



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Estonia

Dear participant,

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

Number of participated center:	3
Number of participated units:	13
Number of patients:	235
Number of patients who gave consent:	148
Number of patients completing Sheet 3a:	148
Number of patients completing Sheet 3b:	148
Number of patients with 30-day outcome assessment:	103

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	256 [256-256]	355 [189-682]
2. Total number of admissions in the hospital last year	9945 [9945-9945]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	185 [185-185]	179 [90-394]
Medical specialists	52 [52-52]	110 [39-253]
Medical non-specialists	315 [315-315]	47 [20-125]
Nurses	426 [426-426]	385 [172-874]
Dieticians	0 [0-0]	4 [1-9]
Nutritionists	1 [1-1]	1 [0-4]
Pharmacists	4 [4-4]	9 [4-23]
Kitchen staff	35 [35-35]	29 [12-55]
Full time equivalent		
Total medical doctors	142 [142-142]	153 [62-360]
Medical specialists	46 [46-46]	92 [34-249]
Medical non-specialists	254 [254-254]	40 [17-118]
Nurses	387 [387-387]	328 [159-751]
Dieticians	0 [0-0]	4 [1-8]
Nutritionists	1 [1-1]	1 [0-4]
Pharmacists	4 [4-4]	7 [3-16]
Kitchen staff	34 [34-34]	29 [11-56]
4. Does the hospital have a nutrition care strategy?	Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	Yes	407 (66.4%) Yes
Nutrition steering committee is available	Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	-	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	-	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	Yes	409 (66.7%) Yes
None	-	62 (10.1%) Yes
No answer given	-	34 (5.5%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

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

Codes routinely used

Nutrition Support	-	281 (45.8%)	Yes
Oral nutrition supplements	-	235 (38.3%)	Yes
Parenteral nutrition	Yes	340 (55.5%)	Yes
Enteral nutrition	-	327 (53.3%)	Yes
Dietary counseling	-	208 (33.9%)	Yes
Specific dietary interventions	-	187 (30.5%)	Yes
Screening for malnutrition	-	171 (27.9%)	Yes
Risk of malnutrition	-	158 (25.8%)	Yes
Malnutrition (in general)	-	247 (40.3%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	226 (36.9%)	Yes
No information available from billing/finance/controlling	-	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	1 (7.7%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (7.7%)	8.0%
Interdisciplinary	-	2.9%
Long term care	1 (7.7%)	2.6%
Neurology	-	4.0%
Surgery / General	2 (15.4%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	1 (7.7%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	7 (53.8%)	13.2%

2. Number of registered inpatients at noon 18 [16-22] 22 [17-30]

3. Total bed capacity of the unit 26 [26-28] 29 [23-40]

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

Fully trained

Medical doctors	4 [3-5]	3 [2-6]
Nurses	3 [3-5]	4 [3-7]
Nursing aides	1 [0-1]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-2]
Other staff involved in patient care	2 [0-3]	1 [0-3]

In training

Medical doctors	2 [2-2]	1 [0-3]
Medical students	2 [1-2]	0 [0-2]
Nurses	2 [1-2]	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? 4 (57.1%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 2 (28.6%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 2 (28.6%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 4 (57.1%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 4 (57.1%) Yes 659 (57.1%) Yes

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

At admission

No routine screening	-	116 (8.2%) Yes
No fixed criteria	-	16 (1.1%) Yes
Experience / visual assessment only	5 (38.5%) Yes	84 (5.9%) Yes
Weighing / BMI only	2 (15.4%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	-	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	-	102 (7.2%) Yes
Malnutrition Screening tool (MST)	-	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	-	215 (15.1%) Yes
I do not know	-	13 (0.91%) Yes
Missing	6 (46.2%)	73 (5.1%)

During hospital stay

No routine monitoring	-	124 (8.7%) Yes
No fixed criteria	-	108 (7.6%) Yes
Experience / visual assessment only	5 (38.5%) Yes	211 (14.8%) Yes
Weighing / BMI only	2 (15.4%) Yes	458 (32.2%) Yes
Other formal tool	-	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	6 (46.2%)	73 (5.1%)

11a. Do you routinely use guidelines or standards for nutrition care? 4 (57.1%) Yes 953 (85.2%) Yes

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

International guidelines	1 (25.0%) Yes	296 (31.1%) Yes
National guidelines	-	141 (14.8%) Yes
Standards on hospital level	2 (50.0%) Yes	344 (36.1%) Yes
Standards on unit level	-	61 (6.4%) Yes
Individual patient nutrition care plans	1 (25.0%) Yes	97 (10.2%) Yes
Other	-	6 (0.63%) Yes
Missing	-	8 (0.84%)

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

Watchful waiting	1 (7.7%) Yes	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	4 (30.8%) Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	6 (46.2%) Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	6 (46.2%) Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (30.8%) Yes	725 (50.9%) Yes
Consult a medical professional	3 (23.1%) Yes	430 (30.2%) Yes
Calculate energy requirements	2 (15.4%) Yes	601 (42.2%) Yes
Calculate protein requirements	3 (23.1%) Yes	590 (41.5%) Yes

Malnourished

Watchful waiting	1 (7.7%) Yes	264 (18.6%) Yes
Discuss nutrition care activities during ward rounds	3 (23.1%) Yes	622 (43.7%) Yes
Develop an individual nutrition care plan	4 (30.8%) Yes	757 (53.2%) Yes
Initiate treatment / nutrition intervention	6 (46.2%) Yes	818 (57.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	5 (38.5%) Yes	744 (52.3%) Yes
Consult a medical professional	4 (30.8%) Yes	552 (38.8%) Yes
Calculate energy requirements	5 (38.5%) Yes	710 (49.9%) Yes
Calculate protein requirements	4 (30.8%) Yes	702 (49.3%) Yes

Every patient

Watchful waiting	4 (30.8%) Yes	634 (44.6%) Yes
Discuss nutrition care activities during ward rounds	1 (7.7%) Yes	328 (23.0%) Yes
Develop an individual nutrition care plan	-	195 (13.7%) Yes
Initiate treatment / nutrition intervention	-	166 (11.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	-	254 (17.8%) Yes
Consult a medical professional	-	298 (20.9%) Yes
Calculate energy requirements	1 (7.7%) Yes	162 (11.4%) Yes
Calculate protein requirements	-	143 (10.0%) Yes

Never

Watchful waiting	1 (7.7%) Yes	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	2 (15.4%) Yes	65 (4.6%) Yes
Develop an individual nutrition care plan	-	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	1 (7.7%) Yes	110 (7.7%) Yes
Calculate energy requirements	1 (7.7%) Yes	112 (7.9%) Yes
Calculate protein requirements	2 (15.4%) Yes	117 (8.2%) Yes

I do not know

Watchful waiting	1 (7.7%) Yes	75 (5.3%) Yes
Discuss nutrition care activities during ward rounds	-	42 (3.0%) Yes
Develop an individual nutrition care plan	-	50 (3.5%) Yes
Initiate treatment / nutrition intervention	-	39 (2.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (15.4%) Yes	43 (3.0%) Yes
Consult a medical professional	1 (7.7%) Yes	99 (7.0%) Yes
Calculate energy requirements	-	69 (4.8%) Yes
Calculate protein requirements	1 (7.7%) Yes	75 (5.3%) Yes

13. When do you routinely weigh your patients?

at admission	5 (38.5%) Yes	919 (64.6%) Yes
Within 24 hours	-	194 (13.6%) Yes
Within 48 hours	-	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	1 (7.7%) Yes	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	4 (30.8%) Yes	728 (51.2%) Yes
At discharge	-	80 (5.6%) Yes
Never	-	13 (0.91%) Yes
I do not know	-	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	5 (38.5%) Yes	1096 (77.0%) Yes
Offer meal choices	2 (15.4%) Yes	985 (69.2%) Yes
Offer different portion sizes	-	895 (62.9%) Yes
Consider food presentation	-	479 (33.7%) Yes
Change food texture/consistency as needed	5 (38.5%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	6 (46.2%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	3 (23.1%) Yes	383 (26.9%) Yes
Promote positive eating environment	1 (7.7%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	3 (23.1%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	7 (53.8%) Yes	1198 (84.2%) Yes

Other	-	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	6 (46.2%)	73 (5.1%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	6 (46.2%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	1 (7.7%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	-	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	-	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (23.1%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	6 (46.2%)	269 (18.9%)
16. At admission what is asked and documented?		
Change in weight	4 (30.8%) Yes	977 (68.7%) Yes
Eating habits/difficulties	7 (53.8%) Yes	893 (62.8%) Yes
Nutrition before admission	-	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	-	45 (3.2%) Yes
No answer given	6 (46.2%)	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	3 (23.1%) Yes	963 (67.7%) Yes
nutrition treatment	4 (30.8%) Yes	751 (52.8%) Yes
None	2 (15.4%) Yes	59 (4.1%) Yes
I do not know	-	43 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	3 (23.1%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	4 (30.8%) Yes	780 (54.8%) Yes
None	2 (15.4%) Yes	90 (6.3%) Yes
I do not know	-	150 (10.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	4 (57.1%) Yes	498 (46.6%) Yes
19. Who filled in this sheet?		
Head staff	1 (7.7%) Yes	350 (24.6%) Yes

Dietician	-	611 (42.9%) Yes
Nurse	3 (23.1%) Yes	327 (23.0%) Yes
Physician	4 (30.8%) Yes	145 (10.2%) Yes
Administrative staff	1 (7.7%) Yes	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	148	26592
Age	70 [61-79]	66 [51-78]
Female	71 (48.0%)	13033 (49.0%)
Weight	83.4±24.0	70.4±18.6
Height	170±11	165±10
BMI	28.4±7.3	25.6±5.9

1. This hospital admission was...

planned	60 (40.5%)	8843 (33.3%)
an emergency	87 (58.8%)	15921 (59.9%)
I do not know	1 (0.68%)	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	19 (12.8%)	2701 (10.2%)
0200 Neoplasms	33 (22.3%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	11 (7.4%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	18 (12.2%)	3356 (12.6%)
0500 Mental health	11 (7.4%)	1197 (4.5%)
0600 Nervous system	6 (4.1%)	2419 (9.1%)
0700 Eye and adnexa	6 (4.1%)	316 (1.2%)
0800 Ear and mastoid process	-	133 (0.50%)
0900 Circulatory system	50 (33.8%)	5507 (20.7%)
1000 Respiratory system	20 (13.5%)	4000 (15.0%)
1100 Digestive system	40 (27.0%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	8 (5.4%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	28 (18.9%)	4622 (17.4%)
1400 Genitourinary system	17 (11.5%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	-	424 (1.6%)
1600 Conditions originating in the perinatal period	-	71 (0.27%)
1700 Congenital/chromosomal abnormalities	-	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	8 (5.4%)	1441 (5.4%)
1900 Injury, poisoning	22 (14.9%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.68%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	-	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	67 (45.3%)	4789 (18.8%)
Myocardial infarction	9 (6.1%)	1373 (5.4%)
Chronic lung disease	22 (15.1%)	3146 (12.4%)
Cerebral vascular disease	6 (4.1%)	2107 (8.3%)
Peripheral vascular disease	4 (2.7%)	2764 (10.9%)
Chronic liver disease	4 (2.8%)	1399 (5.5%)
Chronic kidney disease	20 (14.0%)	3056 (12.1%)
Diabetes	45 (31.5%)	5929 (23.2%)
Cancer	28 (19.2%)	5496 (21.5%)
Infection	34 (23.3%)	3680 (14.5%)
Dementia	4 (2.7%)	1243 (4.9%)
Major depressive disorder	4 (2.7%)	1152 (4.5%)
Other chronic mental disorder	10 (6.8%)	1149 (4.5%)
Other chronic disease	44 (30.3%)	6868 (26.9%)
None	17 (11.5%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	19 (12.8%)	4741 (17.8%)
Yes, acute	20 (13.5%)	1848 (6.9%)
No	106 (71.6%)	15775 (59.3%)
I do not know	2 (1.4%)	246 (0.93%)
Missing	1 (0.68%)	3982 (15.0%)

Days since operation	6 [1-13]	5 [1-15]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	7 (4.7%)	2462 (9.3%)
Yes, later	-	1594 (6.0%)
No	125 (84.5%)	17439 (65.6%)
I do not know	14 (9.5%)	642 (2.4%)
Missing	2 (1.4%)	4455 (16.8%)

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

14 (9.5%)	2641 (11.5%)
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6. Is this patient terminally ill?

17 (11.5%)	1752 (6.6%)
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7. Fluid status

Normal	133 (89.9%)	20786 (78.2%)
Overloaded	4 (2.7%)	1272 (4.8%)
Dehydrated	7 (4.7%)	1395 (5.2%)
I do not know	4 (2.7%)	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	8 (5.4%)	3439 (12.9%)
At risk	24 (16.2%)	5137 (19.3%)
No	110 (74.3%)	16313 (61.3%)
I do not know	6 (4.1%)	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	40 (27.0%)	8813 (33.1%)
5% Glucose solution	7 (4.7%)	1921 (7.2%)

11. Number of ONS drinks planned

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

Regular hospital food	83 (56.1%)	15963 (60.0%)
Fortified/enriched hospital food	4 (2.7%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	18 (12.2%)	4623 (17.4%)
Enteral nutrition	3 (2.0%)	1194 (4.5%)
Parenteral nutrition	3 (2.0%)	965 (3.6%)
Special diet	44 (29.7%)	7968 (30.0%)
None	8 (5.4%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	17 (11.5%)	2276 (10.0%)
Peripheral venous access	65 (43.9%)	12226 (53.5%)
Nasogastric	4 (2.7%)	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	2 (1.4%)	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	2 (1.4%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	67 (45.3%)	12214 (45.9%)

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

Yes, previously	3 (2.0%)	329 (1.2%)
Yes, ongoing	-	192 (0.72%)
No	135 (91.2%)	19494 (73.3%)
I do not know	6 (4.1%)	1927 (7.2%)
Missing	4 (2.7%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	13 (8.8%)	9131 (39.9%)
Protein requirements were determined	8 (5.4%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	31 (20.9%)	10365 (45.3%)
Nutrition treatment plan was developed	6 (4.1%)	8802 (38.5%)
Nutrition expert was consulted	7 (4.7%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	7 (4.7%)	7837 (34.3%)
None	-	-

15a. Energy goal

< 500 kcal	2 (1.4%)	691 (2.6%)
500-999 kcal	-	245 (0.92%)
1000-1499 kcal	10 (6.8%)	2014 (7.6%)
1500-1999 kcal	16 (10.8%)	7614 (28.6%)
>=2000 kcal	20 (13.5%)	2877 (10.8%)
Not determined	89 (60.1%)	7476 (28.1%)
I do not know	11 (7.4%)	1955 (7.4%)
Missing	-	3720 (14.0%)

15b. Energy intake

< 500 kcal	-	1231 (4.6%)
500-999 kcal	-	1085 (4.1%)
1000-1499 kcal	22 (14.9%)	2897 (10.9%)
1500-1999 kcal	29 (19.6%)	5852 (22.0%)
>=2000 kcal	19 (12.8%)	1702 (6.4%)
Not determined	66 (44.6%)	7294 (27.4%)
I do not know	12 (8.1%)	2811 (10.6%)
Missing	-	3720 (14.0%)

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

Improved	59 (39.9%)	12031 (45.2%)
Deteriorated	4 (2.7%)	1361 (5.1%)
Remained the same	71 (48.0%)	6081 (22.9%)
This patient has just been admitted	3 (2.0%)	1469 (5.5%)
I do not know	11 (7.4%)	1930 (7.3%)
Missing	-	3720 (14.0%)

Length of hospital stay (days)	21 [12-35]	13 [7-24]
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Outcome Code

1= Still in the hospital	6 (4.1%)	3018 (11.3%)
2= Transferred to another hospital	3 (2.0%)	595 (2.2%)

3= Transferred to long term care	8 (5.4%)	1051 (4.0%)
4= Rehabilitation	-	875 (3.3%)
5= Discharged home	83 (56.1%)	19467 (73.2%)
6= Death	2 (1.4%)	934 (3.5%)
7= Others	1 (0.68%)	444 (1.7%)
Missing	45 (30.4%)	208 (0.78%)

Readmitted since nutritionDay

1= No	73 (76.0%)	17749 (77.4%)
2= Yes, same hospital planned	10 (10.4%)	1486 (6.5%)
3= Yes, same hospital unplanned	8 (8.3%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	-	344 (1.5%)
Missing	-	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	116 (78.4%)	15608 (60.4%)
I am vegetarian	2 (1.4%)	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	3 (2.0%)	214 (0.83%)
I avoid added sugars	22 (14.9%)	3790 (14.7%)
I avoid carbohydrates	7 (4.7%)	1446 (5.6%)
I eat a low fat-diet	9 (6.1%)	2516 (9.7%)
I am lactose intolerant	6 (4.1%)	943 (3.6%)
Other special diet due to intolerances/allergies	3 (2.0%)	497 (1.9%)
Other	6 (4.1%)	1670 (6.5%)
No answer given	1 (0.68%)	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	115 (77.7%)	19455 (75.3%)
In a nursing home or other live-in facility	6 (4.1%)	690 (2.7%)
I was transferred from another hospital	26 (17.6%)	1580 (6.1%)
Other	1 (0.68%)	346 (1.3%)
Missing	-	3778 (14.6%)
3. In general, are you able to walk?		
Yes	99 (66.9%)	13793 (53.4%)
Yes, with someone's help	10 (6.8%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	31 (20.9%)	3173 (12.3%)
No, I have a wheelchair	-	923 (3.6%)
No, I am bedridden	5 (3.4%)	1606 (6.2%)
Missing	3 (2.0%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	4 (2.7%)	1821 (7.0%)
Good	33 (22.3%)	8196 (31.7%)
Fair	69 (46.6%)	8359 (32.3%)
Poor	32 (21.6%)	2967 (11.5%)
Very poor	7 (4.7%)	643 (2.5%)
Missing	3 (2.0%)	3863 (14.9%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	2 [1-4]	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?	8 [0-20]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	39 (26.4%)	4777 (18.5%)
3-5	49 (33.1%)	5708 (22.1%)
More than 5	31 (20.9%)	6615 (25.6%)
None	21 (14.2%)	4090 (15.8%)
I do not know	7 (4.7%)	828 (3.2%)
Missing	1 (0.68%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	2 (1.4%)	3978 (15.4%)
Yes, public insurance only	136 (91.9%)	11614 (44.9%)
Yes, both	3 (2.0%)	2630 (10.2%)
None	5 (3.4%)	2739 (10.6%)
I prefer not to answer	1 (0.68%)	801 (3.1%)
Missing	1 (0.68%)	4087 (15.8%)

8. What was your weight 5 years ago?	83 [72-100]	72 [62-85]
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I do not know	32 (21.6%)	6263 (24.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	18 (12.2%)	2152 (8.3%)
Yes, unintentionally	51 (34.5%)	10461 (40.5%)
No, my weight stayed the same	35 (23.6%)	7518 (29.1%)
No, I gained weight	10 (6.8%)	2979 (11.5%)
I do not know	30 (20.3%)	2317 (9.0%)
Missing	4 (2.7%)	422 (1.6%)

9b. If yes, how many kg did you lose?	6 [4-10]	6 [4-10]
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I do not know	16 (23.2%)	2244 (17.8%)
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10. Did you know about your hospitalisation two days before admission? (Yes)	59 (42.1%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	54 (36.5%)	12850 (58.3%)
... were informed about your nutrition status	39 (26.7%)	8086 (36.9%)
... were informed about nutrition care options	33 (23.1%)	7149 (32.6%)
... received special nutrition care	31 (21.4%)	7225 (33.0%)

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

More than normal	4 (2.7%)	1206 (4.7%)
Normal	107 (72.3%)	15522 (60.2%)

About 3/4 of normal	14 (9.5%)	2695 (10.5%)
About half of normal	10 (6.8%)	3297 (12.8%)
About a quarter to nearly nothing	11 (7.4%)	2438 (9.5%)
I do not know	1 (0.68%)	237 (0.92%)
Missing	1 (0.68%)	383 (1.5%)

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

Very satisfied	47 (31.8%)	5906 (22.9%)
Somewhat satisfied	56 (37.8%)	7223 (28.0%)
Neutral	21 (14.2%)	4265 (16.5%)
Dissatisfied	12 (8.1%)	1849 (7.2%)
Very dissatisfied	-	707 (2.7%)
I do not know	9 (6.1%)	1619 (6.3%)
Missing	3 (2.0%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	1 (0.68%)	2356 (9.1%)
Yes, from hospital staff	9 (6.1%)	1486 (5.8%)
No	132 (89.2%)	17167 (66.6%)
I do not know	1 (0.68%)	265 (1.0%)
Missing	5 (3.4%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)	128 (90.8%)	15756 (75.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	57 (38.5%)	12282 (47.6%)
1/2	52 (35.1%)	6419 (24.9%)
1/4	30 (20.3%)	3259 (12.6%)
Nothing	8 (5.4%)	2785 (10.8%)
Missing	1 (0.68%)	1033 (4.0%)

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

Standard	92 (62.2%)	14046 (54.5%)
Smaller	6 (4.1%)	2165 (8.4%)
Larger	19 (12.8%)	1153 (4.5%)
I do not know	10 (6.8%)	2326 (9.0%)
Missing	21 (14.2%)	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	20 (22.2%)	2085 (16.7%)
I did not like the smell/taste of the food	12 (13.3%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	1 (1.1%)	134 (1.1%)
The food was too hot	-	42 (0.34%)

The food was too cold	1 (1.1%)	295 (2.4%)
Due to food allergy/intolerance	1 (1.1%)	130 (1.0%)
I was not hungry at that time	15 (16.7%)	1996 (16.0%)
I do not have my usual appetite	26 (28.9%)	3629 (29.1%)
I have problems chewing/swallowing	5 (5.6%)	781 (6.3%)
I normally eat less than what was served	20 (22.2%)	1474 (11.8%)
I had nausea/vomiting	7 (7.8%)	1076 (8.6%)
I was too tired	6 (6.7%)	733 (5.9%)
I cannot eat without help	-	196 (1.6%)
I was not allowed to eat	3 (3.3%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	1 (1.1%)	801 (6.4%)
I did not get requested food	2 (2.2%)	143 (1.1%)
No answer given	2 (2.2%)	1961 (15.7%)

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

Water	4 [2-5]	3 [2-6]
Tea	1 [1-2]	1 [0-2]
Coffee	1 [1-1]	1 [0-2]
Milk	0 [0-0]	1 [0-1]
Fruit juice	1 [0-2]	1 [0-2]
Soft drinks	0 [0-0]	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) 47 (32.4%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	18 (38.3%)	1682 (30.4%)
Salty snacks	4 (8.5%)	696 (12.6%)
Homemade food	7 (14.9%)	879 (15.9%)
Fruits	24 (51.1%)	2098 (37.9%)
Dairy products	10 (21.3%)	727 (13.1%)
Food delivered/restaurant	-	262 (4.7%)
Sandwich	7 (14.9%)	341 (6.2%)
Other	3 (6.4%)	803 (14.5%)

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

Increased	17 (11.5%)	3342 (13.0%)
Decreased	43 (29.1%)	7253 (28.1%)
Stayed the same	68 (45.9%)	9164 (35.5%)
I do not know	13 (8.8%)	1420 (5.5%)
Missing	7 (4.7%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	74 (50.0%)	11495 (44.6%)
Weaker than at admission	25 (16.9%)	4892 (19.0%)
Same as at admission	42 (28.4%)	7223 (28.0%)
I was admitted today	1 (0.68%)	611 (2.4%)
I do not know	4 (2.7%)	1156 (4.5%)
Missing	2 (1.4%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	78 (52.7%)	14760 (57.3%)
No, only with assistance	44 (29.7%)	6694 (26.0%)
No, I stay in bed	23 (15.5%)	3405 (13.2%)
Missing	3 (2.0%)	919 (3.6%)

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

73 (50.0%) 14819 (68.3%)

1. Are you COVID-19 positive TODAY?

Yes	31 (20.9%)	267 (1.0%)
No	106 (71.6%)	7135 (26.8%)
I do not know	8 (5.4%)	650 (2.4%)
Missing	3 (2.0%)	18540 (69.7%)

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

0-3 months	35 (23.6%)	527 (2.0%)
3-6 months	10 (6.8%)	149 (0.56%)
6-12 months	15 (10.1%)	222 (0.83%)
>1 year	17 (11.5%)	177 (0.67%)
never	65 (43.9%)	3842 (14.4%)
I do not know	4 (2.7%)	973 (3.7%)
Missing	2 (1.4%)	20702 (77.9%)

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

Yes	18 (12.2%)	494 (1.9%)
No	123 (83.1%)	5927 (22.3%)
I do not know	2 (1.4%)	865 (3.3%)
Missing	5 (3.4%)	19306 (72.6%)