

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	India
Number of participating centers	3
Number of participating units	7
Number of patients	158
Number of patients who gave consent	158

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 or contact us at office@nutritionDay.org!

Best regards from the nutritionDay-Team!



Prof. Dr. Michael Hiesmayr



Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	743 [350-1300]	302 [150-594]
2. Total number of admissions in the hospital last year	37117 [1800-75017]	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	1694 [20-4831]	188 [94-411]
Medical specialists	268 [20-585]	116 [38-248]
Medical non-specialists	1459 [31-4246]	46 [13-128]
Nurses	668 [200-1440]	396 [140-763]
Dieticians	12 [6-20]	2 [0-8]
Nutritionists	0 [1-1]	2 [0-4]
Pharmacists	76 [20-162]	7 [3-16]
Kitchen staff	150 [68-300]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	1128 [178-1692]	148 [54-256]
Medical specialists	168 [147-251.5]	78 [27-182]
Medical non-specialists	960 [31-1440]	43 [10-101]
Nurses	391 [365-586.5]	287 [99-580]
Dieticians	10 [10-15]	2 [0-7]
Nutritionists	0 [1-1]	1 [0-3]
Pharmacists	70 [47-104.5]	5 [2-11]
Kitchen staff	41 [42-62]	21 [5-40]
4. Does the hospital have a nutrition care strategy?	3 (100%)	158 (37.98%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	3 (100%)	140 (33.7%) Yes
Nutrition steering committee is available	2 (66.67%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	1 (33.33%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	2 (66.67%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (66.67%)	137 (32.9%) Yes
None	-	28 (6.7%) - Yes
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
No information available from billing/finance/controlling	1 (33.33%)	33 (7.9%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
1a. Main specialty		
Internal Medicine / General	3 (42.86%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	-	100 (6.8%)
Internal Medicine / Geriatrics	-	92 (6.2%)
Internal Medicine / Infectious diseases	-	9 (0.6%)
Internal Medicine / Nephrology	-	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	3 (42.86%)	172 (11.7%)
Surgery / General	1 (14.29%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	-	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	-	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	-	203 (13.8%)
1b. For surgical units only		
a) Do you do ERAS?	6 (85.71%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	6 (85.71%)	71 (4.8%) Yes
c) Do you have an ERAS team?	5 (71.43%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	21 [10-40]	21 [15-29]
3. Total bed capacity of the unit	118 [25-350]	28 [21-38]
4. Number of each type of staff in the unit for TODAY's morning shift (excluding cleaning and temporary nDay staff)		
<i>Fully trained</i>		
Medical doctors	5 [1.5-9]	3 [2-6]
Medical students	-	



Nurses	61 [5-200]	4 [3-7]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	2 [1-1]	1 [0-1]
Nutritionists	0 [1-1]	1 [0-1]
Administrative staff	4 [1-2]	1 [1-2]
Other staff involved in patient care	146 [3.5-509]	1 [0-2]
<i>In training</i>		
Medical doctors	1 [1-4]	1 [0-3]
Medical students	-	1 [0-3]
Nurses	1 [1-3]	1 [0-2]
Nursing aides	0 [1-1]	0 [0-1]
Dieticians	-	0 [0-0]
Nutritionists	-	0 [0-0]
Administrative staff	-	
Other staff involved in patient care	0 [2-2]	0 [0-0]
5. Is there a nutrition support team in your hospital available?	6 (85.71%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	6 (85.71%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	6 (85.71%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	7 (100%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	6 (85.71%)	689 (46.7%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
<i>At admission</i>		
No routine screening	-	145 (9.8%) Yes
No fixed criteria	-	22 (1.5%) Yes
Experience / visual assessment only	-	72 (4.9%) Yes
Weighing / BMI only	2 (28.57%)	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	4 (57.14%)	486 (33%) Yes
Malnutrition Universal Screening Tool (MUST)	-	99 (6.7%) Yes
Malnutrition Screening tool (MST)	-	94 (6.4%) Yes
SNAQ	-	6 (0.4%) Yes
Other formal tool	1 (57.14%)	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	(0%)	156 (10.6%) Yes
No fixed criteria	(0%)	104 (7.1%) Yes
Experience / visual assessment only	(0%)	172 (11.7%) Yes
Weighing / BMI only	5 (71.43%)	483 (32.8%) Yes
Other formal tool	2 (28.57%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	6 (85.71%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	5 (71.43%)	364 (24.7%) Yes
National guidelines	-	131 (8.9%) Yes
Standards on hospital level	-	324 (22%) Yes
Standards on unit level	-	61 (4.1%) Yes
Individual patient nutrition care plans	-	117 (7.9%) Yes
Others	1 (14.29%)	20 (1.4%) Yes
12. What is routinely done in your unit for given patient groups?		
<i>At risk</i>		
Watchful waiting	1 (14.29%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	1 (14.29%)	549 (37.2%) Yes
Develop an individual nutrition care plan	1 (14.29%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	1 (14.29%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (14.29%)	658 (39.2%) Yes
Consult a medical professional	1 (14.29%)	411 (27.9%) Yes
Calculate energy requirements	1 (14.29%)	583 (39.6%) Yes
Calculate protein requirements	1 (14.29%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	-	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	-	618 (41.9%) Yes
Develop an individual nutrition care plan	-	732 (49.7%) Yes
Initiate treatment / nutrition intervention	-	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	734 (49.8%) Yes
Consult a medical professional	-	487 (33%) Yes
Calculate energy requirements	-	739 (50.1%) Yes
Calculate protein requirements	-	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	5 (14.29%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	5 (71.43%)	382 (25.9%) Yes
Develop an individual nutrition care plan	5 (71.43%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	5 (71.43%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	5 (71.43%)	298 (20.2%) Yes
Consult a medical professional	5 (71.43%)	370 (25.1%) Yes
Calculate energy requirements	5 (71.43%)	193 (13.1%) Yes
Calculate protein requirements	5 (71.43%)	185 (12.6%) Yes
<i>None</i>		
Watchful waiting	-	168 (11.4%) Yes
Discuss nutrition care activities during ward rounds	-	76 (5.2%) Yes
Develop an individual nutrition care plan	-	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	-	147 (10%) Yes
Calculate energy requirements	-	114 (7.7%) Yes
Calculate protein requirements	-	132 (9%) Yes
13. When do you routinely weigh your patients?		
At admission	6 (85.71%)	825 (56%) Yes
Within 24 hours	1 (14.29%)	153 (10.4%) Yes
Within 48 hours	1 (14.29%)	88 (6%) Yes
Within 72 hours	-	28 (1.9%) Yes
Every week	2 (28.57%)	534 (36.2%) Yes
Occasionally	2 (28.57%)	136 (9.2%) Yes
When requested	2 (28.57%)	738 (50.1%) Yes
At discharge	2 (28.57%)	76 (5.2%) Yes
Never	-	22 (1.5%) Yes
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	7 (100%)	1028 (69.7%) Yes
Offer meal choices	6 (85.71%)	896 (60.8%) Yes
Offer different portion sizes	6 (85.71%)	737 (50%) Yes
Consider food presentation	6 (85.71%)	400 (27.1%) Yes
Change food texture/consistency as needed	7 (100%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	7 (100%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	6 (85.71%)	350 (23.7%) Yes
Promote positive eating environment	7 (100%)	385 (26.1%) Yes
Consider cultural/religious preferences	7 (100%)	949 (64.4%) Yes
Consider patient allergies / intolerances	7 (100%)	1113 (75.5%) Yes
Other	-	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	6 (85.71%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	5 (71.43%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	1 (14.29%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	5 (71.43%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (71.43%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	6 (85.71%)	1052 (71.4%) Yes
Eating habits/difficulties	6 (85.71%)	941 (63.8%) Yes
Nutrition before admission	6 (85.71%)	693 (47%) Yes



17a. Patient record has a section indicating		
if the patient is malnourished/at risk	6 (85.71%)	948 (64.3%) Yes
nutrition treatment	6 (85.71%)	714 (48.4%) Yes
I do not know	-	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	3 (42.86%)	664 (45%) Yes
future nutrition-related recommendation	6 (85.71%)	768 (52.1%) Yes
I do not know	-	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	4 (57.14%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	1 (14.29%)	349 (23.7%) Yes
Dietician	6 (85.71%)	630 (42.7%) Yes
Nurse	-	326 (22.1%) Yes
Physician	-	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	-	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
TOTAL Patients:	158 (100%)	26084
Number of patients who gave consent:	158 (100%)	26084 (48.6%)
Female	69 (43.67%)	12664 (48.6%)
Male	89 (56.33%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	54 [39-66.5]	64 [47-76]
Weight (kg)	64.9±14.9	70.5±18.7
Height (cm)	162±9.1	166±11
BMI (female)	25.5±5.4	26±6.4
BMI (male)	24±4.5	25.3±5.5
BMI	24.7±4.9	25.6±5.9
This hospital admission was...		
planned	93 (58.86%)	9329 (35.8%)
an emergency	65 (41.14%)	15237 (58.4%)
I do not know	-	1518 (5.8%)
None of the above	-	(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	7 (4.43%)	2226 (8.5%)
0500 Mental health	-	1017 (3.9%)
0700 Eye and adnexa	-	247 (0.9%)
0800 Ear and mastoid process	-	132 (0.5%)
0900 Circulatory system	6 (3.8%)	4506 (17.3%)
1000 Respiratory system	15 (9.49%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	25 (15.82%)	3400 (13%)
1100 Digestive system	36 (22.78%)	5708 (21.9%)
1400 Genitourinary system	4 (2.53%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	12 (7.59%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	7 (4.43%)	1233 (4.7%)
0100 Infectious and parasitic diseases	8 (5.06%)	2768 (10.6%)
0200 Neoplasms	27 (17.09%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	29 (18.35%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	12 (7.59%)	1384 (5.3%)
2000 External causes of morbidity and mortality	3 (1.9%)	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	-	66 (0.3%)
1900 Injury, poisoning	-	937 (3.6%)
2100 Factors influencing health status and contact with health services	2 (1.27%)	1109 (4.3%)
None of the above	-	NA (NA%)



2. Main reason for admission		
0600 Nervous system	6 (3.8%)	1362 (5.2%)
0500 Mental health	-	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	4 (2.53%)	2308 (8.8%)
1000 Respiratory system	12 (7.59%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	15 (9.49%)	1161 (4.5%)
1100 Digestive system	33 (20.89%)	4135 (15.9%)
1400 Genitourinary system	4 (2.53%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	9 (5.7%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	4 (2.53%)	629 (2.4%)
0100 Infectious and parasitic diseases	5 (3.16%)	1592 (6.1%)
0200 Neoplasms	26 (16.46%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	29 (18.35%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	8 (5.06%)	630 (2.4%)
2000 External causes of morbidity and mortality	2 (1.27%)	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	-	717 (2.7%)
2100 Factors influencing health status and contact with health services	1 (0.63%)	416 (1.6%)
None of the above	-	NA (NA%)
3. Which conditions/comorbidities does this patient have?		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	8 (5.06%)	1744 (6.7%)
Dementia	1 (0.63%)	985 (3.8%)
Major depressive disorder	-	1090 (4.2%)
Chronic mental disorder	-	1111 (4.3%)
Myocardial infarction	-	1014 (3.9%)
Cardiac insufficiency	5 (3.16%)	4077 (15.6%)
Chronic lung disease	6 (3.8%)	2633 (10.1%)
Chronic liver disease	4 (2.53%)	1455 (5.6%)
Chronic kidney disease	12 (7.59%)	2943 (11.3%)
GI disease/problems	-	NA (NA%)
Urological disease/problems	3 (1.9%)	NA (NA%)
Muscle-skeletal disease	-	NA (NA%)
Arthritis	1 (0.63%)	NA (NA%)
Skin problems	-	NA (NA%)
Peripheral vascular disease	1 (0.63%)	2589 (9.9%)



<i>GENERAL COMORBIDITIES</i>		
Pain	20 (12.66%)	NA (NA%)
Fatigue	17 (10.76%)	NA (NA%)
Infection	17 (10.76%)	3527 (13.5%)
Diabetes	31 (19.62%)	5790 (22.2%)
Hypertension	7 (4.43%)	NA (NA%)
Hyperlipidaemia	3 (1.9%)	NA (NA%)
Endocrinal disease	-	NA (NA%)
Cancer (active)	28 (17.72%)	5564 (21.3%)
History of cancer	-	NA (NA%)
Other chronic disease	1 (0.63%)	7194 (27.6%)
NO COMORBIDITIES	2 (1.27%)	NA (%)
OTHER COMORBIDITIES	63 (39.87%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	20 (12.66%)	2766 (10.6%)
No	108 (68.35%)	20451 (78.4%)
I do not know	-	583 (2.2%)
5. Is this patient terminally ill?		
Yes	73 (46.2%)	1807 (6.9%)
No	84 (53.16%)	22073 (84.6%)
I do not know	1 (0.63%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	134 (84.81%)	20374 (78.1%)
Overloaded	13 (8.23%)	1199 (4.6%)
Dehydrated	11 (6.96%)	1619 (6.2%)
I do not know	-	2892 (11.1%)
7. Number of different medications planned		
oral	5[3-6]	4[2-8]
Other	3[1-5]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	20 (12.66%)	3987 (15.3%)
At risk	75 (47.47%)	5662 (21.7%)
No	63 (39.87%)	14860 (57%)
I do not know	-	1575 (6%)



9. IV Fluids (TODAY)		
Electrolyte solution (NaCl, Ringers lactate, etc)	70 (44.3%)	9898 (37.9%)
5% Glucose solution	12 (7.59%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	3[2-2]	0[0-1]
11. Nutrition intake (TODAY)		
Regular hospital food	110 (69.62%)	15714 (60.2%)
Fortified/enriched hospital food	38 (24.05%)	3511 (13.5%)
Special diet	74 (46.84%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	32 (20.25%)	5001 (19.2%)
Enteral nutrition	37 (23.42%)	1402 (5.4%)
Parenteral nutrition	5 (3.16%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	5 (3.16%)	2933 (11.2%)
Peripheral venous access	101 (63.92%)	13234 (50.7%)
Nasogastric	3 (1.9%)	631 (2.4%)
Nasojejunal	-	107 (0.4%)
Nasoduodenal	-	92 (0.4%)
Enterostoma	-	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	-	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	-	447 (1.7%)
Yes, ongoing	1 (0.63%)	199 (0.8%)
No	117 (74.05%)	20166 (77.3%)
I do not know	-	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	128 (81.01%)	9371 (35.9%)
Protein requirements were determined	128 (81.01%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	127 (80.38%)	10577 (40.5%)
Nutrition treatment plan was developed	128 (81.01%)	9611 (36.8%)
Nutrition expert was consulted	128 (81.01%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	121 (76.58%)	8920 (34.2%)
14a. Energy goal (YESTERDAY)		



< 500 kcal	-	354 (1.4%)
500-999 kcal	2 (1.27%)	252 (1%)
1000-1499 kcal	57 (36.08%)	1770 (6.8%)
1500-1999 kcal	36 (22.78%)	6981 (26.8%)
>=2000 kcal	32 (20.25%)	4667 (17.9%)
Not determined	-	7466 (28.6%)
I do not know	-	1846 (7.1%)
Sum: kcal/kg	31.3[0-30]	NA[NA-NA]
14b. Energy intake (YESTERDAY)		
< 500 kcal	2 (1.27%)	1112 (4.3%)
500-999 kcal	24 (15.19%)	1537 (5.9%)
1000-1499 kcal	50 (31.65%)	3036 (11.6%)
1500-1999 kcal	22 (13.92%)	4998 (19.2%)
>=2000 kcal	25 (15.82%)	2771 (10.6%)
Not determined	3 (1.9%)	7333 (28.1%)
I do not know	-	2522 (9.7%)
Sum: kcal/kg	13.4[0-27.5]	0[0-0]
15. Since admission, this patient's health status has...		
Improved	90 (56.96%)	12633 (48.4%)
Deteriorated	5 (3.16%)	1595 (6.1%)
Remained the same	28 (17.72%)	5937 (22.8%)
This patient has just been admitted	5 (3.16%)	1656 (6.3%)
I do not know	-	1979 (7.6%)



Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	3 (1.9%)	4723 (18.1%)
Yes, acute	3 (1.9%)	2219 (8.5%)
No	43 (27.22%)	16185 (62%)
days since operation	2.3[0-3]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	6 (3.8%)	2649 (10.2%)
Yes, later	1 (0.63%)	1764 (6.8%)
No	43 (27.22%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	6 (3.8%)	NA (NA%)
Planned after unscheduled admission	1 (0.63%)	NA (NA%)
Planned after scheduled admission	4 (2.53%)	NA (NA%)
None of the above	-	NA (NA%)
I don't know	1 (0.63%)	NA (NA%)
Non-applicable (NA)	26 (16.46%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	4 (2.53%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	8 (5.06%)	NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (\leq 1 hour)	9 (5.7%)	NA (NA%)
Major surgery ($>$ 1 hour)	3 (1.9%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	-	NA (NA%)
Gastric	-	NA (NA%)
Liver	1 (0.63%)	NA (NA%)
Pancreas	-	NA (NA%)
Colorectal	-	NA (NA%)
Gynecology	-	NA (NA%)
Gynecology oncology	-	NA (NA%)
Urology	1 (0.63%)	NA (NA%)



Urology oncology	-	NA (NA%)
Cystectomy	-	NA (NA%)
Bariatric	-	NA (NA%)
Hip replacement	-	NA (NA%)
Knee replacementl	1 (0.63%)	NA (NA%)
Lung	-	NA (NA%)
Cardiac	1 (0.63%)	NA (NA%)
Vascular	2 (1.27%)	NA (NA%)
Other	5 (0%)	NA (NA%)
I don't know	1 (0.63%)	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	7 (4.43%)	NA (NA%)
Expected prolonged post-operative fasting	3 (1.9%)	NA (NA%)
Preoperative malnutrition	1 (0.63%)	NA (NA%)
Ongoing surgical complication	3 (1.9%)	NA (NA%)
Patient does not eat enough	5 (3.16%)	NA (NA%)
Other	3 (1.9%)	NA (NA%)
I don't know	1 (0.63%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	2[1-3]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	18 (11.39%)	2346 (9%)
2= Transferred to another hospital	-	536 (2.1%)
3= Transferred to long term care	-	662 (2.5%)
4= Rehabilitation	-	546 (2.1%)
5= Discharged home	130 (82.28%)	16868 (64.7%)
6= Death	-	844 (3.2%)
7= Others	8 (5.06%)	392 (1.5%)
Readmitted since nutritionDay		
1= No	118 (74.68%)	16020 (61.4%)
2= Yes, same hospital planned	15 (9.49%)	1635 (6.3%)
3= Yes, same hospital unplanned	5 (3.16%)	1080 (4.1%)
4= Yes, different hospital planned	-	162 (0.6%)
5= Yes, different hospital unplanned	1 (0.63%)	74 (0.3%)
6= Others	17 (10.76%)	596 (2.3%)
Admitted to ICU?	-	NA
Re-operated after nDay?	-	NA (yes)



How many days after nDay	-	[NA]



Patient's perspective: Medical history, nutrition status & intake today (Sheet 3a/3b)		
	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
I have dietary restrictions	6 (3.8%)	NA (NA%)
No special dietary habits	69 (43.67%)	16574 (63.5%)
I am vegetarian	12 (7.59%)	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	-	245 (0.9%)
I avoid added sugars	10 (6.33%)	3723 (14.3%)
I avoid carbohydrates	6 (3.8%)	1327 (5.1%)
I eat a low fat-diet	4 (2.53%)	2344 (9%)
I am lactose intolerant	1 (0.63%)	959 (3.7%)
Other special diet due to intolerances/allergies	1 (0.63%)	426 (1.6%)
Other	5 (3.16%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	97 (61.39%)	20315 (77.9%)
In a nursing home or other live-in facility	3 (1.9%)	631 (2.4%)
I was transferred from another hospital	1 (0.63%)	1683 (6.5%)
Other	-	358 (1.4%)
3. In general, are you able to walk?		
Yes	90 (56.96%)	14347 (55%)
Yes, with someone's help	7 (4.43%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	2 (1.27%)	3042 (11.7%)
No, I have a wheelchair	-	923 (3.5%)
No, I am bedridden	2 (1.27%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	8 (5.06%)	1891 (7.2%)
Good	56 (35.44%)	8563 (32.8%)
Fair	32 (20.25%)	8731 (33.5%)
Poor	5 (3.16%)	3103 (11.9%)
Very poor	-	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	4[2-5]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	1[0-1]	1[0-2]
... how many nights in total have you spent in hospital?	4[2-5]	5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	37 (23.42%)	5405 (20.7%)
3-5	32 (20.25%)	6039 (23.2%)
More than 5	6 (3.8%)	6283 (24.1%)
None	26 (16.46%)	4409 (3.1%)
I do not know	-	796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	55 (34.81%)	3834 (14.7%)
Yes, public insurance only	20 (12.66%)	11434 (43.8%)
Yes, both	9 (5.7%)	2368 (9.1%)
No	17 (10.76%)	4322 (16.6%)
I prefer not to answer	-	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	67[60-73.5]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	9 (5.7%)	1991 (7.6%)
Yes, unintentionally	60 (37.97%)	11584 (44.4%)
No, my weight stayed the same	31 (19.62%)	6693 (25.7%)
No, I gained weight	9 (5.7%)	2724 (10.4%)
I don't know	16 (10.13%)	2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	7[2-5]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	51 (32.28%)	8485 (32.5%)
No	47 (29.75%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	81 (51.27%)	11722 (44.9%)
No	20 (12.66%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	101 (63.92%)	8269 (31.7%)
No	-	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	101 (63.92%)	7888 (30.2%)
No	-	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	99 (62.66%)	8204 (31.5%)
No	2 (1.27%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	2 (1.27%)	1271 (4.9%)
Normal	68 (43.04%)	15182 (58.2%)
About 3/4 of normal	23 (14.56%)	2567 (9.8%)
About half of normal	-	3356 (12.9%)
About a quarter to nearly nothing	7 (4.43%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	80 (50.63%)	11622 (44.6%)
1/2	64 (40.51%)	6714 (25.7%)
1/4	9 (5.7%)	3460 (13.3%)
nothing	6 (3.8%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	83 (52.53%)	15031 (57.6%)
smaller	15 (9.49%)	2158 (8.3%)
larger	-	1137 (4.4%)
I do not know	2 (1.27%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	6 (3.8%)	5768 (22.1%)
Somewhat satisfied	58 (36.71%)	7354 (28.2%)



Dissatisfied	3 (1.9%)	4636 (17.8%)
Very dissatisfied	2 (1.27%)	2177 (8.3%)
Neutral	29 (18.35%)	921 (3.5%)
I do not know	2 (1.27%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	19 (12.03%)	2686 (10.3%)
Yes, from hospital staff	5 (3.16%)	1512 (5.8%)
No	72 (45.57%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	77 (48.73%)	16089 (61.7%)
No	18 (11.39%)	5349 (20.5%)
17. If you did not eat everything of your meal, please tell us why:		
I did not like the type of food offered	2 (1.27%)	2646 (10.1%)
I did not like the smell of the food	3 (1.9%)	NA (NA%)
I did not like the taste of the food	1 (0.63%)	NA (NA%)
The food did not fit my cultural/religious preferences	-	139 (0.5%)
The food was too hot	-	67 (0.3%)
The food was too cold	1 (0.63%)	498 (1.9%)
Due to food allergy/intolerance	-	151 (0.6%)
I was not hungry at that time	27 (17.09%)	2174 (8.3%)
I do not have my usual appetite	34 (21.52%)	4432 (17%)
I have problems chewing/swallowing	3 (1.9%)	962 (3.7%)
I normally eat less than what was served	3 (1.9%)	1688 (6.5%)
I had nausea/vomiting	22 (13.92%)	1234 (4.7%)
I was too tired	18 (11.39%)	758 (2.9%)
I cannot eat without help	1 (0.63%)	213 (0.8%)
I was not allowed to eat	6 (3.8%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	3 (1.9%)	970 (3.7%)
I did not get requested food	-	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	8[6-10]	3[2-5]
Coffee	1[1-1]	1[0-2]
Fruit juice	2[1-2]	1[0-2]
Nutrition drink	3[2-2]	0[0-1]
Tea	2[1-2]	1[0-2]
Milk	1[1-1]	0[0-1]
Soft drinks	1[1-1]	0[0-0]
Other	3[1-6]	0[0-0]



19a. Did you eat any food apart from hospital food TODAY?		
Yes	26 (16.46%)	5629 (21.6%)
No	74 (46.84%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	4 (2.53%)	1724 (6.6%)
Salty snacks	1 (0.63%)	856 (3.3%)
Homemade food	11 (6.96%)	1378 (5.3%)
Fruits	12 (7.59%)	2185 (8.4%)
Dairy products	-	747 (2.9%)
Food delivered/restaurant	-	235 (0.9%)
Sandwich	2 (1.27%)	395 (1.5%)
Other	-	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	48 (30.38%)	3862 (14.8%)
Less	15 (9.49%)	7908 (30.3%)
Same	37 (23.42%)	9129 (35%)
I do not know	-	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	99 (62.66%)	11906 (45.6%)
Weaker	9 (5.7%)	4690 (18%)
Same	44 (27.85%)	6893 (26.4%)
I was admitted today	6 (3.8%)	657 (2.5%)
I do not know	2 (1.27%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	126 (79.75%)	14647 (56.2%)
No, only with assistance	29 (18.35%)	6567 (25.2%)
No, I stay in bed	5 (3.16%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	44 (27.85%)	16527 (63.4%)
No	56 (35.44%)	5953 (22.8%)
I do not know	-	2573 (9.9 %)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

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