

## nutritionDay National Report 2024

Dear participant!

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



Country	Germany
Number of participating centers	5
Number of participating units	24
Number of patients	412
Number of patients who gave consent	382

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>	613 [270-861]	302 [150-594]
<b>2. Total number of admissions in the hospital last year</b>	37200 [13377-36714]	14886 [5212-32951]
<b>3. Total number of staff in the hospital</b>		
<i>Total number</i>		
Total medical doctors	344 [145-586]	188 [94-411]
Medical specialists	116 [64.5-219.5]	116 [38-248]
Medical non-specialists	126 [77-300]	46 [13-128]
Nurses	609 [301-1200]	396 [140-763]
Dieticians	4 [2-10.5]	2 [0-8]
Nutritionists	2 [1-5]	2 [0-4]
Pharmacists	6 [4-17.5]	7 [3-16]
Kitchen staff	24 [30-62.5]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	207 [127-437]	148 [54-256]
Medical specialists	88 [48.55-186]	78 [27-182]
Medical non-specialists	99 [67-290]	43 [10-101]
Nurses	297 [182.5-779]	287 [99-580]
Dieticians	3 [1.6-6.15]	2 [0-7]
Nutritionists	1 [1-4.13]	1 [0-3]
Pharmacists	5 [3.41-21.5]	5 [2-11]
Kitchen staff	18 [22-46.3]	21 [5-40]
<b>4. Does the hospital have a nutrition care strategy?</b>	13 (52%)	158 (37.98%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	16 (59.26%)	140 (33.7%) Yes
Nutrition steering committee is available	10 (37.04%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	3 (11.11%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	8 (29.63%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	13 (48.15%)	137 (32.9%) Yes
None	13 (48.15%)	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 (3.7%)	33 (7.9%) Yes





Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	11 (40.74%)	117 (28.1%) Yes
Oral nutrition supplements	9 (33.33%)	110 (26.4%) Yes
Parenteral nutrition	14 (51.85%)	139 (33.4%) Yes
Enteral nutrition	15 (55.56%)	135 (32.5%) Yes
Dietary counseling	10 (37.04%)	86 (20.7%) Yes
Specific dietary interventions	8 (29.63%)	79 (19%) Yes
Screening for malnutrition	1 (3.7%)	80 (19.2%) Yes
Risk of malnutrition	6 (22.22%)	65 (15.6%) Yes
Malnutrition (in general)	13 (48.15%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	11 (40.74%)	85 (20.4%) Yes
<b>Codes routinely used</b>		
Nutrition Support	11 (40.74%)	105 (25.2%) Yes
Oral nutrition supplements	9 (33.33%)	96 (23.1%) Yes
Parenteral nutrition	15 (55.56%)	120 (28.8%) Yes
Enteral nutrition	14 (51.85%)	121 (29.1%) Yes
Dietary counseling	13 (48.15%)	71 (17.1%) Yes
Specific dietary interventions	9 (33.33%)	65 (15.6%) Yes
Screening for malnutrition	8 (29.63%)	71 (17.1%) Yes
Risk of malnutrition	8 (29.63%)	54 (13%) Yes
Malnutrition (in general)	14 (51.85%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	8 (29.63%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
<b>1a. Main specialty</b>		
Internal Medicine / General	7 (12.5%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	8 (14.29%)	100 (6.8%)
Internal Medicine / Geriatrics	9 (16.07%)	92 (6.2%)
Internal Medicine / Infectious diseases	2 (3.57%)	9 (0.6%)
Internal Medicine / Nephrology	1 (1.79%)	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	11 (19.64%)	172 (11.7%)
Surgery / General	10 (17.86%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	2 (3.57%)	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	1 (1.79%)	47 (3.2%)
Surgery / Trauma	-	9 (0.6%)
Surgery / Urology	-	NA (NA%)
Surgery / Bariatric	-	NA (NA%)
Ear Nose Throat (ENT)	1 (1.79%)	23 (1.6%)
Gynecology / Obstetrics	1 (1.79%)	26 (1.8%)
Neurology	1 (1.79%)	35 (2.4%)
Psychiatry	-	13 (2.4%)
Pediatrics	-	10 (0.7%)
Interdisciplinary	-	56 (3.8%)
Long term care	-	26 (1.8%)
Hospital care at home	-	NA (NA%)
Other	2 (3.57%)	203 (13.8%)
<b>1b. For surgical units only</b>		
a) Do you do ERAS?	10 (17.86%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	8 (14.29%)	71 (4.8%) Yes
c) Do you have an ERAS team?	6 (10.71%)	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>	24 [16-30]	21 [15-29]
<b>3. Total bed capacity of the unit</b>	31 [19.5-38]	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	4 [1-4]	3 [2-6]
Medical students	-	



Nurses	5 [3-5]	4 [3-7]
Nursing aides	1 [1-1]	2 [1-4]
Dieticians	0 [1-2]	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 [1-2]	1 [0-2]
<i>In training</i>		
Medical doctors	1 [1-3]	1 [0-3]
Medical students	1 [1-3]	1 [0-3]
Nurses	1 [1-2]	1 [0-2]
Nursing aides	0 [1-2]	0 [0-1]
Dieticians	0 [1-1]	0 [0-0]
Nutritionists	-	0 [0-0]
Administrative staff	-	-
Other staff involved in patient care	0 [1-2]	0 [0-0]
<b>5. Is there a nutrition support team in your hospital available?</b>	41 (73.21%)	938 (63.6%) Yes
<b>6. Does the unit have a nutrition care strategy?</b>	36 (64.29%)	900 (61.1%) Yes
<b>7. Is there a person in your unit responsible for nutrition care?</b>	46 (82.14%)	844 (57.3%) Yes
<b>8. Is there a dietician, nutritionist or dietetic assistant available for your unit?</b>	52 (92.86%)	1205 (81.8%) Yes
<b>9. Is specific staff responsible for providing feeding assistance to patients during meal times?</b>	10 (17.86%)	689 (46.7%) Yes
<b>10. How do you MAINLY screen/monitor patients for malnutrition?</b>		
<i>At admission</i>		
No routine screening	2 (3.57%)	145 (9.8%) Yes
No fixed criteria	3 (5.36%)	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	9 (16.07%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	36 (64.29%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	-	99 (6.7%) Yes
Malnutrition Screening tool (MST)	1 (1.79%)	94 (6.4%) Yes
SNAQ	-	6 (0.4%) Yes
Other formal tool	5 (64.29%)	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	7 (12.5%)	156 (10.6%) Yes
No fixed criteria	(0%)	104 (7.1%) Yes
Experience / visual assessment only	11 (19.64%)	172 (11.7%) Yes
Weighing / BMI only	32 (57.14%)	483 (32.8%) Yes
Other formal tool	6 (10.71%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
<b>11a. Do you routinely use guidelines or standards for nutrition care?</b>	36 (64.29%)	974 (66.1%) Yes
<b>11b. If yes, which one is mainly used?</b>		
International guidelines	6 (10.71%)	364 (24.7%) Yes
National guidelines	21 (37.5%)	131 (8.9%) Yes
Standards on hospital level	5 (8.93%)	324 (22%) Yes
Standards on unit level	2 (3.57%)	61 (4.1%) Yes
Individual patient nutrition care plans	3 (5.36%)	117 (7.9%) Yes
Others	1 (1.79%)	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 (17.86%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	30 (53.57%)	549 (37.2%) Yes
Develop an individual nutrition care plan	15 (26.79%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	26 (46.43%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	29 (51.79%)	658 (39.2%) Yes
Consult a medical professional	17 (30.36%)	411 (27.9%) Yes
Calculate energy requirements	19 (33.93%)	583 (39.6%) Yes
Calculate protein requirements	21 (37.5%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	3 (5.36%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	32 (57.14%)	618 (41.9%) Yes
Develop an individual nutrition care plan	32 (57.14%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	43 (76.79%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	39 (69.64%)	734 (49.8%) Yes
Consult a medical professional	30 (53.57%)	487 (33%) Yes
Calculate energy requirements	33 (58.93%)	739 (50.1%) Yes
Calculate protein requirements	32 (57.14%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	16 (17.86%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	10 (17.86%)	382 (25.9%) Yes
Develop an individual nutrition care plan	2 (3.57%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	1 (1.79%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	2 (3.57%)	298 (20.2%) Yes
Consult a medical professional	3 (5.36%)	370 (25.1%) Yes
Calculate energy requirements	3 (5.36%)	193 (13.1%) Yes
Calculate protein requirements	3 (5.36%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	20 (35.71%)	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	4 (7.14%)	76 (5.2%) Yes
Develop an individual nutrition care plan	9 (16.07%)	78 (5.3%) Yes
Initiate treatment / nutrition intervention	3 (5.36%)	35 (2.4%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (5.36%)	26 (1.8%) Yes
Consult a medical professional	9 (16.07%)	147 (10%) Yes
Calculate energy requirements	9 (16.07%)	114 (7.7%) Yes
Calculate protein requirements	1 (1.79%)	132 (9%) Yes
<b>13. When do you routinely weigh your patients?</b>		
At admission	38 (67.86%)	825 (56%) Yes
Within 24 hours	8 (14.29%)	153 (10.4%) Yes
Within 48 hours	4 (7.14%)	88 (6%) Yes
Within 72 hours	4 (7.14%)	28 (1.9%) Yes
Every week	20 (35.71%)	534 (36.2%) Yes
Occasionally	7 (12.5%)	136 (9.2%) Yes
When requested	32 (57.14%)	738 (50.1%) Yes
At discharge	-	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	44 (78.57%)	1028 (69.7%) Yes
Offer meal choices	55 (98.21%)	896 (60.8%) Yes
Offer different portion sizes	31 (55.36%)	737 (50%) Yes
Consider food presentation	15 (26.79%)	400 (27.1%) Yes
Change food texture/consistency as needed	51 (91.07%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	49 (87.5%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	7 (12.5%)	350 (23.7%) Yes
Promote positive eating environment	5 (8.93%)	385 (26.1%) Yes
Consider cultural/religious preferences	44 (78.57%)	949 (64.4%) Yes
Consider patient allergies / intolerances	55 (98.21%)	1113 (75.5%) Yes
Other	7 (12.5%)	88 (6%) Yes
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	39 (69.64%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	21 (37.5%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	4 (7.14%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	9 (16.07%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	31 (55.36%)	727 (49.3%) Yes
<b>16. At admission what is asked and documented?</b>		
Change in weight	44 (78.57%)	1052 (71.4%) Yes
Eating habits/difficulties	38 (67.86%)	941 (63.8%) Yes
Nutrition before admission	28 (50%)	693 (47%) Yes
<b>17a. Patient record has a section indicating</b>		
if the patient is malnourished/at risk	30 (53.57%)	948 (64.3%) Yes
nutrition treatment	24 (42.86%)	714 (48.4%) Yes
I do not know	10 (17.86%)	92 (6.2%) Yes
<b>17b. Discharge letter includes</b>		
nutrition treatment received during stay	24 (42.86%)	664 (45%) Yes
future nutrition-related recommendation	32 (57.14%)	768 (52.1%) Yes
I do not know	13 (23.21%)	108 (7.3%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>		
	28 (50%)	534 (36.2%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	18 (32.14%)	349 (23.7%) Yes
Dietician	21 (37.5%)	630 (42.7%) Yes
Nurse	16 (28.57%)	326 (22.1%) Yes
Physician	15 (26.79%)	156 (10.6%) Yes
Administrative staff	2 (3.57%)	27 (1.8%) Yes
Others	4 (7.14%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
<b>TOTAL Patients:</b>	869 (100%)	26084
<b>Number of patients who gave consent:</b>	801 (92.17%)	26084 (48.6%)
Female	388 (48.44%)	12664 (48.6%)
Male	413 (51.56%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	65 [55-77]	64 [47-76]
Weight (kg)	76.9±20.8	70.5±18.7
Height (cm)	171±9.9	166±11
BMI (female)	26.5±7.1	26±6.4
BMI (male)	25.9±5.6	25.3±5.5
BMI	26.2±6.4	25.6±5.9
<b>This hospital admission was...</b>		
planned	401 (50.06%)	9329 (35.8%)
an emergency	365 (45.57%)	15237 (58.4%)
I do not know	35 (4.37%)	1518 (5.8%)
None of the above	-	(%)
<b>1. Diagnosis at admission - ICD-10 DIAGNOSIS</b>		
0600 Nervous system	79 (9.86%)	2226 (8.5%)
0500 Mental health	30 (3.75%)	1017 (3.9%)
0700 Eye and adnexa	12 (1.5%)	247 (0.9%)
0800 Ear and mastoid process	10 (1.25%)	132 (0.5%)
0900 Circulatory system	194 (24.22%)	4506 (17.3%)
1000 Respiratory system	125 (15.61%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	171 (21.35%)	3400 (13%)
1100 Digestive system	281 (35.08%)	5708 (21.9%)
1400 Genitourinary system	109 (13.61%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	116 (14.48%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	41 (5.12%)	1233 (4.7%)
0100 Infectious and parasitic diseases	78 (9.74%)	2768 (10.6%)
0200 Neoplasms	291 (36.33%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	109 (13.61%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	115 (14.36%)	1384 (5.3%)
2000 External causes of morbidity and mortality	10 (1.25%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.12%)	405 (1.6%)
1600 Conditions originating in the perinatal period	-	22 (0.1%)
1700 Congenital/chromosomal abnormalities	2 (0.25%)	66 (0.3%)
1900 Injury, poisoning	20 (2.5%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	112 (13.98%)	1109 (4.3%)
None of the above	23 (2.87%)	NA (NA%)



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<b>2. Main reason for admission</b>		
0600 Nervous system	27 (3.37%)	1362 (5.2%)
0500 Mental health	2 (0.25%)	396 (1.5%)
0700 Eye and adnexa	4 (0.5%)	73 (0.3%)
0800 Ear and mastoid process	1 (0.12%)	77 (0.3%)
0900 Circulatory system	43 (5.37%)	2308 (8.8%)
1000 Respiratory system	45 (5.62%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	41 (5.12%)	1161 (4.5%)
1100 Digestive system	142 (17.73%)	4135 (15.9%)
1400 Genitourinary system	45 (5.62%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	69 (8.61%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	16 (2%)	629 (2.4%)
0100 Infectious and parasitic diseases	29 (3.62%)	1592 (6.1%)
0200 Neoplasms	195 (24.34%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	40 (4.99%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	44 (5.49%)	630 (2.4%)
2000 External causes of morbidity and mortality	2 (0.25%)	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	16 (2%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	16 (2%)	416 (1.6%)
None of the above	24 (3%)	NA (NA%)

<b>3. Which conditions/comorbidities does this patient have?</b>		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	35 (4.37%)	1744 (6.7%)
Dementia	14 (1.75%)	985 (3.8%)
Major depressive disorder	12 (1.5%)	1090 (4.2%)
Chronic mental disorder	16 (2%)	1111 (4.3%)
Myocardial infarction	9 (1.12%)	1014 (3.9%)
Cardiac insufficiency	55 (6.87%)	4077 (15.6%)
Chronic lung disease	44 (5.49%)	2633 (10.1%)
Chronic liver disease	53 (6.62%)	1455 (5.6%)
Chronic kidney disease	83 (10.36%)	2943 (11.3%)
GI disease/problems	93 (11.61%)	NA (NA%)
Urological disease/problems	23 (2.87%)	NA (NA%)
Muscle-skeletal disease	32 (4%)	NA (NA%)
Arthritis	8 (1%)	NA (NA%)
Skin problems	19 (2.37%)	NA (NA%)
Peripheral vascular disease	50 (6.24%)	2589 (9.9%)



<i>GENERAL COMORBIDITIES</i>		
Pain	87 (10.86%)	NA (NA%)
Fatigue	50 (6.24%)	NA (NA%)
Infection	74 (9.24%)	3527 (13.5%)
Diabetes	113 (14.11%)	5790 (22.2%)
Hypertension	167 (20.85%)	NA (NA%)
Hyperlipidaemia	40 (4.99%)	NA (NA%)
Endocrinal disease	57 (7.12%)	NA (NA%)
Cancer (active)	145 (18.1%)	5564 (21.3%)
History of cancer	53 (6.62%)	NA (NA%)
Other chronic disease	61 (7.62%)	7194 (27.6%)
NO COMORBIDITIES	59 (7.37%)	NA (%)
OTHER COMORBIDITIES	71 (8.86%)	NA (%)
<b>4. Previous ICU admission during this hospital stay?</b>		
Yes	96 (11.99%)	2766 (10.6%)
No	543 (67.79%)	20451 (78.4%)
I do not know	24 (3%)	583 (2.2%)
<b>5. Is this patient terminally ill?</b>		
Yes	157 (19.6%)	1807 (6.9%)
No	570 (71.16%)	22073 (84.6%)
I do not know	74 (9.24%)	2204 (8.4%)
<b>6. Fluid status (TODAY)</b>		
Normal	492 (61.42%)	20374 (78.1%)
Overloaded	52 (6.49%)	1199 (4.6%)
Dehydrated	67 (8.36%)	1619 (6.2%)
I do not know	190 (23.72%)	2892 (11.1%)
<b>7. Number of different medications planned</b>		
oral	7[4-10]	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	136 (16.98%)	3987 (15.3%)
At risk	127 (15.86%)	5662 (21.7%)
No	476 (59.43%)	14860 (57%)
I do not know	62 (7.74%)	1575 (6%)



<b>9. IV Fluids (TODAY)</b>		
Electrolyte solution (NaCl, Ringers lactate, etc)	192 (23.97%)	9898 (37.9%)
5% Glucose solution	13 (1.62%)	1734 (6.6%)
<b>10. Number of ONS drinks planned (TODAY)</b>		
	2[1-2]	0[0-1]
<b>11. Nutrition intake (TODAY)</b>		
Regular hospital food	571 (71.29%)	15714 (60.2%)
Fortified/enriched hospital food	100 (12.48%)	3511 (13.5%)
Special diet	122 (15.23%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	155 (19.35%)	5001 (19.2%)
Enteral nutrition	44 (5.49%)	1402 (5.4%)
Parenteral nutrition	62 (7.74%)	1029 (3.9%)
<b>12a. All lines and Tubes (TODAY)</b>		
Central Venous	179 (22.35%)	2933 (11.2%)
Peripheral venous access	338 (42.2%)	13234 (50.7%)
Nasogastric	6 (0.75%)	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduodenal	1 (0.12%)	92 (0.4%)
Enterostoma	5 (0.62%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	6 (0.75%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0.4%)
<b>12b. Were there complications with lines and tubes since admission? (infections /obstructions)</b>		
Yes, previously	11 (1.37%)	447 (1.7%)
Yes, ongoing	7 (0.87%)	199 (0.8%)
No	538 (67.17%)	20166 (77.3%)
I do not know	73 (9.11%)	1944 (7.5%)
<b>13. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	131 (16.35%)	9371 (35.9%)
Protein requirements were determined	129 (16.1%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	264 (32.96%)	10577 (40.5%)
Nutrition treatment plan was developed	122 (15.23%)	9611 (36.8%)
Nutrition expert was consulted	168 (20.97%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	149 (18.6%)	8920 (34.2%)



<b>14a. Energy goal (YESTERDAY)</b>		
< 500 kcal	5 (0.62%)	354 (1.4%)
500-999 kcal	2 (0.25%)	252 (1%)
1000-1499 kcal	9 (1.12%)	1770 (6.8%)
1500-1999 kcal	175 (21.85%)	6981 (26.8%)
>=2000 kcal	82 (10.24%)	4667 (17.9%)
Not determined	250 (31.21%)	7466 (28.6%)
I do not know	105 (13.11%)	1846 (7.1%)
Sum: kcal/kg	27.4[0-0]	NA[NA-NA]
<b>14b. Energy intake (YESTERDAY)</b>		
< 500 kcal	10 (1.25%)	1112 (4.3%)
500-999 kcal	23 (2.87%)	1537 (5.9%)
1000-1499 kcal	35 (4.37%)	3036 (11.6%)
1500-1999 kcal	114 (14.23%)	4998 (19.2%)
>=2000 kcal	28 (3.5%)	2771 (10.6%)
Not determined	260 (32.46%)	7333 (28.1%)
I do not know	162 (20.22%)	2522 (9.7%)
Sum: kcal/kg	13.5[0-0]	0[0-0]
<b>15. Since admission, this patient's health status has...</b>		
Improved	239 (29.84%)	12633 (48.4%)
Deteriorated	48 (5.99%)	1595 (6.1%)
Remained the same	209 (26.09%)	5937 (22.8%)
This patient has just been admitted	31 (3.87%)	1656 (6.3%)
I do not know	136 (16.98%)	1979 (7.6%)



<b>Surgery sheet (sheet 2c- <b>only</b> for surgical patients)</b>		
<b>16a. Previous operation during this hospital stay</b>		
Yes, planned	96 (11.99%)	4723 (18.1%)
Yes, acute	49 (6.12%)	2219 (8.5%)
No	114 (14.23%)	16185 (62%)
days since operation	8.5[0-11]	4[1-14]
<b>16b. Planned operation during this hospital stay</b>		
Yes, today or tomorrow	38 (4.74%)	2649 (10.2%)
Yes, later	24 (3%)	1764 (6.8%)
No	205 (25.59%)	18037 (69.1%)
<b>17. Surgery type (single choice)</b>		
Operated right after admission (acute)	28 (3.5%)	NA (NA%)
Planned after unscheduled admission	29 (3.62%)	NA (NA%)
Planned after scheduled admission	82 (10.24%)	NA (NA%)
None of the above	7 (0.87%)	NA (NA%)
I don't know	21 (2.62%)	NA (NA%)
Non-applicable (NA)	31 (3.87%)	NA (NA%)
<b>18. Surgical approach (single choice)</b>		
Open surgery including converted	92 (11.49%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	57 (7.12%)	NA (NA%)
I do not know	-	NA (NA%)
<b>19. Duration of operation</b>		
Minor surgery (≤ 1 hour)	34 (4.24%)	NA (NA%)
Major surgery (> 1 hour)	114 (14.23%)	NA (NA%)
I do not know	-	NA (NA%)
<b>20. Main organ operated/surgical procedure, planned or done - (single choice)</b>		
Oesophagus	9 (1.12%)	NA (NA%)
Gastric	11 (1.37%)	NA (NA%)
Liver	10 (1.25%)	NA (NA%)
Pancreas	5 (0.62%)	NA (NA%)
Colorectal	25 (3.12%)	NA (NA%)
Gynecology	7 (0.87%)	NA (NA%)
Gynecology oncology	10 (0%)	NA (NA%)
Urology	3 (0.37%)	NA (NA%)
Urology oncology	-	NA (NA%)



Cystectomy	1 (0.12%)	NA (NA%)
Bariatric	-	NA (NA%)
Hip replacement	15 (1.87%)	NA (NA%)
Knee replacementl	1 (0.12%)	NA (NA%)
Lung	14 (1.75%)	NA (NA%)
Cardiac	2 (0.25%)	NA (NA%)
Vascular	7 (0.87%)	NA (NA%)
Other	35 (0%)	NA (NA%)
I don't know	36 (4.49%)	NA (NA%)
<b>21. Indication to use of nutritional therapy</b>		
No indication	100 (12.48%)	NA (NA%)
Expected prolonged post-operative fasting	7 (0.87%)	NA (NA%)
Preoperative malnutrition	11 (1.37%)	NA (NA%)
Ongoing surgical complication	5 (0.62%)	NA (NA%)
Patient does not eat enough	21 (2.62%)	NA (NA%)
Other	13 (1.62%)	NA (NA%)
I don't know	51 (6.37%)	NA (NA%)
<b>22. Days since nutritional therapy</b>		
Days since nutritional therapy	10[3-10]	NA[NA]
<b>SHEET Outcome 30 Days</b>		
<b>Outcome</b>		
1= Still in the hospital	32 (4%)	2346 (9%)
2= Transferred to another hospital	25 (3.12%)	536 (2.1%)
3= Transferred to long term care	23 (2.87%)	662 (2.5%)
4= Rehabilitation	14 (1.75%)	546 (2.1%)
5= Discharged home	568 (70.91%)	16868 (64.7%)
6= Death	37 (4.62%)	844 (3.2%)
7= Others	26 (3.25%)	392 (1.5%)
<b>Readmitted since nutritionDay</b>		
1= No	484 (60.42%)	16020 (61.4%)
2= Yes, same hospital planned	112 (13.98%)	1635 (6.3%)
3= Yes, same hospital unplanned	58 (7.24%)	1080 (4.1%)
4= Yes, different hospital planned	7 (0.87%)	162 (0.6%)
5= Yes, different hospital unplanned	4 (0.5%)	74 (0.3%)
6= Others	14 (1.75%)	596 (2.3%)
<b>Admitted to ICU?</b>	5 (0.62%)	NA
<b>Re-operated after nDay?</b>	10 (1.25%)	NA
<b>How many days after nDay</b>	4[6-1]	[NA]






Patient's perspective: Medical history, nutrition status & intake today (Sheet 3a/3b)		
	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
I have dietary restrictions	48 (5.99%)	NA (NA%)
No special dietary habits	474 (59.18%)	16574 (63.5%)
I am vegetarian	23 (2.87%)	457 (1.8%)
I eat a vegan diet	4 (0.5%)	91 (0.3%)
I eat gluten-free diet	8 (1%)	245 (0.9%)
I avoid added sugars	69 (8.61%)	3723 (14.3%)
I avoid carbohydrates	19 (2.37%)	1327 (5.1%)
I eat a low fat-diet	50 (6.24%)	2344 (9%)
I am lactose intolerant	16 (2%)	959 (3.7%)
Other special diet due to intolerances/allergies	16 (2%)	426 (1.6%)
Other	54 (6.74%)	1653 (6.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	597 (74.53%)	20315 (77.9%)
In a nursing home or other live-in facility	21 (2.62%)	631 (2.4%)
I was transferred from another hospital	35 (4.37%)	1683 (6.5%)
Other	3 (0.37%)	358 (1.4%)
<b>3. In general, are you able to walk?</b>		
Yes	412 (51.44%)	14347 (55%)
Yes, with someone's help	31 (3.87%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	139 (17.35%)	3042 (11.7%)
No, I have a wheelchair	30 (3.75%)	923 (3.5%)
No, I am bedridden	34 (4.24%)	1927 (7.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	28 (3.5%)	1891 (7.2%)
Good	168 (20.97%)	8563 (32.8%)
Fair	260 (32.46%)	8731 (33.5%)
Poor	156 (19.48%)	3103 (11.9%)
Very poor	42 (5.24%)	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?	12[3-12]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	3[1-3]	1[0-2]
... how many nights in total have you spent in hospital?	28[7-35]	5[0-15]
<b>6. How many different medications do you take routinely each day (prior to hospitalisation)?</b>		
1-2	125 (15.61%)	5405 (20.7%)
3-5	173 (21.6%)	6039 (23.2%)
More than 5	232 (28.96%)	6283 (24.1%)
None	97 (12.11%)	4409 (3.1%)
I do not know	26 (3.25%)	796 (3.1%)
<b>7. Do you have health insurance?</b>		
Yes, private insurance only	61 (7.62%)	3834 (14.7%)
Yes, public insurance only	532 (66.42%)	11434 (43.8%)
Yes, both	49 (6.12%)	2368 (9.1%)
No	-	4322 (16.6%)
I prefer not to answer	9 (1.12%)	787 (3%)
<b>8. What was your weight 5 years ago?</b>		
Weight (kg):	82[66-92]	74[63-85]
<b>9a. Have you lost weight within the last 3 months?</b>		
Yes, intentionally	84 (10.49%)	1991 (7.6%)
Yes, unintentionally	343 (42.82%)	11584 (44.4%)
No, my weight stayed the same	237 (29.59%)	6693 (25.7%)
No, I gained weight	77 (9.61%)	2724 (10.4%)
I do not know	35 (4.37%)	2174 (8.3%)
<b>9b. If yes, how many kg did you lose?</b>		
Weight (kg):	11[4-14]	6[4-10]
<b>10. Did you know about your hospitalisation two days before admission?</b>		
Yes	326 (40.7%)	8485 (32.5%)
No	309 (38.58%)	13132 (50.3%)
<b>11. Please indicate if you ...</b>		
... were weighed at admission		



Yes	318 (39.7%)	11722 (44.9%)
No	299 (37.33%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	209 (26.09%)	8269 (31.7%)
No	390 (48.69%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	196 (24.47%)	7888 (30.2%)
No	404 (50.44%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	160 (19.98%)	8204 (31.5%)
No	445 (55.56%)	13255 (50.8%)
<b>12. How well have you eaten in the week before you were admitted to the hospital?</b>		
More than normal	26 (3.25%)	1271 (4.9%)
Normal	432 (53.93%)	15182 (58.2%)
About 3/4 of normal	66 (8.24%)	2567 (9.8%)
About half of normal	76 (9.49%)	3356 (12.9%)
About a quarter to nearly nothing	53 (6.62%)	2583 (9.9%)
<b>13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:</b>		
about all	317 (39.58%)	11622 (44.6%)
1/2	248 (30.96%)	6714 (25.7%)
1/4	118 (14.73%)	3460 (13.3%)
nothing	91 (11.36%)	2824 (10.8%)
<b>13b. The portion size of the meal I ordered TODAY was...</b>		
standard	504 (62.92%)	15031 (57.6%)
smaller	45 (5.62%)	2158 (8.3%)
larger	10 (1.25%)	1137 (4.4%)
I do not know	64 (7.99%)	2563 (9.8%)
<b>14. In general, how satisfied are you with the food at the hospital?</b>		
Very satisfied	110 (13.73%)	5768 (22.1%)
Somewhat satisfied	255 (31.84%)	7354 (28.2%)
Dissatisfied	104 (12.98%)	4636 (17.8%)



Very dissatisfied	51 (6.37%)	2177 (8.3%)
Neutral	82 (10.24%)	921 (3.5%)
I do not know	36 (4.49%)	1771 (8.3%)
<b>15. Did you get any help with eating TODAY?</b>		
Yes, from family or friends	10 (1.25%)	2686 (10.3%)
Yes, from hospital staff	32 (4%)	1512 (5.8%)
No	582 (72.66%)	17776 (68.1%)
<b>16. Were you able to eat without interruption TODAY?</b>		
Yes	455 (56.8%)	16089 (61.7%)
No	152 (18.98%)	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	114 (14.23%)	2646 (10.1%)
I did not like the smell of the food	45 (5.62%)	NA (NA%)
I did not like the taste of the food	88 (10.99%)	NA (NA%)
The food did not fit my cultural/religious preferences	3 (0.37%)	139 (0.5%)
The food was too hot	7 (0.87%)	67 (0.3%)
The food was too cold	11 (1.37%)	498 (1.9%)
Due to food allergy/intolerance	4 (0.5%)	151 (0.6%)
I was not hungry at that time	65 (8.11%)	2174 (8.3%)
I do not have my usual appetite	156 (19.48%)	4432 (17%)
I have problems chewing/swallowing	23 (2.87%)	962 (3.7%)
I normally eat less than what was served	83 (10.36%)	1688 (6.5%)
I had nausea/vomiting	33 (4.12%)	1234 (4.7%)
I was too tired	16 (2%)	758 (2.9%)
I cannot eat without help	1 (0.12%)	213 (0.8%)
I was not allowed to eat	33 (4.12%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	26 (3.25%)	970 (3.7%)
I did not get requested food	-	189 (0.7%)
<b>18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours</b>		
Water	6[4-8]	3[2-5]
Coffee	2[1-2]	1[0-2]
Fruit juice	2[1-3]	1[0-2]
Nutrition drink	2[1-2]	0[0-1]
Tea	2[1-3]	1[0-2]
Milk	2[1-2]	0[0-1]
Soft drinks	3[1-4]	0[0-0]
Other	2[1-3]	0[0-0]
<b>19a. Did you eat any food apart from hospital food TODAY?</b>		



Yes	164 (20.47%)	5629 (21.6%)
No	461 (57.55%)	15703 (60.2%)
<b>19b. If yes, what did you eat?</b>		
Sweet snacks	70 (8.74%)	1724 (6.6%)
Salty snacks	23 (2.87%)	856 (3.3%)
Homemade food	22 (2.75%)	1378 (5.3%)
Fruits	69 (8.61%)	2185 (8.4%)
Dairy products	10 (1.25%)	747 (2.9%)
Food delivered/restaurant	4 (0.5%)	235 (0.9%)
Sandwich	13 (1.62%)	395 (1.5%)
Other	17 (2.12%)	1005 (3.9%)
<b>20. Since hospital admission, do you eat more or less?</b>		
More	54 (6.74%)	3862 (14.8%)
Less	318 (39.7%)	7908 (30.3%)
Same	229 (28.59%)	9129 (35%)
I do not know	40 (4.99%)	1335 (5.1%)
<b>21. Today, compared to admission I feel</b>		
Stronger	243 (30.34%)	11906 (45.6%)
Weaker	174 (21.72%)	4690 (18%)
Same	243 (30.34%)	6893 (26.4%)
I was admitted today	17 (2.12%)	657 (2.5%)
I do not know	97 (12.11%)	984 (3.8%)
<b>22. Can you walk without assistance TODAY?</b>		
Yes	505 (63.05%)	14647 (56.2%)
No, only with assistance	208 (25.97%)	6567 (25.2%)
No, I stay in bed	71 (8.86%)	3533 (13.5%)
<b>23. Did anyone help you complete this questionnaire?</b>		
Yes	423 (52.81%)	16527 (63.4%)
No	210 (26.22%)	5953 (22.8%)
I do not know	22 (2.75%)	2573 (9.9 %)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office



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