



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2023  
Philippines

Dear participant,

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

<b>Number of participated center:</b>	<b>1</b>
<b>Number of participated units:</b>	<b>6</b>
<b>Number of patients:</b>	<b>47</b>
<b>Number of patients who gave consent:</b>	<b>47</b>
<b>Number of patients completing Sheet 3a:</b>	<b>47</b>
<b>Number of patients completing Sheet 3b:</b>	<b>46</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>47</b>

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>	260 [260-260]	334 [166-596]
<b>2. Total number of admissions in the hospital last year</b>	8374 [8374-8374]	15756 [6943-30258]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	55 [55-55]	200 [83-461]
Medical specialists	-	129 [42-350]
Medical non-specialists	-	51 [15-151]
Nurses	393 [393-393]	410 [142-815]
Dieticians	9 [9-9]	2 [0-9]
Nutritionists	-	3 [1-8]
Pharmacists	17 [17-17]	7 [3-17]
Kitchen staff	17 [17-17]	28 [9-60]
<b>Full time equivalent</b>		
Total medical doctors	-	199 [71-382]
Medical specialists	-	134 [45-306]
Medical non-specialists	-	87 [19-175]
Nurses	-	394 [134-672]
Dieticians	-	2 [0-7]
Nutritionists	-	2 [1-5]
Pharmacists	-	6 [2-15]
Kitchen staff	-	24 [3-48]
<b>4. Does the hospital have a nutrition care strategy?</b>	1 (100%) Yes	101 (78.3%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	1 (100%) Yes	82 (45.8%) Yes
Nutrition steering committee is available	-	61 (34.1%) Yes
Quality indicators are recorded and reported to national or regional level	1 (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%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		

### 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	-	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	-	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	-	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	-	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 (33.3%)	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	-	1.7%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.3%
Interdisciplinary	-	4.0%
Long term care	-	2.3%
Neurology	-	2.6%
Surgery / General	-	14.2%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.4%
Surgery / Orthopedic	-	3.9%
Trauma	-	0.5%
Ear Nose Throat (ENT)	-	1.1%
Gynecology / Obstetrics	-	2.1%
Pediatrics	-	0.7%
Psychiatry	-	1.0%
Others	4 (66.7%)	16.9%
<b>2. Number of registered inpatients at noon</b>	13 [12-14]	22 [17-30]
<b>3. Total bed capacity of the unit</b>	35 [33-35]	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	5 [4-6]	4 [2-6]
Nurses	7 [5-7]	4 [3-6]
Nursing aides	2 [2-2]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	1 [0-1]
Administrative staff	0 [0-1]	1 [1-2]
Other staff involved in patient care	0 [0-0]	1 [0-3]
<b>In training</b>		
Medical doctors	-	1 [0-3]
Medical students	-	0 [0-2]
Nurses	-	0 [0-2]

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

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

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

**7. Is there a person in your unit responsible for nutrition care?** 6 (100%) Yes 674 (72.1%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 6 (100%) Yes 1086 (91.8%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** - 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	6 (100%) Yes	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	-	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	-	103 (8.1%) Yes
Experience / visual assessment only	-	180 (14.2%) Yes
Weighing / BMI only	-	414 (32.6%) Yes
Other formal tool	6 (100%) 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 (100%) Yes 755 (83.3%) Yes

<b>11b. If yes, which one is mainly used?</b>		
International guidelines	-	303 (40.1%) Yes
National guidelines	6 (100%) 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	-	284 (22.4%) Yes
Discuss nutrition care activities during ward rounds	-	462 (36.4%) Yes
Develop an individual nutrition care plan	3 (50.0%) Yes	493 (38.9%) Yes
Initiate treatment / nutrition intervention	3 (50.0%) Yes	555 (43.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%) Yes	519 (40.9%) Yes
Consult a medical professional	-	282 (22.2%) Yes
Calculate energy requirements	6 (100%) Yes	453 (35.7%) Yes
Calculate protein requirements	6 (100%) Yes	439 (34.6%) Yes

### Malnourished

Watchful waiting	-	209 (16.5%) Yes
Discuss nutrition care activities during ward rounds	-	495 (39.0%) Yes
Develop an individual nutrition care plan	3 (50.0%) Yes	564 (44.5%) Yes
Initiate treatment / nutrition intervention	3 (50.0%) Yes	638 (50.3%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%) Yes	589 (46.5%) Yes
Consult a medical professional	-	392 (30.9%) Yes
Calculate energy requirements	6 (100%) Yes	564 (44.5%) Yes
Calculate protein requirements	6 (100%) Yes	541 (42.7%) Yes

### Every patient

Watchful waiting	6 (100%) Yes	451 (35.6%) Yes
Discuss nutrition care activities during ward rounds	6 (100%) Yes	279 (22.0%) Yes
Develop an individual nutrition care plan	3 (50.0%) Yes	176 (13.9%) Yes
Initiate treatment / nutrition intervention	3 (50.0%) Yes	165 (13.0%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (50.0%) Yes	241 (19.0%) Yes
Consult a medical professional	6 (100%) Yes	309 (24.4%) Yes
Calculate energy requirements	-	144 (11.4%) Yes
Calculate protein requirements	-	141 (11.1%) Yes

### Never

Watchful waiting	-	144 (11.4%)	Yes
Discuss nutrition care activities during ward rounds	-	56 (4.4%)	Yes
Develop an individual nutrition care plan	-	70 (5.5%)	Yes
Initiate treatment / nutrition intervention	-	33 (2.6%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	15 (1.2%)	Yes
Consult a medical professional	-	111 (8.8%)	Yes
Calculate energy requirements	-	99 (7.8%)	Yes
Calculate protein requirements	-	112 (8.8%)	Yes

### I do not know

Watchful waiting	-	61 (4.8%)	Yes
Discuss nutrition care activities during ward rounds	-	32 (2.5%)	Yes
Develop an individual nutrition care plan	-	38 (3.0%)	Yes
Initiate treatment / nutrition intervention	-	29 (2.3%)	Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	22 (1.7%)	Yes
Consult a medical professional	-	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 (100%)	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	-		450 (35.5%)	Yes
Occasionally	-		149 (11.8%)	Yes
When requested	4 (66.7%)	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	-		925 (72.9%)	Yes
Offer meal choices	-		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	-		971 (76.6%)	Yes
Consider patient problems with eating and drinking	6 (100%)	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	6 (100%)	Yes	833 (65.7%)	Yes
Consider patient allergies / intolerances	6 (100%)	Yes	995 (78.5%)	Yes

Other	-	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	-	605 (47.7%)	Yes
Reporting of nutrition related information to hospital managers	-	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	5 (83.3%)	Yes	325 (25.6%)
Patient feedback about food and food service is collected using a questionnaire	6 (100%)	Yes	557 (43.9%)
None	-	57 (4.5%)	Yes
I do not know	-	37 (2.9%)	Yes
No answer given	-	333 (26.3%)	
<b>16. At admission what is asked and documented?</b>			
Change in weight	5 (83.3%)	Yes	804 (63.4%)
Eating habits/difficulties	6 (100%)	Yes	686 (54.1%)
Nutrition before admission	-		502 (39.6%)
None	-		31 (2.4%)
I do not know	-		42 (3.3%)
No answer given	-		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	6 (100%)	Yes	747 (58.9%)
nutrition treatment	-		525 (41.4%)
None	-		78 (6.2%)
I do not know	-		31 (2.4%)
<b>b. Discharge Letter ...</b>			
summarizes nutrition treatment received during stay	6 (100%)	Yes	498 (39.3%)
makes future nutrition-related recommendations	-		592 (46.7%)
None	-		86 (6.8%)
I do not know	-		82 (6.5%)
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	-		390 (45.0%)
<b>19. Who filled in this sheet?</b>			
Head staff	3 (50.0%)	Yes	276 (21.8%)

Dietician	-	457 (36.0%) Yes
Nurse	3 (50.0%) 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	47	24925
Age	48 [34-62]	64 [47-77]
Female	25 (53.2%)	11998 (48.1%)
Weight	61.9±14.6	71.0±18.5
Height	161±10	166±10
BMI	23.7±4.2	25.8±5.9

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

planned	32 (68.1%)	8482 (34.0%)
an emergency	15 (31.9%)	15200 (61.0%)
I do not know	-	1243 (5.0%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	4 (8.5%)	2684 (10.8%)
0200 Neoplasms	-	4086 (16.4%)
0300 Blood and bloodforming organs and the immune mechanism	6 (12.8%)	1399 (5.6%)
0400 Endocrine, nutritional and metabolic diseases	2 (4.3%)	3091 (12.4%)
0500 Mental health	-	915 (3.7%)
0600 Nervous system	5 (10.6%)	2295 (9.2%)
0700 Eye and adnexa	-	196 (0.79%)
0800 Ear and mastoid process	-	136 (0.55%)
0900 Circulatory system	6 (12.8%)	4794 (19.2%)
1000 Respiratory system	1 (2.1%)	3073 (12.3%)
1100 Digestive system	10 (21.3%)	5186 (20.8%)
1200 Skin and subcutaneous tissue	-	1140 (4.6%)
1300 Musculoskeletal system and connective tissue	4 (8.5%)	4061 (16.3%)
1400 Genitourinary system	4 (8.5%)	2576 (10.3%)
1500 Pregnancy, childbirth and the puerperium	1 (2.1%)	659 (2.6%)
1600 Conditions originating in the perinatal period	1 (2.1%)	33 (0.13%)
1700 Congenital/chromosomal abnormalities	-	60 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (10.6%)	1481 (5.9%)
1900 Injury, poisoning	2 (4.3%)	821 (3.3%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	7 (14.9%)	722 (2.9%)
2100 Factors influencing health status and contact with health services	-	947 (3.8%)
No answer given	-	-

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

Cardiac insufficiency	2 (4.5%)	4157 (17.9%)
Myocardial infarction	2 (4.5%)	1170 (5.1%)
Chronic lung disease	-	2384 (10.3%)
Cerebral vascular disease	2 (4.5%)	1781 (7.7%)
Peripheral vascular disease	-	2332 (10.1%)
Chronic liver disease	-	1354 (5.9%)
Chronic kidney disease	1 (2.3%)	2949 (12.8%)
Diabetes	6 (13.6%)	5896 (25.3%)
Cancer	-	4775 (20.7%)
Infection	4 (9.1%)	3183 (13.8%)
Dementia	-	888 (3.9%)
Major depressive disorder	-	1000 (4.4%)
Other chronic mental disorder	-	986 (4.3%)
Other chronic disease	8 (17.0%)	7288 (31.2%)
None	25 (53.2%)	5060 (20.3%)

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

Yes, planned	9 (19.1%)	4133 (16.6%)
Yes, acute	1 (2.1%)	1929 (7.7%)
No	36 (76.6%)	13886 (55.7%)
I do not know	-	164 (0.66%)
Missing	1 (2.1%)	4813 (19.3%)

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

Yes, today or tomorrow	7 (14.9%)	2384 (9.6%)
Yes, later	2 (4.3%)	1452 (5.8%)
No	38 (80.9%)	15545 (62.4%)
I do not know	-	333 (1.3%)
Missing	-	5211 (20.9%)

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

	-	2361 (11.6%)
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#### 6. Is this patient terminally ill?

	7 (14.9%)	2137 (8.6%)
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#### 7. Fluid status

Normal	44 (93.6%)	19805 (79.5%)
Overloaded	1 (2.1%)	975 (3.9%)
Dehydrated	2 (4.3%)	1471 (5.9%)
I do not know	-	2674 (10.7%)
Missing	-	-

## 8. Number of different medications planned

Oral	3 [2-4]	4 [2-7]
Other	0 [0-1]	2 [1-4]

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

Malnourished	14 (29.8%)	3279 (13.2%)
At risk	13 (27.7%)	5283 (21.2%)
No	20 (42.6%)	14990 (60.1%)
I do not know	-	1373 (5.5%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	46 (97.9%)	8543 (34.3%)
5% Glucose solution	-	1473 (5.9%)

## 11. Number of ONS drinks planned

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

Regular hospital food	41 (87.2%)	15627 (62.7%)
Fortified/enriched hospital food	-	2936 (11.8%)
Protein/energy supplement (e.g. ONS drinks)	5 (10.6%)	4305 (17.3%)
Enteral nutrition	-	1259 (5.1%)
Parenteral nutrition	1 (2.1%)	785 (3.1%)
Special diet	6 (12.8%)	6593 (26.5%)
None	-	968 (3.9%)

## 13a. All lines and Tubes

Central Venous	5 (10.6%)	2145 (10.5%)
Peripheral venous access	44 (93.6%)	11975 (58.9%)
Nasogastric	-	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	-	63 (0.31%)
None	-	11051 (44.3%)

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

Yes, previously	-	282 (1.1%)
Yes, ongoing	-	180 (0.72%)
No	44 (93.6%)	17744 (71.2%)
I do not know	-	1404 (5.6%)
Missing	3 (6.4%)	5315 (21.3%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	24 (51.1%)	7973 (39.2%)
Protein requirements were determined	13 (27.7%)	7515 (37.0%)
Food/Nutrition intake was recorded in the patient record	3 (6.4%)	9150 (45.0%)
Nutrition treatment plan was developed	4 (8.5%)	8137 (40.0%)
Nutrition expert was consulted	2 (4.3%)	8633 (42.5%)
Malnutrition status is recorded in the patient record	13 (27.7%)	7308 (35.9%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	-	445 (1.8%)
500-999 kcal	-	210 (0.84%)
1000-1499 kcal	5 (10.6%)	1767 (7.1%)
1500-1999 kcal	30 (63.8%)	6430 (25.8%)
>=2000 kcal	11 (23.4%)	3687 (14.8%)
Not determined	1 (2.1%)	6548 (26.3%)
I do not know	-	1248 (5.0%)
Missing	-	4590 (18.4%)

<b>15b. Energy intake</b>		
< 500 kcal	3 (6.4%)	1070 (4.3%)
500-999 kcal	11 (23.4%)	1366 (5.5%)
1000-1499 kcal	16 (34.0%)	2751 (11.0%)
1500-1999 kcal	9 (19.1%)	4599 (18.5%)
>=2000 kcal	7 (14.9%)	2469 (9.9%)
Not determined	1 (2.1%)	6254 (25.1%)
I do not know	-	1824 (7.3%)
Missing	-	4592 (18.4%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	27 (57.4%)	11134 (44.7%)
Deteriorated	1 (2.1%)	1331 (5.3%)
Remained the same	11 (23.4%)	5023 (20.2%)
This patient has just been admitted	8 (17.0%)	1445 (5.8%)
I do not know	-	1402 (5.6%)
Missing	-	4590 (18.4%)
Length of hospital stay (days)	8 [6-12]	13 [6-25]

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

3= Transferred to long term care	-	653 (2.6%)
4= Rehabilitation	-	606 (2.4%)
5= Discharged home	47 (100%)	18641 (74.8%)
6= Death	-	956 (3.8%)
7= Others	-	536 (2.2%)
Missing	-	159 (0.64%)

### Readmitted since nutritionDay

1= No	47 (100%)	16520 (77.3%)
2= Yes, same hospital planned	-	1353 (6.3%)
3= Yes, same hospital unplanned	-	1110 (5.2%)
4= Yes, different hospital planned	-	80 (0.37%)
5= Yes, different hospital unplanned	-	80 (0.37%)
6= Unknown	-	485 (2.3%)
Missing	-	1675 (7.8%)

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

YOUR RESULTS REFERENCE RESULTS

	YOUR RESULTS	REFERENCE RESULTS
<b>1. What are your typical dietary habits?</b>		
No special dietary habits	38 (80.9%)	14107 (57.7%)
I am vegetarian	-	445 (1.8%)
I adhere to a vegan diet	-	79 (0.32%)
I eat gluten-free diet	-	210 (0.86%)
I avoid added sugars	3 (6.4%)	3287 (13.4%)
I avoid carbohydrates	4 (8.5%)	1220 (5.0%)
I eat a low fat-diet	3 (6.4%)	2101 (8.6%)
I am lactose intolerant	1 (2.1%)	816 (3.3%)
Other special diet due to intolerances/allergies	-	421 (1.7%)
Other	2 (4.3%)	1522 (6.2%)
No answer given	-	4719 (19.3%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	45 (95.7%)	17544 (71.7%)
In a nursing home or other live-in facility	1 (2.1%)	469 (1.9%)
I was transferred from another hospital	-	1456 (6.0%)
Other	1 (2.1%)	339 (1.4%)
Missing	-	4644 (19.0%)
<b>3. In general, are you able to walk?</b>		
Yes	39 (83.0%)	12349 (50.5%)
Yes, with someone's help	5 (10.6%)	2256 (9.2%)
Yes, independently using a cane, walker, or crutches	1 (2.1%)	2560 (10.5%)
No, I have a wheelchair	1 (2.1%)	859 (3.5%)
No, I am bedridden	1 (2.1%)	1677 (6.9%)
Missing	-	4751 (19.4%)
<b>4. In general, how would you say your health is?</b>		
Very good	4 (8.5%)	1759 (7.2%)
Good	13 (27.7%)	7718 (31.6%)
Fair	26 (55.3%)	7368 (30.1%)
Poor	3 (6.4%)	2474 (10.1%)
Very poor	-	414 (1.7%)
Missing	1 (2.1%)	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?	2 [1-2]	4 [2-8]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	1 [1-1]	1 [0-2]

... how many nights in total have you spent in hospital?	2 [1-4]	4 [0-14]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	27 (57.4%)	4831 (19.8%)
3-5	7 (14.9%)	5143 (21.0%)
More than 5	-	5425 (22.2%)
None	11 (23.4%)	3787 (15.5%)
I do not know	2 (4.3%)	617 (2.5%)
Missing	-	4649 (19.0%)

### 7. Do you have health insurance?

Yes, private insurance only	16 (34.0%)	3701 (15.1%)
Yes, public insurance only	23 (48.9%)	9777 (40.0%)
Yes, both	-	1908 (7.8%)
None	6 (12.8%)	3768 (15.4%)
I prefer not to answer	2 (4.3%)	461 (1.9%)
Missing	-	4837 (19.8%)

<b>8. What was your weight 5 years ago?</b>	57 [47-75]	74 [63-85]
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I do not know	21 (44.7%)	6168 (25.2%)
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### 9a. Have you lost weight within the last 3 months?

Yes, intentionally	1 (2.1%)	1931 (7.9%)
Yes, unintentionally	9 (19.1%)	10653 (43.6%)
No, my weight stayed the same	8 (17.0%)	6738 (27.6%)
No, I gained weight	11 (23.4%)	2780 (11.4%)
I do not know	18 (38.3%)	2017 (8.2%)
Missing	-	333 (1.4%)

<b>9b. If yes, how many kg did you lose?</b>	11 [5-16]	6 [4-10]
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I do not know	3 (30.0%)	2421 (19.2%)
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<b>10. Did you know about your hospitalisation two days before admission? (Yes)</b>	29 (64.4%)	7367 (38.4%)
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### 11. Please indicate if you ...

... were weighed at admission	42 (89.4%)	10622 (53.6%)
... were informed about your nutrition status	9 (19.1%)	7345 (37.2%)
... were informed about nutrition care options	4 (8.5%)	6881 (34.9%)
... received special nutrition care	7 (14.9%)	6867 (34.9%)

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

More than normal	-	1175 (4.8%)
Normal	36 (78.3%)	14950 (61.3%)

About 3/4 of normal	4 (8.7%)	2351 (9.6%)
About half of normal	1 (2.2%)	3047 (12.5%)
About a quarter to nearly nothing	5 (10.9%)	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	3 (6.5%)	5545 (22.7%)
Somewhat satisfied	22 (47.8%)	6058 (24.8%)
Neutral	16 (34.8%)	4069 (16.7%)
Dissatisfied	2 (4.3%)	1669 (6.8%)
Very dissatisfied	-	733 (3.0%)
I do not know	3 (6.5%)	1404 (5.8%)
Missing	-	4922 (20.2%)

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

Yes, from family or friends	10 (21.7%)	2402 (9.8%)
Yes, from hospital staff	2 (4.3%)	1324 (5.4%)
No	34 (73.9%)	15188 (62.2%)
I do not know	-	275 (1.1%)
Missing	-	5211 (21.4%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	35 (76.1%)	13701 (72.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	19 (41.3%)	11767 (48.2%)
1/2	15 (32.6%)	6068 (24.9%)
1/4	6 (13.0%)	3130 (12.8%)
Nothing	6 (13.0%)	2535 (10.4%)
Missing	-	900 (3.7%)

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

Standard	37 (80.4%)	13049 (53.5%)
Smaller	4 (8.7%)	1824 (7.5%)
Larger	-	960 (3.9%)
I do not know	-	2121 (8.7%)
Missing	5 (10.9%)	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	3 (11.1%)	1924 (16.4%)
I did not like the smell/taste of the food	2 (7.4%)	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	1 (3.7%)	1600 (13.6%)
I do not have my usual appetite	3 (11.1%)	3509 (29.9%)
I have problems chewing/swallowing	1 (3.7%)	683 (5.8%)
I normally eat less than what was served	-	1218 (10.4%)
I had nausea/vomiting	1 (3.7%)	971 (8.3%)
I was too tired	1 (3.7%)	511 (4.4%)
I cannot eat without help	-	146 (1.2%)
I was not allowed to eat	2 (7.4%)	980 (8.4%)
I had an exam, surgery, or test and missed my meal	4 (14.8%)	785 (6.7%)
I did not get requested food	-	123 (1.0%)
No answer given	13 (48.1%)	2067 (17.6%)

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

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

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 21 (50.0%) 4412 (23.9%)

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

Sweet snacks	2 (9.5%)	1125 (25.5%)
Salty snacks	1 (4.8%)	609 (13.8%)
Homemade food	6 (28.6%)	943 (21.4%)
Fruits	4 (19.0%)	1520 (34.5%)
Dairy products	2 (9.5%)	516 (11.7%)
Food delivered/restaurant	3 (14.3%)	188 (4.3%)
Sandwich	2 (9.5%)	265 (6.0%)
Other	4 (19.0%)	659 (14.9%)

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

Increased	14 (30.4%)	3392 (13.9%)
Decreased	8 (17.4%)	6798 (27.9%)
Stayed the same	24 (52.2%)	7810 (32.0%)
I do not know	-	1112 (4.6%)
Missing	-	5288 (21.7%)

## 21. TODAY I feel...

Stronger than at admission	29 (63.0%)	11712 (48.0%)
Weaker than at admission	1 (2.2%)	4322 (17.7%)
Same as at admission	14 (30.4%)	6423 (26.3%)
I was admitted today	1 (2.2%)	740 (3.0%)
I do not know	1 (2.2%)	917 (3.8%)
Missing	-	286 (1.2%)

## 22. Can you walk without assistance TODAY?

Yes	34 (73.9%)	13991 (57.3%)
No, only with assistance	12 (26.1%)	6345 (26.0%)
No, I stay in bed	-	3449 (14.1%)
Missing	-	615 (2.5%)

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

45 (100%)	14422 (73.8%)
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	YOUR RESULTS	REFERENCE RESULTS
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**1. Are you COVID-19 positive TODAY?**

Yes	-	565 (2.3%)
No	47 (100%)	19372 (77.7%)
I do not know	-	2031 (8.1%)
Missing	-	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	47 (100%)	9637 (38.7%)
I do not know	-	3756 (15.1%)
Missing	-	6480 (26.0%)

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

Yes	-	1348 (5.4%)
No	47 (100%)	16395 (65.8%)
I do not know	-	2695 (10.8%)
Missing	-	4487 (18.0%)