



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	Mexico
Number of participating centers	19
Number of participating units	21
Number of patients	611
Number of patients who gave consent	606

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!



ESPEN
European Society for Clinical Nutrition and Metabolism



MEDICAL UNIVERSITY
OF VIENNA

Prof. Dr. Michael Hiesmayr



Hospital Sheet		
	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	89 [26-166]	302 [150-594]
2. Total number of admissions in the hospital last year	6665 [2050-4442]	14886 [5212-32951]
3. Total number of staff in the hospital		
<i>Total number</i>		
Total medical doctors	140 [8-152]	188 [94-411]
Medical specialists	115 [2.5-110]	116 [38-248]
Medical non-specialists	12 [5-25]	46 [13-128]
Nurses	199 [56-131]	396 [140-763]
Dieticians	5 [2.5-20.5]	2 [0-8]
Nutritionists	5 [1-4.5]	2 [0-4]
Pharmacists	6 [4-11]	7 [3-16]
Kitchen staff	20 [5.5-21.5]	23 [9-44]
<i>Full time equivalent</i>		
Total medical doctors	19 [5-62]	148 [54-256]
Medical specialists	12 [3-76]	78 [27-182]
Medical non-specialists	7 [2-17.5]	43 [10-101]
Nurses	64 [47-102]	287 [99-580]
Dieticians	1 [1-24]	2 [0-7]
Nutritionists	3 [1-3.5]	1 [0-3]
Pharmacists	1 [2-5]	5 [2-11]
Kitchen staff	2 [5-12]	21 [5-40]
4. Does the hospital have a nutrition care strategy?	17 (89.47%)	158 (37.98%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	13 (68.42%)	140 (33.7%) Yes
Nutrition steering committee is available	4 (21.05%)	113 (27.2%) Yes
Quality indicators are recorded and reported to national or regional level	12 (63.16%)	70 (16.8%) Yes
Quality indicators are used for internal benchmarking	11 (57.89%)	98 (23.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	10 (52.63%)	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 (5.26%)	33 (7.9%) Yes



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Codes available	YOUR RESULTS	REFERENCE RESULTS
Nutrition Support	8 (42.11%)	117 (28.1%) Yes
Oral nutrition supplements	9 (47.37%)	110 (26.4%) Yes
Parenteral nutrition	8 (42.11%)	139 (33.4%) Yes
Enteral nutrition	10 (52.63%)	135 (32.5%) Yes
Dietary counseling	6 (31.58%)	86 (20.7%) Yes
Specific dietary interventions	7 (36.84%)	79 (19%) Yes
Screening for malnutrition	1 (5.26%)	80 (19.2%) Yes
Risk of malnutrition	5 (26.32%)	65 (15.6%) Yes
Malnutrition (in general)	5 (26.32%)	135 (32.5%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	5 (26.32%)	85 (20.4%) Yes
Codes routinely used		
Nutrition Support	12 (63.16%)	105 (25.2%) Yes
Oral nutrition supplements	13 (68.42%)	96 (23.1%) Yes
Parenteral nutrition	8 (42.11%)	120 (28.8%) Yes
Enteral nutrition	10 (52.63%)	121 (29.1%) Yes
Dietary counseling	6 (31.58%)	71 (17.1%) Yes
Specific dietary interventions	6 (31.58%)	65 (15.6%) Yes
Screening for malnutrition	9 (47.37%)	71 (17.1%) Yes
Risk of malnutrition	7 (36.84%)	54 (13%) Yes
Malnutrition (in general)	7 (36.84%)	121 (29.1%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	7 (36.84%)	79 (19%) Yes



Unit Sheet - 1a/1b		
	YOUR RESULTS	REFERENCE RESULTS
1a. Main specialty		
Internal Medicine / General	3 (14.29%)	268 (18.2%)
Internal Medicine / Cardiology	-	47 (3.2%)
Internal Medicine / Gastroenterology & hepatology	1 (4.76%)	100 (6.8%)
Internal Medicine / Geriatrics	-	92 (6.2%)
Internal Medicine / Infectious diseases	-	9 (0.6%)
Internal Medicine / Nephrology	1 (4.76%)	26 (1.8%)
Internal Medicine / Oncology (incl. radiotherapy)	1 (4.76%)	172 (11.7%)
Surgery / General	5 (23.81%)	221 (15%)
Surgery/ Cardiac/Vascular/Thoracic	-	26 (1.8%)
Surgery / Neurosurgery	-	12 (%)
Surgery / Orthopedic	1 (4.76%)	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	1 (4.76%)	10 (0.7%)
Interdisciplinary	8 (38.1%)	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?	3 (14.29%)	115 (7.8%) Yes
b) Do you have a ERAS protocol?	1 (4.76%)	71 (4.8%) Yes
c) Do you have an ERAS team?	1 (4.76%)	61 (4.1%) Yes
d) Do you audit your ERAS results or practice?	-	61 (4.1%) Yes
2. Number of registered inpatients at noon	30 [8-36]	21 [15-29]
3. Total bed capacity of the unit	54 [20-53]	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	18 [2-24]	3 [2-6]
Medical students	-	



Nurses	42 [10-75]	4 [3-7]
Nursing aides	7 [2-10]	2 [1-4]
Dieticians	1 [1-4]	1 [0-1]
Nutritionists	1 [1-2]	1 [0-1]
Administrative staff	29 [4-46]	1 [1-2]
Other staff involved in patient care	7 [1-16]	1 [0-2]
<i>In training</i>		
Medical doctors	7 [3-20]	1 [0-3]
Medical students	4 [6-16]	1 [0-3]
Nurses	4 [1.5-6]	1 [0-2]
Nursing aides	2 [3-25]	0 [0-1]
Dieticians	1 [3-5]	0 [0-0]
Nutritionists	1 [1-5]	0 [0-0]
Administrative staff	-	
Other staff involved in patient care	-	0 [0-0]
5. Is there a nutrition support team in your hospital available?	15 (71.43%)	938 (63.6%) Yes
6. Does the unit have a nutrition care strategy?	17 (80.95%)	900 (61.1%) Yes
7. Is there a person in your unit responsible for nutrition care?	19 (90.48%)	844 (57.3%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	21 (100%)	1205 (81.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	8 (38.1%)	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	-	250 (17%) Yes
Nutritional Risk Screening (NRS) 2002	15 (71.43%)	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	6 (71.43%)	140 (9.5%) Yes
I do not know	-	144 (9.8%) Yes
<i>During hospital stay</i>		



No routine monitoring	1 (4.76%)	156 (10.6%) Yes
No fixed criteria	1 (4.76%)	104 (7.1%) Yes
Experience / visual assessment only	1 (4.76%)	172 (11.7%) Yes
Weighing / BMI only	3 (14.29%)	483 (32.8%) Yes
Other formal tool	15 (71.43%)	379 (25.7%) Yes
I do not know	(0%)	144 (9.8%) Yes
11a. Do you routinely use guidelines or standards for nutrition care?	19 (90.48%)	974 (66.1%) Yes
11b. If yes, which one is mainly used?		
International guidelines	14 (66.67%)	364 (24.7%) Yes
National guidelines	3 (14.29%)	131 (8.9%) Yes
Standards on hospital level	1 (4.76%)	324 (22%) Yes
Standards on unit level	1 (4.76%)	61 (4.1%) Yes
Individual patient nutrition care plans	-	117 (7.9%) Yes
Others	-	20 (1.4%) Yes
12. What is routinely done in your unit for given patient groups?		
<i>At risk</i>		
Watchful waiting	6 (28.57%)	345 (23.4%) Yes
Discuss nutrition care activities during ward rounds	8 (38.1%)	549 (37.2%) Yes
Develop an individual nutrition care plan	6 (28.57%)	612 (41.5%) Yes
Initiate treatment / nutrition intervention	10 (47.62%)	701 (47.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (23.81%)	658 (39.2%) Yes
Consult a medical professional	1 (4.76%)	411 (27.9%) Yes
Calculate energy requirements	6 (28.57%)	583 (39.6%) Yes
Calculate protein requirements	8 (38.1%)	571 (38.7%) Yes
<i>Malnourished</i>		
Watchful waiting	5 (23.81%)	271 (18.4%) Yes
Discuss nutrition care activities during ward rounds	12 (57.14%)	618 (41.9%) Yes
Develop an individual nutrition care plan	15 (71.43%)	732 (49.7%) Yes
Initiate treatment / nutrition intervention	12 (57.14%)	805 (54.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (42.86%)	734 (49.8%) Yes
Consult a medical professional	4 (19.05%)	487 (33%) Yes
Calculate energy requirements	12 (57.14%)	739 (50.1%) Yes
Calculate protein requirements	12 (57.14%)	718 (48.7%) Yes
<i>Every patient</i>		
Watchful waiting	13 (28.57%)	607 (41.2%) Yes
Discuss nutrition care activities during ward rounds	6 (28.57%)	382 (25.9%) Yes
Develop an individual nutrition care plan	5 (23.81%)	242 (16.4%) Yes
Initiate treatment / nutrition intervention	6 (28.57%)	220 (14.9%) Yes



Consult a nutrition expert (dietician, nutritionist, etc.)	8 (38.1%)	298 (20.2%) Yes
Consult a medical professional	13 (61.9%)	370 (25.1%) Yes
Calculate energy requirements	6 (28.57%)	193 (13.1%) Yes
Calculate protein requirements	5 (23.81%)	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	1 (4.76%)	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	16 (76.19%)	825 (56%) Yes
Within 24 hours	-	153 (10.4%) Yes
Within 48 hours	-	88 (6%) Yes
Within 72 hours	1 (4.76%)	28 (1.9%) Yes
Every week	9 (42.86%)	534 (36.2%) Yes
Occasionally	1 (4.76%)	136 (9.2%) Yes
When requested	8 (38.1%)	738 (50.1%) Yes
At discharge	1 (4.76%)	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	14 (66.67%)	1028 (69.7%) Yes
Offer meal choices	13 (61.9%)	896 (60.8%) Yes
Offer different portion sizes	9 (42.86%)	737 (50%) Yes
Consider food presentation	12 (57.14%)	400 (27.1%) Yes
Change food texture/consistency as needed	18 (85.71%)	1082 (73.4%) Yes
Consider patient problems with eating and drinking	19 (90.48%)	1063 (72.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	2 (9.52%)	350 (23.7%) Yes
Promote positive eating environment	1 (4.76%)	385 (26.1%) Yes
Consider cultural/religious preferences	11 (52.38%)	949 (64.4%) Yes
Consider patient allergies / intolerances	17 (80.95%)	1113 (75.5%) Yes
Other	4 (19.05%)	88 (6%) Yes
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	15 (71.43%)	809 (54.9%) Yes



Reporting of nutrition related information to hospital managers	9 (42.86%)	531 (36%) Yes
Quality indicators are recorded and reported to national or regional level	9 (42.86%)	313 (21.2%) Yes
Quality indicators are used for internal benchmarking	9 (42.86%)	418 (28.4%) Yes
Patient feedback about food and food service is collected using a questionnaire	9 (42.86%)	727 (49.3%) Yes
16. At admission what is asked and documented?		
Change in weight	15 (71.43%)	1052 (71.4%) Yes
Eating habits/difficulties	18 (85.71%)	941 (63.8%) Yes
Nutrition before admission	16 (76.19%)	693 (47%) Yes
17a. Patient record has a section indicating		
if the patient is malnourished/at risk	16 (76.19%)	948 (64.3%) Yes
nutrition treatment	11 (52.38%)	714 (48.4%) Yes
I do not know	1 (4.76%)	92 (6.2%) Yes
17b. Discharge letter includes		
nutrition treatment received during stay	9 (42.86%)	664 (45%) Yes
future nutrition-related recommendation	14 (66.67%)	768 (52.1%) Yes
I do not know	3 (14.29%)	108 (7.3%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?		
	7 (33.33%)	534 (36.2%) Yes
19. Who filled in this sheet?		
Head staff	10 (47.62%)	349 (23.7%) Yes
Dietician	6 (28.57%)	630 (42.7%) Yes
Nurse	-	326 (22.1%) Yes
Physician	2 (9.52%)	156 (10.6%) Yes
Administrative staff	-	27 (1.8%) Yes
Others	2 (9.52%)	106 (7.2%) Yes



About your patient – Demographics and history of disease (Sheet 2a/2b)		
	YOUR RESULTS	REFERENCE RESULTS
TOTAL Patients:	611 (100%)	26084
Number of patients who gave consent:	606 (99.18%)	26084 (48.6%)
Female	329 (54.29%)	12664 (48.6%)
Male	277 (45.71%)	13227 (50.7%)
Other	-	193 (0.7%)
Age	51 [37-67.5]	64 [47-76]
Weight (kg)	67.1±18.1	70.5±18.7
Height (cm)	163±9.9	166±11
BMI (female)	25.6±6.3	26±6.4
BMI (male)	24.5±6	25.3±5.5
BMI	25.1±6.2	25.6±5.9
This hospital admission was...		
planned	233 (38.45%)	9329 (35.8%)
an emergency	341 (56.27%)	15237 (58.4%)
I do not know	32 (5.28%)	1518 (5.8%)
None of the above		(%)
1. Diagnosis at admission - ICD-10 DIAGNOSIS		
0600 Nervous system	28 (4.62%)	2226 (8.5%)
0500 Mental health	11 (1.82%)	1017 (3.9%)
0700 Eye and adnexa	1 (0.17%)	247 (0.9%)
0800 Ear and mastoid process	1 (0.17%)	132 (0.5%)
0900 Circulatory system	35 (5.78%)	4506 (17.3%)
1000 Respiratory system	53 (8.75%)	3291 (12.6%)
0400 Endocrine, nutritional and metabolic diseases	126 (20.79%)	3400 (13%)
1100 Digestive system	129 (21.29%)	5708 (21.9%)
1400 Genitourinary system	69 (11.39%)	2686 (10.3%)
1300 Musculoskeletal system and connective tissue	53 (8.75%)	4040 (15.5%)
1200 Skin and subcutaneous tissue	23 (3.8%)	1233 (4.7%)
0100 Infectious and parasitic diseases	72 (11.88%)	2768 (10.6%)
0200 Neoplasms	57 (9.41%)	5016 (19.2%)
0300 Blood and bloodforming organs and the immune mechanism	51 (8.42%)	1903 (7.3%)
1800 Symptoms, signs, abnormal clinical/lab findings	36 (5.94%)	1384 (5.3%)
2000 External causes of morbidity and mortality	42 (6.93%)	785 (3%)
1500 Pregnancy, childbirth and the puerperium	11 (1.82%)	405 (1.6%)
1600 Conditions originating in the perinatal period	2 (0.33%)	22 (0.1%)
1700 Congenital/chromosomal abnormalities	5 (0.83%)	66 (0.3%)
1900 Injury, poisoning	10 (1.65%)	937 (3.6%)
2100 Factors influencing health status and contact with health services	12 (1.98%)	1109 (4.3%)
None of the above	20 (3.3%)	NA (NA%)



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2. Main reason for admission		
0600 Nervous system	21 (3.47%)	1362 (5.2%)
0500 Mental health	3 (0.5%)	396 (1.5%)
0700 Eye and adnexa	-	73 (0.3%)
0800 Ear and mastoid process	-	77 (0.3%)
0900 Circulatory system	23 (3.8%)	2308 (8.8%)
1000 Respiratory system	34 (5.61%)	1923 (7.4%)
0400 Endocrine, nutritional and metabolic diseases	102 (16.83%)	1161 (4.5%)
1100 Digestive system	89 (14.69%)	4135 (15.9%)
1400 Genitourinary system	50 (8.25%)	1425 (5.5%)
1300 Musculoskeletal system and connective tissue	42 (6.93%)	3025 (11.6%)
1200 Skin and subcutaneous tissue	14 (2.31%)	629 (2.4%)
0100 Infectious and parasitic diseases	40 (6.6%)	1592 (6.1%)
0200 Neoplasms	51 (8.42%)	4052 (15.5%)
0300 Blood and bloodforming organs and the immune mechanism	37 (6.11%)	953 (3.7%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (0.83%)	630 (2.4%)
2000 External causes of morbidity and mortality	38 (6.27%)	622 (2.4%)
1500 Pregnancy, childbirth and the puerperium	11 (1.82%)	385 (1.5%)
1600 Conditions originating in the perinatal period	1 (0.17%)	14 (0.1%)
1700 Congenital/chromosomal abnormalities	4 (0.66%)	32 (0.1%)
1900 Injury, poisoning	5 (0.83%)	717 (2.7%)
2100 Factors influencing health status and contact with health services	2 (0.33%)	416 (1.6%)
None of the above	34 (5.61%)	NA (NA%)
3. Which conditions/comorbidities does this patient have?		
<i>SPECIFIC COMORBIDITIES</i>		
Cerebral vascular disease	17 (2.81%)	1744 (6.7%)
Dementia	6 (0.99%)	985 (3.8%)
Major depressive disorder	17 (2.81%)	1090 (4.2%)
Chronic mental disorder	9 (1.49%)	1111 (4.3%)
Myocardial infarction	8 (1.32%)	1014 (3.9%)
Cardiac insufficiency	24 (3.96%)	4077 (15.6%)
Chronic lung disease	25 (4.13%)	2633 (10.1%)
Chronic liver disease	29 (4.79%)	1455 (5.6%)
Chronic kidney disease	106 (17.49%)	2943 (11.3%)
GI disease/problems	58 (9.57%)	NA (NA%)
Urological disease/problems	22 (3.63%)	NA (NA%)
Muscle-skeletal disease	29 (4.79%)	NA (NA%)
Arthritis	13 (2.15%)	NA (NA%)
Skin problems	18 (2.97%)	NA (NA%)
Peripheral vascular disease	20 (3.3%)	2589 (9.9%)
<i>GENERAL COMORBIDITIES</i>		



Pain	92 (15.18%)	NA (NA%)
Fatigue	53 (8.75%)	NA (NA%)
Infection	53 (8.75%)	3527 (13.5%)
Diabetes	106 (17.49%)	5790 (22.2%)
Hypertension	110 (18.15%)	NA (NA%)
Hyperlipidaemia	15 (2.48%)	NA (NA%)
Endocrinal disease	32 (5.28%)	NA (NA%)
Cancer (active)	50 (8.25%)	5564 (21.3%)
History of cancer	20 (3.3%)	NA (NA%)
Other chronic disease	35 (5.78%)	7194 (27.6%)
NO COMORBIDITIES	117 (19.31%)	NA (%)
OTHER COMORBIDITIES	172 (28.38%)	NA (%)
4. Previous ICU admission during this hospital stay?		
Yes	43 (7.1%)	2766 (10.6%)
No	498 (82.18%)	20451 (78.4%)
I do not know	3 (0.5%)	583 (2.2%)
5. Is this patient terminally ill?		
Yes	28 (4.62%)	1807 (6.9%)
No	562 (92.74%)	22073 (84.6%)
I do not know	16 (2.64%)	2204 (8.4%)
6. Fluid status (TODAY)		
Normal	439 (72.44%)	20374 (78.1%)
Overloaded	71 (11.72%)	1199 (4.6%)
Dehydrated	81 (13.37%)	1619 (6.2%)
I do not know	15 (2.48%)	2892 (11.1%)
7. Number of different medications planned		
oral	4[2-5]	4[2-8]
Other	4[2-5]	2[1-4]
8. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	71 (11.72%)	3987 (15.3%)
At risk	187 (30.86%)	5662 (21.7%)
No	341 (56.27%)	14860 (57%)
I do not know	7 (1.16%)	1575 (6%)
9. IV Fluids (TODAY)		



Electrolyte solution (NaCl, Ringers lactate, etc)	410 (67.66%)	9898 (37.9%)
5% Glucose solution	41 (6.77%)	1734 (6.6%)
10. Number of ONS drinks planned (TODAY)		
	2[1-2]	0[0-1]



11. Nutrition intake (TODAY)		
Regular hospital food	355 (58.58%)	15714 (60.2%)
Fortified/enriched hospital food	45 (7.43%)	3511 (13.5%)
Special diet	204 (33.66%)	7389 (28.3%)
Protein/energy supplement (e.g. ONS drinks)	133 (21.95%)	5001 (19.2%)
Enteral nutrition	35 (5.78%)	1402 (5.4%)
Parenteral nutrition	35 (5.78%)	1029 (3.9%)
12a. All lines and Tubes (TODAY)		
Central Venous	144 (23.76%)	2933 (11.2%)
Peripheral venous access	282 (46.53%)	13234 (50.7%)
Nasogastric	13 (2.15%)	631 (2.4%)
Nasojejunal	4 (0.66%)	107 (0.4%)
Nasoduodenal	2 (0.33%)	92 (0.4%)
Enterostoma	3 (0.5%)	120 (0.5%)
Percutaneous endoscopy/surgical gastrostomy	11 (1.82%)	343 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.33%)	95 (0.4%)
12b. Were there complications with lines and tubes since admission? (infections /obstructions)		
Yes, previously	16 (2.64%)	447 (1.7%)
Yes, ongoing	10 (1.65%)	199 (0.8%)
No	484 (79.87%)	20166 (77.3%)
I do not know	21 (3.47%)	1944 (7.5%)
13. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	342 (56.44%)	9371 (35.9%)
Protein requirements were determined	323 (53.3%)	8764 (33.6%)
Food/Nutrition intake was recorded in the patient record	338 (55.78%)	10577 (40.5%)
Nutrition treatment plan was developed	347 (57.26%)	9611 (36.8%)
Nutrition expert was consulted	426 (70.3%)	10232 (39.2%)
Malnutrition status is recorded in the patient record	368 (60.73%)	8920 (34.2%)
14a. Energy goal (YESTERDAY)		
< 500 kcal	6 (0.99%)	354 (1.4%)
500-999 kcal	6 (0.99%)	252 (1%)
1000-1499 kcal	46 (7.59%)	1770 (6.8%)
1500-1999 kcal	254 (41.91%)	6981 (26.8%)
>=2000 kcal	72 (11.88%)	4667 (17.9%)
Not determined	66 (10.89%)	7466 (28.6%)
I do not know	31 (5.12%)	1846 (7.1%)



Sum: kcal/kg	26.7[0-0]	NA[NA-NA]
14b. Energy intake (YESTERDAY)	14b. Energy intake (YESTERDAY)	
< 500 kcal	39 (6.44%)	1112 (4.3%)
500-999 kcal	36 (5.94%)	1537 (5.9%)
1000-1499 kcal	87 (14.36%)	3036 (11.6%)
1500-1999 kcal	187 (30.86%)	4998 (19.2%)
>=2000 kcal	34 (5.61%)	2771 (10.6%)
Not determined	65 (10.73%)	7333 (28.1%)
I do not know	33 (5.45%)	2522 (9.7%)
Sum: kcal/kg	24.3[0-0]	0[0-0]
15. Since admission, this patient's health status has...		
Improved	352 (58.09%)	12633 (48.4%)
Deteriorated	40 (6.6%)	1595 (6.1%)
Remained the same	102 (16.83%)	5937 (22.8%)
This patient has just been admitted	46 (7.59%)	1656 (6.3%)
I do not know	4 (0.66%)	1979 (7.6%)



Surgery sheet (sheet 2c - only for surgical patients)		
16a. Previous operation during this hospital stay		
Yes, planned	80 (13.2%)	4723 (18.1%)
Yes, acute	45 (7.43%)	2219 (8.5%)
No	121 (19.97%)	16185 (62%)
days since operation	21.5[2-22.5]	4[1-14]
16b. Planned operation during this hospital stay		
Yes, today or tomorrow	107 (17.66%)	2649 (10.2%)
Yes, later	19 (3.14%)	1764 (6.8%)
No	123 (20.3%)	18037 (69.1%)
17. Surgery type (single choice)		
Operated right after admission (acute)	65 (10.73%)	NA (NA%)
Planned after unscheduled admission	37 (6.11%)	NA (NA%)
Planned after scheduled admission	101 (16.67%)	NA (NA%)
None of the above	2 (0.33%)	NA (NA%)
I don't know	5 (0.83%)	NA (NA%)
Non-applicable (NA)	38 (6.27%)	NA (NA%)
18. Surgical approach (single choice)		
Open surgery including converted	113 (18.65%)	NA (NA%)
Minimal invasive surgery (laparoscopy, robotic etc)	101 (16.67%)	NA (NA%)
I do not know	-	NA (NA%)
19. Duration of operation		
Minor surgery (\leq 1 hour)	56 (9.24%)	NA (NA%)
Major surgery ($>$ 1 hour)	152 (25.08%)	NA (NA%)
I do not know	-	NA (NA%)
20. Main organ operated/surgical procedure, planned or done - (single choice)		
Oesophagus	-	NA (NA%)
Gastric	29 (4.79%)	NA (NA%)
Liver	5 (0.83%)	NA (NA%)
Pancreas	11 (1.82%)	NA (NA%)
Colorectal	13 (2.15%)	NA (NA%)
Gynecology	24 (3.96%)	NA (NA%)
Gynecology oncology	7 (0%)	NA (NA%)
Urology	12 (1.98%)	NA (NA%)



Urology oncology	1 (0.17%)	NA (NA%)
Cystectomy	-	NA (NA%)
Bariatric	4 (0.66%)	NA (NA%)
Hip replacement	4 (0.66%)	NA (NA%)
Knee replacementl	7 (1.16%)	NA (NA%)
Lung	-	NA (NA%)
Cardiac	3 (0.5%)	NA (NA%)
Vascular	3 (0.5%)	NA (NA%)
Other	89 (0%)	NA (NA%)
I don't know	8 (1.32%)	NA (NA%)
21. Indication to use of nutritional therapy		
No indication	150 (24.75%)	NA (NA%)
Expected prolonged post-operative fasting	25 (4.13%)	NA (NA%)
Preoperative malnutrition	10 (1.65%)	NA (NA%)
Ongoing surgical complication	7 (1.16%)	NA (NA%)
Patient does not eat enough	19 (3.14%)	NA (NA%)
Other	11 (1.82%)	NA (NA%)
I don't know	19 (3.14%)	NA (NA%)
22. Days since nutritional therapy started		
Days since nutritional therapy	8[1-9.5]	NA[NA]
SHEET Outcome 30 Days		
Outcome		
1= Still in the hospital	22 (3.63%)	2346 (9%)
2= Transferred to another hospital	6 (0.99%)	536 (2.1%)
3= Transferred to long term care	2 (0.33%)	662 (2.5%)
4= Rehabilitation	13 (2.15%)	546 (2.1%)
5= Discharged home	429 (70.79%)	16868 (64.7%)
6= Death	9 (1.49%)	844 (3.2%)
7= Others	1 (0.17%)	392 (1.5%)
Readmitted since nutritionDay		
1= No	405 (66.83%)	16020 (61.4%)
2= Yes, same hospital planned	28 (4.62%)	1635 (6.3%)
3= Yes, same hospital unplanned	27 (4.46%)	1080 (4.1%)
4= Yes, different hospital planned	-	162 (0.6%)
5= Yes, different hospital unplanned	3 (0.5%)	74 (0.3%)
6= Others	2 (0.33%)	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	124 (20.46%)	NA (NA%)
No special dietary habits	257 (42.41%)	16574 (63.5%)
I am vegetarian	1 (0.17%)	457 (1.8%)
I eat a vegan diet	-	91 (0.3%)
I eat gluten-free diet	7 (1.16%)	245 (0.9%)
I avoid added sugars	116 (19.14%)	3723 (14.3%)
I avoid carbohydrates	36 (5.94%)	1327 (5.1%)
I eat a low fat-diet	68 (11.22%)	2344 (9%)
I am lactose intolerant	56 (9.24%)	959 (3.7%)
Other special diet due to intolerances/allergies	20 (3.3%)	426 (1.6%)
Other	38 (6.27%)	1653 (6.3%)
2. Where did you live before your current hospital admission?		
At home	514 (84.82%)	20315 (77.9%)
In a nursing home or other live-in facility	3 (0.5%)	631 (2.4%)
I was transferred from another hospital	20 (3.3%)	1683 (6.5%)
Other	13 (2.15%)	358 (1.4%)
3. In general, are you able to walk?		
Yes	356 (58.75%)	14347 (55%)
Yes, with someone's help	64 (10.56%)	2630 (10.1%)
Yes, independently using a cane, walker, or crutches	46 (7.59%)	3042 (11.7%)
No, I have a wheelchair	20 (3.3%)	923 (3.5%)
No, I am bedridden	61 (10.07%)	1927 (7.4%)
4. In general, how would you say your health is?		
Very good	38 (6.27%)	1891 (7.2%)
Good	212 (34.98%)	8563 (32.8%)
Fair	217 (35.81%)	8731 (33.5%)
Poor	75 (12.38%)	3103 (11.9%)
Very poor	9 (1.49%)	571 (2.2%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	9[2-11.5]	4[2-8]



... how many times have you been admitted to the hospital (Emergency room, any ward)?	2[1-2]	1[0-2]
... how many nights in total have you spent in hospital?	15[2-17]	5[0-15]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	163 (26.9%)	5405 (20.7%)
3-5	136 (22.44%)	6039 (23.2%)
More than 5	121 (19.97%)	6283 (24.1%)
None	106 (17.49%)	4409 (3.1%)
I do not know	24 (3.96%)	796 (3.1%)
7. Do you have health insurance?		
Yes, private insurance only	88 (14.52%)	3834 (14.7%)
Yes, public insurance only	72 (11.88%)	11434 (43.8%)
Yes, both	44 (7.26%)	2368 (9.1%)
No	242 (39.93%)	4322 (16.6%)
I prefer not to answer	29 (4.79%)	787 (3%)
8. What was your weight 5 years ago?		
Weight (kg):	73[60-83]	74[63-85]
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	53 (8.75%)	1991 (7.6%)
Yes, unintentionally	224 (36.96%)	11584 (44.4%)
No, my weight stayed the same	177 (29.21%)	6693 (25.7%)
No, I gained weight	65 (10.73%)	2724 (10.4%)
I don't know	51 (8.42%)	2174 (8.3%)
9b. If yes, how many kg did you lose?		
Weight (kg):	11[4-12]	6[4-10]
10. Did you know about your hospitalisation two days before admission?		
Yes	174 (28.71%)	8485 (32.5%)
No	306 (50.5%)	13132 (50.3%)
11. Please indicate if you ...		
... were weighed at admission		



Yes	295 (48.68%)	11722 (44.9%)
No	219 (36.14%)	9976 (38.2%)
<i>... were informed about your nutrition status</i>		
Yes	308 (50.83%)	8269 (31.7%)
No	209 (34.49%)	13097 (50.2%)
<i>... were informed about nutrition care options</i>		
Yes	275 (45.38%)	7888 (30.2%)
No	220 (36.3%)	13318 (51.1%)
<i>... received special nutrition care</i>		
Yes	263 (43.4%)	8204 (31.5%)
No	232 (38.28%)	13255 (50.8%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	43 (7.1%)	1271 (4.9%)
Normal	311 (51.32%)	15182 (58.2%)
About 3/4 of normal	54 (8.91%)	2567 (9.8%)
About half of normal	73 (12.05%)	3356 (12.9%)
About a quarter to nearly nothing	69 (11.39%)	2583 (9.9%)
13a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
about all	290 (47.85%)	11622 (44.6%)
1/2	122 (20.13%)	6714 (25.7%)
1/4	58 (9.57%)	3460 (13.3%)
nothing	55 (9.08%)	2824 (10.8%)
13b. The portion size of the meal I ordered TODAY was...		
standard	309 (50.99%)	15031 (57.6%)
smaller	46 (7.59%)	2158 (8.3%)
larger	44 (7.26%)	1137 (4.4%)
I do not know	41 (6.77%)	2563 (9.8%)
14. In general, how satisfied are you with the food at the hospital?		
Very satisfied	173 (28.55%)	5768 (22.1%)
Somewhat satisfied	146 (24.09%)	7354 (28.2%)



Dissatisfied	32 (5.28%)	4636 (17.8%)
Very dissatisfied	35 (5.78%)	2177 (8.3%)
Neutral	47 (7.76%)	921 (3.5%)
I do not know	26 (4.29%)	1771 (8.3%)
15. Did you get any help with eating TODAY?		
Yes, from family or friends	104 (17.16%)	2686 (10.3%)
Yes, from hospital staff	21 (3.47%)	1512 (5.8%)
No	327 (53.96%)	17776 (68.1%)
16. Were you able to eat without interruption TODAY?		
Yes	306 (50.5%)	16089 (61.7%)
No	136 (22.44%)	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	42 (6.93%)	2646 (10.1%)
I did not like the smell of the food	12 (1.98%)	NA (NA%)
I did not like the taste of the food	51 (8.42%)	NA (NA%)
The food did not fit my cultural/religious preferences	5 (0.83%)	139 (0.5%)
The food was too hot	-	67 (0.3%)
The food was too cold	29 (4.79%)	498 (1.9%)
Due to food allergy/intolerance	8 (1.32%)	151 (0.6%)
I was not hungry at that time	34 (5.61%)	2174 (8.3%)
I do not have my usual appetite	80 (13.2%)	4432 (17%)
I have problems chewing/swallowing	24 (3.96%)	962 (3.7%)
I normally eat less than what was served	18 (2.97%)	1688 (6.5%)
I had nausea/vomiting	44 (7.26%)	1234 (4.7%)
I was too tired	27 (4.46%)	758 (2.9%)
I cannot eat without help	8 (1.32%)	213 (0.8%)
I was not allowed to eat	26 (4.29%)	1165 (4.5%)
I had an exam, surgery, or test and missed my meal	35 (5.78%)	970 (3.7%)
I did not get requested food	4 (0.66%)	189 (0.7%)
18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	4[2-5]	3[2-5]
Coffee	1[1-1.5]	1[0-2]
Fruit juice	1[1-2]	1[0-2]
Nutrition drink	2[1-2]	0[0-1]
Tea	2[1-2]	1[0-2]
Milk	1[1-2]	0[0-1]
Soft drinks	4[2-5]	0[0-0]
Other		0[0-0]



19a. Did you eat any food apart from hospital food TODAY?		
Yes	37 (6.11%)	5629 (21.6%)
No	415 (68.48%)	15703 (60.2%)
19b. If yes, what did you eat?		
Sweet snacks	10 (1.65%)	1724 (6.6%)
Salty snacks	1 (0.17%)	856 (3.3%)
Homemade food	7 (1.16%)	1378 (5.3%)
Fruits	9 (1.49%)	2185 (8.4%)
Dairy products	2 (0.33%)	747 (2.9%)
Food delivered/restaurant	3 (0.5%)	235 (0.9%)
Sandwich	3 (0.5%)	395 (1.5%)
Other	13 (2.15%)	1005 (3.9%)
20. Since hospital admission, do you eat more or less?		
More	88 (14.52%)	3862 (14.8%)
Less	201 (33.17%)	7908 (30.3%)
Same	157 (25.91%)	9129 (35%)
I do not know	25 (4.13%)	1335 (5.1%)
21. Today, compared to admission I feel		
Stronger	214 (35.31%)	11906 (45.6%)
Weaker	94 (15.51%)	4690 (18%)
Same	147 (24.26%)	6893 (26.4%)
I was admitted today	18 (2.97%)	657 (2.5%)
I do not know	54 (8.91%)	984 (3.8%)
22. Can you walk without assistance TODAY?		
Yes	299 (49.34%)	14647 (56.2%)
No, only with assistance	116 (19.14%)	6567 (25.2%)
No, I stay in bed	126 (20.79%)	3533 (13.5%)
23. Did anyone help you complete this questionnaire?		
Yes	301 (49.67%)	16527 (63.4%)
No	170 (28.05%)	5953 (22.8%)
I do not know	11 (1.82%)	2573 (9.9%)

Thank you for participating in nutritionDay!

For questions or doubts please contact the nutritionDay office

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