



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
India

Dear participant,

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

Number of participated center:	12
Number of participated units:	20
Number of patients:	470
Number of patients who gave consent:	432
Number of patients completing Sheet 3a:	394
Number of patients completing Sheet 3b:	395
Number of patients with 30-day outcome assessment:	309

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	450 [150-720]	334 [166-596]
2. Total number of admissions in the hospital last year	18000 [3400-21181]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	213 [104-329]	200 [83-461]
Medical specialists	99 [47-194]	129 [42-350]
Medical non-specialists	24 [13-33]	51 [15-151]
Nurses	386 [235-533]	410 [142-815]
Dieticians	7 [4-9]	2 [0-9]
Nutritionists	0 [0-1]	3 [1-8]
Pharmacists	20 [15-45]	7 [3-17]
Kitchen staff	45 [26-66]	28 [9-60]
Full time equivalent		
Total medical doctors	107 [50-199]	199 [71-382]
Medical specialists	13 [9-29]	134 [45-306]
Medical non-specialists	17 [10-24]	87 [19-175]
Nurses	250 [171-346]	394 [134-672]
Dieticians	6 [3-8]	2 [0-7]
Nutritionists	0 [0-0]	2 [1-5]
Pharmacists	15 [11-18]	6 [2-15]
Kitchen staff	39 [18-58]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	6 (50.0%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	6 (50.0%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	2 (16.7%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	4 (33.3%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	6 (50.0%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (41.7%) Yes	90 (50.3%) Yes
None	-	15 (8.4%) Yes
No answer given	3 (25.0%)	50 (27.9%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	3 (25.0%) Yes	74 (41.3%) Yes
Oral nutrition supplements	3 (25.0%) Yes	74 (41.3%) Yes
Parenteral nutrition	2 (16.7%) Yes	88 (49.2%) Yes
Enteral nutrition	3 (25.0%) Yes	88 (49.2%) Yes
Dietary counseling	4 (33.3%) Yes	58 (32.4%) Yes
Specific dietary interventions	2 (16.7%) Yes	51 (28.5%) Yes
Screening for malnutrition	2 (16.7%) Yes	53 (29.6%) Yes
Risk of malnutrition	-	47 (26.3%) Yes
Malnutrition (in general)	1 (8.3%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (8.3%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	2 (16.7%) Yes	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	2 (16.7%) Yes	69 (38.5%) Yes
Oral nutrition supplements	2 (16.7%) Yes	60 (33.5%) Yes
Parenteral nutrition	2 (16.7%) Yes	79 (44.1%) Yes
Enteral nutrition	2 (16.7%) Yes	76 (42.5%) Yes
Dietary counseling	4 (33.3%) Yes	45 (25.1%) Yes
Specific dietary interventions	1 (8.3%) Yes	45 (25.1%) Yes
Screening for malnutrition	2 (16.7%) Yes	42 (23.5%) Yes
Risk of malnutrition	-	36 (20.1%) Yes
Malnutrition (in general)	1 (8.3%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (8.3%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	2 (16.7%) 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	2 (10.0%)	20.4%
Internal Medicine / Cardiology	2 (10.0%)	4.1%
Internal Medicine / Gastroenterology & hepatology	5 (25.0%)	5.5%
Internal Medicine / Geriatrics	-	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	1 (5.0%)	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	1 (5.0%)	8.3%
Interdisciplinary	2 (10.0%)	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	1 (5.0%)	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	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	6 (30.0%)	16.9%
2. Number of registered inpatients at noon	13 [11-23]	22 [17-30]
3. Total bed capacity of the unit	40 [22-55]	30 [24-41]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	4 [3-8]	4 [2-6]
Nurses	12 [10-15]	4 [3-6]
Nursing aides	2 [1-5]	2 [1-4]
Dieticians	2 [2-4]	1 [0-1]
Nutritionists	0 [0-0]	1 [0-1]
Administrative staff	3 [1-4]	1 [1-2]
Other staff involved in patient care	6 [5-10]	1 [0-3]
In training		
Medical doctors	1 [1-2]	1 [0-3]
Medical students	1 [1-1]	0 [0-2]
Nurses	2 [1-3]	0 [0-2]

Nursing aides	1 [0-1]	0 [0-0]
Dieticians	2 [1-3]	0 [0-0]
Nutritionists	0 [0-1]	0 [0-0]
Other staff involved in patient care	0 [0-1]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 11 (55.0%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 12 (60.0%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 12 (60.0%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 15 (75.0%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 10 (50.0%) 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	-	184 (14.5%) Yes
Nutritional Risk Screening (NRS) 2002	5 (25.0%) Yes	440 (34.7%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (10.0%) Yes	85 (6.7%) Yes
Malnutrition Screening tool (MST)	5 (25.0%) Yes	91 (7.2%) Yes
SNAQ	-	8 (0.63%) Yes
Other formal tool	3 (15.0%) Yes	146 (11.5%) Yes
I do not know	-	7 (0.55%) Yes
Missing	5 (25.0%)	85 (6.7%)

During hospital stay

No routine monitoring	-	124 (9.8%) Yes
No fixed criteria	1 (5.0%) Yes	103 (8.1%) Yes
Experience / visual assessment only	-	180 (14.2%) Yes
Weighing / BMI only	5 (25.0%) Yes	414 (32.6%) Yes
Other formal tool	8 (40.0%) Yes	340 (26.8%) Yes
I do not know	1 (5.0%) Yes	22 (1.7%) Yes
Missing	5 (25.0%)	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 12 (60.0%) Yes 755 (83.3%) Yes

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

International guidelines	10 (83.3%) Yes	303 (40.1%) Yes
National guidelines	1 (8.3%) 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	1 (8.3%) 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	1 (5.0%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	1 (5.0%) Yes	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.)	1 (5.0%) Yes	519 (40.9%) Yes
Consult a medical professional	1 (5.0%) Yes	282 (22.2%) Yes
Calculate energy requirements	-	453 (35.7%) Yes
Calculate protein requirements	-	439 (34.6%) Yes

Malnourished

Watchful waiting	1 (5.0%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	1 (5.0%) Yes	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	4 (20.0%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	11 (55.0%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	12 (60.0%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	12 (60.0%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (60.0%) Yes	241 (19.0%) Yes
Consult a medical professional	11 (55.0%) Yes	309 (24.4%) Yes
Calculate energy requirements	12 (60.0%) Yes	144 (11.4%) Yes
Calculate protein requirements	12 (60.0%) Yes	141 (11.1%) Yes

Never

Watchful waiting	7 (35.0%) 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	-	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	15 (75.0%) Yes	727 (57.3%) Yes
Within 24 hours	1 (5.0%) Yes	142 (11.2%) Yes
Within 48 hours	1 (5.0%) Yes	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	3 (15.0%) Yes	450 (35.5%) Yes
Occasionally	-	149 (11.8%) Yes
When requested	10 (50.0%) Yes	655 (51.7%) Yes
At discharge	7 (35.0%) 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	15 (75.0%) Yes	925 (72.9%) Yes
Offer meal choices	10 (50.0%) Yes	784 (61.8%) Yes
Offer different portion sizes	10 (50.0%) Yes	687 (54.2%) Yes
Consider food presentation	7 (35.0%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	14 (70.0%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	15 (75.0%) Yes	970 (76.5%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	8 (40.0%) Yes	277 (21.8%) Yes
Promote positive eating environment	7 (35.0%) Yes	315 (24.8%) Yes
Consider cultural/religious preferences	15 (75.0%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	14 (70.0%) Yes	995 (78.5%) Yes

Other	-	78 (6.2%) Yes
I do not know	-	25 (2.0%) Yes
No answer given	5 (25.0%)	85 (6.7%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	12 (60.0%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	12 (60.0%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	7 (35.0%) Yes	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	12 (60.0%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	11 (55.0%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	-	37 (2.9%) Yes
No answer given	8 (40.0%)	333 (26.3%)
16. At admission what is asked and documented?		
Change in weight	12 (60.0%) Yes	804 (63.4%) Yes
Eating habits/difficulties	12 (60.0%) Yes	686 (54.1%) Yes
Nutrition before admission	12 (60.0%) Yes	502 (39.6%) Yes
None	-	31 (2.4%) Yes
I do not know	-	42 (3.3%) Yes
No answer given	8 (40.0%)	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	12 (60.0%) Yes	747 (58.9%) Yes
nutrition treatment	11 (55.0%) 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	10 (50.0%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	11 (55.0%) 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?	6 (50.0%) Yes	390 (45.0%) Yes
19. Who filled in this sheet?		
Head staff	-	276 (21.8%) Yes

Dietician	12 (60.0%) Yes	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	432	24925
Age	56 [41-68]	64 [47-77]
Female	146 (33.8%)	11998 (48.1%)
Weight	67.7±19.8	71.0±18.5
Height	163±8	166±10
BMI	24.8±5.4	25.8±5.9

1. This hospital admission was...

planned	239 (55.3%)	8482 (34.0%)
an emergency	184 (42.6%)	15200 (61.0%)
I do not know	9 (2.1%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	49 (11.3%)	2684 (10.8%)
0200 Neoplasms	63 (14.6%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	4 (0.93%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	58 (13.4%)	3091 (12.4%)
0500 Mental health	-	915 (3.7%)
0600 Nervous system	12 (2.8%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	1 (0.23%)	136 (0.55%)
0900 Circulatory system	50 (11.6%)	4794 (19.2%)
1000 Respiratory system	22 (5.1%)	3073 (12.3%)
1100 Digestive system	135 (31.3%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	3 (0.69%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	21 (4.9%)	4061 (16.3%)
1400 Genitourinary system	36 (8.3%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	1 (0.23%)	659 (2.6%)
1600 Conditions originating in the perinatal period	-	33 (0.13%)
1700 Congenital/chromosomal abnormalities	1 (0.23%)	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	31 (7.2%)	1481 (5.9%)
1900 Injury, poisoning	11 (2.5%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	4 (0.93%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	8 (1.9%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	49 (11.3%)	4157 (17.9%)
Myocardial infarction	32 (7.5%)	1170 (5.1%)
Chronic lung disease	19 (4.5%)	2384 (10.3%)
Cerebral vascular disease	9 (2.1%)	1781 (7.7%)
Peripheral vascular disease	3 (0.71%)	2332 (10.1%)
Chronic liver disease	51 (12.0%)	1354 (5.9%)
Chronic kidney disease	45 (10.7%)	2949 (12.8%)
Diabetes	150 (35.0%)	5896 (25.3%)
Cancer	65 (15.3%)	4775 (20.7%)
Infection	49 (11.5%)	3183 (13.8%)
Dementia	4 (0.94%)	888 (3.9%)
Major depressive disorder	-	1000 (4.4%)
Other chronic mental disorder	4 (0.94%)	986 (4.3%)
Other chronic disease	60 (14.1%)	7288 (31.2%)
None	99 (22.9%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	67 (15.5%)	4133 (16.6%)
Yes, acute	16 (3.7%)	1929 (7.7%)
No	260 (60.2%)	13886 (55.7%)
I do not know	1 (0.23%)	164 (0.66%)
Missing	88 (20.4%)	4813 (19.3%)

Days since operation	2 [0-2]	4 [1-14]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	46 (10.6%)	2384 (9.6%)
Yes, later	35 (8.1%)	1452 (5.8%)
No	258 (59.7%)	15545 (62.4%)
I do not know	5 (1.2%)	333 (1.3%)
Missing	88 (20.4%)	5211 (20.9%)

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

64 (18.4%)	2361 (11.6%)
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6. Is this patient terminally ill?

84 (19.4%)	2137 (8.6%)
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7. Fluid status

Normal	363 (84.0%)	19805 (79.5%)
Overloaded	45 (10.4%)	975 (3.9%)
Dehydrated	20 (4.6%)	1471 (5.9%)
I do not know	4 (0.93%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	4 [2-6]	4 [2-7]
Other	2 [1-4]	2 [1-4]

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

Malnourished	57 (13.2%)	3279 (13.2%)
At risk	87 (20.1%)	5283 (21.2%)
No	284 (65.7%)	14990 (60.1%)
I do not know	4 (0.93%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	253 (58.6%)	8543 (34.3%)
5% Glucose solution	36 (8.3%)	1473 (5.9%)

11. Number of ONS drinks planned

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

Regular hospital food	158 (36.6%)	15627 (62.7%)
Fortified/enriched hospital food	242 (56.0%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	220 (50.9%)	4305 (17.3%)
Enteral nutrition	13 (3.0%)	1259 (5.1%)
Parenteral nutrition	14 (3.2%)	785 (3.1%)
Special diet	270 (62.5%)	6593 (26.5%)
None	16 (3.7%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	31 (8.9%)	2145 (10.5%)
Peripheral venous access	284 (81.6%)	11975 (58.9%)
Nasogastric	3 (0.86%)	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduodenal	-	40 (0.20%)
Enterostoma	-	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	-	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	2 (0.57%)	63 (0.31%)
None	117 (27.1%)	11051 (44.3%)

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

Yes, previously	3 (0.69%)	282 (1.1%)
Yes, ongoing	3 (0.69%)	180 (0.72%)
No	316 (73.1%)	17744 (71.2%)
I do not know	2 (0.46%)	1404 (5.6%)
Missing	108 (25.0%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	332 (95.4%)	7973 (39.2%)
Protein requirements were determined	333 (95.7%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	331 (95.1%)	9150 (45.0%)
Nutrition treatment plan was developed	332 (95.4%)	8137 (40.0%)
Nutrition expert was consulted	332 (95.4%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	303 (87.1%)	7308 (35.9%)
None	-	-

15a. Energy goal

< 500 kcal	14 (3.2%)	445 (1.8%)
500-999 kcal	66 (15.3%)	210 (0.84%)
1000-1499 kcal	109 (25.2%)	1767 (7.1%)
1500-1999 kcal	128 (29.6%)	6430 (25.8%)
>=2000 kcal	17 (3.9%)	3687 (14.8%)
Not determined	14 (3.2%)	6548 (26.3%)
I do not know	-	1248 (5.0%)
Missing	84 (19.4%)	4590 (18.4%)

15b. Energy intake

< 500 kcal	23 (5.3%)	1070 (4.3%)
500-999 kcal	142 (32.9%)	1366 (5.5%)
1000-1499 kcal	127 (29.4%)	2751 (11.0%)
1500-1999 kcal	35 (8.1%)	4599 (18.5%)
>=2000 kcal	7 (1.6%)	2469 (9.9%)
Not determined	14 (3.2%)	6254 (25.1%)
I do not know	-	1824 (7.3%)
Missing	84 (19.4%)	4592 (18.4%)

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

Improved	204 (47.2%)	11134 (44.7%)
Deteriorated	7 (1.6%)	1331 (5.3%)
Remained the same	117 (27.1%)	5023 (20.2%)
This patient has just been admitted	19 (4.4%)	1445 (5.8%)
I do not know	1 (0.23%)	1402 (5.6%)
Missing	84 (19.4%)	4590 (18.4%)

Length of hospital stay (days)	6 [4-8]	13 [6-25]
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Outcome Code

1= Still in the hospital	45 (10.4%)	2848 (11.4%)
2= Transferred to another hospital	-	526 (2.1%)

3= Transferred to long term care	-	653 (2.6%)
4= Rehabilitation	1 (0.23%)	606 (2.4%)
5= Discharged home	259 (60.0%)	18641 (74.8%)
6= Death	3 (0.69%)	956 (3.8%)
7= Others	1 (0.23%)	536 (2.2%)
Missing	123 (28.5%)	159 (0.64%)

Readmitted since nutritionDay

1= No	166 (63.1%)	16520 (77.3%)
2= Yes, same hospital planned	40 (15.2%)	1353 (6.3%)
3= Yes, same hospital unplanned	5 (1.9%)	1110 (5.2%)
4= Yes, different hospital planned	2 (0.76%)	80 (0.37%)
5= Yes, different hospital unplanned	2 (0.76%)	80 (0.37%)
6= Unknown	1 (0.38%)	485 (2.3%)
Missing	47 (17.9%)	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	244 (61.9%)	14107 (57.7%)
I am vegetarian	39 (9.9%)	445 (1.8%)
I adhere to a vegan diet	-	79 (0.32%)
I eat gluten-free diet	-	210 (0.86%)
I avoid added sugars	10 (2.5%)	3287 (13.4%)
I avoid carbohydrates	8 (2.0%)	1220 (5.0%)
I eat a low fat-diet	4 (1.0%)	2101 (8.6%)
I am lactose intolerant	-	816 (3.3%)
Other special diet due to intolerances/allergies	7 (1.8%)	421 (1.7%)
Other	14 (3.6%)	1522 (6.2%)
No answer given	81 (20.6%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	302 (76.6%)	17544 (71.7%)
In a nursing home or other live-in facility	4 (1.0%)	469 (1.9%)
I was transferred from another hospital	5 (1.3%)	1456 (6.0%)
Other	1 (0.25%)	339 (1.4%)
Missing	82 (20.8%)	4644 (19.0%)
3. In general, are you able to walk?		
Yes	259 (65.7%)	12349 (50.5%)
Yes, with someone's help	43 (10.9%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	4 (1.0%)	2560 (10.5%)
No, I have a wheelchair	1 (0.25%)	859 (3.5%)
No, I am bedridden	4 (1.0%)	1677 (6.9%)
Missing	83 (21.1%)	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	28 (7.1%)	1759 (7.2%)
Good	166 (42.1%)	7718 (31.6%)
Fair	116 (29.4%)	7368 (30.1%)
Poor	3 (0.76%)	2474 (10.1%)
Very poor	-	414 (1.7%)
Missing	81 (20.6%)	4719 (19.3%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [2-4]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-2]	1 [0-2]

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

1-2	116 (29.4%)	4831 (19.8%)
3-5	95 (24.1%)	5143 (21.0%)
More than 5	41 (10.4%)	5425 (22.2%)
None	50 (12.7%)	3787 (15.5%)
I do not know	8 (2.0%)	617 (2.5%)
Missing	84 (21.3%)	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	110 (27.9%)	3701 (15.1%)
Yes, public insurance only	37 (9.4%)	9777 (40.0%)
Yes, both	7 (1.8%)	1908 (7.8%)
None	148 (37.6%)	3768 (15.4%)
I prefer not to answer	10 (2.5%)	461 (1.9%)
Missing	82 (20.8%)	4837 (19.8%)

8. What was your weight 5 years ago?

	65 [60-74]	74 [63-85]
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I do not know	110 (27.9%)	6168 (25.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	11 (2.8%)	1931 (7.9%)
Yes, unintentionally	141 (35.8%)	10653 (43.6%)
No, my weight stayed the same	148 (37.6%)	6738 (27.6%)
No, I gained weight	47 (11.9%)	2780 (11.4%)
I do not know	33 (8.4%)	2017 (8.2%)
Missing	14 (3.6%)	333 (1.4%)

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

	4 [2-5]	6 [4-10]
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I do not know	12 (7.9%)	2421 (19.2%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	144 (46.9%)	7367 (38.4%)
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11. Please indicate if you ...

... were weighed at admission	295 (94.6%)	10622 (53.6%)
... were informed about your nutrition status	311 (99.7%)	7345 (37.2%)
... were informed about nutrition care options	308 (99.4%)	6881 (34.9%)
... received special nutrition care	303 (97.1%)	6867 (34.9%)

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

More than normal	11 (2.8%)	1175 (4.8%)
Normal	195 (49.4%)	14950 (61.3%)

About 3/4 of normal	84 (21.3%)	2351 (9.6%)
About half of normal	77 (19.5%)	3047 (12.5%)
About a quarter to nearly nothing	25 (6.3%)	2386 (9.8%)
I do not know	3 (0.76%)	183 (0.75%)
Missing	-	308 (1.3%)

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

Very satisfied	71 (18.0%)	5545 (22.7%)
Somewhat satisfied	142 (35.9%)	6058 (24.8%)
Neutral	77 (19.5%)	4069 (16.7%)
Dissatisfied	9 (2.3%)	1669 (6.8%)
Very dissatisfied	-	733 (3.0%)
I do not know	13 (3.3%)	1404 (5.8%)
Missing	83 (21.0%)	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	120 (30.4%)	2402 (9.8%)
Yes, from hospital staff	31 (7.8%)	1324 (5.4%)
No	156 (39.5%)	15188 (62.2%)
I do not know	1 (0.25%)	275 (1.1%)
Missing	87 (22.0%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	238 (78.0%)	13701 (72.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	153 (38.7%)	11767 (48.2%)
1/2	167 (42.3%)	6068 (24.9%)
1/4	44 (11.1%)	3130 (12.8%)
Nothing	23 (5.8%)	2535 (10.4%)
Missing	8 (2.0%)	900 (3.7%)

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

Standard	258 (65.3%)	13049 (53.5%)
Smaller	12 (3.0%)	1824 (7.5%)
Larger	1 (0.25%)	960 (3.9%)
I do not know	21 (5.3%)	2121 (8.7%)
Missing	103 (26.1%)	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	16 (6.8%)	1924 (16.4%)
I did not like the smell/taste of the food	21 (9.0%)	1359 (11.6%)
The food did not fit my cultural/religious preferences	2 (0.85%)	103 (0.88%)
The food was too hot	1 (0.43%)	29 (0.25%)

The food was too cold	14 (6.0%)	321 (2.7%)
Due to food allergy/intolerance	-	151 (1.3%)
I was not hungry at that time	42 (17.9%)	1600 (13.6%)
I do not have my usual appetite	94 (40.2%)	3509 (29.9%)
I have problems chewing/swallowing	16 (6.8%)	683 (5.8%)
I normally eat less than what was served	26 (11.1%)	1218 (10.4%)
I had nausea/vomiting	42 (17.9%)	971 (8.3%)
I was too tired	16 (6.8%)	511 (4.4%)
I cannot eat without help	3 (1.3%)	146 (1.2%)
I was not allowed to eat	6 (2.6%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	21 (9.0%)	785 (6.7%)
I did not get requested food	1 (0.43%)	123 (1.0%)
No answer given	16 (6.8%)	2067 (17.6%)

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

Water	6 [5-8]	3 [2-6]
Tea	1 [1-2]	1 [0-2]
Coffee	1 [0-1]	1 [0-2]
Milk	0 [0-1]	0 [0-1]
Fruit juice	1 [0-2]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-0]
Nutrition drink	2 [0-2]	0 [0-1]
Other	0 [0-1]	0 [0-0]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 43 (14.7%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	-	1125 (25.5%)
Salty snacks	5 (11.6%)	609 (13.8%)
Homemade food	18 (41.9%)	943 (21.4%)
Fruits	12 (27.9%)	1520 (34.5%)
Dairy products	4 (9.3%)	516 (11.7%)
Food delivered/restaurant	-	188 (4.3%)
Sandwich	1 (2.3%)	265 (6.0%)
Other	5 (11.6%)	659 (14.9%)

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

Increased	131 (33.2%)	3392 (13.9%)
Decreased	26 (6.6%)	6798 (27.9%)
Stayed the same	143 (36.2%)	7810 (32.0%)
I do not know	2 (0.51%)	1112 (4.6%)
Missing	93 (23.5%)	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	197 (49.9%)	11712 (48.0%)
Weaker than at admission	24 (6.1%)	4322 (17.7%)
Same as at admission	145 (36.7%)	6423 (26.3%)
I was admitted today	17 (4.3%)	740 (3.0%)
I do not know	9 (2.3%)	917 (3.8%)
Missing	3 (0.76%)	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	295 (74.7%)	13991 (57.3%)
No, only with assistance	78 (19.7%)	6345 (26.0%)
No, I stay in bed	17 (4.3%)	3449 (14.1%)
Missing	5 (1.3%)	615 (2.5%)

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

253 (81.4%) 14422 (73.8%)

1. Are you COVID-19 positive TODAY?

Yes	5 (1.2%)	565 (2.3%)
No	389 (90.0%)	19372 (77.7%)
I do not know	26 (6.0%)	2031 (8.1%)
Missing	12 (2.8%)	2957 (11.9%)

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

0-3 months	15 (3.5%)	1107 (4.4%)
3-6 months	5 (1.2%)	693 (2.8%)
6-12 months	7 (1.6%)	1353 (5.4%)
>1 year	98 (22.7%)	1899 (7.6%)
never	177 (41.0%)	9637 (38.7%)
I do not know	79 (18.3%)	3756 (15.1%)
Missing	51 (11.8%)	6480 (26.0%)

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

Yes	8 (1.9%)	1348 (5.4%)
No	321 (74.3%)	16395 (65.8%)
I do not know	66 (15.3%)	2695 (10.8%)
Missing	37 (8.6%)	4487 (18.0%)