



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2022  
India

Dear participant,

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

<b>Number of participated center:</b>	<b>5</b>
<b>Number of participated units:</b>	<b>22</b>
<b>Number of patients:</b>	<b>643</b>
<b>Number of patients who gave consent:</b>	<b>643</b>
<b>Number of patients completing Sheet 3a:</b>	<b>637</b>
<b>Number of patients completing Sheet 3b:</b>	<b>635</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>632</b>

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](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>	425 [275-593]	355 [189-682]
<b>2. Total number of admissions in the hospital last year</b>	8889 [6145-12323]	18110 [8380-41842]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	137 [84-309]	179 [90-394]
Medical specialists	116 [68-233]	110 [39-253]
Medical non-specialists	31 [26-35]	47 [20-125]
Nurses	306 [158-753]	385 [172-874]
Dieticians	8 [5-16]	4 [1-9]
Nutritionists	0 [0-1]	1 [0-4]
Pharmacists	20 [11-35]	9 [4-23]
Kitchen staff	68 [36-94]	29 [12-55]
<b>Full time equivalent</b>		
Total medical doctors	30 [30-30]	153 [62-360]
Medical specialists	30 [30-30]	92 [34-249]
Medical non-specialists	-	40 [17-118]
Nurses	10 [10-10]	328 [159-751]
Dieticians	1 [1-1]	4 [1-8]
Nutritionists	0 [0-0]	1 [0-4]
Pharmacists	1 [1-1]	7 [3-16]
Kitchen staff	3 [3-3]	29 [11-56]
<b>4. Does the hospital have a nutrition care strategy?</b>	3 (100%) Yes	467 (80.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	3 (75.0%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	2 (50.0%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	3 (75.0%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	3 (75.0%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	3 (75.0%) Yes	409 (66.7%) Yes
None	1 (25.0%) Yes	62 (10.1%) Yes
No answer given	1 (25.0%)	34 (5.5%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		

### Codes available

Nutrition Support	2 (50.0%) Yes	318 (51.9%) Yes
Oral nutrition supplements	2 (50.0%) Yes	264 (43.1%) Yes
Parenteral nutrition	2 (50.0%) Yes	373 (60.8%) Yes
Enteral nutrition	2 (50.0%) Yes	350 (57.1%) Yes
Dietary counseling	2 (50.0%) Yes	238 (38.8%) Yes
Specific dietary interventions	2 (50.0%) Yes	207 (33.8%) Yes
Screening for malnutrition	2 (50.0%) Yes	196 (32.0%) Yes
Risk of malnutrition	1 (25.0%) Yes	176 (28.7%) Yes
Malnutrition (in general)	1 (25.0%) Yes	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	252 (41.1%) Yes
No information available from billing/finance/controlling	1 (25.0%) Yes	124 (20.2%) Yes
No answer given	-	34 (5.5%)

### Codes routinely used

Nutrition Support	2 (50.0%) Yes	281 (45.8%) Yes
Oral nutrition supplements	2 (50.0%) Yes	235 (38.3%) Yes
Parenteral nutrition	2 (50.0%) Yes	340 (55.5%) Yes
Enteral nutrition	2 (50.0%) Yes	327 (53.3%) Yes
Dietary counseling	2 (50.0%) Yes	208 (33.9%) Yes
Specific dietary interventions	2 (50.0%) Yes	187 (30.5%) Yes
Screening for malnutrition	2 (50.0%) Yes	171 (27.9%) Yes
Risk of malnutrition	1 (25.0%) Yes	158 (25.8%) Yes
Malnutrition (in general)	1 (25.0%) Yes	247 (40.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	1 (25.0%) Yes	226 (36.9%) Yes
No information available from billing/finance/controlling	1 (25.0%) 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	5 (22.7%)	20.5%
Internal Medicine / Cardiology	3 (13.6%)	4.3%
Internal Medicine / Gastroenterology & hepatology	2 (9.1%)	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	2 (9.1%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	2 (9.1%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	1 (4.5%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	6 (27.3%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	1 (4.5%)	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%
<b>2. Number of registered inpatients at noon</b>	30 [20-32]	22 [17-30]
<b>3. Total bed capacity of the unit</b>	49 [40-100]	29 [23-40]
<b>4. Number of each type of staff in the unit for TODAY's morning shift</b>		
<b>Fully trained</b>		
Medical doctors	4 [1-15]	3 [2-6]
Nurses	10 [6-10]	4 [3-7]
Nursing aides	1 [1-2]	2 [1-4]
Dieticians	1 [1-2]	1 [0-1]
Nutritionists	0 [0-0]	0 [0-1]
Administrative staff	4 [2-5]	1 [0-2]
Other staff involved in patient care	5 [3-7]	1 [0-3]
<b>In training</b>		
Medical doctors	5 [1-5]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	5 [4-5]	1 [0-2]

Nursing aides	1 [1-1]	0 [0-0]
Dieticians	1 [1-1]	0 [0-0]
Nutritionists	0 [0-0]	0 [0-0]
Other staff involved in patient care	1 [1-1]	0 [0-0]

**5. Is there a nutrition support team in your hospital available?** 15 (93.8%) Yes 938 (81.3%) Yes

**6. Does the unit have a nutrition care strategy?** 16 (100%) Yes 913 (79.1%) Yes

**7. Is there a person in your unit responsible for nutrition care?** 16 (100%) Yes 853 (73.9%) Yes

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 22 (100%) Yes 1210 (89.6%) Yes

**9. Is specific staff responsible for providing feeding assistance to patients during meal times?** 14 (87.5%) 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	3 (13.6%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	6 (27.3%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (9.1%) Yes	102 (7.2%) Yes
Malnutrition Screening tool (MST)	5 (22.7%) Yes	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	6 (27.3%) Yes	215 (15.1%) Yes
I do not know	-	13 (0.91%) Yes
Missing	-	73 (5.1%)

**During hospital stay**

No routine monitoring	-	124 (8.7%) Yes
No fixed criteria	-	108 (7.6%) Yes
Experience / visual assessment only	-	211 (14.8%) Yes
Weighing / BMI only	5 (22.7%) Yes	458 (32.2%) Yes
Other formal tool	17 (77.3%) Yes	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	-	73 (5.1%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 16 (100%) Yes 953 (85.2%) Yes

<b>11b. If yes, which one is mainly used?</b>		
International guidelines	15 (93.8%) 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	-	97 (10.2%) Yes
Other	-	6 (0.63%) Yes
Missing	1 (6.3%)	8 (0.84%)

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

### At risk

Watchful waiting	1 (4.5%) Yes	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	2 (9.1%) Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	2 (9.1%) Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	2 (9.1%) Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (9.1%) Yes	725 (50.9%) Yes
Consult a medical professional	7 (31.8%) Yes	430 (30.2%) Yes
Calculate energy requirements	5 (22.7%) Yes	601 (42.2%) Yes
Calculate protein requirements	5 (22.7%) Yes	590 (41.5%) Yes

### Malnourished

Watchful waiting	3 (13.6%) Yes	264 (18.6%) Yes
Discuss nutrition care activities during ward rounds	2 (9.1%) Yes	622 (43.7%) Yes
Develop an individual nutrition care plan	2 (9.1%) Yes	757 (53.2%) Yes
Initiate treatment / nutrition intervention	2 (9.1%) Yes	818 (57.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (9.1%) Yes	744 (52.3%) Yes
Consult a medical professional	-	552 (38.8%) Yes
Calculate energy requirements	6 (27.3%) Yes	710 (49.9%) Yes
Calculate protein requirements	6 (27.3%) Yes	702 (49.3%) Yes

### Every patient

Watchful waiting	5 (22.7%) Yes	634 (44.6%) Yes
Discuss nutrition care activities during ward rounds	16 (72.7%) Yes	328 (23.0%) Yes
Develop an individual nutrition care plan	16 (72.7%) Yes	195 (13.7%) Yes
Initiate treatment / nutrition intervention	16 (72.7%) Yes	166 (11.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	16 (72.7%) Yes	254 (17.8%) Yes
Consult a medical professional	9 (40.9%) Yes	298 (20.9%) Yes
Calculate energy requirements	12 (54.5%) Yes	162 (11.4%) Yes
Calculate protein requirements	12 (54.5%) Yes	143 (10.0%) Yes

### Never

Watchful waiting	8 (36.4%) Yes	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	22 (100%) 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 (4.5%) Yes	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	9 (40.9%) Yes	728 (51.2%) Yes
At discharge	2 (9.1%) Yes	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	19 (86.4%) Yes	1096 (77.0%) Yes
Offer meal choices	22 (100%) Yes	985 (69.2%) Yes
Offer different portion sizes	21 (95.5%) Yes	895 (62.9%) Yes
Consider food presentation	15 (68.2%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	22 (100%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	22 (100%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	16 (72.7%) Yes	383 (26.9%) Yes
Promote positive eating environment	17 (77.3%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	22 (100%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	22 (100%) Yes	1198 (84.2%) Yes

Other	5 (22.7%) Yes	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	-	73 (5.1%)
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	16 (72.7%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	16 (72.7%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	14 (63.6%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	16 (72.7%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	16 (72.7%) Yes	803 (56.4%) Yes
None	1 (4.5%) Yes	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	6 (27.3%)	269 (18.9%)
<b>16. At admission what is asked and documented?</b>		
Change in weight	16 (72.7%) Yes	977 (68.7%) Yes
Eating habits/difficulties	16 (72.7%) Yes	893 (62.8%) Yes
Nutrition before admission	16 (72.7%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	-	45 (3.2%) Yes
No answer given	6 (27.3%)	269 (18.9%)
<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	16 (72.7%) Yes	963 (67.7%) Yes
nutrition treatment	16 (72.7%) Yes	751 (52.8%) Yes
None	-	59 (4.1%) Yes
I do not know	-	43 (3.0%) Yes
<b>b. Discharge Letter ...</b>		
summarizes nutrition treatment received during stay	10 (45.5%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	16 (72.7%) Yes	780 (54.8%) Yes
None	-	90 (6.3%) Yes
I do not know	-	150 (10.5%) Yes
<b>18. Do you provide brochures about malnutrition to at risk/malnourished patients?</b>	9 (60.0%) Yes	498 (46.6%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	6 (27.3%) Yes	350 (24.6%) Yes



Dietician	12 (54.5%) Yes	611 (42.9%) Yes
Nurse	1 (4.5%) Yes	327 (23.0%) Yes
Physician	-	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	643	26592
Age	56 [42-67]	66 [51-78]
Female	267 (41.5%)	13033 (49.0%)
Weight	68.8±17.0	70.4±18.6
Height	163±8	165±10
BMI	25.5±4.9	25.6±5.9

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

planned	392 (61.0%)	8843 (33.3%)
an emergency	250 (38.9%)	15921 (59.9%)
I do not know	1 (0.16%)	1828 (6.9%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	69 (10.7%)	2701 (10.2%)
0200 Neoplasms	37 (5.8%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	11 (1.7%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	45 (7.0%)	3356 (12.6%)
0500 Mental health	-	1197 (4.5%)
0600 Nervous system	35 (5.4%)	2419 (9.1%)
0700 Eye and adnexa	1 (0.16%)	316 (1.2%)
0800 Ear and mastoid process	2 (0.31%)	133 (0.50%)
0900 Circulatory system	107 (16.6%)	5507 (20.7%)
1000 Respiratory system	16 (2.5%)	4000 (15.0%)
1100 Digestive system	137 (21.3%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	3 (0.47%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	79 (12.3%)	4622 (17.4%)
1400 Genitourinary system	68 (10.6%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	17 (2.6%)	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	114 (17.7%)	1441 (5.4%)
1900 Injury, poisoning	1 (0.16%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	1 (0.16%)	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	90 (16.4%)	4789 (18.8%)
Myocardial infarction	23 (4.2%)	1373 (5.4%)
Chronic lung disease	17 (3.1%)	3146 (12.4%)
Cerebral vascular disease	10 (1.8%)	2107 (8.3%)
Peripheral vascular disease	4 (0.73%)	2764 (10.9%)
Chronic liver disease	45 (8.0%)	1399 (5.5%)
Chronic kidney disease	99 (17.2%)	3056 (12.1%)
Diabetes	211 (36.6%)	5929 (23.2%)
Cancer	62 (11.4%)	5496 (21.5%)
Infection	89 (16.3%)	3680 (14.5%)
Dementia	4 (0.74%)	1243 (4.9%)
Major depressive disorder	-	1152 (4.5%)
Other chronic mental disorder	1 (0.19%)	1149 (4.5%)
Other chronic disease	116 (21.1%)	6868 (26.9%)
None	153 (23.8%)	5214 (19.6%)

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

Yes, planned	63 (9.8%)	4741 (17.8%)
Yes, acute	9 (1.4%)	1848 (6.9%)
No	404 (62.8%)	15775 (59.3%)
I do not know	1 (0.16%)	246 (0.93%)
Missing	166 (25.8%)	3982 (15.0%)

Days since operation	3 [1-6]	5 [1-15]
----------------------	---------	----------

#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	95 (14.8%)	2462 (9.3%)
Yes, later	17 (2.6%)	1594 (6.0%)
No	360 (56.0%)	17439 (65.6%)
I do not know	1 (0.16%)	642 (2.4%)
Missing	170 (26.4%)	4455 (16.8%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	55 (11.3%)	2641 (11.5%)
---	------------	--------------

<b>6. Is this patient terminally ill?</b>	207 (32.2%)	1752 (6.6%)
---	-------------	-------------

#### 7. Fluid status

Normal	601 (93.5%)	20786 (78.2%)
Overloaded	24 (3.7%)	1272 (4.8%)
Dehydrated	17 (2.6%)	1395 (5.2%)
I do not know	1 (0.16%)	3139 (11.8%)
Missing	-	-

## 8. Number of different medications planned

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

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

Malnourished	60 (9.3%)	3439 (12.9%)
At risk	144 (22.4%)	5137 (19.3%)
No	438 (68.1%)	16313 (61.3%)
I do not know	1 (0.16%)	1703 (6.4%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	264 (41.1%)	8813 (33.1%)
5% Glucose solution	84 (13.1%)	1921 (7.2%)

## 11. Number of ONS drinks planned

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

## 12. Nutrition intake

Regular hospital food	496 (77.1%)	15963 (60.0%)
Fortified/enriched hospital food	41 (6.4%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	108 (16.8%)	4623 (17.4%)
Enteral nutrition	11 (1.7%)	1194 (4.5%)
Parenteral nutrition	4 (0.62%)	965 (3.6%)
Special diet	230 (35.8%)	7968 (30.0%)
None	5 (0.8%)	995 (3.7%)

## 13a. All lines and Tubes

Central Venous	19 (3.9%)	2276 (10.0%)
Peripheral venous access	447 (92.2%)	12226 (53.5%)
Nasogastric	6 (1.2%)	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	3 (0.62%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	186 (28.9%)	12214 (45.9%)

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

Yes, previously	1 (0.16%)	329 (1.2%)
Yes, ongoing	3 (0.47%)	192 (0.72%)
No	440 (68.4%)	19494 (73.3%)
I do not know	1 (0.16%)	1927 (7.2%)
Missing	198 (30.8%)	4650 (17.5%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	484 (99.8%)	9131 (39.9%)
Protein requirements were determined	484 (99.8%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	455 (93.8%)	10365 (45.3%)
Nutrition treatment plan was developed	463 (95.5%)	8802 (38.5%)
Nutrition expert was consulted	463 (95.5%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	435 (89.7%)	7837 (34.3%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	2 (0.31%)	691 (2.6%)
500-999 kcal	-	245 (0.92%)
1000-1499 kcal	142 (22.1%)	2014 (7.6%)
1500-1999 kcal	271 (42.1%)	7614 (28.6%)
>=2000 kcal	70 (10.9%)	2877 (10.8%)
Not determined	-	7476 (28.1%)
I do not know	-	1955 (7.4%)
Missing	158 (24.6%)	3720 (14.0%)

<b>15b. Energy intake</b>		
< 500 kcal	20 (3.1%)	1231 (4.6%)
500-999 kcal	106 (16.5%)	1085 (4.1%)
1000-1499 kcal	205 (31.9%)	2897 (10.9%)
1500-1999 kcal	117 (18.2%)	5852 (22.0%)
>=2000 kcal	31 (4.8%)	1702 (6.4%)
Not determined	5 (0.78%)	7294 (27.4%)
I do not know	-	2811 (10.6%)
Missing	159 (24.7%)	3720 (14.0%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	269 (41.8%)	12031 (45.2%)
Deteriorated	8 (1.2%)	1361 (5.1%)
Remained the same	145 (22.6%)	6081 (22.9%)
This patient has just been admitted	63 (9.8%)	1469 (5.5%)
I do not know	-	1930 (7.3%)
Missing	158 (24.6%)	3720 (14.0%)
Length of hospital stay (days)	5 [3-7]	13 [7-24]

<b>Outcome Code</b>		
1= Still in the hospital	52 (8.1%)	3018 (11.3%)
2= Transferred to another hospital	4 (0.62%)	595 (2.2%)

3= Transferred to long term care	-	1051 (4.0%)
4= Rehabilitation	1 (0.16%)	875 (3.3%)
5= Discharged home	571 (88.8%)	19467 (73.2%)
6= Death	1 (0.16%)	934 (3.5%)
7= Others	3 (0.47%)	444 (1.7%)
Missing	11 (1.7%)	208 (0.78%)

### Readmitted since nutritionDay

1= No	477 (82.7%)	17749 (77.4%)
2= Yes, same hospital planned	84 (14.6%)	1486 (6.5%)
3= Yes, same hospital unplanned	5 (0.87%)	1401 (6.1%)
4= Yes, different hospital planned	3 (0.52%)	126 (0.55%)
5= Yes, different hospital unplanned	3 (0.52%)	126 (0.55%)
6= Unknown	-	344 (1.5%)
Missing	1 (0.17%)	1641 (7.2%)

## 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	361 (56.7%)	15608 (60.4%)
I am vegetarian	72 (11.3%)	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	2 (0.31%)	214 (0.83%)
I avoid added sugars	38 (6.0%)	3790 (14.7%)
I avoid carbohydrates	16 (2.5%)	1446 (5.6%)
I eat a low fat-diet	9 (1.4%)	2516 (9.7%)
I am lactose intolerant	-	943 (3.6%)
Other special diet due to intolerances/allergies	5 (0.78%)	497 (1.9%)
Other	80 (12.6%)	1670 (6.5%)
No answer given	155 (24.3%)	3877 (15.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	447 (70.2%)	19455 (75.3%)
In a nursing home or other live-in facility	7 (1.1%)	690 (2.7%)
I was transferred from another hospital	16 (2.5%)	1580 (6.1%)
Other	11 (1.7%)	346 (1.3%)
Missing	156 (24.5%)	3778 (14.6%)
<b>3. In general, are you able to walk?</b>		
Yes	371 (58.2%)	13793 (53.4%)
Yes, with someone's help	70 (11.0%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	9 (1.4%)	3173 (12.3%)
No, I have a wheelchair	6 (0.94%)	923 (3.6%)
No, I am bedridden	16 (2.5%)	1606 (6.2%)
Missing	165 (25.9%)	3861 (14.9%)
<b>4. In general, how would you say your health is?</b>		
Very good	47 (7.4%)	1821 (7.0%)
Good	228 (35.8%)	8196 (31.7%)
Fair	180 (28.3%)	8359 (32.3%)
Poor	23 (3.6%)	2967 (11.5%)
Very poor	-	643 (2.5%)
Missing	159 (25.0%)	3863 (14.9%)
<b>5. Over the last 12 months prior to your current hospital admission approximately...</b>		
... how many times have you seen a doctor?	3 [2-5]	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?	1 [0-3]	5 [0-15]
--	---------	----------

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

1-2	192 (30.1%)	4777 (18.5%)
3-5	125 (19.6%)	5708 (22.1%)
More than 5	79 (12.4%)	6615 (25.6%)
None	76 (11.9%)	4090 (15.8%)
I do not know	9 (1.4%)	828 (3.2%)
Missing	156 (24.5%)	3831 (14.8%)

### 7. Do you have health insurance?

Yes, private insurance only	199 (31.2%)	3978 (15.4%)
Yes, public insurance only	32 (5.0%)	11614 (44.9%)
Yes, both	5 (0.78%)	2630 (10.2%)
None	235 (36.9%)	2739 (10.6%)
I prefer not to answer	9 (1.4%)	801 (3.1%)
Missing	157 (24.6%)	4087 (15.8%)

### 8. What was your weight 5 years ago?

	70 [62-80]	72 [62-85]
--	------------	------------

I do not know	190 (29.8%)	6263 (24.2%)
---------------	-------------	--------------

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

Yes, intentionally	22 (3.5%)	2152 (8.3%)
Yes, unintentionally	201 (31.6%)	10461 (40.5%)
No, my weight stayed the same	256 (40.2%)	7518 (29.1%)
No, I gained weight	106 (16.6%)	2979 (11.5%)
I do not know	43 (6.8%)	2317 (9.0%)
Missing	9 (1.4%)	422 (1.6%)

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

	4 [3-6]	6 [4-10]
--	---------	----------

I do not know	8 (3.6%)	2244 (17.8%)
---------------	----------	--------------

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

	258 (55.5%)	8114 (38.2%)
--	-------------	--------------

### 11. Please indicate if you ...

... were weighed at admission	467 (96.9%)	12850 (58.3%)
... were informed about your nutrition status	476 (98.8%)	8086 (36.9%)
... were informed about nutrition care options	475 (98.3%)	7149 (32.6%)
... received special nutrition care	460 (96.0%)	7225 (33.0%)

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

More than normal	26 (4.1%)	1206 (4.7%)
Normal	379 (59.7%)	15522 (60.2%)



About 3/4 of normal	115 (18.1%)	2695 (10.5%)
About half of normal	84 (13.2%)	3297 (12.8%)
About a quarter to nearly nothing	25 (3.9%)	2438 (9.5%)
I do not know	2 (0.31%)	237 (0.92%)
Missing	4 (0.63%)	383 (1.5%)

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

Very satisfied	116 (18.3%)	5906 (22.9%)
Somewhat satisfied	168 (26.5%)	7223 (28.0%)
Neutral	165 (26.0%)	4265 (16.5%)
Dissatisfied	6 (0.94%)	1849 (7.2%)
Very dissatisfied	-	707 (2.7%)
I do not know	21 (3.3%)	1619 (6.3%)
Missing	159 (25.0%)	4209 (16.3%)

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

Yes, from family or friends	148 (23.3%)	2356 (9.1%)
Yes, from hospital staff	19 (3.0%)	1486 (5.8%)
No	284 (44.7%)	17167 (66.6%)
I do not know	7 (1.1%)	265 (1.0%)
Missing	177 (27.9%)	4504 (17.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	337 (75.6%)	15756 (75.2%)
---	-------------	---------------

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

About all	368 (58.0%)	12282 (47.6%)
1/2	180 (28.3%)	6419 (24.9%)
1/4	39 (6.1%)	3259 (12.6%)
Nothing	36 (5.7%)	2785 (10.8%)
Missing	12 (1.9%)	1033 (4.0%)

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

Standard	390 (61.4%)	14046 (54.5%)
Smaller	25 (3.9%)	2165 (8.4%)
Larger	2 (0.31%)	1153 (4.5%)
I do not know	19 (3.0%)	2326 (9.0%)
Missing	199 (31.3%)	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	3 (1.2%)	2085 (16.7%)
I did not like the smell/taste of the food	17 (6.7%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	1 (0.39%)	134 (1.1%)
The food was too hot	-	42 (0.34%)

The food was too cold	2 (0.78%)	295 (2.4%)
Due to food allergy/intolerance	-	130 (1.0%)
I was not hungry at that time	39 (15.3%)	1996 (16.0%)
I do not have my usual appetite	129 (50.6%)	3629 (29.1%)
I have problems chewing/swallowing	7 (2.7%)	781 (6.3%)
I normally eat less than what was served	15 (5.9%)	1474 (11.8%)
I had nausea/vomiting	32 (12.5%)	1076 (8.6%)
I was too tired	6 (2.4%)	733 (5.9%)
I cannot eat without help	4 (1.6%)	196 (1.6%)
I was not allowed to eat	28 (11.0%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	35 (13.7%)	801 (6.4%)
I did not get requested food	-	143 (1.1%)
No answer given	24 (9.4%)	1961 (15.7%)

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

Water	5 [4-7]	3 [2-6]
Tea	2 [1-2]	1 [0-2]
Coffee	1 [0-1]	1 [0-2]
Milk	1 [0-1]	1 [0-1]
Fruit juice	1 [0-1]	1 [0-2]
Soft drinks	0 [0-0]	0 [0-1]
Nutrition drink	1 [0-2]	0 [0-1]
Other	0 [0-1]	0 [0-1]

**19a. Did you eat any food apart from hospital food TODAY? (Yes)** 68 (15.5%) 5541 (27.0%)

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

Sweet snacks	-	1682 (30.4%)
Salty snacks	2 (2.9%)	696 (12.6%)
Homemade food	31 (45.6%)	879 (15.9%)
Fruits	26 (38.2%)	2098 (37.9%)
Dairy products	1 (1.5%)	727 (13.1%)
Food delivered/restaurant	1 (1.5%)	262 (4.7%)
Sandwich	1 (1.5%)	341 (6.2%)
Other	1 (1.5%)	803 (14.5%)

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

Increased	154 (24.3%)	3342 (13.0%)
Decreased	28 (4.4%)	7253 (28.1%)
Stayed the same	272 (42.8%)	9164 (35.5%)
I do not know	7 (1.1%)	1420 (5.5%)
Missing	174 (27.4%)	4599 (17.8%)

## 21. TODAY I feel...

Stronger than at admission	322 (50.7%)	11495 (44.6%)
Weaker than at admission	15 (2.4%)	4892 (19.0%)
Same as at admission	228 (35.9%)	7223 (28.0%)
I was admitted today	65 (10.2%)	611 (2.4%)
I do not know	3 (0.47%)	1156 (4.5%)
Missing	2 (0.31%)	401 (1.6%)

## 22. Can you walk without assistance TODAY?

Yes	497 (78.3%)	14760 (57.3%)
No, only with assistance	112 (17.6%)	6694 (26.0%)
No, I stay in bed	23 (3.6%)	3405 (13.2%)
Missing	3 (0.47%)	919 (3.6%)

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

459 (96.0%)	14819 (68.3%)
-------------	---------------

**1. Are you COVID-19 positive TODAY?**

Yes	19 (3.0%)	267 (1.0%)
No	571 (88.8%)	7135 (26.8%)
I do not know	50 (7.8%)	650 (2.4%)
Missing	3 (0.47%)	18540 (69.7%)

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

0-3 months	2 (0.31%)	527 (2.0%)
3-6 months	8 (1.2%)	149 (0.56%)
6-12 months	25 (3.9%)	222 (0.83%)
>1 year	96 (14.9%)	177 (0.67%)
never	268 (41.7%)	3842 (14.4%)
I do not know	118 (18.4%)	973 (3.7%)
Missing	126 (19.6%)	20702 (77.9%)

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

Yes	28 (4.4%)	494 (1.9%)
No	501 (77.9%)	5927 (22.3%)
I do not know	103 (16.0%)	865 (3.3%)
Missing	11 (1.7%)	19306 (72.6%)