



## nutritionDay National Report 2024



nutritionDay  
WORLDWIDE

Dear participant!

Thank you for participating to **nutritionDay worldwide in 2024**.  
Your **country report** consists of the following sample size:

Country	Belgium
Number of participating centers	50
Number of participating units	93
Number of patients	1420
Number of patients who gave consent	1315

This report compares your country to the international reference database based on data from nutritionDay 2020-2023.

Participate again to next year's nutritionDay in November 2025!

Repeated participation allows benchmarking and monitoring of 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

Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	365 [231.5-624]	302 [150-594]
<b>2. Total number of admissions in the hospital last year</b>	10583 [6319.5-23610]	14886 [5212-32951]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	156 [99-571]	188 [94-411]
Medical specialists	107 [90-446]	116 [38-248]
Medical non-specialists	34 [7-184.5]	46 [13-128]
Nurses	371 [241-937]	396 [140-763]
Dieticians	7 [4-16]	2 [0-8]
Nutritionists	0 [1-2.5]	2 [0-4]
Pharmacists	7 [5-18]	7 [3-16]
Kitchen staff	25 [17-70]	23 [9-44]
<b>Full time equivalent</b>		
Total medical doctors	80 [68.6-334]	148 [54-256]
Medical specialists	54 [60.8-274]	78 [27-182]
Medical non-specialists	23 [11.8-153]	43 [10-101]
Nurses	246 [198-723]	287 [99-580]
Dieticians	5 [4.025-13.75]	2 [0-7]
Nutritionists	0 [0.65-1]	1 [0-3]
Pharmacists	7 [4-17.2]	5 [2-11]
Kitchen staff	18 [12.3-53.15]	21 [5-40]
<b>4. Does the hospital have a nutrition care strategy?</b>	27 (61.36%)	158 (37.98%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	19 (38%)	140 (33.7%) Yes
Nutrition steering committee is available	24 (48%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	19 (38%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	17 (34%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	24 (48%)	137 (32.9%) Yes
None	24 (48%)	28 (6.7%) - Yes

<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		
No information available from billing/finance/controlling	1 (2%)	33 (7.9%) Yes

<b>Codes available</b>		
Nutrition Support	9 (18%)	117 (28.1%) Yes
Oral nutrition supplements	7 (14%)	110 (26.4%) Yes
Parenteral nutrition	15 (30%)	139 (33.4%) Yes
Enteral nutrition	14 (28%)	135 (32.5%) Yes
Dietary counseling	10 (20%)	86 (20.7%) Yes
Specific dietary interventions	9 (18%)	79 (19%) Yes
Screening for malnutrition	1 (2%)	80 (19.2%) Yes
Risk of malnutrition	11 (22%)	65 (15.6%) Yes
Malnutrition (in general)	14 (28%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	15 (30%)	85 (20.4%) Yes
<b>Codes routinely used</b>		
Nutrition Support	9 (18%)	105 (25.2%) Yes
Oral nutrition supplements	9 (18%)	96 (23.1%) Yes
Parenteral nutrition	16 (32%)	120 (28.8%) Yes
Enteral nutrition	14 (28%)	121 (29.1%) Yes
Dietary counseling	9 (18%)	71 (17.1%) Yes
Specific dietary interventions	9 (18%)	65 (15.6%) Yes
Screening for malnutrition	13 (26%)	71 (17.1%) Yes
Risk of malnutrition	13 (26%)	54 (13%) Yes
Malnutrition (in general)	15 (30%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	13 (26%)	79 (19%) Yes

Unit Sheet 1a 1b		
	YOUR RESULTS	REFERENCE RESULTS
<b>1a. Main specialty</b>		
Internal Medicine / General	5 (5.38%)	268 (18.2%)
Internal Medicine / Cardiology	9 (9.68%)	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	1 (1.08%)	100 (6.8%)
Internal Medicine / Geriatrics	27 (29.03%)	92 (6.2%)
Internal Medicine / Infectious diseases	-	9 (0.6%)
Internal Medicine / Nephrology	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	5 (5.38%)	172 (11.7%)
Surgery / General	7 (7.53%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	2 (2.15%)	26 (1.8%)
Surgery / Neurosurgery	1 (1.08%)	12 (%)
Surgery / Orthopedic	3 (3.23%)	47 (3.2%)
Surgery / Trauma	-	9 (0.6%)
Surgery / Urology	-	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	-	23 (1.6%)
Gynecology / Obstetrics	-	26 (1.8%)
Neurology	4 (4.3%)	35 (2.4%)
Psychiatry	6 (6.45%)	13 (2.4%)
Pediatrics	1 (1.08%)	10 (0.7%)
Interdisciplinary	1 (1.08%)	56 (3.8%)
Long term care	11 (11.83%)	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	10 (10.75%)	203 (13.8%)
<b>1b. For surgical units only</b>		
a) Do you do ERAS?	4 (4.3%)	115 (7.8%) Yes
b) Do you have an ERAS protocol?	4 (4.3%)	71 (4.8%) Yes
c) Do you have an ERAS team?	3 (3.23%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
<b>2. Number of registered inpatients at noon</b>	21 [19-25]	21 [15-29]
<b>3. Total bed capacity of the unit</b>	26 [24-29]	28 [21-38]
<b>4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)</b>		
<i>Fully trained</i>		
Medical doctors	2 [1-3]	3 [2-6]
Medical students	-	
Nurses	4 [3-5]	4 [3-7]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]

Nutritionists	0 [1-1]	1 [0-1]
Administrative staff	0 [1-1]	1 [1-2]
Other staff involved in patient care	1 [1-3]	1 [0-2]
<i>In training</i>		
Medical doctors	1 [1-2]	1 [0-3]
Medical students	0 [1-2]	1 [0-3]
Nurses	1 [2-4]	1 [0-2]
Nursing aides	0 [1-1]	0 [0-1]
Dieticians	0 [1-2]	0 [0-0]
Nutritionists	-	0 [0-0]
Administrative staff	-	
Other staff involved in patient care	0 [1-1]	0 [0-0]
<b>5. Is there a nutrition support team in your hospital available?</b>	56 (60.22%)	938 (63.6%) Yes
<b>6. Does the unit have a nutrition care strategy?</b>	56 (60.22%)	900 (61.1%) Yes
<b>7. Is there a person in your unit responsible for nutrition care?</b>	69 (74.19%)	844 (57.3%) Yes
<b>8. Is there a dietician, nutritionist or dietetic assistant available for your unit?</b>	92 (98.92%)	1205 (81.8%) Yes
<b>9. Is specific staff responsible for providing feeding assistance to patients during meal times?</b>	49 (52.69%)	689 (46.7%) Yes
<b>10. How do you MAINLY screen/monitor patients for malnutrition?</b>		
<i>At admission</i>		
No routine screening	3 (3.23%)	145 (9.8%) Yes
No fixed criteria	3 (3.23%)	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	8 (8.6%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	60 (64.52%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	60 (64.52%)	99 (6.7%) Yes
Malnutrition Screening tool (MST)	-	94 (6.4%) Yes
SNAQ	-	6 (0.4%) Yes
Other formal tool	14 (64.52%)	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		
No routine monitoring	7 (7.53%)	156 (10.6%) Yes
No fixed criteria	2 (2.15%)	104 (7.1%) Yes
Experience / visual assessment only	7 (7.53%)	172 (11.7%) Yes
Weighing / BMI only	38 (40.86%)	483 (32.8%) Yes
Other formal tool	36 (38.71%)	379 (25.7%) Yes
I do not know	3 (3.23%)	144 (9.8%) Yes

<b>11a. Do you routinely use guidelines or standards for nutrition care?</b>	58 (62.37%)	974 (66.1%) Yes
<b>11b. If yes, which one is mainly used?</b>		
International guidelines	27 (29.03%)	364 (24.7%) Yes
National guidelines	5 (5.38%)	131 (8.9%) Yes
Standards on hospital level	11 (11.83%)	324 (22%) Yes
Standards on unit level	2 (2.15%)	61 (4.1%) Yes
Individual patient nutrition care plans	18 (19.35%)	117 (7.9%) Yes
Others	1 (1.08%)	20 (1.4%) Yes
<b>12. What is routinely done in your unit for given patient groups?</b>		
<i>At risk</i>		
Watchful waiting	10 (10.75%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	29 (31.18%)	549 (37.2%) Yes
Develop an individual nutrition care plan	41 (44.09%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	53 (56.99%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	41 (44.09%)	658 (39.2%) Yes
Consult a medical professional	23 (24.73%)	411 (27.9%) Yes
Calculate energy requirements	33 (35.48%)	583 (39.6%) Yes
Calculate protein requirements	32 (34.41%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	9 (9.68%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	28 (30.11%)	618 (41.9%) Yes
Develop an individual nutrition care plan	38 (40.86%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	49 (52.69%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	36 (38.71%)	734 (49.8%) Yes
Consult a medical professional	26 (27.96%)	487 (33%) Yes
Calculate energy requirements	43 (46.24%)	739 (50.1%) Yes
Calculate protein requirements	43 (46.24%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	57 (10.75%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	25 (26.88%)	382 (25.9%) Yes
Develop an individual nutrition care plan	22 (23.66%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	14 (15.05%)	220 (14.9%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	32 (34.41%)	298 (20.2%) Yes
Consult a medical professional	19 (20.43%)	370 (25.1%) Yes
Calculate energy requirements	14 (15.05%)	193 (13.1%) Yes
Calculate protein requirements	13 (13.98%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	4 (4.3%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	7 (7.53%)	76 (5.2%) Yes

Develop an individual nutrition care plan	3 (3.23%)	78 (5.3%) Yes
Initiate treatment / nutrition intervention	-	35 (2.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	26 (1.8%) Yes
Consult a medical professional	14 (15.05%)	147 (10%) Yes
Calculate energy requirements	7 (7.53%)	114 (7.7%) Yes
Calculate protein requirements	1 (1.08%)	132 (9%) Yes

<b>13. When do you routinely weigh your patients?</b>		
At admission	64 (68.82%)	825 (56%) Yes
Within 24 hours	19 (20.43%)	153 (10.4%) Yes
Within 48 hours	9 (9.68%)	88 (6%) Yes
Within 72 hours	4 (4.3%)	28 (1.9%) Yes
Every week	71 (76.34%)	534 (36.2%) Yes
Occasionally	8 (8.6%)	136 (9.2%) Yes
When requested	48 (51.61%)	738 (50.1%) Yes
At discharge	6 (6.45%)	76 (5.2%) Yes
Never	-	22 (1.5%) Yes
<b>14. What do you do to support adequate food intake of patients?</b>		
Offer additional meals or in between snacks	82 (88.17%)	1028 (69.7%) Yes
Offer meal choices	82 (88.17%)	896 (60.8%) Yes
Offer different portion sizes	83 (89.25%)	737 (50%) Yes
Consider food presentation	35 (37.63%)	400 (27.1%) Yes
Change food texture/consistency as needed	90 (96.77%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	88 (94.62%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	35 (37.63%)	350 (23.7%) Yes
Promote positive eating environment	40 (43.01%)	385 (26.1%) Yes
Consider cultural/religious preferences	87 (93.55%)	949 (64.4%) Yes
Consider patient allergies / intolerances	90 (96.77%)	1113 (75.5%) Yes
Other	7 (7.53%)	88 (6%) Yes
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	46 (49.46%)	809 (54.9%) Yes
Reporting of nutrition related information to hospital managers	34 (36.56%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	34 (36.56%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	22 (23.66%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	57 (61.29%)	727 (49.3%) Yes
<b>16. At admission what is asked and documented?</b>		
Change in weight	57 (61.29%)	1052 (71.4%) Yes
Eating habits/difficulties	48 (51.61%)	941 (63.8%) Yes
Nutrition before admission	44 (47.31%)	693 (47%) Yes
<b>17a. Patient record has a section indicating</b>		
if the patient is malnourished/at risk	60 (64.52%)	948 (64.3%) Yes

nutrition treatment	47 (50.54%)	714 (48.4%) Yes
I do not know	9 (9.68%)	92 (6.2%) Yes

<b>17b. Discharge letter includes</b>		
nutrition treatment received during stay	38 (40.86%)	664 (45%) Yes
future nutrition-related recommendation	56 (60.22%)	768 (52.1%) Yes
I do not know	13 (13.98%)	108 (7.3%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	46 (49.46%)	534 (36.2%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	29 (31.18%)	349 (23.7%) Yes
Dietician	47 (50.54%)	630 (42.7%) Yes
Nurse	18 (19.35%)	326 (22.1%) Yes
Physician	3 (3.23%)	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	6 (6.45%)	106 (7.2%) Yes

<b>About your patient – Demographics and history of disease (Sheet 2a/2b)</b>		
	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>TOTAL Patients:</b>	1420 (100%)	26084
<b>Number of patients who gave consent:</b>	1315 (92.61%)	26084 (48.6%)
<b>Female</b>	725 (55.13%)	12664 (48.6%)
<b>Male</b>	584 (44.41%)	13227 (50.7%)
<b>Other</b>	6 (0.46%)	193 (0.7%)
<b>Age</b>	72 [64-84]	64 [47-76]
<b>Weight (kg)</b>	74.1±19.5	70.5±18.7
<b>Height (cm)</b>	167±9.8	166±11
<b>BMI (female)</b>	26.6±6.6	26±6.4
<b>BMI (male)</b>	26.4±6	25.3±5.5
<b>BMI</b>	26.5±6.3	25.6±5.9
<b>This hospital admission was...</b>		
planned	452 (34.37%)	9329 (35.8%)
an emergency	789 (60%)	15237 (58.4%)
I do not know	66 (5.02%)	1518 (5.8%)
None of the above	-	(%)
<b>1. Diagnosis at admission</b>		
ICD-10 DIAGNOSIS		
0600 Nervous system	181 (13.76%)	2226 (8.5%)
0500 Mental health	142 (10.8%)	1017 (3.9%)
0700 Eye and adnexa	17 (1.29%)	247 (0.9%)
0800 Ear and mastoid process	7 (0.53%)	132 (0.5%)
0900 Circulatory system	311 (23.65%)	4506 (17.3%)
1000 Respiratory system	230 (17.49%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	88 (6.69%)	3400 (13%)
1100 Digestive system	151 (11.48%)	5708 (21.9%)
1400 Genitourinary system	133 (10.11%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	377 (28.67%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	57 (4.33%)	1233 (4.7%)
0100 Infectious and parasitic diseases	108 (8.21%)	2768 (10.6%)
0200 Neoplasms	109 (8.29%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	56 (4.26%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	102 (7.76%)	1384 (5.3%)
2000 External causes of morbidity and mortality	28 (2.13%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	-	405 (1.6%)
1600 Conditions originating in the perinatal period	-	22 (0.1%)
1700 Congenital/chromosomal abnormalities	1 (0.08%)	66 (0.3%)
1900 Injury, poisoning	89 (6.77%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	78 (5.93%)	1109 (4.3%)
None of the above	37 (2.81%)	NA (NA%)

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<b>2. Main reason for admission</b>		
	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
0600 Nervous system	112 (8.52%)	1362 (5.2%)
0500 Mental health	99 (7.53%)	396 (1.5%)
0700 Eye and adnexa	6 (0.46%)	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	188 (14.3%)	2308 (8.8%)
1000 Respiratory system	109 (8.29%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	18 (1.37%)	1161 (4.5%)
1100 Digestive system	79 (6.01%)	4135 (15.9%)
1400 Genitourinary system	49 (3.73%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	290 (22.05%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	34 (2.59%)	629 (2.4%)
0100 Infectious and parasitic diseases	53 (4.03%)	1592 (6.1%)
0200 Neoplasms	60 (4.56%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	22 (1.67%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	39 (2.97%)	630 (2.4%)
2000 External causes of morbidity and mortality	13 (0.99%)	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	-	385 (1.5%)
1600 Conditions originating in the perinatal period	-	14 (0.1%)
1700 Congenital/chromosomal abnormalities	-	32 (0.1%)
1900 Injury, poisoning	59 (4.49%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	27 (2.05%)	416 (1.6%)
None of the above	53 (4.03%)	NA (NA%)

<b>3. Which conditions/comorbidities does this patient have?</b>		
SPECIFIC COMORBIDITIES		
Cerebral vascular disease	78 (5.93%)	1744 (6.7%)
Dementia	80 (6.08%)	985 (3.8%)
Major depressive disorder	74 (5.63%)	1090 (4.2%)
Chronic mental disorder	45 (3.42%)	1111 (4.3%)
Myocardial infarction	24 (1.83%)	1014 (3.9%)
Cardiac insufficiency	160 (12.17%)	4077 (15.6%)
Chronic lung disease	120 (9.13%)	2633 (10.1%)
Chronic liver disease	33 (2.51%)	1455 (5.6%)
Chronic kidney disease	112 (8.52%)	2943 (11.3%)
GI disease/problems	98 (7.45%)	NA (NA%)
Urological disease/problems	38 (2.89%)	NA (NA%)
Muscle-skeletal disease	93 (7.07%)	NA (NA%)
Arthritis	23 (1.75%)	NA (NA%)
Skin problems	23 (1.75%)	NA (NA%)
Peripheral vascular disease	74 (5.63%)	2589 (9.9%)

GENERAL COMORBIDITIES		
Pain	118 (8.97%)	NA (NA%)
Fatigue	89 (6.77%)	NA (NA%)
Infection	68 (5.17%)	3527 (13.5%)
Diabetes	209 (15.89%)	5790 (22.2%)
Hypertension	267 (20.3%)	NA (NA%)
Hyperlipidaemia	151 (11.48%)	NA (NA%)
Endocrinal disease	54 (4.11%)	NA (NA%)
Cancer (active)	93 (7.07%)	5564 (21.3%)
History of cancer	62 (4.71%)	NA (NA%)
Other chronic disease	109 (8.29%)	7194 (27.6%)
NO COMORBIDITIES	95 (7.22%)	NA (%)
OTHER COMORBIDITIES	79 (6.01%)	NA (%)
<b>4. Previous ICU admission during this hospital stay?</b>		
Yes	87 (6.62%)	2766 (10.6%)
No	812 (61.75%)	20451 (78.4%)
I do not know	38 (2.89%)	583 (2.2%)
<b>5. Is this patient terminally ill?</b>		
Yes	27 (2.05%)	1807 (6.9%)
No	1237 (94.07%)	22073 (84.6%)
I do not know	50 (3.8%)	2204 (8.4%)
<b>6. Fluid status (TODAY)</b>		
Normal	1007 (76.58%)	20374 (78.1%)
Overloaded	107 (8.14%)	1199 (4.6%)
Dehydrated	48 (3.65%)	1619 (6.2%)
I do not know	150 (11.41%)	2892 (11.1%)
<b>7. Number of different medications planned</b>		
oral	9[06-11]	4[2-8]
Other	2[1-3]	2[1-4]
<b>8. Was this patient identified as malnourished or at risk of malnutrition?</b>		
Malnourished	329 (25.02%)	3987 (15.3%)
At risk	335 (25.48%)	5662 (21.7%)
No	576 (43.8%)	14860 (57%)
I do not know	74 (5.63%)	1575 (6%)
<b>9. IV Fluids (TODAY)</b>		
Electrolyte solution (NaCl, Ringers lactate, etc)	191 (14.52%)	9898 (37.9%)

5% Glucose solution	68 (5.17%)	1734 (6.6%)

<b>10. Number of ONS drinks planned (TODAY)</b>		
	2[1-02]	0[0-1]
<b>11. Nutrition intake (TODAY)</b>		
Regular hospital food	683 (51.94%)	15714 (60.2%)
Fortified/enriched hospital food	567 (43.12%)	3511 (13.5%)
Special diet	442 (33.61%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	423 (32.17%)	5001 (19.2%)
Enteral nutrition	38 (2.89%)	1402 (5.4%)
Parenteral nutrition	22 (1.67%)	1029 (3.9%)
<b>12a. All lines and Tubes (TODAY)</b>		
Central Venous	45 (3.42%)	2933 (11.2%)
Peripheral venous access	256 (19.47%)	13234 (50.7%)
Nasogastric	10 (0.76%)	631 (2.4%)
Nasojejunal	3 (0.23%)	107 (0.4%)
Nasoduodenal	1 (0.08%)	92 (0.4%)
Enterostoma	3 (0.23%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	17 (1.29%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.15%)	95 (0.4%)
<b>12b. Were there complications with lines and tubes since admission? (e.g. infections /obstructions)</b>		
Yes, previously	16 (1.22%)	447 (1.7%)
Yes, ongoing	2 (0.15%)	199 (0.8%)
No	677 (51.48%)	20166 (77.3%)
I do not know	185 (14.07%)	1944 (7.5%)
<b>13. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	412 (31.33%)	9371 (35.9%)
Protein requirements were determined	380 (28.9%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	608 (46.24%)	10577 (40.5%)
Nutrition treatment plan was developed	489 (37.19%)	9611 (36.8%)
Nutrition expert was consulted	602 (45.78%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	501 (38.1%)	8920 (34.2%)
<b>14a. Energy goal (YESTERDAY)</b>		
< 500 kcal	-	354 (1.4%)
500-999 kcal	1 (0.08%)	252 (1%)
1000-1499 kcal	10 (0.76%)	1770 (6.8%)
1500-1999 kcal	258 (19.62%)	6981 (26.8%)
>=2000 kcal	236 (17.95%)	4667 (17.9%)

Not determined	217 (16.5%)	7466 (28.6%)
I do not know	66 (5.02%)	1846 (7.1%)
Sum: kcal/kg	94.4[0-0]	NA[NA-NA]
<b>14b. Energy intake (YESTERDAY)</b>		
< 500 kcal	15 (1.14%)	1112 (4.3%)
500-999 kcal	24 (1.83%)	1537 (5.9%)
1000-1499 kcal	112 (8.52%)	3036 (11.6%)
1500-1999 kcal	228 (17.34%)	4998 (19.2%)
>=2000 kcal	98 (7.45%)	2771 (10.6%)
Not determined	248 (18.86%)	7333 (28.1%)
I do not know	106 (8.06%)	2522 (9.7%)
Sum: kcal/kg	62.3[0-0]	0[0-0]
<b>15. Since admission, this patient's health status has...</b>		
Improved	471 (35.82%)	12633 (48.4%)
Deteriorated	56 (4.26%)	1595 (6.1%)
Remained the same	271 (20.61%)	5937 (22.8%)
This patient has just been admitted	79 (6.01%)	1656 (6.3%)
I do not know	60 (4.56%)	1979 (7.6%)

<b>Surgery sheet (sheet 2c- <span style="color: red;">only</span> for surgical patients)</b>		
<b>16a. Previous operation during this hospital stay</b>		
Yes, planned	116 (8.82%)	4723 (18.1%)
Yes, acute	59 (4.49%)	2219 (8.5%)
No	165 (12.55%)	16185 (62%)
days since operation	19.3[4-28]	4[1-14]
<b>16b. Planned operation during this hospital stay</b>		
Yes, today or tomorrow	15 (1.14%)	2649 (10.2%)
Yes, later	7 (0.53%)	1764 (6.8%)
No	301 (22.89%)	18037 (69.1%)
<b>17. Surgery type (single choice)</b>		
Operated right after admission (acute)	44 (3.35%)	NA (NA%)
Planned after unscheduled admission	29 (2.21%)	NA (NA%)
Planned after scheduled admission	68 (5.17%)	NA (NA%)
None of the above	1 (0.08%)	NA (NA%)
I don't know	2 (0.15%)	NA (NA%)
Non-applicable (NA)	39 (2.97%)	NA (NA%)
<b>18. Surgical approach (single choice)</b>		
Open surgery including converted	106 (8.06%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	37 (2.81%)	NA (NA%)
I do not know	-	NA (NA%)
<b>19. Duration of operation</b>		
Minor surgery (<= 1 hour)	31 (2.36%)	NA (NA%)
Major surgery (> 1 hour)	110 (8.37%)	NA (NA%)
I do not know	-	NA (NA%)
<b>20. Main organ operated/surgical procedure, planned or done - (single choice)</b>		
Oesophagus	-	NA (NA%)
Gastric	1 (0.08%)	NA (NA%)
Liver	-	NA (NA%)
Pancreas	-	NA (NA%)
Colorectal	5 (0.38%)	NA (NA%)
Gynecology	-	NA (NA%)
Gynecology oncology	-	NA (NA%)
Urology	6 (0.46%)	NA (NA%)
Urology oncology	-	NA (NA%)
Cystectomy	-	NA (NA%)

Bariatric	2 (0.15%)	NA (NA%)
Hip replacement	35 (2.66%)	NA (NA%)
Knee replacement	29 (2.21%)	NA (NA%)
Lung	3 (0.23%)	NA (NA%)
Cardiac	1 (0.08%)	NA (NA%)
Vascular	2 (0.15%)	NA (NA%)
Other	61 (0%)	NA (NA%)
I don't know	3 (0.23%)	NA (NA%)
<b>21. Indication to use of nutritional therapy</b>		
No indication	112 (8.52%)	NA (NA%)
Expected prolonged post-operative fasting	1 (0.08%)	NA (NA%)
Preoperative malnutrition	7 (0.53%)	NA (NA%)
Ongoing surgical complication	3 (0.23%)	NA (NA%)
Patient does not eat enough	30 (2.28%)	NA (NA%)
Other	12 (0.91%)	NA (NA%)
I don't know	5 (0.38%)	NA (NA%)
<b>22. Days since nutritional therapy</b>		
Days since nutritional therapy	36[2-45]	NA[NA]
<b>SHEET Outcome 30 Days</b>		
Outcome		
1= Still in the hospital	138 (10.49%)	2346 (9%)
2= Transferred to another hospital	26 (1.98%)	536 (2.1%)
3= Transferred to long term care	151 (11.48%)	662 (2.5%)
4= Rehabilitation	59 (4.49%)	546 (2.1%)
5= Discharged home	698 (53.08%)	16868 (64.7%)
6= Death	34 (2.59%)	844 (3.2%)
7= Others	18 (1.37%)	392 (1.5%)
Readmitted since nutritionDay		
1= No	764 (58.1%)	16020 (61.4%)
2= Yes, same hospital planned	22 (1.67%)	1635 (6.3%)
3= Yes, same hospital unplanned	60 (4.56%)	1080 (4.1%)
4= Yes, different hospital planned	6 (0.46%)	162 (0.6%)
5= Yes, different hospital unplanned	2 (0.15%)	74 (0.3%)
6= Others	7 (0.53%)	596 (2.3%)
Admitted to ICU	4 (0.3%)	NA
Re-operated after nDay	10 (0.76%)	NA (yes)
How many days after nDay	1[4-1]	[NA]


<b>Patient's perspective: Medical history, nutrition status &amp; intake today (Sheet 3a/3b)</b>		
	<b>YOUR RESULTS</b>	<b>REFERENCE RESULTS</b>
<b>1. What are your typical dietary habits?</b>		
I have dietary restrictions	86 (6.54%)	NA (NA%)
No special dietary habits	584 (44.41%)	16574 (63.5%)
I am vegetarian	18 (1.37%)	457 (1.8%)
I eat a vegan diet	1 (0.08%)	91 (0.3%)
I eat gluten-free diet	1 (0.08%)	245 (0.9%)
I avoid added sugars	128 (9.73%)	3723 (14.3%)
I avoid carbohydrates	25 (1.9%)	1327 (5.1%)
I eat a low fat-diet	45 (3.42%)	2344 (9%)
I am lactose intolerant	16 (1.22%)	959 (3.7%)
Other special diet due to intolerances/allergies	22 (1.67%)	426 (1.6%)
Other	76 (5.78%)	1653 (6.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	788 (59.92%)	20315 (77.9%)
In a nursing home or other live-in facility	69 (5.25%)	631 (2.4%)
I was transferred from another hospital	29 (2.21%)	1683 (6.5%)
Other	15 (1.14%)	358 (1.4%)
<b>3. In general, are you able to walk?</b>		
Yes	447 (33.99%)	14347 (55%)
Yes, with someone's help	97 (7.38%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	280 (21.29%)	3042 (11.7%)
No, I have a wheelchair	41 (3.12%)	923 (3.5%)
No, I am bedridden	58 (4.41%)	1927 (7.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	54 (4.11%)	1891 (7.2%)
Good	324 (24.64%)	8563 (32.8%)
Fair	363 (27.6%)	8731 (33.5%)
Poor	133 (10.11%)	3103 (11.9%)
Very poor	22 (1.67%)	571 (2.2%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?:	9[3-12]	4[2-8]
... 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?:	20[5-24]	5[0-15]



<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	101 (7.68%)	5405 (20.7%)
3-5	225 (17.11%)	6039 (23.2%)
More than 5	459 (34.9%)	6283 (24.1%)
None	63 (4.79%)	4409 (3.1%)
?	41 (3.12%)	796 (3.1%)
<b>7. Do you have health insurance?</b>		
Yes, private insurance only	180 (13.69%)	3834 (14.7%)
Yes, public insurance only	341 (25.93%)	11434 (43.8%)
Yes, both	136 (10.34%)	2368 (9.1%)
No	56 (4.26%)	4322 (16.6%)
I prefer not to answer	160 (12.17%)	787 (3%)
<b>8. What was your weight 5 years ago?</b>		
Weight (kg):	78[65-90]	74[63-85]
<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	88 (6.69%)	1991 (7.6%)
Yes, unintentionally	494 (37.57%)	11584 (44.4%)
No, my weight stayed the same	315 (23.95%)	6693 (25.7%)
No, I gained weight	149 (11.33%)	2724 (10.4%)
No, I gained weight	125 (9.51%)	2174 (8.3%)
<b>9b. If yes, how many kg did you lose?</b>		
Weight (kg):	9[3-10]	6[4-10]
<b>10. Did you know about your hospitalisation two days before admission?</b>		
Yes	269 (20.46%)	8485 (32.5%)
No	613 (46.62%)	13132 (50.3%)
<b>11. Please indicate if you ...</b>		
... were weighed at admission		
Yes	596 (45.32%)	11722 (44.9%)
No	250 (19.01%)	9976 (38.2%)
... were informed about your nutrition status		
Yes	402 (30.57%)	8269 (31.7%)

No	394 (29.96%)	13097 (50.2%)

... were informed about nutrition care options		
Yes	423 (32.17%)	7888 (30.2%)
No	376 (28.59%)	13318 (51.1%)
... received special nutrition care		
Yes	391 (29.73%)	8204 (31.5%)
No	425 (32.32%)	13255 (50.8%)
<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	23 (1.75%)	1271 (4.9%)
Normal	489 (37.19%)	15182 (58.2%)
About 3/4 of normal	116 (8.82%)	2567 (9.8%)
About half of normal	177 (13.46%)	3356 (12.9%)
About a quarter to nearly nothing	105 (7.98%)	2583 (9.9%)
<b>13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:</b>		
about all	585 (44.49%)	11622 (44.6%)
1/2	398 (30.27%)	6714 (25.7%)
1/4	168 (12.78%)	3460 (13.3%)
nothing	118 (8.97%)	2824 (10.8%)
<b>13b. The portion size of the meal I ordered TODAY was...</b>		
standard	661 (50.27%)	15031 (57.6%)
smaller	104 (7.91%)	2158 (8.3%)
larger	57 (4.33%)	1137 (4.4%)
I do not know	52 (3.95%)	2563 (9.8%)
<b>14. In general, how satisfied are you with the food at the hospital?</b>		
Very satisfied	160 (12.17%)	5768 (22.1%)
Somewhat satisfied	436 (33.16%)	7354 (28.2%)
Dissatisfied	120 (9.13%)	4636 (17.8%)
Very dissatisfied	39 (2.97%)	2177 (8.3%)
Neutral	101 (7.68%)	921 (3.5%)
I do not know	36 (2.74%)	1771 (8.3%)
<b>15. Did you get any help with eating TODAY?</b>		
Yes, from family or friends	17 (1.29%)	2686 (10.3%)
Yes, from hospital staff	105 (7.98%)	1512 (5.8%)
No	755 (57.41%)	17776 (68.1%)



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<b>16. Were you able to eat without interruption TODAY?</b>		
Yes	678 (51.56%)	16089 (61.7%)
No	176 (13.38%)	5349 (20.5%)
<b>17. If you did not eat everything of your meal, please tell us why:</b>		
I did not like the type of food offered	165 (12.55%)	2646 (10.1%)
I did not like the smell of the food	39 (2.97%)	NA (NA%)
I did not like the taste of the food	105 (7.98%)	NA (NA%)
The food did not fit my cultural/religious preferences	11 (0.84%)	139 (0.5%)
The food was too hot	5 (0.38%)	67 (0.3%)
The food was too cold	16 (1.22%)	498 (1.9%)
Due to food allergy/intolerance	3 (0.23%)	151 (0.6%)
I was not hungry at that time	132 (10.04%)	2174 (8.3%)
I do not have my usual appetite	201 (15.29%)	4432 (17%)
I have problems chewing/swallowing	49 (3.73%)	962 (3.7%)
I normally eat less than what was served	97 (7.38%)	1688 (6.5%)
I had nausea/vomiting	36 (2.74%)	1234 (4.7%)
I was too tired	45 (3.42%)	758 (2.9%)
I cannot eat without help	11 (0.84%)	213 (0.8%)
I was not allowed to eat	32 (2.43%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	25 (1.9%)	970 (3.7%)
I did not get requested food	7 (0.53%)	189 (0.7%)
<b>18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours</b>		
Water	5[3-6]	3[2-5]
Coffee	3[2-3]	1[0-2]
Fruit juice	4[1-4]	1[0-2]
Nutrition drink	1[1-1]	0[0-1]
Tea:	2[1-3]	1[0-2]
Milk	2[1-2]	0[0-1]
Soft drinks	2[1-2]	0[0-0]
Other	2[1-2]	0[0-0]
<b>19a. Did you eat any food apart from hospital food TODAY?</b>		
Yes	349 (26.54%)	5629 (21.6%)
No	529 (40.23%)	15703 (60.2%)
<b>19b. If yes, what did you eat?</b>		
Sweet snacks	200 (15.21%)	1724 (6.6%)
Salty snacks	60 (4.56%)	856 (3.3%)
Homemade food	57 (4.33%)	1378 (5.3%)
Fruits	125 (9.51%)	2185 (8.4%)

Dairy products	53 (4.03%)	747 (2.9%)
Food delivered/restaurant	10 (0.76%)	235 (0.9%)
Sandwich	18 (1.37%)	395 (1.5%)
Other	28 (2.13%)	1005 (3.9%)
<b>20. Since hospital admission, do you eat more or less?</b>		
More	183 (13.92%)	3862 (14.8%)
Less	242 (18.4%)	7908 (30.3%)
Same	423 (32.17%)	9129 (35%)
I do not know	52 (3.95%)	1335 (5.1%)
<b>21. Today, compared to admission I feel</b>		
Stronger	565 (42.97%)	11906 (45.6%)
Weaker	232 (17.64%)	4690 (18%)
Same	362 (27.53%)	6893 (26.4%)
I was admitted today	46 (3.5%)	657 (2.5%)
I do not know	75 (5.7%)	984 (3.8%)
<b>22. Can you walk without assistance TODAY?</b>		
Yes	567 (43.12%)	14647 (56.2%)
No, only with assistance	555 (42.21%)	6567 (25.2%)
No, I stay in bed	158 (12.02%)	3533 (13.5%)
<b>23. Did anyone help you complete this questionnaire?</b>		
Yes	706 (53.69%)	16527 (63.4%)
No	215 (16.35%)	5953 (22.8%)
I do not know	5 (0.38%)	2573 (9.9%)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

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