



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Guatemala

Dear participant,

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

Number of participated center:	5
Number of participated units:	7
Number of patients:	360
Number of patients who gave consent:	358
Number of patients completing Sheet 3a:	356
Number of patients completing Sheet 3b:	356
Number of patients with 30-day outcome assessment:	216

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	315 [233-601]	355 [189-682]
2. Total number of admissions in the hospital last year	7014 [5597-7940]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	175 [173-465]	179 [90-394]
Medical specialists	88 [54-230]	110 [39-253]
Medical non-specialists	151 [119-289]	47 [20-125]
Nurses	298 [287-954]	385 [172-874]
Dieticians	2 [1-3]	4 [1-9]
Nutritionists	4 [3-13]	1 [0-4]
Pharmacists	10 [7-14]	9 [4-23]
Kitchen staff	69 [42-102]	29 [12-55]
Full time equivalent		
Total medical doctors	175 [175-175]	153 [62-360]
Medical specialists	-	92 [34-249]
Medical non-specialists	86 [86-86]	40 [17-118]
Nurses	276 [276-276]	328 [159-751]
Dieticians	4 [4-4]	4 [1-8]
Nutritionists	4 [4-4]	1 [0-4]
Pharmacists	3 [3-3]	7 [3-16]
Kitchen staff	69 [69-69]	29 [11-56]
4. Does the hospital have a nutrition care strategy?	3 (100%) Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	2 (66.7%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	1 (33.3%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	1 (33.3%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	1 (33.3%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (66.7%) 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	1 (33.3%) Yes	318 (51.9%) Yes
Oral nutrition supplements	1 (33.3%) Yes	264 (43.1%) Yes
Parenteral nutrition	1 (33.3%) Yes	373 (60.8%) Yes
Enteral nutrition	1 (33.3%) Yes	350 (57.1%) Yes
Dietary counseling	1 (33.3%) Yes	238 (38.8%) Yes
Specific dietary interventions	1 (33.3%) Yes	207 (33.8%) Yes
Screening for malnutrition	-	196 (32.0%) Yes
Risk of malnutrition	-	176 (28.7%) Yes
Malnutrition (in general)	-	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	252 (41.1%) Yes
No information available from billing/finance/controlling	2 (66.7%) Yes	124 (20.2%) Yes
No answer given	-	34 (5.5%)

Codes routinely used

Nutrition Support	1 (33.3%) Yes	281 (45.8%) Yes
Oral nutrition supplements	1 (33.3%) Yes	235 (38.3%) Yes
Parenteral nutrition	1 (33.3%) Yes	340 (55.5%) Yes
Enteral nutrition	1 (33.3%) Yes	327 (53.3%) Yes
Dietary counseling	1 (33.3%) Yes	208 (33.9%) Yes
Specific dietary interventions	1 (33.3%) Yes	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	2 (66.7%) 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	1 (14.3%)	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)	-	8.0%
Interdisciplinary	1 (14.3%)	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	2 (28.6%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	1 (14.3%)	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	2 (28.6%)	13.2%
2. Number of registered inpatients at noon	25 [20-28]	22 [17-30]
3. Total bed capacity of the unit	40 [35-52]	29 [23-40]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	2 [1-4]	3 [2-6]
Nurses	1 [1-1]	4 [3-7]
Nursing aides	5 [3-15]	2 [1-4]
Dieticians	1 [0-1]	1 [0-1]
Nutritionists	1 [1-1]	0 [0-1]
Administrative staff	8 [8-8]	1 [0-2]
Other staff involved in patient care	2 [1-2]	1 [0-3]
In training		
Medical doctors	-	1 [0-3]
Medical students	3 [3-17]	0 [0-2]
Nurses	-	1 [0-2]

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

5. Is there a nutrition support team in your hospital available? 1 (20.0%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 4 (80.0%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 5 (100%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 4 (80.0%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 3 (60.0%) 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	-	84 (5.9%) Yes
Weighing / BMI only	1 (14.3%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	4 (57.1%) Yes	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	2 (28.6%)	73 (5.1%)

During hospital stay

No routine monitoring	1 (14.3%) Yes	124 (8.7%) Yes
No fixed criteria	1 (14.3%) Yes	108 (7.6%) Yes
Experience / visual assessment only	1 (14.3%) Yes	211 (14.8%) Yes
Weighing / BMI only	1 (14.3%) Yes	458 (32.2%) Yes
Other formal tool	1 (14.3%) Yes	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	2 (28.6%)	73 (5.1%)

11a. Do you routinely use guidelines or standards for nutrition care? 4 (80.0%) Yes 953 (85.2%) Yes

11b. If yes, which one is mainly used?			
International guidelines	3 (75.0%)	Yes	296 (31.1%) Yes
National guidelines	-		141 (14.8%) Yes
Standards on hospital level	-		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 (14.3%)	Yes	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	4 (57.1%)	Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	4 (57.1%)	Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	4 (57.1%)	Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (42.9%)	Yes	725 (50.9%) Yes
Consult a medical professional	1 (14.3%)	Yes	430 (30.2%) Yes
Calculate energy requirements	4 (57.1%)	Yes	601 (42.2%) Yes
Calculate protein requirements	4 (57.1%)	Yes	590 (41.5%) Yes

Malnourished

Watchful waiting	-		264 (18.6%) Yes
Discuss nutrition care activities during ward rounds	3 (42.9%)	Yes	622 (43.7%) Yes
Develop an individual nutrition care plan	3 (42.9%)	Yes	757 (53.2%) Yes
Initiate treatment / nutrition intervention	3 (42.9%)	Yes	818 (57.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (28.6%)	Yes	744 (52.3%) Yes
Consult a medical professional	-		552 (38.8%) Yes
Calculate energy requirements	3 (42.9%)	Yes	710 (49.9%) Yes
Calculate protein requirements	3 (42.9%)	Yes	702 (49.3%) Yes

Every patient

Watchful waiting	4 (57.1%)	Yes	634 (44.6%) Yes
Discuss nutrition care activities during ward rounds	-		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.)	1 (14.3%)	Yes	254 (17.8%) Yes
Consult a medical professional	4 (57.1%)	Yes	298 (20.9%) Yes
Calculate energy requirements	-		162 (11.4%) Yes
Calculate protein requirements	-		143 (10.0%) Yes

Never

Watchful waiting	-	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	-	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	-	110 (7.7%) Yes
Calculate energy requirements	-	112 (7.9%) Yes
Calculate protein requirements	-	117 (8.2%) Yes

I do not know

Watchful waiting	-	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.)	-	43 (3.0%) Yes
Consult a medical professional	-	99 (7.0%) Yes
Calculate energy requirements	-	69 (4.8%) Yes
Calculate protein requirements	-	75 (5.3%) Yes

13. When do you routinely weigh your patients?

at admission	3 (42.9%) Yes	919 (64.6%) Yes
Within 24 hours	-	194 (13.6%) Yes
Within 48 hours	1 (14.3%) Yes	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	2 (28.6%) Yes	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	3 (42.9%) 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	1 (14.3%) Yes	1096 (77.0%) Yes
Offer meal choices	2 (28.6%) Yes	985 (69.2%) Yes
Offer different portion sizes	1 (14.3%) Yes	895 (62.9%) Yes
Consider food presentation	3 (42.9%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	5 (71.4%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	4 (57.1%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	1 (14.3%) Yes	383 (26.9%) Yes
Promote positive eating environment	2 (28.6%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	3 (42.9%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	4 (57.1%) Yes	1198 (84.2%) Yes

Other	-	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	2 (28.6%)	73 (5.1%)
15. Which nutrition-related standards or routine activities exist in your unit?		
Nutrition training is available	4 (57.1%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	2 (28.6%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	1 (14.3%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	2 (28.6%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (42.9%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	2 (28.6%)	269 (18.9%)
16. At admission what is asked and documented?		
Change in weight	4 (57.1%) Yes	977 (68.7%) Yes
Eating habits/difficulties	2 (28.6%) Yes	893 (62.8%) Yes
Nutrition before admission	4 (57.1%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	1 (14.3%) Yes	45 (3.2%) Yes
No answer given	2 (28.6%)	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 (42.9%) Yes	963 (67.7%) Yes
nutrition treatment	3 (42.9%) Yes	751 (52.8%) Yes
None	-	59 (4.1%) Yes
I do not know	1 (14.3%) Yes	43 (3.0%) Yes
b. Discharge Letter ...		
summarizes nutrition treatment received during stay	3 (42.9%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	2 (28.6%) Yes	780 (54.8%) Yes
None	1 (14.3%) Yes	90 (6.3%) Yes
I do not know	1 (14.3%) Yes	150 (10.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	3 (60.0%) Yes	498 (46.6%) Yes
19. Who filled in this sheet?		
Head staff	-	350 (24.6%) Yes

Dietician	3 (42.9%) Yes	611 (42.9%) Yes
Nurse	-	327 (23.0%) Yes
Physician	-	145 (10.2%) Yes
Administrative staff	-	29 (2.0%) Yes
Other	1 (14.3%) Yes	106 (7.4%) Yes
None	1 (14.3%) Yes	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	358	26592
Age	52 [34-69]	66 [51-78]
Female	170 (47.5%)	13033 (49.0%)
Weight	60.5±14.8	70.4±18.6
Height	159±9	165±10
BMI	23.9±5.2	25.6±5.9

1. This hospital admission was...

planned	50 (14.0%)	8843 (33.3%)
an emergency	297 (83.0%)	15921 (59.9%)
I do not know	11 (3.1%)	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	40 (11.2%)	2701 (10.2%)
0200 Neoplasms	20 (5.6%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	38 (10.6%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	56 (15.6%)	3356 (12.6%)
0500 Mental health	14 (3.9%)	1197 (4.5%)
0600 Nervous system	15 (4.2%)	2419 (9.1%)
0700 Eye and adnexa	2 (0.56%)	316 (1.2%)
0800 Ear and mastoid process	-	133 (0.50%)
0900 Circulatory system	30 (8.4%)	5507 (20.7%)
1000 Respiratory system	27 (7.5%)	4000 (15.0%)
1100 Digestive system	26 (7.3%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	20 (5.6%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	74 (20.7%)	4622 (17.4%)
1400 Genitourinary system	24 (6.7%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	12 (3.4%)	424 (1.6%)
1600 Conditions originating in the perinatal period	-	71 (0.27%)
1700 Congenital/chromosomal abnormalities	1 (0.28%)	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	4 (1.1%)	1441 (5.4%)
1900 Injury, poisoning	43 (12.0%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	39 (10.9%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	4 (1.1%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	24 (6.8%)	4789 (18.8%)
Myocardial infarction	5 (1.4%)	1373 (5.4%)
Chronic lung disease	17 (4.8%)	3146 (12.4%)
Cerebral vascular disease	8 (2.3%)	2107 (8.3%)
Peripheral vascular disease	32 (9.2%)	2764 (10.9%)
Chronic liver disease	10 (2.9%)	1399 (5.5%)
Chronic kidney disease	41 (11.8%)	3056 (12.1%)
Diabetes	91 (26.1%)	5929 (23.2%)
Cancer	28 (8.0%)	5496 (21.5%)
Infection	70 (20.0%)	3680 (14.5%)
Dementia	8 (2.3%)	1243 (4.9%)
Major depressive disorder	3 (0.86%)	1152 (4.5%)
Other chronic mental disorder	7 (2.0%)	1149 (4.5%)
Other chronic disease	34 (9.7%)	6868 (26.9%)
None	138 (38.5%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	51 (14.2%)	4741 (17.8%)
Yes, acute	42 (11.7%)	1848 (6.9%)
No	262 (73.2%)	15775 (59.3%)
I do not know	-	246 (0.93%)
Missing	3 (0.84%)	3982 (15.0%)

Days since operation	4 [1-11]	5 [1-15]
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4b. Planned operation during this hospital stay

Yes, today or tomorrow	67 (18.7%)	2462 (9.3%)
Yes, later	70 (19.6%)	1594 (6.0%)
No	210 (58.7%)	17439 (65.6%)
I do not know	-	642 (2.4%)
Missing	11 (3.1%)	4455 (16.8%)

5. Previous ICU admission during this hospital stay? (Yes)	29 (8.1%)	2641 (11.5%)
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6. Is this patient terminally ill?	13 (3.6%)	1752 (6.6%)
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7. Fluid status

Normal	293 (81.8%)	20786 (78.2%)
Overloaded	13 (3.6%)	1272 (4.8%)
Dehydrated	44 (12.3%)	1395 (5.2%)
I do not know	8 (2.2%)	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	42 (11.7%)	3439 (12.9%)
At risk	107 (29.9%)	5137 (19.3%)
No	185 (51.7%)	16313 (61.3%)
I do not know	24 (6.7%)	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	72 (20.1%)	8813 (33.1%)
5% Glucose solution	10 (2.8%)	1921 (7.2%)

11. Number of ONS drinks planned

1 [0-3]	0 [0-1]
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12. Nutrition intake

Regular hospital food	249 (69.6%)	15963 (60.0%)
Fortified/enriched hospital food	3 (0.84%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	145 (40.5%)	4623 (17.4%)
Enteral nutrition	54 (15.1%)	1194 (4.5%)
Parenteral nutrition	7 (2.0%)	965 (3.6%)
Special diet	97 (27.1%)	7968 (30.0%)
None	7 (2.0%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	38 (10.6%)	2276 (10.0%)
Peripheral venous access	209 (58.4%)	12226 (53.5%)
Nasogastric	4 (1.1%)	550 (2.4%)
Nasojejunal	1 (0.28%)	126 (0.55%)
Nasoduodenal	1 (0.28%)	60 (0.26%)
Enterostoma	1 (0.28%)	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.28%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	1 (0.28%)	90 (0.39%)
None	115 (32.1%)	12214 (45.9%)

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

Yes, previously	7 (2.0%)	329 (1.2%)
Yes, ongoing	5 (1.4%)	192 (0.72%)
No	333 (93.0%)	19494 (73.3%)
I do not know	4 (1.1%)	1927 (7.2%)
Missing	9 (2.5%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	209 (58.4%)	9131 (39.9%)
Protein requirements were determined	206 (57.5%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	173 (48.3%)	10365 (45.3%)
Nutrition treatment plan was developed	206 (57.5%)	8802 (38.5%)
Nutrition expert was consulted	202 (56.4%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	174 (48.6%)	7837 (34.3%)
None	-	-

15a. Energy goal		
< 500 kcal	1 (0.28%)	691 (2.6%)
500-999 kcal	8 (2.2%)	245 (0.92%)
1000-1499 kcal	55 (15.4%)	2014 (7.6%)
1500-1999 kcal	112 (31.3%)	7614 (28.6%)
>=2000 kcal	63 (17.6%)	2877 (10.8%)
Not determined	109 (30.4%)	7476 (28.1%)
I do not know	10 (2.8%)	1955 (7.4%)
Missing	-	3720 (14.0%)

15b. Energy intake		
< 500 kcal	3 (0.84%)	1231 (4.6%)
500-999 kcal	27 (7.5%)	1085 (4.1%)
1000-1499 kcal	76 (21.2%)	2897 (10.9%)
1500-1999 kcal	93 (26.0%)	5852 (22.0%)
>=2000 kcal	24 (6.7%)	1702 (6.4%)
Not determined	122 (34.1%)	7294 (27.4%)
I do not know	13 (3.6%)	2811 (10.6%)
Missing	-	3720 (14.0%)

16. Since admission, this patient's health status has...		
Improved	211 (58.9%)	12031 (45.2%)
Deteriorated	29 (8.1%)	1361 (5.1%)
Remained the same	92 (25.7%)	6081 (22.9%)
This patient has just been admitted	14 (3.9%)	1469 (5.5%)
I do not know	12 (3.4%)	1930 (7.3%)
Missing	-	3720 (14.0%)

Length of hospital stay (days)	18 [10-34]	13 [7-24]
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Outcome Code		
1= Still in the hospital	46 (12.8%)	3018 (11.3%)
2= Transferred to another hospital	2 (0.56%)	595 (2.2%)

3= Transferred to long term care	-	1051 (4.0%)
4= Rehabilitation	17 (4.7%)	875 (3.3%)
5= Discharged home	137 (38.3%)	19467 (73.2%)
6= Death	11 (3.1%)	934 (3.5%)
7= Others	3 (0.84%)	444 (1.7%)
Missing	142 (39.7%)	208 (0.78%)

Readmitted since nutritionDay

1= No	154 (92.2%)	17749 (77.4%)
2= Yes, same hospital planned	6 (3.6%)	1486 (6.5%)
3= Yes, same hospital unplanned	-	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	2 (1.2%)	344 (1.5%)
Missing	5 (3.0%)	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	254 (71.3%)	15608 (60.4%)
I am vegetarian	3 (0.84%)	404 (1.6%)
I adhere to a vegan diet	3 (0.84%)	134 (0.52%)
I eat gluten-free diet	-	214 (0.83%)
I avoid added sugars	60 (16.9%)	3790 (14.7%)
I avoid carbohydrates	16 (4.5%)	1446 (5.6%)
I eat a low fat-diet	27 (7.6%)	2516 (9.7%)
I am lactose intolerant	25 (7.0%)	943 (3.6%)
Other special diet due to intolerances/allergies	1 (0.28%)	497 (1.9%)
Other	22 (6.2%)	1670 (6.5%)
No answer given	1 (0.28%)	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	314 (88.2%)	19455 (75.3%)
In a nursing home or other live-in facility	3 (0.84%)	690 (2.7%)
I was transferred from another hospital	30 (8.4%)	1580 (6.1%)
Other	7 (2.0%)	346 (1.3%)
Missing	2 (0.56%)	3778 (14.6%)
3. In general, are you able to walk?		
Yes	162 (45.5%)	13793 (53.4%)
Yes, with someone's help	54 (15.2%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	50 (14.0%)	3173 (12.3%)
No, I have a wheelchair	33 (9.3%)	923 (3.6%)
No, I am bedridden	52 (14.6%)	1606 (6.2%)
Missing	5 (1.4%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	39 (11.0%)	1821 (7.0%)
Good	143 (40.2%)	8196 (31.7%)
Fair	139 (39.0%)	8359 (32.3%)
Poor	30 (8.4%)	2967 (11.5%)
Very poor	3 (0.84%)	643 (2.5%)
Missing	2 (0.56%)	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 [0-4]	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?	11 [3-23]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	132 (37.1%)	4777 (18.5%)
3-5	59 (16.6%)	5708 (22.1%)
More than 5	34 (9.6%)	6615 (25.6%)
None	108 (30.3%)	4090 (15.8%)
I do not know	21 (5.9%)	828 (3.2%)
Missing	2 (0.56%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	36 (10.1%)	3978 (15.4%)
Yes, public insurance only	5 (1.4%)	11614 (44.9%)
Yes, both	7 (2.0%)	2630 (10.2%)
None	305 (85.7%)	2739 (10.6%)
I prefer not to answer	-	801 (3.1%)
Missing	3 (0.84%)	4087 (15.8%)

8. What was your weight 5 years ago?

I do not know	68 [59-81]	72 [62-85]
	156 (43.8%)	6263 (24.2%)

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

Yes, intentionally	24 (6.7%)	2152 (8.3%)
Yes, unintentionally	188 (52.8%)	10461 (40.5%)
No, my weight stayed the same	50 (14.0%)	7518 (29.1%)
No, I gained weight	31 (8.7%)	2979 (11.5%)
I do not know	51 (14.3%)	2317 (9.0%)
Missing	12 (3.4%)	422 (1.6%)

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

I do not know	7 [5-13]	6 [4-10]
	95 (44.8%)	2244 (17.8%)

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

	75 (22.4%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	124 (34.9%)	12850 (58.3%)
... were informed about your nutrition status	87 (24.4%)	8086 (36.9%)
... were informed about nutrition care options	87 (24.5%)	7149 (32.6%)
... received special nutrition care	158 (44.5%)	7225 (33.0%)

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

More than normal	20 (5.6%)	1206 (4.7%)
Normal	215 (60.4%)	15522 (60.2%)

About 3/4 of normal	40 (11.2%)	2695 (10.5%)
About half of normal	40 (11.2%)	3297 (12.8%)
About a quarter to nearly nothing	37 (10.4%)	2438 (9.5%)
I do not know	1 (0.28%)	237 (0.92%)
Missing	3 (0.84%)	383 (1.5%)

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

Very satisfied	87 (24.4%)	5906 (22.9%)
Somewhat satisfied	92 (25.8%)	7223 (28.0%)
Neutral	86 (24.2%)	4265 (16.5%)
Dissatisfied	54 (15.2%)	1849 (7.2%)
Very dissatisfied	21 (5.9%)	707 (2.7%)
I do not know	11 (3.1%)	1619 (6.3%)
Missing	5 (1.4%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	25 (7.0%)	2356 (9.1%)
Yes, from hospital staff	26 (7.3%)	1486 (5.8%)
No	294 (82.6%)	17167 (66.6%)
I do not know	1 (0.28%)	265 (1.0%)
Missing	10 (2.8%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)	267 (79.0%)	15756 (75.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	177 (49.7%)	12282 (47.6%)
1/2	102 (28.7%)	6419 (24.9%)
1/4	43 (12.1%)	3259 (12.6%)
Nothing	26 (7.3%)	2785 (10.8%)
Missing	8 (2.2%)	1033 (4.0%)

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

Standard	230 (64.6%)	14046 (54.5%)
Smaller	43 (12.1%)	2165 (8.4%)
Larger	4 (1.1%)	1153 (4.5%)
I do not know	24 (6.7%)	2326 (9.0%)
Missing	55 (15.4%)	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	66 (38.6%)	2085 (16.7%)
I did not like the smell/taste of the food	44 (25.7%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	8 (4.7%)	134 (1.1%)
The food was too hot	1 (0.58%)	42 (0.34%)

The food was too cold	22 (12.9%)	295 (2.4%)
Due to food allergy/intolerance	6 (3.5%)	130 (1.0%)
I was not hungry at that time	25 (14.6%)	1996 (16.0%)
I do not have my usual appetite	49 (28.7%)	3629 (29.1%)
I have problems chewing/swallowing	11 (6.4%)	781 (6.3%)
I normally eat less than what was served	12 (7.0%)	1474 (11.8%)
I had nausea/vomiting	23 (13.5%)	1076 (8.6%)
I was too tired	5 (2.9%)	733 (5.9%)
I cannot eat without help	5 (2.9%)	196 (1.6%)
I was not allowed to eat	6 (3.5%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	10 (5.8%)	801 (6.4%)
I did not get requested food	3 (1.8%)	143 (1.1%)
No answer given	15 (8.8%)	1961 (15.7%)

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

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

19a. Did you eat any food apart from hospital food TODAY? (Yes) 86 (27.0%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	29 (33.7%)	1682 (30.4%)
Salty snacks	20 (23.3%)	696 (12.6%)
Homemade food	17 (19.8%)	879 (15.9%)
Fruits	24 (27.9%)	2098 (37.9%)
Dairy products	10 (11.6%)	727 (13.1%)
Food delivered/restaurant	3 (3.5%)	262 (4.7%)
Sandwich	10 (11.6%)	341 (6.2%)
Other	17 (19.8%)	803 (14.5%)

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

Increased	61 (17.1%)	3342 (13.0%)
Decreased	165 (46.3%)	7253 (28.1%)
Stayed the same	109 (30.6%)	9164 (35.5%)
I do not know	8 (2.2%)	1420 (5.5%)
Missing	13 (3.7%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	190 (53.4%)	11495 (44.6%)
Weaker than at admission	75 (21.1%)	4892 (19.0%)
Same as at admission	77 (21.6%)	7223 (28.0%)
I was admitted today	5 (1.4%)	611 (2.4%)
I do not know	4 (1.1%)	1156 (4.5%)
Missing	5 (1.4%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	160 (44.9%)	14760 (57.3%)
No, only with assistance	122 (34.3%)	6694 (26.0%)
No, I stay in bed	73 (20.5%)	3405 (13.2%)
Missing	1 (0.28%)	919 (3.6%)

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

329 (93.2%) 14819 (68.3%)

1. Are you COVID-19 positive TODAY?

Yes	13 (3.6%)	267 (1.0%)
No	335 (93.6%)	7135 (26.8%)
I do not know	9 (2.5%)	650 (2.4%)
Missing	1 (0.28%)	18540 (69.7%)

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

0-3 months	17 (4.7%)	527 (2.0%)
3-6 months	21 (5.9%)	149 (0.56%)
6-12 months	26 (7.3%)	222 (0.83%)
>1 year	39 (10.9%)	177 (0.67%)
never	243 (67.9%)	3842 (14.4%)
I do not know	9 (2.5%)	973 (3.7%)
Missing	3 (0.84%)	20702 (77.9%)

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

Yes	20 (5.6%)	494 (1.9%)
No	312 (87.2%)	5927 (22.3%)
I do not know	8 (2.2%)	865 (3.3%)
Missing	18 (5.0%)	19306 (72.6%)