (11.8%)
Food delivered/restaurant	1 (3.8%)	272 (4.7%)
Sandwich	6 (23.1%)	347 (6.0%)
Other	5 (19.2%)	795 (13.6%)

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

Increased	26 (14.9%)	3329 (13.8%)
Decreased	64 (36.6%)	6808 (28.2%)
Stayed the same	38 (21.7%)	9055 (37.5%)
I do not know	3 (1.7%)	1479 (6.1%)
Missing	44 (25.1%)	3506 (14.5%)

21. TODAY I feel...

Stronger than at admission	91 (52.0%)	10558 (43.7%)
Weaker than at admission	29 (16.6%)	4610 (19.1%)
Same as at admission	44 (25.1%)	6833 (28.3%)
I was admitted today	1 (0.57%)	576 (2.4%)
I do not know	9 (5.1%)	1178 (4.9%)
Missing	1 (0.57%)	422 (1.7%)

22. Can you walk without assistance TODAY?

Yes	83 (47.4%)	14229 (58.9%)
No, only with assistance	52 (29.7%)	5989 (24.8%)
No, I stay in bed	39 (22.3%)	2912 (12.0%)
Missing	1 (0.57%)	1047 (4.3%)

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

	131 (100%)	13801 (65.2%)
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	YOUR RESULTS	REFERENCE RESULTS
1. Are you COVID-19 positive TODAY?		
Yes	28 (15.8%)	-
No	142 (80.2%)	-
I do not know	5 (2.8%)	-
Missing	2 (1.1%)	-
2. Have you been tested COVID-19 positive in the last:		
0-3 months	23 (13.0%)	-
3-6 months	9 (5.1%)	-
6-12 months	4 (2.3%)	-
>1 year	5 (2.8%)	-
never	87 (49.2%)	-
I do not know	19 (10.7%)	-
Missing	30 (16.9%)	-
3. Have you been hospitalized during your COVID-19 infection?		
Yes	29 (16.4%)	-
No	141 (79.7%)	-
I do not know	7 (4.0%)	-
Missing	-	-