



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2018
Singapore

Dear participant,

Thank you for your participation in nutritionDay worldwide in 2018 and for your effort. We are now able to present you your country report of the following sample size:

Number of participated center:	1
Number of participated units:	23
Number of patients who gave consent:	602
Number of patients completing Sheet 3a:	555
Number of patients completing Sheet 3b:	556
Number of patients with 30-day outcome assessment:	597

This report compares your country data to international reference database based on data from nutritionDay 2016 and 2017.

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 2019. Again, we would very much appreciate your participation. You will be provided with further information on a regular basis.

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	1028	317 [188-615]
2. Total number of admissions in the hospital last year	-	17520 [8982-34767]
3. Total number of staff in the hospital		
Total medical doctors	-	170 [78-396]
Medical specialists	-	117 [54-244]
Medical non-specialists	-	35 [11-82]
Nurses	-	418 [195-800]
Dieticians	-	5 [2-9]
Nutritionists	-	1 [0-4]
Pharmacists	-	7 [4-22]
Kitchen staff	-	30 [14-55]
Full time equivalent		
Total medical doctors	-	139 [60-368]
Medical specialists	-	98 [48-245]
Medical non-specialists	-	34 [11-87]
Nurses	-	350 [187-778]
Dieticians	-	4 [2-8]
Nutritionists	-	1 [0-3]
Pharmacists	-	6 [3-18]
Kitchen staff	-	27 [14-50]
4. Does the hospital have a nutrition care strategy?	-	351 (78.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	-	298 (66.8%) Yes
Nutrition steering committee is available	-	280 (62.8%) Yes
Quality indicators are recorded and reported to national or regional level	-	193 (43.3%) Yes
Quality indicators are used for internal benchmarking	-	235 (52.7%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	337 (75.6%) Yes
None	-	19 (4.3%) Yes
No answer given	1 (100.0%)	-
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		
Nutrition Support	-	216 (48.4%) Yes
Oral nutrition supplements	-	165 (37.0%) Yes

Parenteral nutrition	-	255 (57.2%)	Yes
Enteral nutrition	-	224 (50.2%)	Yes
Dietary counseling	-	166 (37.2%)	Yes
Specific dietary interventions	-	119 (26.7%)	Yes
Screening for malnutrition	-	119 (26.7%)	Yes
Risk of malnutrition	-	103 (23.1%)	Yes
Malnutrition (in general)	-	203 (45.5%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	195 (43.7%)	Yes
No information available from billing/finance/controlling	-	75 (16.8%)	Yes
No answer given	-	18 (4.0%)	

Codes routinely used

Nutrition Support	-	188 (42.2%)	Yes
Oral nutrition supplements	-	143 (32.1%)	Yes
Parenteral nutrition	-	233 (52.2%)	Yes
Enteral nutrition	-	205 (46.0%)	Yes
Dietary counseling	-	140 (31.4%)	Yes
Specific dietary interventions	-	105 (23.5%)	Yes
Screening for malnutrition	-	95 (21.3%)	Yes
Risk of malnutrition	-	80 (17.9%)	Yes
Malnutrition (in general)	-	176 (39.5%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	169 (37.9%)	Yes
No information available from billing/finance/controlling	-	81 (18.2%)	Yes
No answer given	-	29 (6.5%)	

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	5 (21.7%)	19.3%
Internal Medicine / Cardiology	2 (8.7%)	4.5%
Internal Medicine / Gastroenterology & hepatology	-	6.3%
Internal Medicine / Geriatrics	4 (17.4%)	7.9%
Internal Medicine / Infectious diseases	1 (4.3%)	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	7.2%
Interdisciplinary	1 (4.3%)	3.3%
Long term care	-	2.0%
Neurology	-	3.6%
Surgery / General	4 (17.4%)	13.5%
Surgery/ Cardiac/Vascular/Thoracic	-	2.1%
Surgery / Neurosurgery	-	1.0%
Surgery / Orthopedic	3 (13.0%)	4.2%
Trauma	-	1.4%
Ear Nose Throat (ENT)	-	1.8%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	1.3%
Psychiatry	-	0.9%
Others	3 (13.0%)	16.1%
2. Number of registered inpatients at noon	31 [24-34]	24 [18-31]
3. Total bed capacity of the unit	36 [32-40]	30 [24-38]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	8 [7-12]	3 [2-7]
Nurses	8 [7-10]	5 [3-8]
Nursing aides	-	2 [1-3]
Dieticians	-	1 [0-1]
Nutritionists	-	0 [0-1]
Administrative staff	-	1 [0-1]
Other staff involved in patient care	-	1 [0-2]
In training		
Medical doctors	-	1 [0-3]
Medical students	-	0 [0-2]
Nurses	-	1 [0-3]

Nursing aides	-	0 [0-0]
Dieticians	-	0 [0-0]
Nutritionists	-	0 [0-0]
Other staff involved in patient care	-	0 [0-0]

5. Is there a nutrition support team in your hospital available? - 705 (76.4%) Yes

6. Does the unit have a nutrition care strategy? - 678 (73.5%) Yes

7. Is there a person in your unit responsible for nutrition care? - 644 (69.8%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 23 (100%) Yes 831 (90.0%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? - 575 (62.3%) Yes

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

At admission

No routine screening	-	85 (8.8%) Yes
No fixed criteria	-	14 (1.4%) Yes
Experience / visual assessment only	1 (4.3%) Yes	77 (7.9%) Yes
Weighing / BMI only	2 (8.7%) Yes	141 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	3 (13.0%) Yes	309 (31.9%) Yes
Malnutrition Universal Screening Tool (MUST)	-	59 (6.1%) Yes
Malnutrition Screening tool (MST)	-	70 (7.2%) Yes
SNAQ	-	11 (1.1%) Yes
Other formal tool	16 (69.6%) Yes	148 (15.3%) Yes
I do not know	1 (4.3%) Yes	9 (0.93%) Yes
Missing	-	47 (4.8%)

During hospital stay

No routine monitoring	1 (4.3%) Yes	88 (9.1%) Yes
No fixed criteria	4 (17.4%) Yes	77 (7.9%) Yes
Experience / visual assessment only	1 (4.3%) Yes	174 (17.9%) Yes
Weighing / BMI only	17 (73.9%) Yes	313 (32.3%) Yes
Other formal tool	-	251 (25.9%) Yes
I do not know	-	20 (2.1%) Yes
Missing	-	47 (4.8%)

11a. Do you routinely use guidelines or standards for nutrition care? - 724 (80.0%) Yes

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

International guidelines	-	186 (25.7%)	Yes
National guidelines	-	105 (14.5%)	Yes
Standards on hospital level	-	249 (34.4%)	Yes
Standards on unit level	-	51 (7.0%)	Yes
Individual patient nutrition care plans	-	116 (16.0%)	Yes
Other	-	7 (0.97%)	Yes
Missing	-	10 (1.4%)	

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

Watchful waiting	-	281 (29.0%)	Yes
Discuss nutrition care activities during ward rounds	-	430 (44.3%)	Yes
Develop an individual nutrition care plan	-	509 (52.5%)	Yes
Initiate treatment / nutrition intervention	-	582 (60.0%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	592 (61.0%)	Yes
Consult a medical professional	-	383 (39.5%)	Yes
Calculate energy requirements	-	479 (49.4%)	Yes
Calculate protein requirements	-	466 (48.0%)	Yes

Malnourished

Watchful waiting	-	196 (20.2%)	Yes
Discuss nutrition care activities during ward rounds	-	462 (47.6%)	Yes
Develop an individual nutrition care plan	-	541 (55.8%)	Yes
Initiate treatment / nutrition intervention	-	624 (64.3%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	581 (59.9%)	Yes
Consult a medical professional	-	411 (42.4%)	Yes
Calculate energy requirements	-	537 (55.4%)	Yes
Calculate protein requirements	-	522 (53.8%)	Yes

Every patient

Watchful waiting	-	483 (49.8%)	Yes
Discuss nutrition care activities during ward rounds	-	258 (26.6%)	Yes
Develop an individual nutrition care plan	-	184 (19.0%)	Yes
Initiate treatment / nutrition intervention	-	135 (13.9%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	185 (19.1%)	Yes
Consult a medical professional	-	209 (21.5%)	Yes
Calculate energy requirements	-	123 (12.7%)	Yes
Calculate protein requirements	-	113 (11.6%)	Yes

Never

Watchful waiting	-	76 (7.8%)	Yes
Discuss nutrition care activities during ward rounds	-	62 (6.4%)	Yes

Develop an individual nutrition care plan	-	50 (5.2%)	Yes
Initiate treatment / nutrition intervention	-	13 (1.3%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	16 (1.6%)	Yes
Consult a medical professional	-	106 (10.9%)	Yes
Calculate energy requirements	-	103 (10.6%)	Yes
Calculate protein requirements	-	124 (12.8%)	Yes

I do not know

Watchful waiting	-	51 (5.3%)	Yes
Discuss nutrition care activities during ward rounds	-	40 (4.1%)	Yes
Develop an individual nutrition care plan	-	22 (2.3%)	Yes
Initiate treatment / nutrition intervention	-	22 (2.3%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	18 (1.9%)	Yes
Consult a medical professional	-	51 (5.3%)	Yes
Calculate energy requirements	-	40 (4.1%)	Yes
Calculate protein requirements	-	42 (4.3%)	Yes

13. When do you routinely weigh your patients?

at admission	15 (65.2%)	Yes	625 (64.4%)	Yes
Within 24 hours	1 (4.3%)	Yes	142 (14.6%)	Yes
Within 48 hours	-		54 (5.6%)	Yes
Within 72 hours	-		27 (2.8%)	Yes
Every week	18 (78.3%)	Yes	393 (40.5%)	Yes
Occasionally	-		109 (11.2%)	Yes
When requested	12 (52.2%)	Yes	483 (49.8%)	Yes
At discharge	-		52 (5.4%)	Yes
Never	-		13 (1.3%)	Yes
I do not know	-		4 (0.41%)	Yes
No answer given	10 (41.7%)		50 (5.2%)	

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

Offer additional meals or in between snacks	15 (65.2%)	Yes	730 (75.3%)	Yes
Offer meal choices	22 (95.7%)	Yes	711 (73.3%)	Yes
Offer different portion sizes	6 (26.1%)	Yes	635 (65.5%)	Yes
Consider food presentation	5 (21.7%)	Yes	356 (36.7%)	Yes
Change food texture/consistency as needed	14 (60.9%)	Yes	797 (82.2%)	Yes
Consider patient problems with eating and drinking	15 (65.2%)	Yes	793 (81.8%)	Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	15 (65.2%)	Yes	218 (22.5%)	Yes
Promote positive eating environment	9 (39.1%)	Yes	281 (29.0%)	Yes
Consider cultural/religious preferences	19 (82.6%)	Yes	559 (57.6%)	Yes
Consider patient allergies / intolerances	14 (60.9%)	Yes	650 (67.0%)	Yes
Other	3 (13.0%)	Yes	74 (7.6%)	Yes
I do not know	-		19 (2.0%)	Yes
No answer given	-		48 (4.9%)	

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

Nutrition training is available	-	558 (57.5%)	Yes
Reporting of nutrition related information to hospital managers	-	408 (42.1%)	Yes
Quality indicators are recorded and reported to national or regional level	-	302 (31.1%)	Yes
Quality indicators are used for internal benchmarking	-	358 (36.9%)	Yes
Patient feedback about food and food service is collected using a questionnaire	-	625 (64.4%)	Yes
None	-	32 (3.3%)	Yes
I do not know	-	38 (3.9%)	Yes
No answer given	23 (100%)	68 (7.0%)	

16. At admission what is asked and documented?

Change in weight	-	775 (79.9%)	Yes
Eating habits/difficulties	-	746 (76.9%)	Yes
Nutrition before admission	-	592 (61.0%)	Yes
None	-	15 (1.5%)	Yes
I do not know	-	20 (2.1%)	Yes
No answer given	23 (100%)	70 (7.2%)	

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	-	708 (73.0%)	Yes
nutrition treatment	-	582 (60.0%)	Yes
None	-	54 (5.6%)	Yes
I do not know	-	26 (2.7%)	Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	-	407 (42.0%)	Yes
makes future nutrition-related recommendations	-	572 (59.0%)	Yes
None	-	110 (11.3%)	Yes
I do not know	-	69 (7.1%)	Yes

18. Do you provide brochures about malnutrition to at risk/malnourished patients?	-	356 (44.8%)	Yes
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19. Who filled in this sheet?

Head staff	-	281 (29.0%)	Yes
Dietician	-	517 (53.3%)	Yes
Nurse	-	279 (28.8%)	Yes
Physician	-	128 (13.2%)	Yes
Administrative staff	-	8 (0.82%)	Yes

Other	-	39 (4.0%) Yes
None	-	-
I do not know	-	7 (0.72%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	602	17827
Age	71 [61-82]	67 [53-78]
Female	291 (48.3%)	8951 (50.2%)
Weight	61.2±16.9	70.1±19.2
Height	159±10	165±10
BMI	24.2±5.9	25.5±6.0

1. This hospital admission was...

planned	60 (10.0%)	6798 (38.1%)
an emergency	469 (77.9%)	9562 (53.6%)
I do not know	73 (12.1%)	1467 (8.2%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	34 (5.6%)	1555 (8.7%)
0200 Neoplasms	13 (2.2%)	3133 (17.6%)
0300 Blood and bloodforming organs and the immune mechanism	17 (2.8%)	1159 (6.5%)
0400 Endocrine, nutritional and metabolic diseases	50 (8.3%)	2190 (12.3%)
0500 Mental health	13 (2.2%)	851 (4.8%)
0600 Nervous system	57 (9.5%)	1636 (9.2%)
0700 Eye and adnexa	4 (0.66%)	236 (1.3%)
0800 Ear and mastoid process	1 (0.17%)	127 (0.71%)
0900 Circulatory system	79 (13.1%)	3801 (21.3%)
1000 Respiratory system	97 (16.1%)	2810 (15.8%)
1100 Digestive system	60 (10.0%)	4343 (24.4%)
1200 Skin and subcutaneous tissue	37 (6.1%)	786 (4.4%)
1300 Musculoskeletal system and connective tissue	97 (16.1%)	2703 (15.2%)
1400 Genitourinary system	34 (5.6%)	1776 (10.0%)
1500 Pregnancy, childbirth and the puerperium	-	198 (1.1%)
1600 Conditions originating in the perinatal period	-	25 (0.14%)
1700 Congenital/chromosomal abnormalities	-	31 (0.17%)
1800 Symptoms, signs, abnormal clinical/lab findings	55 (9.1%)	816 (4.6%)
1900 Injury, poisoning	27 (4.5%)	512 (2.9%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	33 (5.5%)	379 (2.1%)
2100 Factors influencing health status and contact with health services	13 (2.2%)	619 (3.5%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	160 (27.2%)	3518 (22.5%)
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Myocardial infarction	69 (11.7%)	823 (5.4%)
Chronic lung disease	59 (10.1%)	2299 (14.8%)
Cerebral vascular disease	91 (15.5%)	1523 (9.9%)
Peripheral vascular disease	36 (6.1%)	1931 (12.6%)
Chronic liver disease	20 (3.4%)	992 (6.5%)
Chronic kidney disease	121 (20.5%)	1734 (11.3%)
Diabetes	261 (43.9%)	3888 (24.9%)
Cancer	63 (10.7%)	3763 (24.2%)
Infection	89 (15.1%)	2245 (14.5%)
Dementia	67 (11.5%)	798 (5.2%)
Major depressive disorder	22 (3.7%)	853 (5.6%)
Other chronic mental disorder	27 (4.6%)	815 (5.4%)
Other chronic disease	234 (39.3%)	4031 (25.9%)
None	72 (12.0%)	3008 (16.9%)

4a. Previous operation during this hospital stay

Yes, planned	-	3584 (20.1%)
Yes, acute	-	1077 (6.0%)
No	-	12545 (70.4%)
I do not know	-	230 (1.3%)
Missing	602 (100%)	391 (2.2%)

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

Yes, today or tomorrow	-	1266 (7.1%)
Yes, later	-	953 (5.3%)
No	-	13798 (77.4%)
I do not know	-	833 (4.7%)
Missing	602 (100%)	977 (5.5%)

5. Previous ICU admission during this hospital stay? (Yes)	-	1781 (10.0%)
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6. Is this patient terminally ill?	33 (5.5%)	1122 (6.3%)
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7. Fluid status

Normal	513 (85.2%)	13668 (76.7%)
Overloaded	42 (7.0%)	1008 (5.7%)
Dehydrated	16 (2.7%)	878 (4.9%)
I do not know	31 (5.1%)	2273 (12.8%)
Missing	-	-

8. Number of different medications planned

Oral	-	5 [2-8]
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Other	-	2 [1-4]
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9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	32 (5.3%)	2050 (11.5%)
At risk	103 (17.1%)	3162 (17.7%)
No	427 (70.9%)	11117 (62.4%)
I do not know	40 (6.6%)	1498 (8.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	-	6470 (36.3%)
5% Glucose solution	-	1853 (10.4%)

11. Number of ONS drinks planned	-	0 [0-0]
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12. Nutrition intake

Regular hospital food	299 (49.7%)	10454 (58.6%)
Fortified/enriched hospital food	28 (4.7%)	1962 (11.0%)
Protein/energy supplement (e.g. ONS drinks)	111 (18.4%)	2469 (13.8%)
Enteral nutrition	39 (6.5%)	882 (4.9%)
Parenteral nutrition	3 (0.50%)	929 (5.2%)
Special diet	324 (53.8%)	5732 (32.2%)
None	20 (3.3%)	895 (5.0%)

13a. All lines and Tubes

Central Venous	-	1535 (8.6%)
Peripheral venous access	-	8238 (46.2%)
Nasogastric	-	462 (2.6%)
Nasojejunal	-	79 (0.44%)
Nasoduodenal	-	67 (0.38%)
Enterostoma	-	82 (0.46%)
Percutaneous endoscopy/surgical gastrostomy	-	137 (0.77%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.35%)
None	602 (100.0%)	8032 (45.1%)

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

Yes, previously	-	247 (1.4%)
Yes, ongoing	-	173 (0.97%)
No	-	14548 (81.6%)
I do not know	-	1646 (9.2%)
Missing	602 (100%)	1213 (6.8%)

14. Please indicate if any of the following was done for this patient since admission

Energy requirements were determined	-	6273 (35.2%)
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Protein requirements were determined	-	5516 (30.9%)
Food/Nutrition intake was recorded in the patient record	-	7653 (42.9%)
Nutrition treatment plan was developed	-	6036 (33.9%)
Nutrition expert was consulted	-	6237 (35.0%)
Malnutrition status is recorded in the patient record	-	5297 (29.7%)
None	-	-

15a. Energy goal

< 500 kcal	-	749 (4.2%)
500-999 kcal	-	194 (1.1%)
1000-1499 kcal	-	1695 (9.5%)
1500-1999 kcal	-	5578 (31.3%)
>=2000 kcal	-	1992 (11.2%)
Not determined	-	6066 (34.0%)
I do not know	-	1515 (8.5%)
Missing	602 (100%)	38 (0.21%)

15b. Energy intake

< 500 kcal	-	1264 (7.1%)
500-999 kcal	-	900 (5.0%)
1000-1499 kcal	-	2387 (13.4%)
1500-1999 kcal	-	3954 (22.2%)
>=2000 kcal	-	1047 (5.9%)
Not determined	-	6021 (33.8%)
I do not know	-	2199 (12.3%)
Missing	602 (100%)	55 (0.31%)

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

Improved	-	8831 (49.5%)
Deteriorated	-	1039 (5.8%)
Remained the same	-	4935 (27.7%)
This patient has just been admitted	-	1248 (7.0%)
I do not know	-	1774 (10.0%)
Missing	602 (100%)	-

Length of hospital stay (days)	12 [6-22]	12 [6-24]
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Outcome Code

1= Still in the hospital	39 (6.5%)	1702 (9.5%)
2= Transferred to another hospital	2 (0.33%)	419 (2.4%)
3= Transferred to long term care	5 (0.83%)	780 (4.4%)
4= Rehabilitation	3 (0.50%)	785 (4.4%)
5= Discharged home	430 (71.4%)	13163 (73.8%)
6= Death	25 (4.2%)	535 (3.0%)

7= Others	93 (15.4%)	310 (1.7%)
Missing	5 (0.83%)	133 (0.75%)
Readmitted since ND		
1= No	415 (89.2%)	11846 (75.5%)
2= Yes, same hospital planned	2 (0.43%)	1043 (6.7%)
3= Yes, same hospital unplanned	43 (9.2%)	889 (5.7%)
4= Yes, different hospital planned	-	68 (0.43%)
5= Yes, different hospital unplanned	-	68 (0.43%)
6= Unknown	1 (0.22%)	646 (4.1%)
Missing	2 (0.43%)	1059 (6.8%)

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	-	12235 (71.0%)
I am vegetarian	-	370 (2.1%)
I adhere to a vegan diet	-	132 (0.77%)
I eat gluten-free diet	-	156 (0.91%)
I avoid added sugars	-	2604 (15.1%)
I avoid carbohydrates	-	1038 (6.0%)
I eat a low fat-diet	-	1930 (11.2%)
I am lactose intolerant	-	572 (3.3%)
Other special diet due to intolerances/allergies	-	323 (1.9%)
Other	-	1219 (7.1%)
No answer given	555 (100%)	337 (2.0%)
2. Where did you live before your current hospital admission?		
At home	-	15276 (88.7%)
In a nursing home or other live-in facility	-	609 (3.5%)
I was transferred from another hospital	-	883 (5.1%)
Other	-	268 (1.6%)
Missing	555 (100%)	185 (1.1%)
3. In general, are you able to walk?		
Yes	-	11104 (64.5%)
Yes, with someone's help	-	1762 (10.2%)
Yes, independently using a cane, walker, or crutches	-	2412 (14.0%)
No, I have a wheelchair	-	712 (4.1%)
No, I am bedridden	-	988 (5.7%)
Missing	555 (100%)	243 (1.4%)
4. In general, how would you say your health is?		
Very good	-	1252 (7.3%)
Good	-	6191 (36.0%)
Fair	-	6489 (37.7%)
Poor	-	2490 (14.5%)
Very poor	-	558 (3.2%)
Missing	555 (100%)	241 (1.4%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	-	5 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	-	1 [0-2]
... how many nights in total have you spent in hospital?	-	5 [0-15]

6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	-	3323 (19.3%)
3-5	-	4698 (27.3%)
More than 5	-	5507 (32.0%)
None	-	2633 (15.3%)
I do not know	-	778 (4.5%)
Missing	555 (100%)	282 (1.6%)

7. Do you have health insurance?		
Yes, private insurance only	-	2738 (15.9%)
Yes, public insurance only	-	8466 (49.2%)
Yes, both	-	2117 (12.3%)
None	-	2268 (13.2%)
I prefer not to answer	-	1018 (5.9%)
Missing	555 (100%)	614 (3.6%)

8. What was your weight 5 years ago?		
	-	72 [60-85]
I do not know	-	4280 (24.9%)

9a. Have you lost weight within the last 3 months?		
Yes, intentionally	22 (4.0%)	1639 (9.5%)
Yes, unintentionally	126 (22.7%)	6488 (37.7%)
No, my weight stayed the same	244 (44.0%)	5108 (29.7%)
No, I gained weight	11 (2.0%)	1894 (11.0%)
I do not know	151 (27.2%)	1680 (9.8%)
Missing	1 (0.18%)	412 (2.4%)

9b. If yes, how many kg did you lose?		
	3 [2-6]	6 [4-10]
I do not know	52 (35.1%)	1267 (15.6%)

10. Did you know about your hospitalisation two days before admission? (Yes)		
	-	6721 (41.1%)

11. Please indicate if you ...		
... were weighed at admission	-	9728 (57.2%)
... were informed about your nutrition status	-	5774 (34.3%)
... were informed about nutrition care options	-	5459 (32.5%)
... received special nutrition care	-	5054 (30.1%)

12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	20 (3.6%)	762 (4.5%)
Normal	310 (55.8%)	10449 (61.1%)
About 3/4 of normal	71 (12.8%)	1762 (10.3%)
About half of normal	78 (14.0%)	2122 (12.4%)

About a quarter to nearly nothing	34 (6.1%)	1571 (9.2%)
I do not know	27 (4.9%)	153 (0.89%)
Missing	16 (2.9%)	286 (1.7%)

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

Very satisfied	-	4212 (24.6%)
Somewhat satisfied	-	5626 (32.9%)
Neutral	-	3361 (19.6%)
Dissatisfied	-	1441 (8.4%)
Very dissatisfied	-	491 (2.9%)
I do not know	-	1415 (8.3%)
Missing	556 (100%)	559 (3.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	-	1651 (9.7%)
Yes, from hospital staff	-	1185 (6.9%)
No	-	13278 (77.6%)
I do not know	-	218 (1.3%)
Missing	556 (100%)	773 (4.5%)

15. Were you able to eat without interruption TODAY? (Yes)	-	11891 (74.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	242 (43.5%)	7871 (46.0%)
1/2	143 (25.7%)	4261 (24.9%)
1/4	65 (11.7%)	2226 (13.0%)
Nothing	91 (16.4%)	1992 (11.6%)
Missing	15 (2.7%)	755 (4.4%)

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

Standard	-	11000 (64.3%)
Smaller	-	1600 (9.4%)
Larger	-	763 (4.5%)
I do not know	-	1701 (9.9%)
Missing	556 (100%)	2041 (11.9%)

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

I did not like the type of food offered	46 (15.4%)	1293 (15.2%)
I did not like the smell/taste of the food	47 (15.7%)	996 (11.7%)
The food did not fit my cultural/religious preferences	-	90 (1.1%)
The food was too hot	-	38 (0.45%)
The food was too cold	-	207 (2.4%)
Due to food allergy/intolerance	-	53 (0.63%)
I was not hungry at that time	35 (11.7%)	1520 (17.9%)

I do not have my usual appetite	91 (30.4%)	2475 (29.2%)
I have problems chewing/swallowing	13 (4.3%)	478 (5.6%)
I normally eat less than what was served	18 (6.0%)	969 (11.4%)
I had nausea/vomiting	5 (1.7%)	637 (7.5%)
I was too tired	20 (6.7%)	506 (6.0%)
I cannot eat without help	-	141 (1.7%)
I was not allowed to eat	13 (4.3%)	869 (10.2%)
I had an exam, surgery, or test and missed my meal	9 (3.0%)	469 (5.5%)
I did not get requested food	-	93 (1.1%)
No answer given	73 (24.4%)	1161 (13.7%)

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

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

19a. Did you eat any food apart from hospital food TODAY? - 4518 (28.8%)

19b. If yes, what did you eat?

Sweet snacks	-	1302 (28.8%)
Salty snacks	-	512 (11.3%)
Homemade food	-	703 (15.6%)
Fruits	-	1730 (38.3%)
Dairy products	-	471 (10.4%)
Food delivered/restaurant	-	191 (4.2%)
Sandwich	-	282 (6.2%)
Other	-	724 (16.0%)

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

Increased	-	2508 (14.7%)
Decreased	-	5344 (31.2%)
Stayed the same	-	7154 (41.8%)
I do not know	-	1188 (6.9%)
Missing	556 (100%)	911 (5.3%)

21. TODAY I feel...

Stronger than at admission	240 (43.2%)	7275 (42.5%)
Weaker than at admission	62 (11.2%)	3158 (18.5%)
Same as at admission	176 (31.7%)	4825 (28.2%)

I was admitted today	8 (1.4%)	465 (2.7%)
I do not know	67 (12.1%)	926 (5.4%)
Missing	3 (0.54%)	456 (2.7%)

22. Can you walk without assistance TODAY?

Yes	198 (35.6%)	10229 (59.8%)
No, only with assistance	175 (31.5%)	4164 (24.3%)
No, I stay in bed	166 (29.9%)	1821 (10.6%)
Missing	17 (3.1%)	891 (5.2%)

23. Did anyone help you complete this questionnaire?	-	10837 (65.0%)
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