



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Ecuador

Dear participant,

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

Number of participated center:	3
Number of participated units:	9
Number of patients:	146
Number of patients who gave consent:	146
Number of patients completing Sheet 3a:	146
Number of patients completing Sheet 3b:	146
Number of patients with 30-day outcome assessment:	30

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	268 [169-367]	334 [166-596]
2. Total number of admissions in the hospital last year	10301 [5913-14688]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	240 [170-309]	200 [83-461]
Medical specialists	123 [82-165]	129 [42-350]
Medical non-specialists	115 [88-142]	51 [15-151]
Nurses	183 [121-246]	410 [142-815]
Dieticians	3 [3-3]	2 [0-9]
Nutritionists	2 [1-3]	3 [1-8]
Pharmacists	20 [17-22]	7 [3-17]
Kitchen staff	5 [5-5]	28 [9-60]
Full time equivalent		
Total medical doctors	101 [101-101]	199 [71-382]
Medical specialists	40 [40-40]	134 [45-306]
Medical non-specialists	61 [61-61]	87 [19-175]
Nurses	58 [58-58]	394 [134-672]
Dieticians	3 [3-3]	2 [0-7]
Nutritionists	0 [0-0]	2 [1-5]
Pharmacists	15 [15-15]	6 [2-15]
Kitchen staff	5 [5-5]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	2 (66.7%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	1 (33.3%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	-	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	1 (33.3%) Yes	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	2 (66.7%) Yes	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	-	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	1 (33.3%) Yes	74 (41.3%) Yes
Oral nutrition supplements	1 (33.3%) Yes	74 (41.3%) Yes
Parenteral nutrition	1 (33.3%) Yes	88 (49.2%) Yes
Enteral nutrition	1 (33.3%) Yes	88 (49.2%) Yes
Dietary counseling	1 (33.3%) Yes	58 (32.4%) Yes
Specific dietary interventions	1 (33.3%) Yes	51 (28.5%) Yes
Screening for malnutrition	1 (33.3%) Yes	53 (29.6%) Yes
Risk of malnutrition	1 (33.3%) Yes	47 (26.3%) Yes
Malnutrition (in general)	1 (33.3%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	1 (33.3%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	1 (33.3%) Yes	69 (38.5%) Yes
Oral nutrition supplements	1 (33.3%) Yes	60 (33.5%) Yes
Parenteral nutrition	1 (33.3%) Yes	79 (44.1%) Yes
Enteral nutrition	1 (33.3%) Yes	76 (42.5%) Yes
Dietary counseling	-	45 (25.1%) Yes
Specific dietary interventions	1 (33.3%) Yes	45 (25.1%) Yes
Screening for malnutrition	1 (33.3%) Yes	42 (23.5%) Yes
Risk of malnutrition	1 (33.3%) Yes	36 (20.1%) Yes
Malnutrition (in general)	1 (33.3%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (33.3%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	1 (33.3%) Yes	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	1 (11.1%)	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	-	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	3 (33.3%)	0.7%
Internal Medicine / Nephrology	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	1 (11.1%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	4 (44.4%)	16.9%
2. Number of registered inpatients at noon	11 [10-47]	22 [17-30]
3. Total bed capacity of the unit	28 [22-54]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	3 [3-3]	4 [2-6]
Nurses	2 [1-3]	4 [3-6]
Nursing aides	2 [1-3]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	1 [0-1]	1 [0-1]
Administrative staff	1 [1-1]	1 [1-2]
Other staff involved in patient care	1 [1-2]	1 [0-3]
In training		
Medical doctors	1 [1-1]	1 [0-3]
Medical students	3 [3-4]	0 [0-2]
Nurses	1 [1-2]	0 [0-2]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	1 [1-1]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	0 [0-0]	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? 7 (77.8%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 7 (77.8%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 7 (77.8%) Yes 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	3 (33.3%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	-	85 (6.7%) Yes
Malnutrition Screening tool (MST)	-	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	4 (44.4%) Yes	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	2 (22.2%)	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	3 (33.3%) Yes	414 (32.6%) Yes
Other formal tool	4 (44.4%) Yes	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	2 (22.2%)	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 7 (77.8%) Yes 755 (83.3%) Yes

11b. If yes, which one is mainly used?

International guidelines	3 (42.9%) Yes	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	4 (57.1%) Yes	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	3 (33.3%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	3 (33.3%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	3 (33.3%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	3 (33.3%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (33.3%) Yes	519 (40.9%) Yes
Consult a medical professional	3 (33.3%) Yes	282 (22.2%) Yes
Calculate energy requirements	3 (33.3%) Yes	453 (35.7%) Yes
Calculate protein requirements	3 (33.3%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	3 (33.3%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	3 (33.3%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	3 (33.3%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	3 (33.3%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (33.3%) Yes	589 (46.5%) Yes
Consult a medical professional	3 (33.3%) Yes	392 (30.9%) Yes
Calculate energy requirements	3 (33.3%) Yes	564 (44.5%) Yes
Calculate protein requirements	3 (33.3%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	7 (77.8%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	7 (77.8%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	4 (44.4%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	7 (77.8%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (44.4%) Yes	241 (19.0%) Yes
Consult a medical professional	7 (77.8%) Yes	309 (24.4%) Yes
Calculate energy requirements	7 (77.8%) Yes	144 (11.4%) Yes
Calculate protein requirements	7 (77.8%) Yes	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	1 (11.1%) Yes	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	3 (33.3%) Yes	727 (57.3%) Yes
Within 24 hours	-	142 (11.2%) Yes
Within 48 hours	-	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	3 (33.3%) Yes	450 (35.5%) Yes
Occasionally	-	149 (11.8%) Yes
When requested	7 (77.8%) 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	3 (33.3%) Yes	925 (72.9%) Yes
Offer meal choices	3 (33.3%) Yes	784 (61.8%) Yes
Offer different portion sizes	-	687 (54.2%) Yes
Consider food presentation	-	374 (29.5%) Yes
Change food texture/consistency as needed	7 (77.8%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	7 (77.8%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	277 (21.8%) Yes
Promote positive eating environment	4 (44.4%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	-	833 (65.7%) Yes
Consider patient allergies / intolerances	7 (77.8%) Yes	995 (78.5%) Yes

Other	-	78 (6.2%) Yes
I do not know	-	25 (2.0%) Yes
No answer given	2 (22.2%)	85 (6.7%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	3 (33.3%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	3 (33.3%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	3 (33.3%) Yes	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	7 (77.8%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	-	37 (2.9%) Yes
No answer given	2 (22.2%)	333 (26.3%)
16. At admission what is asked and documented?		
Change in weight	7 (77.8%) Yes	804 (63.4%) Yes
Eating habits/difficulties	4 (44.4%) Yes	686 (54.1%) Yes
Nutrition before admission	4 (44.4%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	2 (22.2%)	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	7 (77.8%) Yes	747 (58.9%) Yes
nutrition treatment	3 (33.3%) Yes	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	4 (44.4%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	7 (77.8%) Yes	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?	4 (57.1%) Yes	390 (45.0%) Yes
19. Who filled in this sheet?		
Head staff	4 (44.4%) Yes	276 (21.8%) Yes

Dietician	7 (77.8%) Yes	457 (36.0%) Yes
Nurse	-	234 (18.5%) Yes
Physician	-	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	1 (11.1%) Yes	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	146	24925
Age	55 [38-68]	64 [47-77]
Female	58 (39.7%)	11998 (48.1%)
Weight	62.7±16.1	71.0±18.5
Height	163±10	166±10
BMI	23.7±6.0	25.8±5.9

1. This hospital admission was...

planned	14 (9.6%)	8482 (34.0%)
an emergency	108 (74.0%)	15200 (61.0%)
I do not know	24 (16.4%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	32 (21.9%)	2684 (10.8%)
0200 Neoplasms	5 (3.4%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	-	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	30 (20.5%)	3091 (12.4%)
0500 Mental health	6 (4.1%)	915 (3.7%)
0600 Nervous system	3 (2.1%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	16 (11.0%)	4794 (19.2%)
1000 Respiratory system	20 (13.7%)	3073 (12.3%)
1100 Digestive system	28 (19.2%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	15 (10.3%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	13 (8.9%)	4061 (16.3%)
1400 Genitourinary system	7 (4.8%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	-	659 (2.6%)
1600 Conditions originating in the perinatal period	2 (1.4%)	33 (0.13%)
1700 Congenital/chromosomal abnormalities	-	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	2 (1.4%)	1481 (5.9%)
1900 Injury, poisoning	3 (2.1%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	24 (16.4%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	5 (3.4%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	17 (12.0%)	4157 (17.9%)
Myocardial infarction	1 (0.71%)	1170 (5.1%)
Chronic lung disease	11 (7.7%)	2384 (10.3%)
Cerebral vascular disease	3 (2.1%)	1781 (7.7%)
Peripheral vascular disease	-	2332 (10.1%)
Chronic liver disease	5 (3.5%)	1354 (5.9%)
Chronic kidney disease	18 (12.9%)	2949 (12.8%)
Diabetes	37 (26.1%)	5896 (25.3%)
Cancer	5 (3.5%)	4775 (20.7%)
Infection	33 (23.2%)	3183 (13.8%)
Dementia	3 (2.1%)	888 (3.9%)
Major depressive disorder	1 (0.71%)	1000 (4.4%)
Other chronic mental disorder	8 (5.7%)	986 (4.3%)
Other chronic disease	26 (18.6%)	7288 (31.2%)
None	45 (30.8%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	32 (21.9%)	4133 (16.6%)
Yes, acute	20 (13.7%)	1929 (7.7%)
No	94 (64.4%)	13886 (55.7%)
I do not know	-	164 (0.66%)
Missing	-	4813 (19.3%)

Days since operation	3 [1-7]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	23 (15.8%)	2384 (9.6%)
Yes, later	30 (20.5%)	1452 (5.8%)
No	92 (63.0%)	15545 (62.4%)
I do not know	-	333 (1.3%)
Missing	1 (0.68%)	5211 (20.9%)

5. Previous ICU admission during this hospital stay? (Yes)	27 (18.5%)	2361 (11.6%)
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6. Is this patient terminally ill?	5 (3.4%)	2137 (8.6%)
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7. Fluid status

Normal	104 (71.2%)	19805 (79.5%)
Overloaded	2 (1.4%)	975 (3.9%)
Dehydrated	13 (8.9%)	1471 (5.9%)
I do not know	27 (18.5%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	2 [0-4]	4 [2-7]
Other	0 [0-2]	2 [1-4]

9. Was this patient identified as malnourished or at risk of malnutrition?

Malnourished	21 (14.4%)	3279 (13.2%)
At risk	28 (19.2%)	5283 (21.2%)
No	73 (50.0%)	14990 (60.1%)
I do not know	24 (16.4%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	88 (60.3%)	8543 (34.3%)
5% Glucose solution	9 (6.2%)	1473 (5.9%)

11. Number of ONS drinks planned

0 [0-0]	0 [0-1]
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12. Nutrition intake

Regular hospital food	84 (57.5%)	15627 (62.7%)
Fortified/enriched hospital food	27 (18.5%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	16 (11.0%)	4305 (17.3%)
Enteral nutrition	5 (3.4%)	1259 (5.1%)
Parenteral nutrition	5 (3.4%)	785 (3.1%)
Special diet	34 (23.3%)	6593 (26.5%)
None	12 (8.2%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	12 (8.2%)	2145 (10.5%)
Peripheral venous access	90 (61.6%)	11975 (58.9%)
Nasogastric	1 (0.68%)	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduodenal	1 (0.68%)	40 (0.20%)
Enterostoma	1 (0.68%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.68%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.31%)
None	45 (30.8%)	11051 (44.3%)

13b. Were there complications with nutrition related lines and tubes since admission?

Yes, previously	6 (4.1%)	282 (1.1%)
Yes, ongoing	8 (5.5%)	180 (0.72%)
No	109 (74.7%)	17744 (71.2%)
I do not know	23 (15.8%)	1404 (5.6%)
Missing	-	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	61 (41.8%)	7973 (39.2%)
Protein requirements were determined	55 (37.7%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	54 (37.0%)	9150 (45.0%)
Nutrition treatment plan was developed	59 (40.4%)	8137 (40.0%)
Nutrition expert was consulted	59 (40.4%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	36 (24.7%)	7308 (35.9%)
None	-	-

15a. Energy goal		
< 500 kcal	-	445 (1.8%)
500-999 kcal	1 (0.68%)	210 (0.84%)
1000-1499 kcal	10 (6.8%)	1767 (7.1%)
1500-1999 kcal	12 (8.2%)	6430 (25.8%)
>=2000 kcal	98 (67.1%)	3687 (14.8%)
Not determined	14 (9.6%)	6548 (26.3%)
I do not know	11 (7.5%)	1248 (5.0%)
Missing	-	4590 (18.4%)

15b. Energy intake		
< 500 kcal	8 (5.5%)	1070 (4.3%)
500-999 kcal	3 (2.1%)	1366 (5.5%)
1000-1499 kcal	19 (13.0%)	2751 (11.0%)
1500-1999 kcal	71 (48.6%)	4599 (18.5%)
>=2000 kcal	16 (11.0%)	2469 (9.9%)
Not determined	18 (12.3%)	6254 (25.1%)
I do not know	11 (7.5%)	1824 (7.3%)
Missing	-	4592 (18.4%)

16. Since admission, this patient's health status has...		
Improved	96 (65.8%)	11134 (44.7%)
Deteriorated	4 (2.7%)	1331 (5.3%)
Remained the same	22 (15.1%)	5023 (20.2%)
This patient has just been admitted	9 (6.2%)	1445 (5.8%)
I do not know	15 (10.3%)	1402 (5.6%)
Missing	-	4590 (18.4%)
Length of hospital stay (days)	15 [9-26]	13 [6-25]

Outcome Code		
1= Still in the hospital	-	2848 (11.4%)
2= Transferred to another hospital	1 (0.68%)	526 (2.1%)

3= Transferred to long term care	-	653 (2.6%)
4= Rehabilitation	-	606 (2.4%)
5= Discharged home	27 (18.5%)	18641 (74.8%)
6= Death	2 (1.4%)	956 (3.8%)
7= Others	-	536 (2.2%)
Missing	116 (79.5%)	159 (0.64%)

Readmitted since nutritionDay

1= No	28 (93.3%)	16520 (77.3%)
2= Yes, same hospital planned	2 (6.7%)	1353 (6.3%)
3= Yes, same hospital unplanned	-	1110 (5.2%)
4= Yes, different hospital planned	-	80 (0.37%)
5= Yes, different hospital unplanned	-	80 (0.37%)
6= Unknown	-	485 (2.3%)
Missing	-	1675 (7.8%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
1. What are your typical dietary habits?		
No special dietary habits	105 (71.9%)	14107 (57.7%)
I am vegetarian	2 (1.4%)	445 (1.8%)
I adhere to a vegan diet	3 (2.1%)	79 (0.32%)
I eat gluten-free diet	4 (2.7%)	210 (0.86%)
I avoid added sugars	25 (17.1%)	3287 (13.4%)
I avoid carbohydrates	16 (11.0%)	1220 (5.0%)
I eat a low fat-diet	23 (15.8%)	2101 (8.6%)
I am lactose intolerant	15 (10.3%)	816 (3.3%)
Other special diet due to intolerances/allergies	3 (2.1%)	421 (1.7%)
Other	14 (9.6%)	1522 (6.2%)
No answer given	1 (0.68%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	134 (91.8%)	17544 (71.7%)
In a nursing home or other live-in facility	-	469 (1.9%)
I was transferred from another hospital	9 (6.2%)	1456 (6.0%)
Other	3 (2.1%)	339 (1.4%)
Missing	-	4644 (19.0%)
3. In general, are you able to walk?		
Yes	88 (60.3%)	12349 (50.5%)
Yes, with someone's help	24 (16.4%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	15 (10.3%)	2560 (10.5%)
No, I have a wheelchair	4 (2.7%)	859 (3.5%)
No, I am bedridden	15 (10.3%)	1677 (6.9%)
Missing	-	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	9 (6.2%)	1759 (7.2%)
Good	43 (29.5%)	7718 (31.6%)
Fair	81 (55.5%)	7368 (30.1%)
Poor	10 (6.8%)	2474 (10.1%)
Very poor	3 (2.1%)	414 (1.7%)
Missing	-	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	2 [1-5]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-2]	1 [0-2]

... how many nights in total have you spent in hospital?	4 [1-15]	4 [0-14]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	53 (36.3%)	4831 (19.8%)
3-5	46 (31.5%)	5143 (21.0%)
More than 5	14 (9.6%)	5425 (22.2%)
None	24 (16.4%)	3787 (15.5%)
I do not know	9 (6.2%)	617 (2.5%)
Missing	-	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	7 (4.8%)	3701 (15.1%)
Yes, public insurance only	17 (11.6%)	9777 (40.0%)
Yes, both	5 (3.4%)	1908 (7.8%)
None	115 (78.8%)	3768 (15.4%)
I prefer not to answer	2 (1.4%)	461 (1.9%)
Missing	-	4837 (19.8%)

8. What was your weight 5 years ago?

	70 [60-80]	74 [63-85]
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I do not know	83 (56.8%)	6168 (25.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	9 (6.2%)	1931 (7.9%)
Yes, unintentionally	95 (65.1%)	10653 (43.6%)
No, my weight stayed the same	21 (14.4%)	6738 (27.6%)
No, I gained weight	12 (8.2%)	2780 (11.4%)
I do not know	6 (4.1%)	2017 (8.2%)
Missing	3 (2.1%)	333 (1.4%)

9b. If yes, how many kg did you lose?

	6 [4-10]	6 [4-10]
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I do not know	51 (49.0%)	2421 (19.2%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	40 (28.0%)	7367 (38.4%)
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11. Please indicate if you ...

... were weighed at admission	74 (51.0%)	10622 (53.6%)
... were informed about your nutrition status	41 (28.3%)	7345 (37.2%)
... were informed about nutrition care options	23 (15.9%)	6881 (34.9%)
... received special nutrition care	38 (26.4%)	6867 (34.9%)

12. How well have you eaten in the week before you were admitted to the hospital?

More than normal	6 (4.1%)	1175 (4.8%)
Normal	90 (61.6%)	14950 (61.3%)

About 3/4 of normal	16 (11.0%)	2351 (9.6%)
About half of normal	18 (12.3%)	3047 (12.5%)
About a quarter to nearly nothing	16 (11.0%)	2386 (9.8%)
I do not know	-	183 (0.75%)
Missing	-	308 (1.3%)

13. In general, how satisfied are you with the food at the hospital?

Very satisfied	36 (24.7%)	5545 (22.7%)
Somewhat satisfied	28 (19.2%)	6058 (24.8%)
Neutral	45 (30.8%)	4069 (16.7%)
Dissatisfied	16 (11.0%)	1669 (6.8%)
Very dissatisfied	12 (8.2%)	733 (3.0%)
I do not know	9 (6.2%)	1404 (5.8%)
Missing	-	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	17 (11.6%)	2402 (9.8%)
Yes, from hospital staff	6 (4.1%)	1324 (5.4%)
No	121 (82.9%)	15188 (62.2%)
I do not know	1 (0.68%)	275 (1.1%)
Missing	1 (0.68%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)

121 (83.4%) 13701 (72.2%)

16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	89 (61.0%)	11767 (48.2%)
1/2	26 (17.8%)	6068 (24.9%)
1/4	18 (12.3%)	3130 (12.8%)
Nothing	13 (8.9%)	2535 (10.4%)
Missing	-	900 (3.7%)

16b. The portion size of the meal I ordered TODAY was...

Standard	92 (63.0%)	13049 (53.5%)
Smaller	26 (17.8%)	1824 (7.5%)
Larger	3 (2.1%)	960 (3.9%)
I do not know	23 (15.8%)	2121 (8.7%)
Missing	2 (1.4%)	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	21 (36.8%)	1924 (16.4%)
I did not like the smell/taste of the food	10 (17.5%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	2 (3.5%)	103 (0.88%)
The food was too hot	3 (5.3%)	29 (0.25%)

The food was too cold	4 (7.0%)	321 (2.7%)
Due to food allergy/intolerance	1 (1.8%)	151 (1.3%)
I was not hungry at that time	5 (8.8%)	1600 (13.6%)
I do not have my usual appetite	10 (17.5%)	3509 (29.9%)
I have problems chewing/swallowing	4 (7.0%)	683 (5.8%)
I normally eat less than what was served	6 (10.5%)	1218 (10.4%)
I had nausea/vomiting	6 (10.5%)	971 (8.3%)
I was too tired	4 (7.0%)	511 (4.4%)
I cannot eat without help	2 (3.5%)	146 (1.2%)
I was not allowed to eat	4 (7.0%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	2 (3.5%)	785 (6.7%)
I did not get requested food	2 (3.5%)	123 (1.0%)
No answer given	11 (19.3%)	2067 (17.6%)

18. Enter the number of glasses/cups of the drinks you consumed in the last 24 hours

Water	4 [2-5]	3 [2-6]
Tea	1 [0-2]	1 [0-2]
Coffee	0 [0-0]	1 [0-2]
Milk	0 [0-0]	0 [0-1]
Fruit juice	0 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-0]
Nutrition drink	0 [0-0]	0 [0-1]
Other	0 [0-0]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 23 (16.4%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	10 (43.5%)	1125 (25.5%)
Salty snacks	4 (17.4%)	609 (13.8%)
Homemade food	2 (8.7%)	943 (21.4%)
Fruits	12 (52.2%)	1520 (34.5%)
Dairy products	1 (4.3%)	516 (11.7%)
Food delivered/restaurant	-	188 (4.3%)
Sandwich	1 (4.3%)	265 (6.0%)
Other	1 (4.3%)	659 (14.9%)

20. How has your food intake changed since your hospital admission?

Increased	29 (19.9%)	3392 (13.9%)
Decreased	73 (50.0%)	6798 (27.9%)
Stayed the same	39 (26.7%)	7810 (32.0%)
I do not know	5 (3.4%)	1112 (4.6%)
Missing	-	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	77 (52.7%)	11712 (48.0%)
Weaker than at admission	33 (22.6%)	4322 (17.7%)
Same as at admission	28 (19.2%)	6423 (26.3%)
I was admitted today	1 (0.68%)	740 (3.0%)
I do not know	5 (3.4%)	917 (3.8%)
Missing	2 (1.4%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	72 (49.3%)	13991 (57.3%)
No, only with assistance	43 (29.5%)	6345 (26.0%)
No, I stay in bed	31 (21.2%)	3449 (14.1%)
Missing	-	615 (2.5%)

23. Did anyone help you complete this questionnaire? (Yes)

131 (89.7%) 14422 (73.8%)

1. Are you COVID-19 positive TODAY?

Yes	1 (0.68%)	565 (2.3%)
No	54 (37.0%)	19372 (77.7%)
I do not know	4 (2.7%)	2031 (8.1%)
Missing	87 (59.6%)	2957 (11.9%)

2. Have you been tested COVID-19 positive in the last:

0-3 months	2 (1.4%)	1107 (4.4%)
3-6 months	1 (0.68%)	693 (2.8%)
6-12 months	3 (2.1%)	1353 (5.4%)
>1 year	16 (11.0%)	1899 (7.6%)
never	36 (24.7%)	9637 (38.7%)
I do not know	1 (0.68%)	3756 (15.1%)
Missing	87 (59.6%)	6480 (26.0%)

3. Have you been hospitalized during your COVID-19 infection?

Yes	-	1348 (5.4%)
No	58 (39.7%)	16395 (65.8%)
I do not know	2 (1.4%)	2695 (10.8%)
Missing	86 (58.9%)	4487 (18.0%)