



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2023
Netherlands

Dear participant,

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

Number of participated center:	1
Number of participated units:	13
Number of patients:	128
Number of patients who gave consent:	128
Number of patients completing Sheet 3a:	125
Number of patients completing Sheet 3b:	125
Number of patients with 30-day outcome assessment:	128

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	627 [627-627]	334 [166-596]
2. Total number of admissions in the hospital last year	43818 [43818-43818]	15756 [6943-30258]
3. Total number of staff in the hospital		
Total medical doctors	112 [112-112]	200 [83-461]
Medical specialists	-	129 [42-350]
Medical non-specialists	140 [140-140]	51 [15-151]
Nurses	1744 [1744-1744]	410 [142-815]
Dieticians	26 [26-26]	2 [0-9]
Nutritionists	-	3 [1-8]
Pharmacists	14 [14-14]	7 [3-17]
Kitchen staff	283 [283-283]	28 [9-60]
Full time equivalent		
Total medical doctors	90 [90-90]	199 [71-382]
Medical specialists	-	134 [45-306]
Medical non-specialists	139 [139-139]	87 [19-175]
Nurses	1439 [1439-1439]	394 [134-672]
Dieticians	20 [20-20]	2 [0-7]
Nutritionists	-	2 [1-5]
Pharmacists	12 [12-12]	6 [2-15]
Kitchen staff	145 [145-145]	24 [3-48]
4. Does the hospital have a nutrition care strategy?	1 (100%) Yes	101 (78.3%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	1 (100%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	1 (100%) Yes	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	1 (100%) Yes	42 (23.5%) Yes
Quality indicators are used for internal benchmarking	1 (100%) Yes	59 (33.0%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (100%) 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 (100%) Yes	74 (41.3%) Yes
Oral nutrition supplements	1 (100%) Yes	74 (41.3%) Yes
Parenteral nutrition	1 (100%) Yes	88 (49.2%) Yes
Enteral nutrition	1 (100%) Yes	88 (49.2%) Yes
Dietary counseling	1 (100%) Yes	58 (32.4%) Yes
Specific dietary interventions	1 (100%) Yes	51 (28.5%) Yes
Screening for malnutrition	1 (100%) Yes	53 (29.6%) Yes
Risk of malnutrition	1 (100%) Yes	47 (26.3%) Yes
Malnutrition (in general)	1 (100%) Yes	67 (37.4%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (100%) Yes	58 (32.4%) Yes
No information available from billing/finance/controlling	-	19 (10.6%) Yes
No answer given	-	52 (7.9%)

Codes routinely used

Nutrition Support	1 (100%) Yes	69 (38.5%) Yes
Oral nutrition supplements	1 (100%) Yes	60 (33.5%) Yes
Parenteral nutrition	1 (100%) Yes	79 (44.1%) Yes
Enteral nutrition	1 (100%) Yes	76 (42.5%) Yes
Dietary counseling	1 (100%) Yes	45 (25.1%) Yes
Specific dietary interventions	1 (100%) Yes	45 (25.1%) Yes
Screening for malnutrition	1 (100%) Yes	42 (23.5%) Yes
Risk of malnutrition	1 (100%) Yes	36 (20.1%) Yes
Malnutrition (in general)	1 (100%) Yes	56 (31.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (100%) Yes	54 (30.2%) Yes
No information available from billing/finance/controlling	-	23 (12.8%) Yes
No answer given	-	52 (7.9%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	1 (7.7%)	20.4%
Internal Medicine / Cardiology	1 (7.7%)	4.1%
Internal Medicine / Gastroenterology & hepatology	-	5.5%
Internal Medicine / Geriatrics	1 (7.7%)	7.8%
Internal Medicine / Infectious diseases	-	0.7%
Internal Medicine / Nephrology	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	1 (7.7%)	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	2 (15.4%)	2.6%
Surgery / General	3 (23.1%)	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	1 (7.7%)	0.4%
Surgery / Orthopedic	1 (7.7%)	3.9%
Trauma	1 (7.7%)	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	1 (7.7%)	16.9%
2. Number of registered inpatients at noon	22 [17-29]	22 [17-30]
3. Total bed capacity of the unit	30 [24-31]	30 [24-41]
4. Number of each type of staff in the unit for TODAY’s morning shift		
Fully trained		
Medical doctors	2 [2-5]	4 [2-6]
Nurses	6 [5-7]	4 [3-6]
Nursing aides	1 [1-1]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	2 [2-3]	1 [0-1]
Administrative staff	1 [1-1]	1 [1-2]
Other staff involved in patient care	3 [1-3]	1 [0-3]
In training		
Medical doctors	3 [2-5]	1 [0-3]
Medical students	0 [0-1]	0 [0-2]
Nurses	3 [2-4]	0 [0-2]

Nursing aides	0 [0-0]	0 [0-0]
Dieticians	0 [0-0]	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? 12 (92.3%) Yes 762 (81.5%) Yes

6. Does the unit have a nutrition care strategy? 13 (100%) Yes 717 (76.7%) Yes

7. Is there a person in your unit responsible for nutrition care? 13 (100%) Yes 674 (72.1%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 13 (100%) Yes 1086 (91.8%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 13 (100%) 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	-	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	13 (100%) Yes	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	10 (76.9%) Yes	103 (8.1%) Yes
Experience / visual assessment only	2 (15.4%) Yes	180 (14.2%) Yes
Weighing / BMI only	1 (7.7%) Yes	414 (32.6%) Yes
Other formal tool	-	340 (26.8%) Yes
I do not know	-	22 (1.7%) Yes
Missing	-	85 (6.7%)

11a. Do you routinely use guidelines or standards for nutrition care? 13 (100%) Yes 755 (83.3%) Yes

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

International guidelines	-	303 (40.1%) Yes
National guidelines	-	63 (8.3%) Yes
Standards on hospital level	12 (92.3%) Yes	240 (31.8%) Yes
Standards on unit level	1 (7.7%) Yes	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	5 (38.5%) Yes	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	4 (30.8%) Yes	462 (36.4%) Yes
Develop an individual nutrition care plan	11 (84.6%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	11 (84.6%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (92.3%) Yes	519 (40.9%) Yes
Consult a medical professional	7 (53.8%) Yes	282 (22.2%) Yes
Calculate energy requirements	10 (76.9%) Yes	453 (35.7%) Yes
Calculate protein requirements	10 (76.9%) Yes	439 (34.6%) Yes

Malnourished

Watchful waiting	6 (46.2%) Yes	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	6 (46.2%) Yes	495 (39.0%) Yes
Develop an individual nutrition care plan	11 (84.6%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	12 (92.3%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	12 (92.3%) Yes	589 (46.5%) Yes
Consult a medical professional	7 (53.8%) Yes	392 (30.9%) Yes
Calculate energy requirements	10 (76.9%) Yes	564 (44.5%) Yes
Calculate protein requirements	10 (76.9%) Yes	541 (42.7%) Yes

Every patient

Watchful waiting	11 (84.6%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	7 (53.8%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	2 (15.4%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	1 (7.7%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	241 (19.0%) Yes
Consult a medical professional	2 (15.4%) Yes	309 (24.4%) Yes
Calculate energy requirements	1 (7.7%) Yes	144 (11.4%) Yes
Calculate protein requirements	1 (7.7%) 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	1 (7.7%) Yes	111 (8.8%) Yes
Calculate energy requirements	1 (7.7%) Yes	99 (7.8%) Yes
Calculate protein requirements	1 (7.7%) Yes	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 (7.7%) 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	6 (46.2%) Yes	727 (57.3%) Yes
Within 24 hours	3 (23.1%) Yes	142 (11.2%) Yes
Within 48 hours	1 (7.7%) Yes	102 (8.0%) Yes
Within 72 hours	-	33 (2.6%) Yes
Every week	6 (46.2%) Yes	450 (35.5%) Yes
Occasionally	-	149 (11.8%) Yes
When requested	9 (69.2%) 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	13 (100%) Yes	925 (72.9%) Yes
Offer meal choices	13 (100%) Yes	784 (61.8%) Yes
Offer different portion sizes	13 (100%) Yes	687 (54.2%) Yes
Consider food presentation	6 (46.2%) Yes	374 (29.5%) Yes
Change food texture/consistency as needed	12 (92.3%) Yes	971 (76.6%) Yes
Consider patient problems with eating and drinking	11 (84.6%) 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	11 (84.6%) Yes	833 (65.7%) Yes
Consider patient allergies / intolerances	11 (84.6%) Yes	995 (78.5%) Yes

Other	-	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	13 (100%) Yes	605 (47.7%) Yes
Reporting of nutrition related information to hospital managers	13 (100%) Yes	378 (29.8%) Yes
Quality indicators are recorded and reported to national or regional level	12 (92.3%) Yes	224 (17.7%) Yes
Quality indicators are used for internal benchmarking	1 (7.7%) Yes	325 (25.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	12 (92.3%) Yes	557 (43.9%) Yes
None	-	57 (4.5%) Yes
I do not know	1 (7.7%) Yes	37 (2.9%) Yes
No answer given	-	333 (26.3%)
16. At admission what is asked and documented?		
Change in weight	13 (100%) Yes	804 (63.4%) Yes
Eating habits/difficulties	13 (100%) Yes	686 (54.1%) Yes
Nutrition before admission	12 (92.3%) 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	13 (100%) Yes	747 (58.9%) Yes
nutrition treatment	12 (92.3%) 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	5 (38.5%) Yes	498 (39.3%) Yes
makes future nutrition-related recommendations	5 (38.5%) Yes	592 (46.7%) Yes
None	4 (30.8%) Yes	86 (6.8%) Yes
I do not know	4 (30.8%) Yes	82 (6.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	13 (100%) Yes	390 (45.0%) Yes
19. Who filled in this sheet?		
Head staff	-	276 (21.8%) Yes

Dietician	13 (100%) Yes	457 (36.0%) Yes
Nurse	13 (100%) Yes	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	128	24925
Age	71 [61-79]	64 [47-77]
Female	64 (50.0%)	11998 (48.1%)
Weight	78.2±20.8	71.0±18.5
Height	171±10	166±10
BMI	26.7±6.4	25.8±5.9

1. This hospital admission was...

planned	46 (35.9%)	8482 (34.0%)
an emergency	73 (57.0%)	15200 (61.0%)
I do not know	9 (7.0%)	1243 (5.0%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	18 (14.1%)	2684 (10.8%)
0200 Neoplasms	22 (17.2%)	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	1 (0.78%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	2 (1.6%)	3091 (12.4%)
0500 Mental health	1 (0.78%)	915 (3.7%)
0600 Nervous system	16 (12.5%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	22 (17.2%)	4794 (19.2%)
1000 Respiratory system	14 (10.9%)	3073 (12.3%)
1100 Digestive system	12 (9.4%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	3 (2.3%)	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	12 (9.4%)	4061 (16.3%)
1400 Genitourinary system	14 (10.9%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	-	659 (2.6%)
1600 Conditions originating in the perinatal period	1 (0.78%)	33 (0.13%)
1700 Congenital/chromosomal abnormalities	-	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	10 (7.8%)	1481 (5.9%)
1900 Injury, poisoning	6 (4.7%)	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	9 (7.0%)	947 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	41 (46.1%)	4157 (17.9%)
Myocardial infarction	7 (10.1%)	1170 (5.1%)
Chronic lung disease	26 (30.2%)	2384 (10.3%)
Cerebral vascular disease	9 (12.5%)	1781 (7.7%)
Peripheral vascular disease	11 (14.5%)	2332 (10.1%)
Chronic liver disease	-	1354 (5.9%)
Chronic kidney disease	15 (20.0%)	2949 (12.8%)
Diabetes	17 (22.1%)	5896 (25.3%)
Cancer	31 (40.3%)	4775 (20.7%)
Infection	14 (17.9%)	3183 (13.8%)
Dementia	3 (4.3%)	888 (3.9%)
Major depressive disorder	8 (11.0%)	1000 (4.4%)
Other chronic mental disorder	7 (9.9%)	986 (4.3%)
Other chronic disease	16 (21.6%)	7288 (31.2%)
None	21 (16.4%)	5060 (20.3%)

4a. Previous operation during this hospital stay

Yes, planned	39 (30.5%)	4133 (16.6%)
Yes, acute	11 (8.6%)	1929 (7.7%)
No	78 (60.9%)	13886 (55.7%)
I do not know	-	164 (0.66%)
Missing	-	4813 (19.3%)

Days since operation	2 [1-3]	4 [1-14]
----------------------	---------	----------

4b. Planned operation during this hospital stay

Yes, today or tomorrow	13 (10.2%)	2384 (9.6%)
Yes, later	3 (2.3%)	1452 (5.8%)
No	98 (76.6%)	15545 (62.4%)
I do not know	2 (1.6%)	333 (1.3%)
Missing	12 (9.4%)	5211 (20.9%)

5. Previous ICU admission during this hospital stay? (Yes)	5 (3.9%)	2361 (11.6%)
---	----------	--------------

6. Is this patient terminally ill?	3 (2.3%)	2137 (8.6%)
---	----------	-------------

7. Fluid status

Normal	88 (68.8%)	19805 (79.5%)
Overloaded	15 (11.7%)	975 (3.9%)
Dehydrated	5 (3.9%)	1471 (5.9%)
I do not know	20 (15.6%)	2674 (10.7%)
Missing	-	-

8. Number of different medications planned

Oral	7 [4-10]	4 [2-7]
Other	2 [1-3]	2 [1-4]

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

Malnourished	23 (18.0%)	3279 (13.2%)
At risk	25 (19.5%)	5283 (21.2%)
No	77 (60.2%)	14990 (60.1%)
I do not know	3 (2.3%)	1373 (5.5%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	36 (28.1%)	8543 (34.3%)
5% Glucose solution	3 (2.3%)	1473 (5.9%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	101 (78.9%)	15627 (62.7%)
Fortified/enriched hospital food	52 (40.6%)	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	31 (24.2%)	4305 (17.3%)
Enteral nutrition	13 (10.2%)	1259 (5.1%)
Parenteral nutrition	-	785 (3.1%)
Special diet	22 (17.2%)	6593 (26.5%)
None	3 (2.3%)	968 (3.9%)

13a. All lines and Tubes

Central Venous	3 (2.3%)	2145 (10.5%)
Peripheral venous access	41 (32.0%)	11975 (58.9%)
Nasogastric	5 (3.9%)	567 (2.8%)
Nasojejunal	-	101 (0.50%)
Nasoduodenal	1 (0.78%)	40 (0.20%)
Enterostoma	-	77 (0.38%)
Percutaneous endoscopy/surgical gastrostomy	-	271 (1.3%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.78%)	63 (0.31%)
None	80 (62.5%)	11051 (44.3%)

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

Yes, previously	3 (2.3%)	282 (1.1%)
Yes, ongoing	1 (0.78%)	180 (0.72%)
No	98 (76.6%)	17744 (71.2%)
I do not know	-	1404 (5.6%)
Missing	26 (20.3%)	5315 (21.3%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	51 (39.8%)	7973 (39.2%)
Protein requirements were determined	51 (39.8%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	54 (42.2%)	9150 (45.0%)
Nutrition treatment plan was developed	51 (39.8%)	8137 (40.0%)
Nutrition expert was consulted	50 (39.1%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	73 (57.0%)	7308 (35.9%)
None	-	-

15a. Energy goal		
< 500 kcal	-	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	1 (0.78%)	1767 (7.1%)
1500-1999 kcal	34 (26.6%)	6430 (25.8%)
>=2000 kcal	16 (12.5%)	3687 (14.8%)
Not determined	73 (57.0%)	6548 (26.3%)
I do not know	4 (3.1%)	1248 (5.0%)
Missing	-	4590 (18.4%)

15b. Energy intake		
< 500 kcal	7 (5.5%)	1070 (4.3%)
500-999 kcal	6 (4.7%)	1366 (5.5%)
1000-1499 kcal	15 (11.7%)	2751 (11.0%)
1500-1999 kcal	14 (10.9%)	4599 (18.5%)
>=2000 kcal	7 (5.5%)	2469 (9.9%)
Not determined	45 (35.2%)	6254 (25.1%)
I do not know	34 (26.6%)	1824 (7.3%)
Missing	-	4592 (18.4%)

16. Since admission, this patient's health status has...		
Improved	33 (25.8%)	11134 (44.7%)
Deteriorated	13 (10.2%)	1331 (5.3%)
Remained the same	58 (45.3%)	5023 (20.2%)
This patient has just been admitted	6 (4.7%)	1445 (5.8%)
I do not know	18 (14.1%)	1402 (5.6%)
Missing	-	4590 (18.4%)

Length of hospital stay (days)	6 [4-12]	13 [6-25]
--------------------------------	----------	-----------

Outcome Code		
1= Still in the hospital	1 (0.78%)	2848 (11.4%)
2= Transferred to another hospital	3 (2.3%)	526 (2.1%)

3= Transferred to long term care	4 (3.1%)	653 (2.6%)
4= Rehabilitation	11 (8.6%)	606 (2.4%)
5= Discharged home	98 (76.6%)	18641 (74.8%)
6= Death	8 (6.3%)	956 (3.8%)
7= Others	3 (2.3%)	536 (2.2%)
Missing	-	159 (0.64%)

Readmitted since nutritionDay

1= No	98 (79.0%)	16520 (77.3%)
2= Yes, same hospital planned	2 (1.6%)	1353 (6.3%)
3= Yes, same hospital unplanned	16 (12.9%)	1110 (5.2%)
4= Yes, different hospital planned	1 (0.81%)	80 (0.37%)
5= Yes, different hospital unplanned	1 (0.81%)	80 (0.37%)
6= Unknown	6 (4.8%)	485 (2.3%)
Missing	1 (0.81%)	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	103 (82.4%)	14107 (57.7%)
I am vegetarian	3 (2.4%)	445 (1.8%)
I adhere to a vegan diet	1 (0.80%)	79 (0.32%)
I eat gluten-free diet	-	210 (0.86%)
I avoid added sugars	7 (5.6%)	3287 (13.4%)
I avoid carbohydrates	4 (3.2%)	1220 (5.0%)
I eat a low fat-diet	2 (1.6%)	2101 (8.6%)
I am lactose intolerant	3 (2.4%)	816 (3.3%)
Other special diet due to intolerances/allergies	1 (0.80%)	421 (1.7%)
Other	10 (8.0%)	1522 (6.2%)
No answer given	1 (0.80%)	4719 (19.3%)
2. Where did you live before your current hospital admission?		
At home	116 (92.8%)	17544 (71.7%)
In a nursing home or other live-in facility	3 (2.4%)	469 (1.9%)
I was transferred from another hospital	2 (1.6%)	1456 (6.0%)
Other	4 (3.2%)	339 (1.4%)
Missing	-	4644 (19.0%)
3. In general, are you able to walk?		
Yes	61 (48.8%)	12349 (50.5%)
Yes, with someone's help	11 (8.8%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	43 (34.4%)	2560 (10.5%)
No, I have a wheelchair	7 (5.6%)	859 (3.5%)
No, I am bedridden	3 (2.4%)	1677 (6.9%)
Missing	-	4751 (19.4%)
4. In general, how would you say your health is?		
Very good	8 (6.4%)	1759 (7.2%)
Good	41 (32.8%)	7718 (31.6%)
Fair	54 (43.2%)	7368 (30.1%)
Poor	17 (13.6%)	2474 (10.1%)
Very poor	5 (4.0%)	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?	4 [2-8]	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?	1 [0-10]	4 [0-14]
--	----------	----------

6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	20 (16.0%)	4831 (19.8%)
3-5	41 (32.8%)	5143 (21.0%)
More than 5	48 (38.4%)	5425 (22.2%)
None	16 (12.8%)	3787 (15.5%)
I do not know	-	617 (2.5%)
Missing	-	4649 (19.0%)

7. Do you have health insurance?

Yes, private insurance only	83 (66.4%)	3701 (15.1%)
Yes, public insurance only	31 (24.8%)	9777 (40.0%)
Yes, both	8 (6.4%)	1908 (7.8%)
None	-	3768 (15.4%)
I prefer not to answer	3 (2.4%)	461 (1.9%)
Missing	-	4837 (19.8%)

8. What was your weight 5 years ago?

	77 [65-90]	74 [63-85]
I do not know	16 (12.8%)	6168 (25.2%)

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

Yes, intentionally	15 (12.0%)	1931 (7.9%)
Yes, unintentionally	63 (50.4%)	10653 (43.6%)
No, my weight stayed the same	35 (28.0%)	6738 (27.6%)
No, I gained weight	8 (6.4%)	2780 (11.4%)
I do not know	4 (3.2%)	2017 (8.2%)
Missing	-	333 (1.4%)

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

	6 [5-10]	6 [4-10]
I do not know	11 (14.1%)	2421 (19.2%)

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

	40 (32.3%)	7367 (38.4%)
--	------------	--------------

11. Please indicate if you ...

... were weighed at admission	45 (36.0%)	10622 (53.6%)
... were informed about your nutrition status	33 (26.4%)	7345 (37.2%)
... were informed about nutrition care options	60 (48.0%)	6881 (34.9%)
... received special nutrition care	48 (38.4%)	6867 (34.9%)

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

More than normal	3 (2.4%)	1175 (4.8%)
Normal	72 (57.6%)	14950 (61.3%)

About 3/4 of normal	16 (12.8%)	2351 (9.6%)
About half of normal	13 (10.4%)	3047 (12.5%)
About a quarter to nearly nothing	21 (16.8%)	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	22 (17.6%)	5545 (22.7%)
Somewhat satisfied	66 (52.8%)	6058 (24.8%)
Neutral	19 (15.2%)	4069 (16.7%)
Dissatisfied	4 (3.2%)	1669 (6.8%)
Very dissatisfied	3 (2.4%)	733 (3.0%)
I do not know	11 (8.8%)	1404 (5.8%)
Missing	-	4922 (20.2%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	4 (3.2%)	2402 (9.8%)
Yes, from hospital staff	6 (4.8%)	1324 (5.4%)
No	113 (90.4%)	15188 (62.2%)
I do not know	1 (0.80%)	275 (1.1%)
Missing	1 (0.80%)	5211 (21.4%)

15. Were you able to eat without interruption TODAY? (Yes)	107 (85.6%)	13701 (72.2%)
---	-------------	---------------

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

About all	73 (58.4%)	11767 (48.2%)
1/2	27 (21.6%)	6068 (24.9%)
1/4	12 (9.6%)	3130 (12.8%)
Nothing	12 (9.6%)	2535 (10.4%)
Missing	1 (0.80%)	900 (3.7%)

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

Standard	67 (53.6%)	13049 (53.5%)
Smaller	37 (29.6%)	1824 (7.5%)
Larger	8 (6.4%)	960 (3.9%)
I do not know	12 (9.6%)	2121 (8.7%)
Missing	1 (0.80%)	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	1 (2.0%)	1924 (16.4%)
I did not like the smell/taste of the food	-	1359 (11.6%)
The food did not fit my cultural/religious preferences	-	103 (0.88%)
The food was too hot	-	29 (0.25%)

The food was too cold	-	321 (2.7%)
Due to food allergy/intolerance	-	151 (1.3%)
I was not hungry at that time	9 (17.6%)	1600 (13.6%)
I do not have my usual appetite	4 (7.8%)	3509 (29.9%)
I have problems chewing/swallowing	2 (3.9%)	683 (5.8%)
I normally eat less than what was served	2 (3.9%)	1218 (10.4%)
I had nausea/vomiting	4 (7.8%)	971 (8.3%)
I was too tired	1 (2.0%)	511 (4.4%)
I cannot eat without help	-	146 (1.2%)
I was not allowed to eat	6 (11.8%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	4 (7.8%)	785 (6.7%)
I did not get requested food	1 (2.0%)	123 (1.0%)
No answer given	24 (47.1%)	2067 (17.6%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 43 (34.4%) 4412 (23.9%)

19b. If yes, what did you eat?

Sweet snacks	14 (32.6%)	1125 (25.5%)
Salty snacks	6 (14.0%)	609 (13.8%)
Homemade food	1 (2.3%)	943 (21.4%)
Fruits	20 (46.5%)	1520 (34.5%)
Dairy products	6 (14.0%)	516 (11.7%)
Food delivered/restaurant	1 (2.3%)	188 (4.3%)
Sandwich	2 (4.7%)	265 (6.0%)
Other	4 (9.3%)	659 (14.9%)

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

Increased	17 (13.6%)	3392 (13.9%)
Decreased	41 (32.8%)	6798 (27.9%)
Stayed the same	56 (44.8%)	7810 (32.0%)
I do not know	11 (8.8%)	1112 (4.6%)
Missing	-	5288 (21.7%)

21. TODAY I feel...

Stronger than at admission	40 (32.0%)	11712 (48.0%)
Weaker than at admission	38 (30.4%)	4322 (17.7%)
Same as at admission	42 (33.6%)	6423 (26.3%)
I was admitted today	1 (0.80%)	740 (3.0%)
I do not know	4 (3.2%)	917 (3.8%)
Missing	-	286 (1.2%)

22. Can you walk without assistance TODAY?

Yes	70 (56.0%)	13991 (57.3%)
No, only with assistance	43 (34.4%)	6345 (26.0%)
No, I stay in bed	12 (9.6%)	3449 (14.1%)
Missing	-	615 (2.5%)

23. Did anyone help you complete this questionnaire? (Yes)	68 (54.8%)	14422 (73.8%)
---	-------------------	----------------------

1. Are you COVID-19 positive TODAY?

Yes	-	565 (2.3%)
No	-	19372 (77.7%)
I do not know	67 (52.3%)	2031 (8.1%)
Missing	61 (47.7%)	2957 (11.9%)

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

0-3 months	-	1107 (4.4%)
3-6 months	-	693 (2.8%)
6-12 months	-	1353 (5.4%)
>1 year	-	1899 (7.6%)
never	-	9637 (38.7%)
I do not know	67 (52.3%)	3756 (15.1%)
Missing	61 (47.7%)	6480 (26.0%)

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

Yes	-	1348 (5.4%)
No	-	16395 (65.8%)
I do not know	67 (52.3%)	2695 (10.8%)
Missing	61 (47.7%)	4487 (18.0%)