nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Australia

Dear participant,

Thank you for participating to nutritionDay worldwide in 2023. Your country report consists of the following sample size:

Number of participated center:	**1**
Number of participated units:	**7**
Number of patients:	**102**
Number of patients who gave consent:	**75**
Number of patients completing Sheet 3a:	**75**
Number of patients completing Sheet 3b:	**75**
Number of patients with 30-day outcome assessment:	**75**

This report compares your country data to the international reference database based on data from nutritionDay 2019-2022.

The report consists of 5 parts:
Part I reflects capacity and staffing of your hospitals.
Part II reflects the organisation and the structure of the units.
Part III describes patient´s demographics, the clinical information and the outcome.
Part IV is the summary of information on patient´s nutrition, history and health status.
Part V COVID-19

Participate again to next year's nutritionDay in November 2024! Repeated participation allows benchmarking and monitoring 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

I. Hospital capacity and staffing ("Hospital sheet")

	YOUR RESULTS	REFERENCE RESULTS
1. Total number of beds in hospital	291 [291-291]	334 [166-596]
2. Total number of admissions in the hospital last year	-	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	-	200 [83-461]
Medical specialists	-	129 [42-350]
Medical non-specialists	-	51 [15-151]
Nurses	-	410 [142-815]
Dieticians	-	2 [0-9]
Nutritionists	-	3 [1-8]
Pharmacists	-	7 [3-17]
Kitchen staff	-	28 [9-60]
Full time equivalent		
Total medical doctors	-	199 [71-382]
Medical specialists	-	134 [45-306]
Medical non-specialists	-	87 [19-175]
Nurses	-	394 [134-672]
Dieticians	-	2 [0-7]
Nutritionists	-	2 [1-5]
Pharmacists	-	6 [2-15]
Kitchen staff	-	24 [3-48]
4. Does the hospital have a nutrition care strategy?	-	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	-	82 (45.8%) Yes
Nutrition steering committee is available	-	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	-	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	-	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	1 (100.0%)	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		
Codes available		

Nutrition Support	-	74 (41.3%) Yes
Oral nutrition supplements	-	74 (41.3%) Yes
Parenteral nutrition	-	88 (49.2%) Yes
Enteral nutrition	-	88 (49.2%) Yes
Dietary counseling	-	58 (32.4%) Yes
Specific dietary interventions	-	51 (28.5%) Yes
Screening for malnutrition	-	53 (29.6%) Yes
Risk of malnutrition	-	47 (26.3%) Yes
Malnutrition (in general)	-	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	58 (32.4%) Yes
No information available from billing/finance/controlling	-	19 (10.6%) Yes
No answer given	-	52 (7.9%)
Codes routinely used		
Nutrition Support	-	69 (38.5%) Yes
Oral nutrition supplements	-	60 (33.5%) Yes
Parenteral nutrition	-	79 (44.1%) Yes
Enteral nutrition	-	76 (42.5%) Yes
Dietary counseling	-	45 (25.1%) Yes
Specific dietary interventions	-	45 (25.1%) Yes
Screening for malnutrition	-	42 (23.5%) Yes
Risk of malnutrition	-	36 (20.1%) Yes
Malnutrition (in general)	-	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	54 (30.2%) Yes
No information available from billing/finance/controlling	-	23 (12.8%) Yes
No answer given	-	52 (7.9%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	-	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	1 (14.3%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	1 (14.3%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	2 (28.6%)	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	2 (28.6%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	1 (14.3%)	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	-	16.9%
2. Number of registered inpatients at noon	10 [9-13]	22 [17-30]
3. Total bed capacity of the unit	16 [11-19]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	6 [4-10]	4 [2-6]
Nurses	3 [3-8]	4 [3-6]
Nursing aides	-	2 [1-4]
Dieticians	-	1 [0-1]
Nutritionists	-	1 [0-1]
Administrative staff	-	1 [1-2]
Other staff involved in patient care	-	1 [0-3]
In training		
Medical doctors	-	1 [0-3]
Medical students	-	0 [0-2]
Nurses	-	0 [0-2]

Nursing aides	-	0 [0-0]
Dieticians	-	0 [0-0]
Nutritionists	-	0 [0-0]
Other staff involved in patient care	-	0 [0-0]
5. Is there a nutrition support team in your hospital available?	-	762 (81.5%) Yes
6. Does the unit have a nutrition care strategy?	-	717 (76.7%) Yes
7. Is there a person in your unit responsible for nutrition care?	-	674 (72.1%) Yes
8. Is there a dietician, nutritionist or dietetic assistant available for your unit?	7 (100%) Yes	1086 (91.8%) Yes
9. Is specific staff responsible for providing feeding assistance to patients during meal times?	-	508 (54.3%) Yes
10. How do you MAINLY screen/monitor patients for malnutrition?		
At admission		
No routine screening	-	119 (9.4%) Yes
No fixed criteria	-	25 (2.0%) Yes
Experience / visual assessment only	-	78 (6.2%) Yes
Weighing / BMI only	-	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	-	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	-	85 (6.7%) Yes
Malnutrition Screening tool (MST)	7 (100%) Yes	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	-	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	-	85 (6.7%)
During hospital stay		
No routine monitoring	-	124 (9.8%) Yes
No fixed criteria	-	103 (8.1%) Yes
Experience / visual assessment only	-	180 (14.2%) Yes
Weighing / BMI only	7 (100%) Yes	414 (32.6%) Yes
Other formal tool	-	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	-	85 (6.7%)
11a. Do you routinely use guidelines or standards for nutrition care?	-	755 (83.3%) Yes

11b. If yes, which one is mainly used?		
International guidelines	-	303 (40.1%) Yes
National guidelines	-	63 (8.3%) Yes
Standards on hospital level	-	240 (31.8%) Yes
Standards on unit level	-	44 (5.8%) Yes
Individual patient nutrition care plans	-	87 (11.5%) Yes
Other	-	3 (0.40%) Yes
Missing	-	15 (2.0%)
12. What is routinely done in your unit for given patient groups?		
At risk		
Watchful waiting	-	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	-	462 (36.4%) Yes
Develop an individual nutrition care plan	-	493 (38.9%) Yes
Initiate treatment / nutrition intervention	-	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	519 (40.9%) Yes
Consult a medical professional	-	282 (22.2%) Yes
Calculate energy requirements	-	453 (35.7%) Yes
Calculate protein requirements	-	439 (34.6%) Yes
Malnourished		
Watchful waiting	-	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	-	495 (39.0%) Yes
Develop an individual nutrition care plan	-	564 (44.5%) Yes
Initiate treatment / nutrition intervention	-	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	589 (46.5%) Yes
Consult a medical professional	-	392 (30.9%) Yes
Calculate energy requirements	-	564 (44.5%) Yes
Calculate protein requirements	-	541 (42.7%) Yes
Every patient		
Watchful waiting	-	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	-	279 (22.0%) Yes
Develop an individual nutrition care plan	-	176 (13.9%) Yes
Initiate treatment / nutrition intervention	-	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	241 (19.0%) Yes
Consult a medical professional	-	309 (24.4%) Yes
Calculate energy requirements	-	144 (11.4%) Yes
Calculate protein requirements	-	141 (11.1%) Yes
Never		

Watchful waiting	-	144 (11.4%) Yes
Discuss nutrition care activities during ward rounds	-	56 (4.4%) Yes
Develop an individual nutrition care plan	-	70 (5.5%) Yes
Initiate treatment / nutrition intervention	-	33 (2.6%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	15 (1.2%) Yes
Consult a medical professional	-	111 (8.8%) Yes
Calculate energy requirements	-	99 (7.8%) Yes
Calculate protein requirements	-	112 (8.8%) Yes
I do not know		
Watchful waiting	-	61 (4.8%) Yes
Discuss nutrition care activities during ward rounds	-	32 (2.5%) Yes
Develop an individual nutrition care plan	-	38 (3.0%) Yes
Initiate treatment / nutrition intervention	-	29 (2.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	22 (1.7%) Yes
Consult a medical professional	-	62 (4.9%) Yes
Calculate energy requirements	-	45 (3.5%) Yes
Calculate protein requirements	-	50 (3.9%) Yes
13. When do you routinely weigh your patients?		
at admission	6 (85.7%) Yes	727 (57.3%) Yes
Within 24 hours	1 (14.3%) Yes	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	4 (57.1%) Yes	450 (35.5%) Yes
Occasionally	-	149 (11.8%) Yes
When requested	3 (42.9%) Yes	655 (51.7%) Yes
At discharge	-	68 (5.4%) Yes
Never	-	11 (0.87%) Yes
I do not know	-	12 (0.95%) Yes
No answer given	-	85 (6.7%)
14. What do you do to support adequate food intake of patients?		
Offer additional meals or in between snacks	5 (71.4%) Yes	925 (72.9%) Yes
Offer meal choices	7 (100%) Yes	784 (61.8%) Yes
Offer different portion sizes	5 (71.4%) Yes	687 (54.2%) Yes
Consider food presentation	3 (42.9%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	7 (100%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	7 (100%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	2 (28.6%) Yes	277 (21.8%) Yes
Promote positive eating environment	2 (28.6%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	7 (100%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	7 (100%) Yes	995 (78.5%) Yes

Other	1 (14.3%) Yes	78 (6.2%) Yes
I do not know	-	25 (2.0%) Yes
No answer given	-	85 (6.7%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	-	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	-	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	-	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	-	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	-	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	-	37 (2.9%) Yes
No answer given	7 (100%)	333 (26.3%)
16. At admission what is asked and documented?		
Change in weight	-	804 (63.4%) Yes
Eating habits/difficulties	-	686 (54.1%) Yes
Nutrition before admission	-	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	7 (100%)	333 (26.3%)
17. On what forms is there a specific part about eating, nutrition or malnutrition?		
a. Patient Record has a section for ...		
indicating if the patient is malnourished or at risk of malnutrition	-	747 (58.9%) Yes
nutrition treatment	-	525 (41.4%) Yes
None	-	78 (6.2%) Yes
I do not know	-	31 (2.4%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	-	498 (39.3%) Yes
makes future nutrition-related recommendations	-	592 (46.7%) Yes
None	-	86 (6.8%) Yes
I do not know	-	82 (6.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	-	390 (45.0%) Yes
19. Who filled in this sheet?		
Head staff	-	276 (21.8%) Yes

Dietician	-	457 (36.0%) Yes
Nurse	-	234 (18.5%) Yes
Physician	-	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	-	95 (7.5%) Yes
None	-	10 (0.79%) Yes
I do not know	-	13 (1.0%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	75	24925
Age	62 [45-74]	64 [47-77]
Female	33 (44.0%)	11998 (48.1%)
Weight	81.7±19.8	71.0±18.5
Height	168±10	166±10
BMI	28.8±6.2	25.8±5.9
1. This hospital admission was…		
planned	32 (42.7%)	8482 (34.0%)
an emergency	43 (57.3%)	15200 (61.0%)
I do not know	-	1243 (5.0%)
No answer given	-	-
2a. Diagnosis at admission		
0100 Infectious and parasitic diseases	5 (6.7%)	2684 (10.8%)
0200 Neoplasms	17 (22.7%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	13 (17.3%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	3 (4.0%)	3091 (12.4%)
0500 Mental health	1 (1.3%)	915 (3.7%)
0600 Nervous system	1 (1.3%)	2295 (9.2%)
0700 Eye and adnexa	1 (1.3%)	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	1 (1.3%)	4794 (19.2%)
1000 Respiratory system	2 (2.7%)	3073 (12.3%)
1100 Digestive system	21 (28.0%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	2 (2.7%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	10 (13.3%)	4061 (16.3%)
1400 Genitourinary system	15 (20.0%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	-	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	-	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	23 (30.7%)	1481 (5.9%)
1900 Injury, poisoning	2 (2.7%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (1.3%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	-	947 (3.8%)
No answer given	-	-
3. Which conditions/comorbidities does this patient have?		

Cardiac insufficiency	18 (24.0%)	4157 (17.9%)
Myocardial infarction	3 (4.0%)	1170 (5.1%)
Chronic lung disease	8 (10.7%)	2384 (10.3%)
Cerebral vascular disease	4 (5.3%)	1781 (7.7%)
Peripheral vascular disease	5 (6.7%)	2332 (10.1%)
Chronic liver disease	9 (12.0%)	1354 (5.9%)
Chronic kidney disease	20 (26.7%)	2949 (12.8%)
Diabetes	18 (24.0%)	5896 (25.3%)
Cancer	29 (38.7%)	4775 (20.7%)
Infection	18 (24.0%)	3183 (13.8%)
Dementia	-	888 (3.9%)
Major depressive disorder	3 (4.0%)	1000 (4.4%)
Other chronic mental disorder	11 (14.7%)	986 (4.3%)
Other chronic disease	27 (36.0%)	7288 (31.2%)
None	10 (13.3%)	5060 (20.3%)
4a. Previous operation during this hospital stay		
Yes, planned	-	4133 (16.6%)
Yes, acute	-	1929 (7.7%)
No	-	13886 (55.7%)
I do not know	-	164 (0.66%)
Missing	75 (100%)	4813 (19.3%)
Days since operation	-	4 [1-14]
4b. Planned operation during this hospital stay		
Yes, today or tomorrow	-	2384 (9.6%)
Yes, later	-	1452 (5.8%)
No	-	15545 (62.4%)
I do not know	-	333 (1.3%)
Missing	75 (100%)	5211 (20.9%)
5. Previous ICU admission during this hospital stay? (Yes)	-	2361 (11.6%)
6. Is this patient terminally ill?	-	2137 (8.6%)
7. Fluid status		
Normal	58 (77.3%)	19805 (79.5%)
Overloaded	14 (18.7%)	975 (3.9%)
Dehydrated	2 (2.7%)	1471 (5.9%)
I do not know	1 (1.3%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned		
Oral	-	4 [2-7]
Other	-	2 [1-4]
9. Was this patient identified as malnourished or at risk of malnutrition?		
Malnourished	13 (17.3%)	3279 (13.2%)
At risk	10 (13.3%)	5283 (21.2%)
No	49 (65.3%)	14990 (60.1%)
I do not know	3 (4.0%)	1373 (5.5%)
Missing	-	-
10. IV Fluids		
Electrolyte solution (NaCl, Ringers lactate, etc)	-	8543 (34.3%)
5% Glucose solution	-	1473 (5.9%)
11. Number of ONS drinks planned	-	0 [0-1]
12. Nutrition intake		
Regular hospital food	33 (44.0%)	15627 (62.7%)
Fortified/enriched hospital food	23 (30.7%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	23 (30.7%)	4305 (17.3%)
Enteral nutrition	1 (1.3%)	1259 (5.1%)
Parenteral nutrition	1 (1.3%)	785 (3.1%)
Special diet	28 (37.3%)	6593 (26.5%)
None	3 (4.0%)	968 (3.9%)
13a. All lines and Tubes		
Central Venous	-	2145 (10.5%)
Peripheral venous access	-	11975 (58.9%)
Nasogastric	-	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduadenal	-	40 (0.20%)
Enterostoma	-	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	-	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.31%)
None	75 (100.0%)	11051 (44.3%)
13b. Were there complications with nutrition related lines and tubes since admission?		
Yes, previously	-	282 (1.1%)
Yes, ongoing	-	180 (0.72%)
No	-	17744 (71.2%)
I do not know	-	1404 (5.6%)
Missing	75 (100%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	-	7973 (39.2%)
Protein requirements were determined	-	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	-	9150 (45.0%)
Nutrition treatment plan was developed	-	8137 (40.0%)
Nutrition expert was consulted	-	8633 (42.5%)
Malnutrition status is recorded in the patient record	-	7308 (35.9%)
None	-	-
15a. Energy goal		
< 500 kcal	-	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	-	1767 (7.1%)
1500-1999 kcal	-	6430 (25.8%)
>=2000 kcal	-	3687 (14.8%)
Not determined	-	6548 (26.3%)
I do not know	-	1248 (5.0%)
Missing	75 (100%)	4590 (18.4%)
15b. Energy intake		
< 500 kcal	-	1070 (4.3%)
500-999 kcal	-	1366 (5.5%)
1000-1499 kcal	-	2751 (11.0%)
1500-1999 kcal	-	4599 (18.5%)
>=2000 kcal	-	2469 (9.9%)
Not determined	-	6254 (25.1%)
I do not know	-	1824 (7.3%)
Missing	75 (100%)	4592 (18.4%)
16. Since admission, this patient's health status has…		
Improved	-	11134 (44.7%)
Deteriorated	-	1331 (5.3%)
Remained the same	-	5023 (20.2%)
This patient has just been admitted	-	1445 (5.8%)
I do not know	-	1402 (5.6%)
Missing	75 (100%)	4590 (18.4%)
Length of hospital stay (days)	10 [5-20]	13 [6-25]
Outcome Code		
1= Still in the hospital	1 (1.3%)	2848 (11.4%)
2= Transferred to another hospital	3 (4.0%)	526 (2.1%)

3= Transferred to long term care	3 (4.0%)	653 (2.6%)
4= Rehabilitation	7 (9.3%)	606 (2.4%)
5= Discharged home	59 (78.7%)	18641 (74.8%)
6= Death	2 (2.7%)	956 (3.8%)
7= Others	-	536 (2.2%)
Missing	-	159 (0.64%)
Readmitted since nutritionDay		
1= No	54 (73.0%)	16520 (77.3%)
2= Yes, same hospital planned	4 (5.4%)	1353 (6.3%)
3= Yes, same hospital unplanned	12 (16.2%)	1110 (5.2%)
4= Yes, different hospital planned	-	80 (0.37%)
5= Yes, different hospital unplanned	-	80 (0.37%)
6= Unknown	2 (2.7%)	485 (2.3%)
Missing	2 (2.7%)	1675 (7.8%)

IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b")

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	-	14107 (57.7%)
I am vegetarian	-	445 (1.8%)
I adhee to a vegan diet	-	79 (0.32%)
I eat gluten-free diet	-	210 (0.86%)
I avoid added sugars	-	3287 (13.4%)
I avoid carbohydrates	-	1220 (5.0%)
I eat a low fat-diet	-	2101 (8.6%)
I am lactose intolerant	-	816 (3.3%)
Other special diet due to intolerances/allergies	-	421 (1.7%)
Other	-	1522 (6.2%)
No answer given	75 (100%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	-	17544 (71.7%)
In a nursing home or other live-in facility	-	469 (1.9%)
I was transferred from another hospital	-	1456 (6.0%)
Other	-	339 (1.4%)
Missing	75 (100%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	-	12349 (50.5%)
Yes, with someone's help	-	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	-	2560 (10.5%)
No, I have a wheelchair	-	859 (3.5%)
No, I am bedridden	-	1677 (6.9%)
Missing	75 (100%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	-	1759 (7.2%)
Good	-	7718 (31.6%)
Fair	-	7368 (30.1%)
Poor	-	2474 (10.1%)
Very poor	-	414 (1.7%)
Missing	75 (100%)	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately…		
… how many times have you seen a doctor?	-	4 [2-8]
… how many times have you been admitted to the hospital (Emergency room, any ward)?	-	1 [0-2]

… how many nights in total have you spent in hospital?	-	4 [0-14]
6. How many different medications do you take routinely each day (prior to hospitalisation)?		
1-2	-	4831 (19.8%)
3-5	-	5143 (21.0%)
More than 5	-	5425 (22.2%)
None	-	3787 (15.5%)
I do not know	-	617 (2.5%)
Missing	75 (100%)	4649 (19.0%)
7. Do you have health insurance?		
Yes, private insurance only	-	3701 (15.1%)
Yes, public insurance only	-	9777 (40.0%)
Yes, both	-	1908 (7.8%)
None	-	3768 (15.4%)
I prefer not to answer	-	461 (1.9%)
Missing	75 (100%)	4837 (19.8%)
8. What was your weight 5 years ago?	-	74 [63-85]
I do not know	-	6168 (25.2%)
9a. Have you lost weight within the last 3 months?		
Yes, intentionally	11 (14.7%)	1931 (7.9%)
Yes, unintentionally	27 (36.0%)	10653 (43.6%)
No, my weight stayed the same	29 (38.7%)	6738 (27.6%)
No, I gained weight	7 (9.3%)	2780 (11.4%)
I do not know	1 (1.3%)	2017 (8.2%)
Missing	-	333 (1.4%)
9b. If yes, how many kg did you lose?	6 [4-10]	6 [4-10]
I do not know	4 (10.5%)	2421 (19.2%)
10. Did you know about your hospitalisation two days before admission? (Yes)	-	7367 (38.4%)
11. Please indicate if you …		
... were weighed at admission	-	10622 (53.6%)
... were informed about your nutrition status	-	7345 (37.2%)
... were informed about nutrition care options	-	6881 (34.9%)
… received special nutrition care	-	6867 (34.9%)
12. How well have you eaten in the week before you were admitted to the hospital?		
More than normal	1 (1.3%)	1175 (4.8%)
Normal	48 (64.0%)	14950 (61.3%)

About 3/4 of normal	8 (10.7%)	2351 (9.6%)
About half of normal	7 (9.3%)	3047 (12.5%)
About a quarter to nearly nothing	10 (13.3%)	2386 (9.8%)
I do not know	-	183 (0.75%)
Missing	1 (1.3%)	308 (1.3%)
13. In general, how satisfied are you with the food at the hospital?		
Very satisfied	-	5545 (22.7%)
Somewhat satisfied	-	6058 (24.8%)
Neutral	-	4069 (16.7%)
Dissatisfied	-	1669 (6.8%)
Very dissatisfied	-	733 (3.0%)
I do not know	-	1404 (5.8%)
Missing	75 (100%)	4922 (20.2%)
14. Did you get any help with eating TODAY?		
Yes, from family or friends	-	2402 (9.8%)
Yes, from hospital staff	-	1324 (5.4%)
No	-	15188 (62.2%)
I do not know	-	275 (1.1%)
Missing	75 (100%)	5211 (21.4%)
15. Were you able to eat without interruption TODAY? (Yes)	-	13701 (72.2%)
16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:		
About all	25 (33.3%)	11767 (48.2%)
1/2	14 (18.7%)	6068 (24.9%)
1/4	12 (16.0%)	3130 (12.8%)
Nothing	23 (30.7%)	2535 (10.4%)
Missing	1 (1.3%)	900 (3.7%)
16b. The portion size of the meal I ordered TODAY was…		
Standard	-	13049 (53.5%)
Smaller	-	1824 (7.5%)
Larger	-	960 (3.9%)
I do not know	-	2121 (8.7%)
Missing	75 (100%)	6446 (26.4%)
17. If you did not eat everything of your meal, please tell us why:		
I did not like the type of food offered	12 (24.5%)	1924 (16.4%)
I did not like the smell/taste of the food	8 (16.3%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	-	103 (0.88%)
The food was too hot	-	29 (0.25%)

The food was too cold	-	321 (2.7%)
Due to food allergy/intolerance	-	151 (1.3%)
I was not hungry at that time	8 (16.3%)	1600 (13.6%)
I do not have my usual appetite	15 (30.6%)	3509 (29.9%)
I have problems chewing/swallowing	5 (10.2%)	683 (5.8%)
I normally eat less than what was served	6 (12.2%)	1218 (10.4%)
I had nausea/vomiting	4 (8.2%)	971 (8.3%)
I was too tired	4 (8.2%)	511 (4.4%)
I cannot eat without help	-	146 (1.2%)
I was not allowed to eat	9 (18.4%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	6 (12.2%)	785 (6.7%)
I did not get requested food	-	123 (1.0%)
No answer given	8 (16.3%)	2067 (17.6%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours		
Water	-	3 [2-6]
Tea	-	1 [0-2]
Coffee	-	1 [0-2]
Milk	-	0 [0-1]
Fruit juice	-	1 [0-2]
Soft drinks	-	0 [0-0]
Nutrition drink	-	0 [0-1]
Other	-	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY? (Yes)	-	4412 (23.9%)

19b. If yes, what did you eat?		
Sweet snacks	-	1125 (25.5%)
Salty snacks	-	609 (13.8%)
Homemade food	-	943 (21.4%)
Fruits	-	1520 (34.5%)
Dairy products	-	516 (11.7%)
Food delivered/restaurant	-	188 (4.3%)
Sandwich	-	265 (6.0%)
Other	-	659 (14.9%)

20. How has your food intake changed since your hospital admission?		
Increased	-	3392 (13.9%)
Decreased	-	6798 (27.9%)
Stayed the same	-	7810 (32.0%)
I do not know	-	1112 (4.6%)
Missing	75 (100%)	5288 (21.7%)

21. TODAY I feel…		
Stronger than at admission	28 (37.3%)	11712 (48.0%)
Weaker than at admission	20 (26.7%)	4322 (17.7%)
Same as at admission	21 (28.0%)	6423 (26.3%)
I was admitted today	4 (5.3%)	740 (3.0%)
I do not know	2 (2.7%)	917 (3.8%)
Missing	-	286 (1.2%)
22. Can you walk without assistance TODAY?		
Yes	46 (61.3%)	13991 (57.3%)
No, only with assistance	18 (24.0%)	6345 (26.0%)
No, I stay in bed	10 (13.3%)	3449 (14.1%)
Missing	1 (1.3%)	615 (2.5%)
23. Did anyone help you complete this questionnaire? (Yes)	-	14422 (73.8%)

COVID-19

	YOUR RESULTS	*REFERENCE RESULTS*
1. Are you COVID-19 positive TODAY?		
Yes	1 (1.3%)	565 (2.3%)
No	74 (98.7%)	19372 (77.7%)
I do not know	-	2031 (8.1%)
Missing	-	2957 (11.9%)
2. Have you been tested COVID-19 positive in the last:		
0-3 months	2 (2.7%)	1107 (4.4%)
3-6 months	7 (9.3%)	693 (2.8%)
6-12 months	7 (9.3%)	1353 (5.4%)
>1 year	29 (38.7%)	1899 (7.6%)
never	-	9637 (38.7%)
I do not know	-	3756 (15.1%)
Missing	30 (40.0%)	6480 (26.0%)
3. Have you been hospitalized during your COVID-19 infection?		
Yes	2 (2.7%)	1348 (5.4%)
No	69 (92.0%)	16395 (65.8%)
I do not know	2 (2.7%)	2695 (10.8%)
Missing	2 (2.7%)	4487 (18.0%)