



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Guatemala

Dear participant,

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

Number of participated center:	7
Number of participated units:	10
Number of patients:	413
Number of patients who gave consent:	410
Number of patients completing Sheet 3a:	405
Number of patients completing Sheet 3b:	403
Number of patients with 30-day outcome assessment:	341

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	270 [204-334]	334 [166-596]
2. Total number of admissions in the hospital last year	9821 [9428-29776]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	177 [99-468]	200 [83-461]
Medical specialists	86 [75-171]	129 [42-350]
Medical non-specialists	60 [58-85]	51 [15-151]
Nurses	481 [285-1468]	410 [142-815]
Dieticians	3 [0-6]	2 [0-9]
Nutritionists	4 [2-6]	3 [1-8]
Pharmacists	4 [2-15]	7 [3-17]
Kitchen staff	31 [25-69]	28 [9-60]
Full time equivalent		
Total medical doctors	158 [122-195]	199 [71-382]
Medical specialists	24 [22-25]	134 [45-306]
Medical non-specialists	58 [37-72]	87 [19-175]
Nurses	250 [187-370]	394 [134-672]
Dieticians	0 [0-3]	2 [0-7]
Nutritionists	2 [1-3]	2 [1-5]
Pharmacists	3 [3-4]	6 [2-15]
Kitchen staff	47 [36-58]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	6 (85.7%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	5 (71.4%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	1 (14.3%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	3 (42.9%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	4 (57.1%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (71.4%) 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	3 (42.9%) Yes	74 (41.3%) Yes
Oral nutrition supplements	3 (42.9%) Yes	74 (41.3%) Yes
Parenteral nutrition	3 (42.9%) Yes	88 (49.2%) Yes
Enteral nutrition	3 (42.9%) Yes	88 (49.2%) Yes
Dietary counseling	1 (14.3%) Yes	58 (32.4%) Yes
Specific dietary interventions	3 (42.9%) Yes	51 (28.5%) Yes
Screening for malnutrition	1 (14.3%) Yes	53 (29.6%) Yes
Risk of malnutrition	1 (14.3%) Yes	47 (26.3%) Yes
Malnutrition (in general)	1 (14.3%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (14.3%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	4 (57.1%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	3 (42.9%) Yes	69 (38.5%) Yes
Oral nutrition supplements	3 (42.9%) Yes	60 (33.5%) Yes
Parenteral nutrition	3 (42.9%) Yes	79 (44.1%) Yes
Enteral nutrition	3 (42.9%) Yes	76 (42.5%) Yes
Dietary counseling	2 (28.6%) Yes	45 (25.1%) Yes
Specific dietary interventions	3 (42.9%) Yes	45 (25.1%) Yes
Screening for malnutrition	1 (14.3%) Yes	42 (23.5%) Yes
Risk of malnutrition	1 (14.3%) Yes	36 (20.1%) Yes
Malnutrition (in general)	1 (14.3%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (14.3%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	4 (57.1%) 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	5 (50.0%)	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	-	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	1 (10.0%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	1 (10.0%)	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	2 (20.0%)	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	1 (10.0%)	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	-	16.9%
2. Number of registered inpatients at noon	22 [12-44]	22 [17-30]
3. Total bed capacity of the unit	52 [30-55]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	2 [1-2]	4 [2-6]
Nurses	2 [1-3]	4 [3-6]
Nursing aides	3 [2-5]	2 [1-4]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	1 [1-1]	1 [0-1]
Administrative staff	1 [0-2]	1 [1-2]
Other staff involved in patient care	5 [4-5]	1 [0-3]
In training		
Medical doctors	2 [0-3]	1 [0-3]
Medical students	7 [4-10]	0 [0-2]
Nurses	0 [0-0]	0 [0-2]

Nursing aides	5 [5-5]	0 [0-0]
Dieticians	0 [0-0]	0 [0-0]
Nutritionists	1 [1-1]	0 [0-0]
Other staff involved in patient care	4 [4-4]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 5 (50.0%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 7 (70.0%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 10 (100%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 10 (100%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 3 (30.0%) 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	1 (10.0%) Yes	25 (2.0%) Yes
Experience / visual assessment only	-	78 (6.2%) Yes
Weighing / BMI only	2 (20.0%) Yes	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	7 (70.0%) 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	-	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	1 (10.0%) Yes	103 (8.1%) Yes
Experience / visual assessment only	1 (10.0%) Yes	180 (14.2%) Yes
Weighing / BMI only	3 (30.0%) Yes	414 (32.6%) Yes
Other formal tool	5 (50.0%) Yes	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? 10 (100%) Yes 755 (83.3%) Yes

11b. If yes, which one is mainly used?		
International guidelines	6 (60.0%) Yes	303 (40.1%) Yes
National guidelines	1 (10.0%) Yes	63 (8.3%) Yes
Standards on hospital level	1 (10.0%) Yes	240 (31.8%) Yes
Standards on unit level	1 (10.0%) Yes	44 (5.8%) Yes
Individual patient nutrition care plans	1 (10.0%) 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	6 (60.0%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	6 (60.0%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	9 (90.0%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	9 (90.0%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	9 (90.0%) Yes	519 (40.9%) Yes
Consult a medical professional	3 (30.0%) Yes	282 (22.2%) Yes
Calculate energy requirements	9 (90.0%) Yes	453 (35.7%) Yes
Calculate protein requirements	9 (90.0%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	4 (40.0%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	3 (30.0%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	7 (70.0%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	7 (70.0%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (60.0%) Yes	589 (46.5%) Yes
Consult a medical professional	1 (10.0%) Yes	392 (30.9%) Yes
Calculate energy requirements	6 (60.0%) Yes	564 (44.5%) Yes
Calculate protein requirements	6 (60.0%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	3 (30.0%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	3 (30.0%) Yes	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.)	1 (10.0%) Yes	241 (19.0%) Yes
Consult a medical professional	7 (70.0%) Yes	309 (24.4%) Yes
Calculate energy requirements	1 (10.0%) Yes	144 (11.4%) Yes
Calculate protein requirements	1 (10.0%) Yes	141 (11.1%) Yes

Never

Watchful waiting	-	144 (11.4%) Yes
Discuss nutrition care activities during ward rounds	1 (10.0%) Yes	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	9 (90.0%) Yes	727 (57.3%) Yes
Within 24 hours	1 (10.0%) Yes	142 (11.2%) Yes
Within 48 hours	2 (20.0%) Yes	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	7 (70.0%) Yes	450 (35.5%) Yes
Occasionally	-	149 (11.8%) Yes
When requested	2 (20.0%) Yes	655 (51.7%) Yes
At discharge	2 (20.0%) Yes	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	7 (70.0%) Yes	925 (72.9%) Yes
Offer meal choices	3 (30.0%) Yes	784 (61.8%) Yes
Offer different portion sizes	3 (30.0%) Yes	687 (54.2%) Yes
Consider food presentation	2 (20.0%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	8 (80.0%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	9 (90.0%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	277 (21.8%) Yes
Promote positive eating environment	-	315 (24.8%) Yes
Consider cultural/religious preferences	3 (30.0%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	8 (80.0%) Yes	995 (78.5%) Yes

Other	2 (20.0%) 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	9 (90.0%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	4 (40.0%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	2 (20.0%) Yes	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	7 (70.0%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (50.0%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	-	37 (2.9%) Yes
No answer given	-	333 (26.3%)
16. At admission what is asked and documented?		
Change in weight	8 (80.0%) Yes	804 (63.4%) Yes
Eating habits/difficulties	7 (70.0%) Yes	686 (54.1%) Yes
Nutrition before admission	7 (70.0%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	-	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	6 (60.0%) Yes	747 (58.9%) Yes
nutrition treatment	8 (80.0%) Yes	525 (41.4%) Yes
None	2 (20.0%) Yes	78 (6.2%) Yes
I do not know	-	31 (2.4%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	3 (30.0%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	7 (70.0%) Yes	592 (46.7%) Yes
None	3 (30.0%) Yes	86 (6.8%) Yes
I do not know	-	82 (6.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	6 (60.0%) Yes	390 (45.0%) Yes
19. Who filled in this sheet?		
Head staff	1 (10.0%) Yes	276 (21.8%) Yes

Dietician	6 (60.0%) Yes	457 (36.0%) Yes
Nurse	-	234 (18.5%) Yes
Physician	-	109 (8.6%) Yes
Administrative staff	-	22 (1.7%) Yes
Other	3 (30.0%) 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	410	24925
Age	52 [33-64]	64 [47-77]
Female	187 (45.6%)	11998 (48.1%)
Weight	61.5±15.5	71.0±18.5
Height	159±10	166±10
BMI	24.2±5.4	25.8±5.9

1. This hospital admission was...

planned	106 (25.9%)	8482 (34.0%)
an emergency	294 (71.7%)	15200 (61.0%)
I do not know	10 (2.4%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	52 (12.7%)	2684 (10.8%)
0200 Neoplasms	50 (12.2%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	119 (29.0%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	85 (20.7%)	3091 (12.4%)
0500 Mental health	9 (2.2%)	915 (3.7%)
0600 Nervous system	17 (4.1%)	2295 (9.2%)
0700 Eye and adnexa	6 (1.5%)	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	31 (7.6%)	4794 (19.2%)
1000 Respiratory system	30 (7.3%)	3073 (12.3%)
1100 Digestive system	63 (15.4%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	22 (5.4%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	30 (7.3%)	4061 (16.3%)
1400 Genitourinary system	21 (5.1%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	10 (2.4%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	1 (0.24%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	15 (3.7%)	1481 (5.9%)
1900 Injury, poisoning	12 (2.9%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	31 (7.6%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	15 (3.7%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	29 (8.5%)	4157 (17.9%)
Myocardial infarction	3 (0.88%)	1170 (5.1%)
Chronic lung disease	14 (4.1%)	2384 (10.3%)
Cerebral vascular disease	6 (1.8%)	1781 (7.7%)
Peripheral vascular disease	22 (6.4%)	2332 (10.1%)
Chronic liver disease	17 (5.0%)	1354 (5.9%)
Chronic kidney disease	112 (27.9%)	2949 (12.8%)
Diabetes	98 (28.9%)	5896 (25.3%)
Cancer	58 (17.3%)	4775 (20.7%)
Infection	73 (21.3%)	3183 (13.8%)
Dementia	8 (2.4%)	888 (3.9%)
Major depressive disorder	5 (1.5%)	1000 (4.4%)
Other chronic mental disorder	3 (0.89%)	986 (4.3%)
Other chronic disease	35 (10.4%)	7288 (31.2%)
None	103 (25.1%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	26 (6.3%)	4133 (16.6%)
Yes, acute	26 (6.3%)	1929 (7.7%)
No	292 (71.2%)	13886 (55.7%)
I do not know	1 (0.24%)	164 (0.66%)
Missing	65 (15.9%)	4813 (19.3%)

Days since operation	15 [5-33]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	47 (11.5%)	2384 (9.6%)
Yes, later	50 (12.2%)	1452 (5.8%)
No	246 (60.0%)	15545 (62.4%)
I do not know	1 (0.24%)	333 (1.3%)
Missing	66 (16.1%)	5211 (20.9%)

5. Previous ICU admission during this hospital stay? (Yes)

33 (9.4%)	2361 (11.6%)
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6. Is this patient terminally ill?

107 (26.1%)	2137 (8.6%)
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7. Fluid status

Normal	271 (66.1%)	19805 (79.5%)
Overloaded	69 (16.8%)	975 (3.9%)
Dehydrated	36 (8.8%)	1471 (5.9%)
I do not know	34 (8.3%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	3 [1-4]	4 [2-7]
Other	2 [1-3]	2 [1-4]

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

Malnourished	47 (11.5%)	3279 (13.2%)
At risk	196 (47.8%)	5283 (21.2%)
No	163 (39.8%)	14990 (60.1%)
I do not know	4 (0.98%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	116 (28.3%)	8543 (34.3%)
5% Glucose solution	18 (4.4%)	1473 (5.9%)

11. Number of ONS drinks planned

0 [0-2] 0 [0-1]

12. Nutrition intake

Regular hospital food	269 (65.6%)	15627 (62.7%)
Fortified/enriched hospital food	15 (3.7%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	202 (49.3%)	4305 (17.3%)
Enteral nutrition	35 (8.5%)	1259 (5.1%)
Parenteral nutrition	9 (2.2%)	785 (3.1%)
Special diet	146 (35.6%)	6593 (26.5%)
None	2 (0.5%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	42 (12.0%)	2145 (10.5%)
Peripheral venous access	254 (72.4%)	11975 (58.9%)
Nasogastric	5 (1.4%)	567 (2.8%)
Nasojejunal	1 (0.28%)	101 (0.50%)
Nasoduodenal	1 (0.28%)	40 (0.20%)
Enterostoma	1 (0.28%)	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	3 (0.85%)	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.57%)	63 (0.31%)
None	120 (29.3%)	11051 (44.3%)

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

Yes, previously	6 (1.5%)	282 (1.1%)
Yes, ongoing	3 (0.73%)	180 (0.72%)
No	326 (79.5%)	17744 (71.2%)
I do not know	4 (0.98%)	1404 (5.6%)
Missing	71 (17.3%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	223 (63.5%)	7973 (39.2%)
Protein requirements were determined	223 (63.5%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	226 (64.4%)	9150 (45.0%)
Nutrition treatment plan was developed	225 (64.1%)	8137 (40.0%)
Nutrition expert was consulted	236 (67.2%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	205 (58.4%)	7308 (35.9%)
None	-	-

15a. Energy goal

< 500 kcal	5 (1.2%)	445 (1.8%)
500-999 kcal	3 (0.73%)	210 (0.84%)
1000-1499 kcal	55 (13.4%)	1767 (7.1%)
1500-1999 kcal	175 (42.7%)	6430 (25.8%)
>=2000 kcal	53 (12.9%)	3687 (14.8%)
Not determined	58 (14.1%)	6548 (26.3%)
I do not know	2 (0.49%)	1248 (5.0%)
Missing	59 (14.4%)	4590 (18.4%)

15b. Energy intake

< 500 kcal	19 (4.6%)	1070 (4.3%)
500-999 kcal	51 (12.4%)	1366 (5.5%)
1000-1499 kcal	106 (25.9%)	2751 (11.0%)
1500-1999 kcal	116 (28.3%)	4599 (18.5%)
>=2000 kcal	10 (2.4%)	2469 (9.9%)
Not determined	45 (11.0%)	6254 (25.1%)
I do not know	4 (0.98%)	1824 (7.3%)
Missing	59 (14.4%)	4592 (18.4%)

16. Since admission, this patient's health status has...

Improved	210 (51.2%)	11134 (44.7%)
Deteriorated	37 (9.0%)	1331 (5.3%)
Remained the same	59 (14.4%)	5023 (20.2%)
This patient has just been admitted	37 (9.0%)	1445 (5.8%)
I do not know	8 (2.0%)	1402 (5.6%)
Missing	59 (14.4%)	4590 (18.4%)

Length of hospital stay (days)	29 [14-53]	13 [6-25]
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Outcome Code

1= Still in the hospital	94 (22.9%)	2848 (11.4%)
2= Transferred to another hospital	3 (0.73%)	526 (2.1%)

3= Transferred to long term care	-	653 (2.6%)
4= Rehabilitation	7 (1.7%)	606 (2.4%)
5= Discharged home	217 (52.9%)	18641 (74.8%)
6= Death	16 (3.9%)	956 (3.8%)
7= Others	4 (0.98%)	536 (2.2%)
Missing	69 (16.8%)	159 (0.64%)

Readmitted since nutritionDay

1= No	186 (76.5%)	16520 (77.3%)
2= Yes, same hospital planned	4 (1.6%)	1353 (6.3%)
3= Yes, same hospital unplanned	5 (2.1%)	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	48 (19.8%)	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	204 (50.4%)	14107 (57.7%)
I am vegetarian	8 (2.0%)	445 (1.8%)
I adhere to a vegan diet	4 (0.99%)	79 (0.32%)
I eat gluten-free diet	1 (0.25%)	210 (0.86%)
I avoid added sugars	74 (18.3%)	3287 (13.4%)
I avoid carbohydrates	31 (7.7%)	1220 (5.0%)
I eat a low fat-diet	56 (13.8%)	2101 (8.6%)
I am lactose intolerant	31 (7.7%)	816 (3.3%)
Other special diet due to intolerances/allergies	8 (2.0%)	421 (1.7%)
Other	39 (9.6%)	1522 (6.2%)
No answer given	61 (15.1%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	317 (78.3%)	17544 (71.7%)
In a nursing home or other live-in facility	3 (0.74%)	469 (1.9%)
I was transferred from another hospital	15 (3.7%)	1456 (6.0%)
Other	9 (2.2%)	339 (1.4%)
Missing	61 (15.1%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	204 (50.4%)	12349 (50.5%)
Yes, with someone's help	46 (11.4%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	38 (9.4%)	2560 (10.5%)
No, I have a wheelchair	24 (5.9%)	859 (3.5%)
No, I am bedridden	31 (7.7%)	1677 (6.9%)
Missing	62 (15.3%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	20 (4.9%)	1759 (7.2%)
Good	123 (30.4%)	7718 (31.6%)
Fair	156 (38.5%)	7368 (30.1%)
Poor	38 (9.4%)	2474 (10.1%)
Very poor	6 (1.5%)	414 (1.7%)
Missing	62 (15.3%)	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 [0-4]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [0-2]	1 [0-2]

... how many nights in total have you spent in hospital?	8 [3-19]	4 [0-14]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	130 (32.1%)	4831 (19.8%)
3-5	85 (21.0%)	5143 (21.0%)
More than 5	25 (6.2%)	5425 (22.2%)
None	89 (22.0%)	3787 (15.5%)
I do not know	13 (3.2%)	617 (2.5%)
Missing	63 (15.6%)	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	43 (10.6%)	3701 (15.1%)
Yes, public insurance only	35 (8.6%)	9777 (40.0%)
Yes, both	9 (2.2%)	1908 (7.8%)
None	254 (62.7%)	3768 (15.4%)
I prefer not to answer	1 (0.25%)	461 (1.9%)
Missing	63 (15.6%)	4837 (19.8%)

8. What was your weight 5 years ago?

I do not know	68 [59-80]	74 [63-85]
	127 (31.4%)	6168 (25.2%)

9a. Have you lost weight within the last 3 months?

Yes, intentionally	33 (8.1%)	1931 (7.9%)
Yes, unintentionally	228 (56.3%)	10653 (43.6%)
No, my weight stayed the same	48 (11.9%)	6738 (27.6%)
No, I gained weight	46 (11.4%)	2780 (11.4%)
I do not know	42 (10.4%)	2017 (8.2%)
Missing	8 (2.0%)	333 (1.4%)

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

I do not know	6 [2-14]	6 [4-10]
	72 (27.6%)	2421 (19.2%)

10. Did you know about your hospitalisation two days before admission? (Yes)

	67 (20.5%)	7367 (38.4%)
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11. Please indicate if you ...

... were weighed at admission	151 (44.0%)	10622 (53.6%)
... were informed about your nutrition status	117 (34.0%)	7345 (37.2%)
... were informed about nutrition care options	109 (31.7%)	6881 (34.9%)
... received special nutrition care	160 (46.6%)	6867 (34.9%)

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

More than normal	56 (13.9%)	1175 (4.8%)
Normal	232 (57.6%)	14950 (61.3%)

About 3/4 of normal	27 (6.7%)	2351 (9.6%)
About half of normal	48 (11.9%)	3047 (12.5%)
About a quarter to nearly nothing	33 (8.2%)	2386 (9.8%)
I do not know	4 (0.99%)	183 (0.75%)
Missing	3 (0.74%)	308 (1.3%)

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

Very satisfied	66 (16.4%)	5545 (22.7%)
Somewhat satisfied	98 (24.3%)	6058 (24.8%)
Neutral	74 (18.4%)	4069 (16.7%)
Dissatisfied	64 (15.9%)	1669 (6.8%)
Very dissatisfied	27 (6.7%)	733 (3.0%)
I do not know	9 (2.2%)	1404 (5.8%)
Missing	65 (16.1%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	34 (8.4%)	2402 (9.8%)
Yes, from hospital staff	20 (5.0%)	1324 (5.4%)
No	281 (69.7%)	15188 (62.2%)
I do not know	2 (0.50%)	275 (1.1%)
Missing	66 (16.4%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	255 (75.9%)	13701 (72.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	216 (53.6%)	11767 (48.2%)
1/2	101 (25.1%)	6068 (24.9%)
1/4	58 (14.4%)	3130 (12.8%)
Nothing	24 (6.0%)	2535 (10.4%)
Missing	4 (0.99%)	900 (3.7%)

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

Standard	223 (55.3%)	13049 (53.5%)
Smaller	63 (15.6%)	1824 (7.5%)
Larger	14 (3.5%)	960 (3.9%)
I do not know	21 (5.2%)	2121 (8.7%)
Missing	82 (20.3%)	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	80 (43.7%)	1924 (16.4%)
I did not like the smell/taste of the food	33 (18.0%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	4 (2.2%)	103 (0.88%)
The food was too hot	1 (0.55%)	29 (0.25%)

The food was too cold	19 (10.4%)	321 (2.7%)
Due to food allergy/intolerance	6 (3.3%)	151 (1.3%)
I was not hungry at that time	20 (10.9%)	1600 (13.6%)
I do not have my usual appetite	50 (27.3%)	3509 (29.9%)
I have problems chewing/swallowing	12 (6.6%)	683 (5.8%)
I normally eat less than what was served	11 (6.0%)	1218 (10.4%)
I had nausea/vomiting	29 (15.8%)	971 (8.3%)
I was too tired	8 (4.4%)	511 (4.4%)
I cannot eat without help	7 (3.8%)	146 (1.2%)
I was not allowed to eat	11 (6.0%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	13 (7.1%)	785 (6.7%)
I did not get requested food	2 (1.1%)	123 (1.0%)
No answer given	14 (7.7%)	2067 (17.6%)

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

Water	3 [2-4]	3 [2-6]
Tea	0 [0-1]	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	2 [1-2]	0 [0-1]
Other	1 [0-3]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 77 (23.6%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	20 (26.0%)	1125 (25.5%)
Salty snacks	19 (24.7%)	609 (13.8%)
Homemade food	22 (28.6%)	943 (21.4%)
Fruits	13 (16.9%)	1520 (34.5%)
Dairy products	4 (5.2%)	516 (11.7%)
Food delivered/restaurant	2 (2.6%)	188 (4.3%)
Sandwich	8 (10.4%)	265 (6.0%)
Other	9 (11.7%)	659 (14.9%)

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

Increased	45 (11.2%)	3392 (13.9%)
Decreased	184 (45.7%)	6798 (27.9%)
Stayed the same	102 (25.3%)	7810 (32.0%)
I do not know	5 (1.2%)	1112 (4.6%)
Missing	67 (16.6%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	241 (59.8%)	11712 (48.0%)
Weaker than at admission	70 (17.4%)	4322 (17.7%)
Same as at admission	70 (17.4%)	6423 (26.3%)
I was admitted today	3 (0.74%)	740 (3.0%)
I do not know	14 (3.5%)	917 (3.8%)
Missing	5 (1.2%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	262 (65.0%)	13991 (57.3%)
No, only with assistance	92 (22.8%)	6345 (26.0%)
No, I stay in bed	48 (11.9%)	3449 (14.1%)
Missing	1 (0.25%)	615 (2.5%)

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

	327 (95.9%)	14422 (73.8%)
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1. Are you COVID-19 positive TODAY?

Yes	-	565 (2.3%)
No	367 (89.5%)	19372 (77.7%)
I do not know	41 (10.0%)	2031 (8.1%)
Missing	2 (0.49%)	2957 (11.9%)

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

0-3 months	1 (0.24%)	1107 (4.4%)
3-6 months	1 (0.24%)	693 (2.8%)
6-12 months	9 (2.2%)	1353 (5.4%)
>1 year	67 (16.3%)	1899 (7.6%)
never	152 (37.1%)	9637 (38.7%)
I do not know	115 (28.0%)	3756 (15.1%)
Missing	65 (15.9%)	6480 (26.0%)

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

Yes	10 (2.4%)	1348 (5.4%)
No	303 (73.9%)	16395 (65.8%)
I do not know	93 (22.7%)	2695 (10.8%)
Missing	4 (0.98%)	4487 (18.0%)