



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Belgium

Dear participant,

Thank you for participating to nutritionDay worldwide in 2022. Your country report consists of the following sample size:

Number of participated center:	34
Number of participated units:	72
Number of patients:	1131
Number of patients who gave consent:	1048
Number of patients completing Sheet 3a:	999
Number of patients completing Sheet 3b:	999
Number of patients with 30-day outcome assessment:	886

This report compares your country data to the international reference database based on data from nutritionDay 2018-2021.

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 2023! 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	397 [235-500]	355 [189-682]
2. Total number of admissions in the hospital last year	15271 [9723-17908]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	156 [144-505]	179 [90-394]
Medical specialists	262 [131-441]	110 [39-253]
Medical non-specialists	30 [14-138]	47 [20-125]
Nurses	598 [432-1026]	385 [172-874]
Dieticians	9 [5-14]	4 [1-9]
Nutritionists	1 [0-5]	1 [0-4]
Pharmacists	10 [5-18]	9 [4-23]
Kitchen staff	34 [22-72]	29 [12-55]
Full time equivalent		
Total medical doctors	372 [150-523]	153 [62-360]
Medical specialists	302 [271-313]	92 [34-249]
Medical non-specialists	16 [10-178]	40 [17-118]
Nurses	563 [378-885]	328 [159-751]
Dieticians	7 [4-9]	4 [1-8]
Nutritionists	0 [0-5]	1 [0-4]
Pharmacists	9 [6-17]	7 [3-16]
Kitchen staff	23 [13-52]	29 [11-56]
4. Does the hospital have a nutrition care strategy?	15 (88.2%) Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	15 (51.7%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	14 (48.3%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	13 (44.8%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	10 (34.5%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	16 (55.2%) Yes	409 (66.7%) Yes
None	3 (10.3%) Yes	62 (10.1%) Yes
No answer given	12 (41.4%)	34 (5.5%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	10 (34.5%) Yes	318 (51.9%) Yes
Oral nutrition supplements	11 (37.9%) Yes	264 (43.1%) Yes
Parenteral nutrition	15 (51.7%) Yes	373 (60.8%) Yes
Enteral nutrition	13 (44.8%) Yes	350 (57.1%) Yes
Dietary counseling	12 (41.4%) Yes	238 (38.8%) Yes
Specific dietary interventions	8 (27.6%) Yes	207 (33.8%) Yes
Screening for malnutrition	11 (37.9%) Yes	196 (32.0%) Yes
Risk of malnutrition	10 (34.5%) Yes	176 (28.7%) Yes
Malnutrition (in general)	12 (41.4%) Yes	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	13 (44.8%) Yes	252 (41.1%) Yes
No information available from billing/finance/controlling	1 (3.4%) Yes	124 (20.2%) Yes
No answer given	-	34 (5.5%)

Codes routinely used

Nutrition Support	9 (31.0%) Yes	281 (45.8%) Yes
Oral nutrition supplements	7 (24.1%) Yes	235 (38.3%) Yes
Parenteral nutrition	11 (37.9%) Yes	340 (55.5%) Yes
Enteral nutrition	11 (37.9%) Yes	327 (53.3%) Yes
Dietary counseling	9 (31.0%) Yes	208 (33.9%) Yes
Specific dietary interventions	8 (27.6%) Yes	187 (30.5%) Yes
Screening for malnutrition	8 (27.6%) Yes	171 (27.9%) Yes
Risk of malnutrition	7 (24.1%) Yes	158 (25.8%) Yes
Malnutrition (in general)	12 (41.4%) Yes	247 (40.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	12 (41.4%) Yes	226 (36.9%) Yes
No information available from billing/finance/controlling	1 (3.4%) Yes	134 (21.9%) Yes
No answer given	-	34 (5.5%)

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

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	8 (11.1%)	20.5%
Internal Medicine / Cardiology	6 (8.3%)	4.3%
Internal Medicine / Gastroenterology & hepatology	1 (1.4%)	7.6%
Internal Medicine / Geriatrics	20 (27.8%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	1 (1.4%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	3 (4.2%)	2.6%
Neurology	2 (2.8%)	4.0%
Surgery / General	3 (4.2%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (1.4%)	1.8%
Surgery / Neurosurgery	1 (1.4%)	0.7%
Surgery / Orthopedic	4 (5.6%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	1 (1.4%)	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	1 (1.4%)	0.4%
Psychiatry	2 (2.8%)	1.0%
Others	18 (25.0%)	13.2%

2. Number of registered inpatients at noon 21 [18-24] 22 [17-30]

3. Total bed capacity of the unit 26 [24-29] 29 [23-40]

4. Number of each type of staff in the unit for TODAY's morning shift

Fully trained

Medical doctors	1 [1-2]	3 [2-6]
Nurses	4 [3-4]	4 [3-7]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [0-1]	1 [0-2]
Other staff involved in patient care	1 [1-2]	1 [0-3]

In training

Medical doctors	1 [0-2]	1 [0-3]
Medical students	0 [0-1]	0 [0-2]
Nurses	2 [0-3]	1 [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 [0-1]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 37 (90.2%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 30 (73.2%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 24 (58.5%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 63 (98.4%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 28 (68.3%) Yes 659 (57.1%) Yes

10. How do you MAINLY screen/monitor patients for malnutrition?

At admission

No routine screening	3 (4.2%) Yes	116 (8.2%) Yes
No fixed criteria	-	16 (1.1%) Yes
Experience / visual assessment only	1 (1.4%) Yes	84 (5.9%) Yes
Weighing / BMI only	14 (19.4%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	32 (44.4%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	3 (4.2%) Yes	102 (7.2%) Yes
Malnutrition Screening tool (MST)	-	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	10 (13.9%) Yes	215 (15.1%) Yes
I do not know	1 (1.4%) Yes	13 (0.91%) Yes
Missing	8 (11.1%)	73 (5.1%)

During hospital stay

No routine monitoring	3 (4.2%) Yes	124 (8.7%) Yes
No fixed criteria	3 (4.2%) Yes	108 (7.6%) Yes
Experience / visual assessment only	8 (11.1%) Yes	211 (14.8%) Yes
Weighing / BMI only	30 (41.7%) Yes	458 (32.2%) Yes
Other formal tool	18 (25.0%) Yes	404 (28.4%) Yes
I do not know	2 (2.8%) Yes	45 (3.2%) Yes
Missing	8 (11.1%)	73 (5.1%)

11a. Do you routinely use guidelines or standards for nutrition care? 32 (80.0%) Yes 953 (85.2%) Yes

11b. If yes, which one is mainly used?			
International guidelines	18 (56.3%)	Yes	296 (31.1%)
National guidelines	4 (12.5%)	Yes	141 (14.8%)
Standards on hospital level	7 (21.9%)	Yes	344 (36.1%)
Standards on unit level	1 (3.1%)	Yes	61 (6.4%)
Individual patient nutrition care plans	2 (6.3%)	Yes	97 (10.2%)
Other	-	-	6 (0.63%)
Missing	-	-	8 (0.84%)

12. What is routinely done in your unit for given patient groups?

At risk

Watchful waiting	12 (16.7%)	Yes	361 (25.4%)
Discuss nutrition care activities during ward rounds	17 (23.6%)	Yes	597 (42.0%)
Develop an individual nutrition care plan	17 (23.6%)	Yes	684 (48.1%)
Initiate treatment / nutrition intervention	25 (34.7%)	Yes	750 (52.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	20 (27.8%)	Yes	725 (50.9%)
Consult a medical professional	12 (16.7%)	Yes	430 (30.2%)
Calculate energy requirements	17 (23.6%)	Yes	601 (42.2%)
Calculate protein requirements	17 (23.6%)	Yes	590 (41.5%)

Malnourished

Watchful waiting	7 (9.7%)	Yes	264 (18.6%)
Discuss nutrition care activities during ward rounds	19 (26.4%)	Yes	622 (43.7%)
Develop an individual nutrition care plan	21 (29.2%)	Yes	757 (53.2%)
Initiate treatment / nutrition intervention	23 (31.9%)	Yes	818 (57.5%)
Consult a nutrition expert (dietician, nutritionist, etc.)	22 (30.6%)	Yes	744 (52.3%)
Consult a medical professional	21 (29.2%)	Yes	552 (38.8%)
Calculate energy requirements	26 (36.1%)	Yes	710 (49.9%)
Calculate protein requirements	26 (36.1%)	Yes	702 (49.3%)

Every patient

Watchful waiting	28 (38.9%)	Yes	634 (44.6%)
Discuss nutrition care activities during ward rounds	14 (19.4%)	Yes	328 (23.0%)
Develop an individual nutrition care plan	13 (18.1%)	Yes	195 (13.7%)
Initiate treatment / nutrition intervention	9 (12.5%)	Yes	166 (11.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	18 (25.0%)	Yes	254 (17.8%)
Consult a medical professional	10 (13.9%)	Yes	298 (20.9%)
Calculate energy requirements	10 (13.9%)	Yes	162 (11.4%)
Calculate protein requirements	10 (13.9%)	Yes	143 (10.0%)

Never

Watchful waiting	3 (4.2%) Yes	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	2 (2.8%) Yes	65 (4.6%) Yes
Develop an individual nutrition care plan	2 (2.8%) Yes	52 (3.7%) Yes
Initiate treatment / nutrition intervention	-	25 (1.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	15 (1.1%) Yes
Consult a medical professional	3 (4.2%) Yes	110 (7.7%) Yes
Calculate energy requirements	2 (2.8%) Yes	112 (7.9%) Yes
Calculate protein requirements	2 (2.8%) Yes	117 (8.2%) Yes

I do not know

Watchful waiting	-	75 (5.3%) Yes
Discuss nutrition care activities during ward rounds	1 (1.4%) Yes	42 (3.0%) Yes
Develop an individual nutrition care plan	2 (2.8%) Yes	50 (3.5%) Yes
Initiate treatment / nutrition intervention	2 (2.8%) Yes	39 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (1.4%) Yes	43 (3.0%) Yes
Consult a medical professional	5 (6.9%) Yes	99 (7.0%) Yes
Calculate energy requirements	3 (4.2%) Yes	69 (4.8%) Yes
Calculate protein requirements	3 (4.2%) Yes	75 (5.3%) Yes

13. When do you routinely weigh your patients?

at admission	38 (52.8%) Yes	919 (64.6%) Yes
Within 24 hours	10 (13.9%) Yes	194 (13.6%) Yes
Within 48 hours	11 (15.3%) Yes	77 (5.4%) Yes
Within 72 hours	2 (2.8%) Yes	28 (2.0%) Yes
Every week	49 (68.1%) Yes	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	32 (44.4%) Yes	728 (51.2%) Yes
At discharge	4 (5.6%) Yes	80 (5.6%) Yes
Never	-	13 (0.91%) Yes
I do not know	1 (1.4%) Yes	17 (1.2%) Yes
No answer given	-	73 (5.1%)

14. What do you do to support adequate food intake of patients?

Offer additional meals or in between snacks	59 (81.9%) Yes	1096 (77.0%) Yes
Offer meal choices	54 (75.0%) Yes	985 (69.2%) Yes
Offer different portion sizes	59 (81.9%) Yes	895 (62.9%) Yes
Consider food presentation	16 (22.2%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	63 (87.5%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	63 (87.5%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	16 (22.2%) Yes	383 (26.9%) Yes
Promote positive eating environment	19 (26.4%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	59 (81.9%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	62 (86.1%) Yes	1198 (84.2%) Yes

Other	6 (8.3%) Yes	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	8 (11.1%)	73 (5.1%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	26 (36.1%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	22 (30.6%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	23 (31.9%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	11 (15.3%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	32 (44.4%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	2 (2.8%) Yes	65 (4.6%) Yes
No answer given	31 (43.1%)	269 (18.9%)
16. At admission what is asked and documented?		
Change in weight	32 (44.4%) Yes	977 (68.7%) Yes
Eating habits/difficulties	31 (43.1%) Yes	893 (62.8%) Yes
Nutrition before admission	24 (33.3%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	5 (6.9%) Yes	45 (3.2%) Yes
No answer given	31 (43.1%)	269 (18.9%)
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	38 (52.8%) Yes	963 (67.7%) Yes
nutrition treatment	31 (43.1%) Yes	751 (52.8%) Yes
None	-	59 (4.1%) Yes
I do not know	2 (2.8%) Yes	43 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	29 (40.3%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	22 (30.6%) Yes	780 (54.8%) Yes
None	-	90 (6.3%) Yes
I do not know	9 (12.5%) Yes	150 (10.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	26 (70.3%) Yes	498 (46.6%) Yes
19. Who filled in this sheet?		
Head staff	23 (31.9%) Yes	350 (24.6%) Yes

Dietician	31 (43.1%) Yes	611 (42.9%) Yes
Nurse	9 (12.5%) Yes	327 (23.0%) Yes
Physician	3 (4.2%) Yes	145 (10.2%) Yes
Administrative staff	-	29 (2.0%) Yes
Other	-	106 (7.4%) Yes
None	-	2 (0.14%) Yes
I do not know	-	24 (1.7%) Yes

III. Patient demographics, medical information & Outcome (“Sheet 2a/2b”)

	YOUR RESULTS	REFERENCE RESULTS
Total	1048	26592
Age	77 [65-86]	66 [51-78]
Female	622 (59.4%)	13033 (49.0%)
Weight	73.0±19.1	70.4±18.6
Height	166±10	165±10
BMI	26.5±6.1	25.6±5.9

1. This hospital admission was...

planned	383 (36.5%)	8843 (33.3%)
an emergency	597 (57.0%)	15921 (59.9%)
I do not know	68 (6.5%)	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	90 (8.6%)	2701 (10.2%)
0200 Neoplasms	72 (6.9%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	35 (3.3%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	136 (13.0%)	3356 (12.6%)
0500 Mental health	104 (9.9%)	1197 (4.5%)
0600 Nervous system	201 (19.2%)	2419 (9.1%)
0700 Eye and adnexa	10 (0.95%)	316 (1.2%)
0800 Ear and mastoid process	8 (0.76%)	133 (0.50%)
0900 Circulatory system	258 (24.6%)	5507 (20.7%)
1000 Respiratory system	147 (14.0%)	4000 (15.0%)
1100 Digestive system	120 (11.5%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	47 (4.5%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	328 (31.3%)	4622 (17.4%)
1400 Genitourinary system	93 (8.9%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	3 (0.29%)	424 (1.6%)
1600 Conditions originating in the perinatal period	1 (0.10%)	71 (0.27%)
1700 Congenital/chromosomal abnormalities	3 (0.29%)	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	25 (2.4%)	1441 (5.4%)
1900 Injury, poisoning	57 (5.4%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	27 (2.6%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	69 (6.6%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	255 (27.1%)	4789 (18.8%)
Myocardial infarction	43 (4.7%)	1373 (5.4%)
Chronic lung disease	153 (16.5%)	3146 (12.4%)
Cerebral vascular disease	138 (14.8%)	2107 (8.3%)
Peripheral vascular disease	167 (18.2%)	2764 (10.9%)
Chronic liver disease	40 (4.4%)	1399 (5.5%)
Chronic kidney disease	158 (17.0%)	3056 (12.1%)
Diabetes	250 (26.3%)	5929 (23.2%)
Cancer	126 (13.6%)	5496 (21.5%)
Infection	143 (15.5%)	3680 (14.5%)
Dementia	115 (12.5%)	1243 (4.9%)
Major depressive disorder	86 (9.4%)	1152 (4.5%)
Other chronic mental disorder	78 (8.4%)	1149 (4.5%)
Other chronic disease	231 (24.5%)	6868 (26.9%)
None	157 (15.0%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	139 (13.3%)	4741 (17.8%)
Yes, acute	54 (5.2%)	1848 (6.9%)
No	424 (40.5%)	15775 (59.3%)
I do not know	7 (0.67%)	246 (0.93%)
Missing	424 (40.5%)	3982 (15.0%)

Days since operation	13 [2-25]	5 [1-15]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	11 (1.0%)	2462 (9.3%)
Yes, later	16 (1.5%)	1594 (6.0%)
No	567 (54.1%)	17439 (65.6%)
I do not know	26 (2.5%)	642 (2.4%)
Missing	428 (40.8%)	4455 (16.8%)

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

62 (9.8%)	2641 (11.5%)
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6. Is this patient terminally ill?

30 (2.9%)	1752 (6.6%)
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7. Fluid status

Normal	795 (75.9%)	20786 (78.2%)
Overloaded	79 (7.5%)	1272 (4.8%)
Dehydrated	48 (4.6%)	1395 (5.2%)
I do not know	126 (12.0%)	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

Oral	8 [6-12]	5 [2-8]
Other	2 [1-3]	2 [1-4]

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

Malnourished	230 (21.9%)	3439 (12.9%)
At risk	246 (23.5%)	5137 (19.3%)
No	517 (49.3%)	16313 (61.3%)
I do not know	55 (5.2%)	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	103 (9.8%)	8813 (33.1%)
5% Glucose solution	37 (3.5%)	1921 (7.2%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	554 (52.9%)	15963 (60.0%)
Fortified/enriched hospital food	382 (36.5%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	343 (32.7%)	4623 (17.4%)
Enteral nutrition	12 (1.1%)	1194 (4.5%)
Parenteral nutrition	15 (1.4%)	965 (3.6%)
Special diet	311 (29.7%)	7968 (30.0%)
None	25 (2.4%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	30 (4.8%)	2276 (10.0%)
Peripheral venous access	137 (21.7%)	12226 (53.5%)
Nasogastric	4 (0.63%)	550 (2.4%)
Nasojejunal	3 (0.48%)	126 (0.55%)
Nasoduodenal	2 (0.32%)	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	-	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.16%)	90 (0.39%)
None	878 (83.8%)	12214 (45.9%)

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

Yes, previously	7 (0.67%)	329 (1.2%)
Yes, ongoing	2 (0.19%)	192 (0.72%)
No	489 (46.7%)	19494 (73.3%)
I do not know	109 (10.4%)	1927 (7.2%)
Missing	441 (42.1%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	295 (46.8%)	9131 (39.9%)
Protein requirements were determined	265 (42.0%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	418 (66.2%)	10365 (45.3%)
Nutrition treatment plan was developed	308 (48.8%)	8802 (38.5%)
Nutrition expert was consulted	449 (71.2%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	363 (57.5%)	7837 (34.3%)
None	-	-

15a. Energy goal		
< 500 kcal	36 (3.4%)	691 (2.6%)
500-999 kcal	1 (0.10%)	245 (0.92%)
1000-1499 kcal	20 (1.9%)	2014 (7.6%)
1500-1999 kcal	211 (20.1%)	7614 (28.6%)
>=2000 kcal	144 (13.7%)	2877 (10.8%)
Not determined	195 (18.6%)	7476 (28.1%)
I do not know	24 (2.3%)	1955 (7.4%)
Missing	417 (39.8%)	3720 (14.0%)

15b. Energy intake		
< 500 kcal	34 (3.2%)	1231 (4.6%)
500-999 kcal	16 (1.5%)	1085 (4.1%)
1000-1499 kcal	68 (6.5%)	2897 (10.9%)
1500-1999 kcal	163 (15.6%)	5852 (22.0%)
>=2000 kcal	77 (7.3%)	1702 (6.4%)
Not determined	221 (21.1%)	7294 (27.4%)
I do not know	52 (5.0%)	2811 (10.6%)
Missing	417 (39.8%)	3720 (14.0%)

16. Since admission, this patient's health status has...		
Improved	330 (31.5%)	12031 (45.2%)
Deteriorated	35 (3.3%)	1361 (5.1%)
Remained the same	145 (13.8%)	6081 (22.9%)
This patient has just been admitted	54 (5.2%)	1469 (5.5%)
I do not know	67 (6.4%)	1930 (7.3%)
Missing	417 (39.8%)	3720 (14.0%)
Length of hospital stay (days)	21 [10-39]	13 [7-24]

Outcome Code		
1= Still in the hospital	135 (12.9%)	3018 (11.3%)
2= Transferred to another hospital	23 (2.2%)	595 (2.2%)

3= Transferred to long term care	108 (10.3%)	1051 (4.0%)
4= Rehabilitation	28 (2.7%)	875 (3.3%)
5= Discharged home	559 (53.3%)	19467 (73.2%)
6= Death	21 (2.0%)	934 (3.5%)
7= Others	12 (1.1%)	444 (1.7%)
Missing	162 (15.5%)	208 (0.78%)

Readmitted since nutritionDay

1= No	620 (83.9%)	17749 (77.4%)
2= Yes, same hospital planned	25 (3.4%)	1486 (6.5%)
3= Yes, same hospital unplanned	27 (3.7%)	1401 (6.1%)
4= Yes, different hospital planned	2 (0.27%)	126 (0.55%)
5= Yes, different hospital unplanned	2 (0.27%)	126 (0.55%)
6= Unknown	13 (1.8%)	344 (1.5%)
Missing	51 (6.9%)	1641 (7.2%)

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	435 (43.5%)	15608 (60.4%)
I am vegetarian	15 (1.5%)	404 (1.6%)
I adhere to a vegan diet	1 (0.10%)	134 (0.52%)
I eat gluten-free diet	1 (0.10%)	214 (0.83%)
I avoid added sugars	101 (10.1%)	3790 (14.7%)
I avoid carbohydrates	20 (2.0%)	1446 (5.6%)
I eat a low fat-diet	16 (1.6%)	2516 (9.7%)
I am lactose intolerant	6 (0.60%)	943 (3.6%)
Other special diet due to intolerances/allergies	6 (0.60%)	497 (1.9%)
Other	38 (3.8%)	1670 (6.5%)
No answer given	414 (41.4%)	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	489 (48.9%)	19455 (75.3%)
In a nursing home or other live-in facility	44 (4.4%)	690 (2.7%)
I was transferred from another hospital	35 (3.5%)	1580 (6.1%)
Other	13 (1.3%)	346 (1.3%)
Missing	418 (41.8%)	3778 (14.6%)
3. In general, are you able to walk?		
Yes	246 (24.6%)	13793 (53.4%)
Yes, with someone's help	77 (7.7%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	197 (19.7%)	3173 (12.3%)
No, I have a wheelchair	25 (2.5%)	923 (3.6%)
No, I am bedridden	38 (3.8%)	1606 (6.2%)
Missing	416 (41.6%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	36 (3.6%)	1821 (7.0%)
Good	221 (22.1%)	8196 (31.7%)
Fair	218 (21.8%)	8359 (32.3%)
Poor	92 (9.2%)	2967 (11.5%)
Very poor	12 (1.2%)	643 (2.5%)
Missing	420 (42.0%)	3863 (14.9%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	6 [3-12]	4 [2-10]
... 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?	5 [0-18]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	66 (6.6%)	4777 (18.5%)
3-5	124 (12.4%)	5708 (22.1%)
More than 5	332 (33.2%)	6615 (25.6%)
None	31 (3.1%)	4090 (15.8%)
I do not know	31 (3.1%)	828 (3.2%)
Missing	415 (41.5%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	136 (13.6%)	3978 (15.4%)
Yes, public insurance only	218 (21.8%)	11614 (44.9%)
Yes, both	67 (6.7%)	2630 (10.2%)
None	58 (5.8%)	2739 (10.6%)
I prefer not to answer	88 (8.8%)	801 (3.1%)
Missing	432 (43.2%)	4087 (15.8%)

8. What was your weight 5 years ago?

	73 [63-90]	72 [62-85]
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I do not know	165 (16.5%)	6263 (24.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	57 (5.7%)	2152 (8.3%)
Yes, unintentionally	397 (39.7%)	10461 (40.5%)
No, my weight stayed the same	289 (28.9%)	7518 (29.1%)
No, I gained weight	105 (10.5%)	2979 (11.5%)
I do not know	140 (14.0%)	2317 (9.0%)
Missing	11 (1.1%)	422 (1.6%)

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

	6 [3-10]	6 [4-10]
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I do not know	79 (17.4%)	2244 (17.8%)
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10. Did you know about your hospitalisation two days before admission? (Yes)

	170 (30.4%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	399 (68.3%)	12850 (58.3%)
... were informed about your nutrition status	310 (53.4%)	8086 (36.9%)
... were informed about nutrition care options	334 (57.7%)	7149 (32.6%)
... received special nutrition care	320 (55.4%)	7225 (33.0%)

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

More than normal	28 (2.8%)	1206 (4.7%)
Normal	589 (59.0%)	15522 (60.2%)

About 3/4 of normal	117 (11.7%)	2695 (10.5%)
About half of normal	158 (15.8%)	3297 (12.8%)
About a quarter to nearly nothing	81 (8.1%)	2438 (9.5%)
I do not know	15 (1.5%)	237 (0.92%)
Missing	11 (1.1%)	383 (1.5%)

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

Very satisfied	106 (10.6%)	5906 (22.9%)
Somewhat satisfied	298 (29.8%)	7223 (28.0%)
Neutral	81 (8.1%)	4265 (16.5%)
Dissatisfied	47 (4.7%)	1849 (7.2%)
Very dissatisfied	24 (2.4%)	707 (2.7%)
I do not know	22 (2.2%)	1619 (6.3%)
Missing	421 (42.1%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	9 (0.90%)	2356 (9.1%)
Yes, from hospital staff	80 (8.0%)	1486 (5.8%)
No	473 (47.3%)	17167 (66.6%)
I do not know	4 (0.40%)	265 (1.0%)
Missing	433 (43.3%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)	474 (83.6%)	15756 (75.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	468 (46.8%)	12282 (47.6%)
1/2	283 (28.3%)	6419 (24.9%)
1/4	129 (12.9%)	3259 (12.6%)
Nothing	107 (10.7%)	2785 (10.8%)
Missing	12 (1.2%)	1033 (4.0%)

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

Standard	423 (42.3%)	14046 (54.5%)
Smaller	62 (6.2%)	2165 (8.4%)
Larger	38 (3.8%)	1153 (4.5%)
I do not know	33 (3.3%)	2326 (9.0%)
Missing	443 (44.3%)	6088 (23.6%)

17. If you did not eat everything of your meal, please tell us why:

I did not like the type of food offered	83 (16.0%)	2085 (16.7%)
I did not like the smell/taste of the food	39 (7.5%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	4 (0.77%)	134 (1.1%)
The food was too hot	3 (0.58%)	42 (0.34%)

The food was too cold	7 (1.3%)	295 (2.4%)
Due to food allergy/intolerance	1 (0.19%)	130 (1.0%)
I was not hungry at that time	116 (22.4%)	1996 (16.0%)
I do not have my usual appetite	128 (24.7%)	3629 (29.1%)
I have problems chewing/swallowing	41 (7.9%)	781 (6.3%)
I normally eat less than what was served	82 (15.8%)	1474 (11.8%)
I had nausea/vomiting	28 (5.4%)	1076 (8.6%)
I was too tired	40 (7.7%)	733 (5.9%)
I cannot eat without help	8 (1.5%)	196 (1.6%)
I was not allowed to eat	37 (7.1%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	37 (7.1%)	801 (6.4%)
I did not get requested food	1 (0.19%)	143 (1.1%)
No answer given	112 (21.6%)	1961 (15.7%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 182 (32.9%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	105 (57.7%)	1682 (30.4%)
Salty snacks	17 (9.3%)	696 (12.6%)
Homemade food	24 (13.2%)	879 (15.9%)
Fruits	52 (28.6%)	2098 (37.9%)
Dairy products	22 (12.1%)	727 (13.1%)
Food delivered/restaurant	-	262 (4.7%)
Sandwich	6 (3.3%)	341 (6.2%)
Other	17 (9.3%)	803 (14.5%)

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

Increased	135 (13.5%)	3342 (13.0%)
Decreased	146 (14.6%)	7253 (28.1%)
Stayed the same	257 (25.7%)	9164 (35.5%)
I do not know	35 (3.5%)	1420 (5.5%)
Missing	426 (42.6%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	410 (41.0%)	11495 (44.6%)
Weaker than at admission	163 (16.3%)	4892 (19.0%)
Same as at admission	301 (30.1%)	7223 (28.0%)
I was admitted today	41 (4.1%)	611 (2.4%)
I do not know	71 (7.1%)	1156 (4.5%)
Missing	13 (1.3%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	430 (43.0%)	14760 (57.3%)
No, only with assistance	414 (41.4%)	6694 (26.0%)
No, I stay in bed	118 (11.8%)	3405 (13.2%)
Missing	37 (3.7%)	919 (3.6%)

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

483 (83.9%)	14819 (68.3%)
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1. Are you COVID-19 positive TODAY?

Yes	18 (1.7%)	267 (1.0%)
No	553 (52.8%)	7135 (26.8%)
I do not know	57 (5.4%)	650 (2.4%)
Missing	420 (40.1%)	18540 (69.7%)

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

0-3 months	51 (4.9%)	527 (2.0%)
3-6 months	20 (1.9%)	149 (0.56%)
6-12 months	49 (4.7%)	222 (0.83%)
>1 year	71 (6.8%)	177 (0.67%)
never	247 (23.6%)	3842 (14.4%)
I do not know	104 (9.9%)	973 (3.7%)
Missing	506 (48.3%)	20702 (77.9%)

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

Yes	53 (5.1%)	494 (1.9%)
No	378 (36.1%)	5927 (22.3%)
I do not know	106 (10.1%)	865 (3.3%)
Missing	511 (48.8%)	19306 (72.6%)