



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2023  
Hungary

Dear participant,

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

Number of participated center:	4
Number of participated units:	8
Number of patients:	167
Number of patients who gave consent:	164
Number of patients completing Sheet 3a:	163
Number of patients completing Sheet 3b:	163
Number of patients with 30-day outcome assessment:	123

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](http://www.nutritionDay.org) or contact us at [office@nutritionDay.org](mailto:office@nutritionDay.org)!**

Best regards from the nutritionDay-Team!

Prof. Dr. Michael Hiesmayr

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

	YOUR RESULTS	REFERENCE RESULTS
<b>1. Total number of beds in hospital</b>	714 [425-1107]	334 [166-596]
<b>2. Total number of admissions in the hospital last year</b>	62828 [44242-81414]	15756 [6943-30258]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	327 [265-388]	200 [83-461]
Medical specialists	994 [994-994]	129 [42-350]
Medical non-specialists	553 [553-553]	51 [15-151]
Nurses	591 [511-670]	410 [142-815]
Dieticians	18 [14-21]	2 [0-9]
Nutritionists	0 [0-0]	3 [1-8]
Pharmacists	8 [7-9]	7 [3-17]
Kitchen staff	70 [70-70]	28 [9-60]
<b>Full time equivalent</b>		
Total medical doctors	152 [152-152]	199 [71-382]
Medical specialists	926 [926-926]	134 [45-306]
Medical non-specialists	500 [500-500]	87 [19-175]
Nurses	416 [416-416]	394 [134-672]
Dieticians	10 [10-10]	2 [0-7]
Nutritionists	0 [0-0]	2 [1-5]
Pharmacists	9 [9-9]	6 [2-15]
Kitchen staff	70 [70-70]	24 [3-48]
<b>4. Does the hospital have a nutrition care strategy?</b>	-	101 (78.3%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	2 (50.0%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	2 (50.0%) Yes	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	1 (25.0%) Yes	15 (8.4%) Yes
No answer given	1 (25.0%)	50 (27.9%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		

### Codes available

Nutrition Support	1 (25.0%) Yes	74 (41.3%) Yes
Oral nutrition supplements	1 (25.0%) Yes	74 (41.3%) Yes
Parenteral nutrition	1 (25.0%) Yes	88 (49.2%) Yes
Enteral nutrition	1 (25.0%) Yes	88 (49.2%) Yes
Dietary counseling	1 (25.0%) Yes	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	1 (25.0%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

### Codes routinely used

Nutrition Support	1 (25.0%) Yes	69 (38.5%) Yes
Oral nutrition supplements	1 (25.0%) Yes	60 (33.5%) Yes
Parenteral nutrition	1 (25.0%) Yes	79 (44.1%) Yes
Enteral nutrition	1 (25.0%) Yes	76 (42.5%) Yes
Dietary counseling	1 (25.0%) Yes	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	1 (25.0%) 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	-	20.4%
Internal Medicine / Cardiology	-	4.1%
Internal Medicine / Gastroenterology & hepatology	3 (37.5%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	2 (25.0%)	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	1 (12.5%)	2.6%
Surgery / General	1 (12.5%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	1 (12.5%)	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	-	16.9%
<b>2. Number of registered inpatients at noon</b>	23 [20-27]	22 [17-30]
<b>3. Total bed capacity of the unit</b>	31 [24-38]	30 [24-41]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	6 [4-8]	4 [2-6]
Nurses	5 [3-6]	4 [3-6]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	0 [0-0]	1 [0-1]
Administrative staff	2 [1-2]	1 [1-2]
Other staff involved in patient care	0 [0-1]	1 [0-3]
<b>In training</b>		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	3 [2-5]	0 [0-2]
Nurses	0 [0-0]	0 [0-2]

Nursing aides	0 [0-0]	0 [0-0]
Dietitians	1 [0-1]	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?** 4 (50.0%) Yes 762 (81.5%) Yes

**6. Does the unit have a nutrition care strategy?** 6 (75.0%) Yes 717 (76.7%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 4 (50.0%) Yes 674 (72.1%) Yes

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

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 2 (25.0%) 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	-	25 (2.0%) Yes
Experience / visual assessment only	-	78 (6.2%) Yes
Weighing / BMI only	7 (87.5%) Yes	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	-	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	1 (12.5%) Yes	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	1 (12.5%) Yes	124 (9.8%) Yes
No fixed criteria	-	103 (8.1%) Yes
Experience / visual assessment only	2 (25.0%) Yes	180 (14.2%) Yes
Weighing / BMI only	3 (37.5%) Yes	414 (32.6%) Yes
Other formal tool	2 (25.0%) 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?** 6 (75.0%) Yes 755 (83.3%) Yes

<b>11b. If yes, which one is mainly used?</b>		
International guidelines	4 (66.7%) Yes	303 (40.1%) Yes
National guidelines	2 (33.3%) Yes	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	1 (12.5%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	5 (62.5%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	6 (75.0%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	4 (50.0%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (25.0%) Yes	519 (40.9%) Yes
Consult a medical professional	-	282 (22.2%) Yes
Calculate energy requirements	4 (50.0%) Yes	453 (35.7%) Yes
Calculate protein requirements	4 (50.0%) Yes	439 (34.6%) Yes

### Malnourished

Watchful waiting	1 (12.5%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	6 (75.0%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	6 (75.0%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	4 (50.0%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (25.0%) Yes	589 (46.5%) Yes
Consult a medical professional	2 (25.0%) Yes	392 (30.9%) Yes
Calculate energy requirements	4 (50.0%) Yes	564 (44.5%) Yes
Calculate protein requirements	5 (62.5%) Yes	541 (42.7%) Yes

### Every patient

Watchful waiting	1 (12.5%) Yes	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	2 (25.0%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (50.0%) Yes	241 (19.0%) Yes
Consult a medical professional	2 (25.0%) Yes	309 (24.4%) Yes
Calculate energy requirements	2 (25.0%) Yes	144 (11.4%) Yes
Calculate protein requirements	-	141 (11.1%) Yes

### Never

Watchful waiting	1 (12.5%) Yes	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	1 (12.5%) Yes	99 (7.8%) Yes
Calculate protein requirements	1 (12.5%) Yes	112 (8.8%) Yes

#### **I do not know**

Watchful waiting	2 (25.0%) Yes	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	2 (25.0%) 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	7 (87.5%) 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 (37.5%) Yes	450 (35.5%) Yes
Occasionally	1 (12.5%) Yes	149 (11.8%) Yes
When requested	3 (37.5%) Yes	655 (51.7%) Yes
At discharge	-	68 (5.4%) Yes
Never	1 (12.5%) Yes	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	4 (50.0%) Yes	925 (72.9%) Yes
Offer meal choices	2 (25.0%) 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 (87.5%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	6 (75.0%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	4 (50.0%) Yes	277 (21.8%) Yes
Promote positive eating environment	3 (37.5%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	6 (75.0%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	7 (87.5%) Yes	995 (78.5%) Yes

Other	1 (12.5%) Yes	78 (6.2%) Yes
I do not know	-	25 (2.0%) Yes
No answer given	-	85 (6.7%)
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	4 (50.0%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	1 (12.5%) Yes	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	2 (25.0%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	1 (12.5%) Yes	37 (2.9%) Yes
No answer given	2 (25.0%)	333 (26.3%)
<b>16. At admission what is asked and documented?</b>		
Change in weight	6 (75.0%) Yes	804 (63.4%) Yes
Eating habits/difficulties	5 (62.5%) Yes	686 (54.1%) Yes
Nutrition before admission	5 (62.5%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	2 (25.0%)	333 (26.3%)
<b>17. On what forms is there a specific part about eating, nutrition or malnutrition?</b>		
<b>a. Patient Record has a section for ...</b>		
indicating if the patient is malnourished or at risk of malnutrition	5 (62.5%) Yes	747 (58.9%) Yes
nutrition treatment	3 (37.5%) Yes	525 (41.4%) Yes
None	-	78 (6.2%) Yes
I do not know	-	31 (2.4%) Yes
<b>b. Discharge Letter ...</b>		
summarizes nutrition treatment received during stay	3 (37.5%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	5 (62.5%) Yes	592 (46.7%) Yes
None	1 (12.5%) Yes	86 (6.8%) Yes
I do not know	1 (12.5%) Yes	82 (6.5%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	1 (20.0%) Yes	390 (45.0%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	3 (37.5%) Yes	276 (21.8%) Yes

Dietician	6 (75.0%) Yes	457 (36.0%) Yes
Nurse	5 (62.5%) Yes	234 (18.5%) Yes
Physician	3 (37.5%) Yes	109 (8.6%) Yes
Administrative staff	2 (25.0%) Yes	22 (1.7%) Yes
Other	2 (25.0%) 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	164	24925
Age	66 [56-75]	64 [47-77]
Female	78 (47.6%)	11998 (48.1%)
Weight	74.1±19.4	71.0±18.5
Height	168±10	166±10
BMI	26.0±5.8	25.8±5.9

#### 1. This hospital admission was...

planned	77 (47.0%)	8482 (34.0%)
an emergency	87 (53.0%)	15200 (61.0%)
I do not know	-	1243 (5.0%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	4 (2.4%)	2684 (10.8%)
0200 Neoplasms	50 (30.5%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	4 (2.4%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	7 (4.3%)	3091 (12.4%)
0500 Mental health	-	915 (3.7%)
0600 Nervous system	14 (8.5%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	18 (11.0%)	4794 (19.2%)
1000 Respiratory system	2 (1.2%)	3073 (12.3%)
1100 Digestive system	80 (48.8%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	2 (1.2%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	5 (3.0%)	4061 (16.3%)
1400 Genitourinary system	7 (4.3%)	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	-	1481 (5.9%)
1900 Injury, poisoning	-	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	-	722 (2.9%)
2100 Factors influencing health status and contact with health services	1 (0.61%)	947 (3.8%)
No answer given	-	-

#### 3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	21 (13.4%)	4157 (17.9%)
Myocardial infarction	5 (3.2%)	1170 (5.1%)
Chronic lung disease	15 (9.6%)	2384 (10.3%)
Cerebral vascular disease	14 (8.9%)	1781 (7.7%)
Peripheral vascular disease	33 (21.0%)	2332 (10.1%)
Chronic liver disease	22 (14.0%)	1354 (5.9%)
Chronic kidney disease	6 (3.8%)	2949 (12.8%)
Diabetes	48 (30.0%)	5896 (25.3%)
Cancer	54 (34.0%)	4775 (20.7%)
Infection	16 (10.0%)	3183 (13.8%)
Dementia	4 (2.5%)	888 (3.9%)
Major depressive disorder	6 (3.8%)	1000 (4.4%)
Other chronic mental disorder	5 (3.2%)	986 (4.3%)
Other chronic disease	56 (35.9%)	7288 (31.2%)
None	24 (14.6%)	5060 (20.3%)

#### 4a. Previous operation during this hospital stay

Yes, planned	32 (19.5%)	4133 (16.6%)
Yes, acute	18 (11.0%)	1929 (7.7%)
No	83 (50.6%)	13886 (55.7%)
I do not know	1 (0.61%)	164 (0.66%)
Missing	30 (18.3%)	4813 (19.3%)

Days since operation	2 [1-6]	4 [1-14]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	12 (7.3%)	2384 (9.6%)
Yes, later	20 (12.2%)	1452 (5.8%)
No	94 (57.3%)	15545 (62.4%)
I do not know	5 (3.0%)	333 (1.3%)
Missing	33 (20.1%)	5211 (20.9%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	9 (6.6%)	2361 (11.6%)
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<b>6. Is this patient terminally ill?</b>	5 (3.0%)	2137 (8.6%)
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#### 7. Fluid status

Normal	121 (73.8%)	19805 (79.5%)
Overloaded	6 (3.7%)	975 (3.9%)
Dehydrated	33 (20.1%)	1471 (5.9%)
I do not know	4 (2.4%)	2674 (10.7%)
Missing	-	-

## 8. Number of different medications planned

Oral	5 [3-7]	4 [2-7]
Other	1 [1-2]	2 [1-4]

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

Malnourished	28 (17.1%)	3279 (13.2%)
At risk	24 (14.6%)	5283 (21.2%)
No	109 (66.5%)	14990 (60.1%)
I do not know	3 (1.8%)	1373 (5.5%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	71 (43.3%)	8543 (34.3%)
5% Glucose solution	11 (6.7%)	1473 (5.9%)

## 11. Number of ONS drinks planned

0 [0-2]	0 [0-1]
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## 12. Nutrition intake

Regular hospital food	68 (41.5%)	15627 (62.7%)
Fortified/enriched hospital food	9 (5.5%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	29 (17.7%)	4305 (17.3%)
Enteral nutrition	6 (3.7%)	1259 (5.1%)
Parenteral nutrition	13 (7.9%)	785 (3.1%)
Special diet	70 (42.7%)	6593 (26.5%)
None	7 (4.3%)	968 (3.9%)

## 13a. All lines and Tubes

Central Venous	14 (10.3%)	2145 (10.5%)
Peripheral venous access	67 (49.3%)	11975 (58.9%)
Nasogastric	-	567 (2.8%)
Nasojejunal	4 (2.9%)	101 (0.50%)
Nasoduodenal	-	40 (0.20%)
Enterostoma	-	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	-	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	-	63 (0.31%)
None	82 (50.0%)	11051 (44.3%)

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

Yes, previously	2 (1.2%)	282 (1.1%)
Yes, ongoing	3 (1.8%)	180 (0.72%)
No	126 (76.8%)	17744 (71.2%)
I do not know	1 (0.61%)	1404 (5.6%)
Missing	32 (19.5%)	5315 (21.3%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	32 (23.5%)	7973 (39.2%)
Protein requirements were determined	24 (17.6%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	23 (16.9%)	9150 (45.0%)
Nutrition treatment plan was developed	25 (18.4%)	8137 (40.0%)
Nutrition expert was consulted	50 (36.8%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	46 (33.8%)	7308 (35.9%)
None	-	-

#### 15a. Energy goal

< 500 kcal	13 (7.9%)	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	8 (4.9%)	1767 (7.1%)
1500-1999 kcal	44 (26.8%)	6430 (25.8%)
>=2000 kcal	13 (7.9%)	3687 (14.8%)
Not determined	42 (25.6%)	6548 (26.3%)
I do not know	16 (9.8%)	1248 (5.0%)
Missing	28 (17.1%)	4590 (18.4%)

#### 15b. Energy intake

< 500 kcal	14 (8.5%)	1070 (4.3%)
500-999 kcal	5 (3.0%)	1366 (5.5%)
1000-1499 kcal	10 (6.1%)	2751 (11.0%)
1500-1999 kcal	26 (15.9%)	4599 (18.5%)
>=2000 kcal	5 (3.0%)	2469 (9.9%)
Not determined	59 (36.0%)	6254 (25.1%)
I do not know	17 (10.4%)	1824 (7.3%)
Missing	28 (17.1%)	4592 (18.4%)

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

Improved	71 (43.3%)	11134 (44.7%)
Deteriorated	10 (6.1%)	1331 (5.3%)
Remained the same	39 (23.8%)	5023 (20.2%)
This patient has just been admitted	7 (4.3%)	1445 (5.8%)
I do not know	9 (5.5%)	1402 (5.6%)
Missing	28 (17.1%)	4590 (18.4%)

Length of hospital stay (days)	9 [5-16]	13 [6-25]
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#### Outcome Code

1= Still in the hospital	2 (1.2%)	2848 (11.4%)
2= Transferred to another hospital	10 (6.1%)	526 (2.1%)

3= Transferred to long term care	-	653 (2.6%)
4= Rehabilitation	4 (2.4%)	606 (2.4%)
5= Discharged home	104 (63.4%)	18641 (74.8%)
6= Death	2 (1.2%)	956 (3.8%)
7= Others	1 (0.61%)	536 (2.2%)
Missing	41 (25.0%)	159 (0.64%)

### Readmitted since nutritionDay

1= No	93 (77.5%)	16520 (77.3%)
2= Yes, same hospital planned	7 (5.8%)	1353 (6.3%)
3= Yes, same hospital unplanned	11 (9.2%)	1110 (5.2%)
4= Yes, different hospital planned	-	80 (0.37%)
5= Yes, different hospital unplanned	-	80 (0.37%)
6= Unknown	4 (3.3%)	485 (2.3%)
Missing	1 (0.83%)	1675 (7.8%)

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

**YOUR RESULTS      REFERENCE RESULTS**

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	87 (53.4%)	14107 (57.7%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	-	79 (0.32%)
I eat gluten-free diet	5 (3.1%)	210 (0.86%)
I avoid added sugars	27 (16.6%)	3287 (13.4%)
I avoid carbohydrates	12 (7.4%)	1220 (5.0%)
I eat a low fat-diet	21 (12.9%)	2101 (8.6%)
I am lactose intolerant	4 (2.5%)	816 (3.3%)
Other special diet due to intolerances/allergies	4 (2.5%)	421 (1.7%)
Other	5 (3.1%)	1522 (6.2%)
No answer given	28 (17.2%)	4719 (19.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	113 (69.3%)	17544 (71.7%)
In a nursing home or other live-in facility	3 (1.8%)	469 (1.9%)
I was transferred from another hospital	17 (10.4%)	1456 (6.0%)
Other	1 (0.61%)	339 (1.4%)
Missing	29 (17.8%)	4644 (19.0%)
<b>3. In general, are you able to walk?</b>		
Yes	113 (69.3%)	12349 (50.5%)
Yes, with someone's help	4 (2.5%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	9 (5.5%)	2560 (10.5%)
No, I have a wheelchair	3 (1.8%)	859 (3.5%)
No, I am bedridden	5 (3.1%)	1677 (6.9%)
Missing	29 (17.8%)	4751 (19.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	6 (3.7%)	1759 (7.2%)
Good	37 (22.7%)	7718 (31.6%)
Fair	58 (35.6%)	7368 (30.1%)
Poor	20 (12.3%)	2474 (10.1%)
Very poor	12 (7.4%)	414 (1.7%)
Missing	30 (18.4%)	4719 (19.3%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	4 [2-10]	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?	4 [0-16]	4 [0-14]
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**6. How many different medications do you take routinely each day (prior to hospitalisation)?**

1-2	31 (19.0%)	4831 (19.8%)
3-5	47 (28.8%)	5143 (21.0%)
More than 5	42 (25.8%)	5425 (22.2%)
None	11 (6.7%)	3787 (15.5%)
I do not know	4 (2.5%)	617 (2.5%)
Missing	28 (17.2%)	4649 (19.0%)

**7. Do you have health insurance?**

Yes, private insurance only	2 (1.2%)	3701 (15.1%)
Yes, public insurance only	114 (69.9%)	9777 (40.0%)
Yes, both	8 (4.9%)	1908 (7.8%)
None	8 (4.9%)	3768 (15.4%)
I prefer not to answer	2 (1.2%)	461 (1.9%)
Missing	29 (17.8%)	4837 (19.8%)

**8. What was your weight 5 years ago?**

	80 [70-90]	74 [63-85]
I do not know	9 (5.5%)	6168 (25.2%)

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

Yes, intentionally	7 (4.3%)	1931 (7.9%)
Yes, unintentionally	117 (71.8%)	10653 (43.6%)
No, my weight stayed the same	29 (17.8%)	6738 (27.6%)
No, I gained weight	-	2780 (11.4%)
I do not know	8 (4.9%)	2017 (8.2%)
Missing	2 (1.2%)	333 (1.4%)

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

	8 [5-15]	6 [4-10]
I do not know	5 (4.0%)	2421 (19.2%)

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

	57 (44.2%)	7367 (38.4%)
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**11. Please indicate if you ...**

... were weighed at admission	64 (47.4%)	10622 (53.6%)
... were informed about your nutrition status	39 (29.1%)	7345 (37.2%)
... were informed about nutrition care options	44 (32.6%)	6881 (34.9%)
... received special nutrition care	47 (34.8%)	6867 (34.9%)

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

More than normal	7 (4.3%)	1175 (4.8%)
Normal	107 (65.6%)	14950 (61.3%)

About 3/4 of normal	11 (6.7%)	2351 (9.6%)
About half of normal	18 (11.0%)	3047 (12.5%)
About a quarter to nearly nothing	17 (10.4%)	2386 (9.8%)
I do not know	3 (1.8%)	183 (0.75%)
Missing	-	308 (1.3%)

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

Very satisfied	11 (6.7%)	5545 (22.7%)
Somewhat satisfied	37 (22.7%)	6058 (24.8%)
Neutral	35 (21.5%)	4069 (16.7%)
Dissatisfied	13 (8.0%)	1669 (6.8%)
Very dissatisfied	7 (4.3%)	733 (3.0%)
I do not know	31 (19.0%)	1404 (5.8%)
Missing	29 (17.8%)	4922 (20.2%)

### 14. Did you get any help with eating TODAY?

Yes, from family or friends	7 (4.3%)	2402 (9.8%)
Yes, from hospital staff	11 (6.7%)	1324 (5.4%)
No	113 (69.3%)	15188 (62.2%)
I do not know	2 (1.2%)	275 (1.1%)
Missing	30 (18.4%)	5211 (21.4%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	85 (64.4%)	13701 (72.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	58 (35.6%)	11767 (48.2%)
1/2	36 (22.1%)	6068 (24.9%)
1/4	18 (11.0%)	3130 (12.8%)
Nothing	47 (28.8%)	2535 (10.4%)
Missing	4 (2.5%)	900 (3.7%)

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

Standard	72 (44.2%)	13049 (53.5%)
Smaller	2 (1.2%)	1824 (7.5%)
Larger	1 (0.61%)	960 (3.9%)
I do not know	44 (27.0%)	2121 (8.7%)
Missing	44 (27.0%)	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	6 (5.9%)	1924 (16.4%)
I did not like the smell/taste of the food	18 (17.8%)	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	1 (0.99%)	321 (2.7%)
Due to food allergy/intolerance	-	151 (1.3%)
I was not hungry at that time	17 (16.8%)	1600 (13.6%)
I do not have my usual appetite	14 (13.9%)	3509 (29.9%)
I have problems chewing/swallowing	5 (5.0%)	683 (5.8%)
I normally eat less than what was served	5 (5.0%)	1218 (10.4%)
I had nausea/vomiting	1 (0.99%)	971 (8.3%)
I was too tired	-	511 (4.4%)
I cannot eat without help	1 (0.99%)	146 (1.2%)
I was not allowed to eat	18 (17.8%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	27 (26.7%)	785 (6.7%)
I did not get requested food	1 (0.99%)	123 (1.0%)
No answer given	8 (7.9%)	2067 (17.6%)

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

Water	5 [3-8]	3 [2-6]
Tea	1 [1-3]	1 [0-2]
Coffee	0 [0-0]	1 [0-2]
Milk	0 [0-0]	0 [0-1]
Fruit juice	0 [0-0]	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)** 41 (34.2%) 4412 (23.9%)

### 19b. If yes, what did you eat?

Sweet snacks	15 (36.6%)	1125 (25.5%)
Salty snacks	15 (36.6%)	609 (13.8%)
Homemade food	7 (17.1%)	943 (21.4%)
Fruits	12 (29.3%)	1520 (34.5%)
Dairy products	5 (12.2%)	516 (11.7%)
Food delivered/restaurant	-	188 (4.3%)
Sandwich	6 (14.6%)	265 (6.0%)
Other	4 (9.8%)	659 (14.9%)

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

Increased	23 (14.1%)	3392 (13.9%)
Decreased	71 (43.6%)	6798 (27.9%)
Stayed the same	27 (16.6%)	7810 (32.0%)
I do not know	9 (5.5%)	1112 (4.6%)
Missing	33 (20.2%)	5288 (21.7%)

## 21. TODAY I feel...

Stronger than at admission	59 (36.2%)	11712 (48.0%)
Weaker than at admission	49 (30.1%)	4322 (17.7%)
Same as at admission	46 (28.2%)	6423 (26.3%)
I was admitted today	5 (3.1%)	740 (3.0%)
I do not know	3 (1.8%)	917 (3.8%)
Missing	1 (0.61%)	286 (1.2%)

## 22. Can you walk without assistance TODAY?

Yes	135 (82.8%)	13991 (57.3%)
No, only with assistance	16 (9.8%)	6345 (26.0%)
No, I stay in bed	10 (6.1%)	3449 (14.1%)
Missing	2 (1.2%)	615 (2.5%)

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

123 (91.8%) 14422 (73.8%)

**1. Are you COVID-19 positive TODAY?**

Yes	-	565 (2.3%)
No	46 (28.0%)	19372 (77.7%)
I do not know	45 (27.4%)	2031 (8.1%)
Missing	73 (44.5%)	2957 (11.9%)

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

0-3 months	4 (2.4%)	1107 (4.4%)
3-6 months	6 (3.7%)	693 (2.8%)
6-12 months	3 (1.8%)	1353 (5.4%)
>1 year	2 (1.2%)	1899 (7.6%)
never	8 (4.9%)	9637 (38.7%)
I do not know	67 (40.9%)	3756 (15.1%)
Missing	74 (45.1%)	6480 (26.0%)

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

Yes	-	1348 (5.4%)
No	47 (28.7%)	16395 (65.8%)
I do not know	45 (27.4%)	2695 (10.8%)
Missing	72 (43.9%)	4487 (18.0%)