



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Iran

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:	35
Number of patients:	661
Number of patients who gave consent:	654
Number of patients completing Sheet 3a:	654
Number of patients completing Sheet 3b:	654
Number of patients with 30-day outcome assessment:	601

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	450 [320-735]	355 [189-682]
2. Total number of admissions in the hospital last year	29932 [12672-33068]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	163 [40-200]	179 [90-394]
Medical specialists	93 [30-140]	110 [39-253]
Medical non-specialists	10 [8-15]	47 [20-125]
Nurses	826 [420-900]	385 [172-874]
Dieticians	4 [2-5]	4 [1-9]
Nutritionists	2 [1-4]	1 [0-4]
Pharmacists	2 [2-4]	9 [4-23]
Kitchen staff	19 [8-31]	29 [12-55]
Full time equivalent		
Total medical doctors	-	153 [62-360]
Medical specialists	-	92 [34-249]
Medical non-specialists	-	40 [17-118]
Nurses	-	328 [159-751]
Dieticians	-	4 [1-8]
Nutritionists	3 [3-3]	1 [0-4]
Pharmacists	-	7 [3-16]
Kitchen staff	-	29 [11-56]
4. Does the hospital have a nutrition care strategy?	5 (100%) Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	5 (100%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	2 (40.0%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	2 (40.0%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	2 (40.0%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (40.0%) 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	5 (100%) Yes	318 (51.9%) Yes
Oral nutrition supplements	2 (40.0%) Yes	264 (43.1%) Yes
Parenteral nutrition	2 (40.0%) Yes	373 (60.8%) Yes
Enteral nutrition	2 (40.0%) Yes	350 (57.1%) Yes
Dietary counseling	2 (40.0%) Yes	238 (38.8%) Yes
Specific dietary interventions	2 (40.0%) 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	-	124 (20.2%) Yes
No answer given	-	34 (5.5%)

Codes routinely used

Nutrition Support	5 (100%) Yes	281 (45.8%) Yes
Oral nutrition supplements	2 (40.0%) Yes	235 (38.3%) Yes
Parenteral nutrition	2 (40.0%) Yes	340 (55.5%) Yes
Enteral nutrition	2 (40.0%) Yes	327 (53.3%) Yes
Dietary counseling	2 (40.0%) Yes	208 (33.9%) Yes
Specific dietary interventions	2 (40.0%) 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	-	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	7 (20.0%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	4 (11.4%)	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	1 (2.9%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	2 (5.7%)	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	4 (11.4%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	1 (2.9%)	0.7%
Surgery / Orthopedic	2 (5.7%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	1 (2.9%)	1.4%
Gynecology / Obstetrics	1 (2.9%)	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	12 (34.3%)	13.2%
2. Number of registered inpatients at noon	21 [12-27]	22 [17-30]
3. Total bed capacity of the unit	25 [20-30]	29 [23-40]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	2 [2-3]	3 [2-6]
Nurses	3 [3-4]	4 [3-7]
Nursing aides	2 [2-3]	2 [1-4]
Dieticians	0 [0-1]	1 [0-1]
Nutritionists	1 [0-1]	0 [0-1]
Administrative staff	1 [1-2]	1 [0-2]
Other staff involved in patient care	0 [0-0]	1 [0-3]
In training		
Medical doctors	0 [0-0]	1 [0-3]
Medical students	3 [2-4]	0 [0-2]
Nurses	0 [0-0]	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 [0-0]	0 [0-0]

5. Is there a nutrition support team in your hospital available? 27 (93.1%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 17 (58.6%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 8 (27.6%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 29 (100%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 28 (96.6%) Yes 659 (57.1%) Yes

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

At admission

No routine screening	21 (60.0%) Yes	116 (8.2%) Yes
No fixed criteria	-	16 (1.1%) Yes
Experience / visual assessment only	1 (2.9%) Yes	84 (5.9%) Yes
Weighing / BMI only	7 (20.0%) 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 (17.1%)	73 (5.1%)

During hospital stay

No routine monitoring	19 (54.3%) Yes	124 (8.7%) Yes
No fixed criteria	-	108 (7.6%) Yes
Experience / visual assessment only	-	211 (14.8%) Yes
Weighing / BMI only	3 (8.6%) Yes	458 (32.2%) Yes
Other formal tool	7 (20.0%) Yes	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	6 (17.1%)	73 (5.1%)

11a. Do you routinely use guidelines or standards for nutrition care? 24 (82.8%) Yes 953 (85.2%) Yes

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

International guidelines	1 (4.2%) Yes	296 (31.1%) Yes
National guidelines	-	141 (14.8%) Yes
Standards on hospital level	22 (91.7%) Yes	344 (36.1%) Yes
Standards on unit level	-	61 (6.4%) Yes
Individual patient nutrition care plans	1 (4.2%) 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 (2.9%) Yes	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	4 (11.4%) Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	3 (8.6%) Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	3 (8.6%) Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	3 (8.6%) Yes	725 (50.9%) Yes
Consult a medical professional	1 (2.9%) Yes	430 (30.2%) Yes
Calculate energy requirements	2 (5.7%) Yes	601 (42.2%) Yes
Calculate protein requirements	2 (5.7%) Yes	590 (41.5%) Yes

Malnourished

Watchful waiting	-	264 (18.6%) Yes
Discuss nutrition care activities during ward rounds	18 (51.4%) Yes	622 (43.7%) Yes
Develop an individual nutrition care plan	24 (68.6%) Yes	757 (53.2%) Yes
Initiate treatment / nutrition intervention	24 (68.6%) Yes	818 (57.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	25 (71.4%) Yes	744 (52.3%) Yes
Consult a medical professional	-	552 (38.8%) Yes
Calculate energy requirements	19 (54.3%) Yes	710 (49.9%) Yes
Calculate protein requirements	19 (54.3%) Yes	702 (49.3%) Yes

Every patient

Watchful waiting	15 (42.9%) Yes	634 (44.6%) Yes
Discuss nutrition care activities during ward rounds	7 (20.0%) Yes	328 (23.0%) Yes
Develop an individual nutrition care plan	1 (2.9%) Yes	195 (13.7%) Yes
Initiate treatment / nutrition intervention	1 (2.9%) Yes	166 (11.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (2.9%) Yes	254 (17.8%) Yes
Consult a medical professional	27 (77.1%) Yes	298 (20.9%) Yes
Calculate energy requirements	5 (14.3%) Yes	162 (11.4%) Yes
Calculate protein requirements	5 (14.3%) Yes	143 (10.0%) Yes

Never

Watchful waiting	13 (37.1%) Yes	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	3 (8.6%) Yes	65 (4.6%) Yes
Develop an individual nutrition care plan	3 (8.6%) Yes	52 (3.7%) Yes
Initiate treatment / nutrition intervention	3 (8.6%) Yes	25 (1.8%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	2 (5.7%) Yes	15 (1.1%) Yes
Consult a medical professional	1 (2.9%) Yes	110 (7.7%) Yes
Calculate energy requirements	4 (11.4%) Yes	112 (7.9%) Yes
Calculate protein requirements	4 (11.4%) Yes	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	6 (17.1%) Yes	919 (64.6%) Yes
Within 24 hours	-	194 (13.6%) Yes
Within 48 hours	1 (2.9%) Yes	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	1 (2.9%) Yes	651 (45.7%) Yes
Occasionally	-	151 (10.6%) Yes
When requested	23 (65.7%) 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	29 (82.9%) Yes	1096 (77.0%) Yes
Offer meal choices	-	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	-	1158 (81.4%) Yes
Consider patient problems with eating and drinking	-	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	383 (26.9%) Yes
Promote positive eating environment	-	468 (32.9%) Yes
Consider cultural/religious preferences	-	1022 (71.8%) Yes
Consider patient allergies / intolerances	-	1198 (84.2%) Yes

Other	-	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	6 (17.1%)	73 (5.1%)

15. Which nutrition-related standards or routine activities exist in your unit?

Nutrition training is available	20 (57.1%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	8 (22.9%) 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	1 (2.9%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (2.9%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	6 (17.1%)	269 (18.9%)

16. At admission what is asked and documented?

Change in weight	28 (80.0%) Yes	977 (68.7%) Yes
Eating habits/difficulties	22 (62.9%) Yes	893 (62.8%) Yes
Nutrition before admission	1 (2.9%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	-	45 (3.2%) Yes
No answer given	6 (17.1%)	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	29 (82.9%) Yes	963 (67.7%) Yes
nutrition treatment	-	751 (52.8%) Yes
None	-	59 (4.1%) Yes
I do not know	-	43 (3.0%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	28 (80.0%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	-	780 (54.8%) Yes
None	1 (2.9%) 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?	15 (53.6%) Yes	498 (46.6%) Yes
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19. Who filled in this sheet?

Head staff	3 (8.6%) Yes	350 (24.6%) Yes
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Dietician	15 (42.9%) Yes	611 (42.9%) Yes
Nurse	10 (28.6%) Yes	327 (23.0%) Yes
Physician	-	145 (10.2%) Yes
Administrative staff	2 (5.7%) 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	654	26592
Age	54 [38-67]	66 [51-78]
Female	292 (44.6%)	13033 (49.0%)
Weight	65.8±15.8	70.4±18.6
Height	165±9	165±10
BMI	24.0±4.9	25.6±5.9

1. This hospital admission was...

planned	167 (25.5%)	8843 (33.3%)
an emergency	487 (74.5%)	15921 (59.9%)
I do not know	-	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	11 (1.7%)	2701 (10.2%)
0200 Neoplasms	43 (6.6%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	13 (2.0%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	14 (2.1%)	3356 (12.6%)
0500 Mental health	-	1197 (4.5%)
0600 Nervous system	54 (8.3%)	2419 (9.1%)
0700 Eye and adnexa	2 (0.31%)	316 (1.2%)
0800 Ear and mastoid process	5 (0.76%)	133 (0.50%)
0900 Circulatory system	7 (1.1%)	5507 (20.7%)
1000 Respiratory system	115 (17.6%)	4000 (15.0%)
1100 Digestive system	156 (23.9%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	10 (1.5%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	82 (12.5%)	4622 (17.4%)
1400 Genitourinary system	56 (8.6%)	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	44 (6.7%)	1441 (5.4%)
1900 Injury, poisoning	33 (5.0%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	31 (4.7%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	1 (0.15%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	94 (14.4%)	4789 (18.8%)
Myocardial infarction	9 (1.4%)	1373 (5.4%)
Chronic lung disease	69 (10.6%)	3146 (12.4%)
Cerebral vascular disease	12 (1.8%)	2107 (8.3%)
Peripheral vascular disease	14 (2.1%)	2764 (10.9%)
Chronic liver disease	38 (5.8%)	1399 (5.5%)
Chronic kidney disease	94 (14.6%)	3056 (12.1%)
Diabetes	128 (19.6%)	5929 (23.2%)
Cancer	82 (12.6%)	5496 (21.5%)
Infection	13 (2.0%)	3680 (14.5%)
Dementia	-	1243 (4.9%)
Major depressive disorder	-	1152 (4.5%)
Other chronic mental disorder	15 (2.3%)	1149 (4.5%)
Other chronic disease	218 (33.3%)	6868 (26.9%)
None	214 (32.7%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	67 (10.2%)	4741 (17.8%)
Yes, acute	132 (20.2%)	1848 (6.9%)
No	454 (69.4%)	15775 (59.3%)
I do not know	-	246 (0.93%)
Missing	1 (0.15%)	3982 (15.0%)

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

Yes, today or tomorrow	33 (5.0%)	2462 (9.3%)
Yes, later	44 (6.7%)	1594 (6.0%)
No	573 (87.6%)	17439 (65.6%)
I do not know	-	642 (2.4%)
Missing	4 (0.61%)	4455 (16.8%)

5. Previous ICU admission during this hospital stay? (Yes)	70 (10.7%)	2641 (11.5%)
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6. Is this patient terminally ill?	15 (2.3%)	1752 (6.6%)
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7. Fluid status

Normal	615 (94.0%)	20786 (78.2%)
Overloaded	4 (0.61%)	1272 (4.8%)
Dehydrated	35 (5.4%)	1395 (5.2%)
I do not know	-	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	131 (20.0%)	3439 (12.9%)
At risk	316 (48.3%)	5137 (19.3%)
No	207 (31.7%)	16313 (61.3%)
I do not know	-	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	474 (72.5%)	8813 (33.1%)
5% Glucose solution	63 (9.6%)	1921 (7.2%)

11. Number of ONS drinks planned

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

Regular hospital food	475 (72.6%)	15963 (60.0%)
Fortified/enriched hospital food	4 (0.61%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	16 (2.4%)	4623 (17.4%)
Enteral nutrition	40 (6.1%)	1194 (4.5%)
Parenteral nutrition	5 (0.76%)	965 (3.6%)
Special diet	56 (8.6%)	7968 (30.0%)
None	79 (12.1%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	10 (1.5%)	2276 (10.0%)
Peripheral venous access	617 (94.3%)	12226 (53.5%)
Nasogastric	41 (6.3%)	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	1 (0.15%)	60 (0.26%)
Enterostoma	4 (0.61%)	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	1 (0.15%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	35 (5.4%)	12214 (45.9%)

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

Yes, previously	-	329 (1.2%)
Yes, ongoing	1 (0.15%)	192 (0.72%)
No	650 (99.4%)	19494 (73.3%)
I do not know	-	1927 (7.2%)
Missing	3 (0.46%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	148 (22.6%)	9131 (39.9%)
Protein requirements were determined	151 (23.1%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	141 (21.6%)	10365 (45.3%)
Nutrition treatment plan was developed	66 (10.1%)	8802 (38.5%)
Nutrition expert was consulted	116 (17.7%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	156 (23.9%)	7837 (34.3%)
None	-	-

15a. Energy goal		
< 500 kcal	2 (0.31%)	691 (2.6%)
500-999 kcal	7 (1.1%)	245 (0.92%)
1000-1499 kcal	83 (12.7%)	2014 (7.6%)
1500-1999 kcal	379 (58.0%)	7614 (28.6%)
>=2000 kcal	181 (27.7%)	2877 (10.8%)
Not determined	2 (0.31%)	7476 (28.1%)
I do not know	-	1955 (7.4%)
Missing	-	3720 (14.0%)

15b. Energy intake		
< 500 kcal	93 (14.2%)	1231 (4.6%)
500-999 kcal	134 (20.5%)	1085 (4.1%)
1000-1499 kcal	203 (31.0%)	2897 (10.9%)
1500-1999 kcal	53 (8.1%)	5852 (22.0%)
>=2000 kcal	170 (26.0%)	1702 (6.4%)
Not determined	1 (0.15%)	7294 (27.4%)
I do not know	-	2811 (10.6%)
Missing	-	3720 (14.0%)

16. Since admission, this patient's health status has...		
Improved	489 (74.8%)	12031 (45.2%)
Deteriorated	47 (7.2%)	1361 (5.1%)
Remained the same	68 (10.4%)	6081 (22.9%)
This patient has just been admitted	34 (5.2%)	1469 (5.5%)
I do not know	16 (2.4%)	1930 (7.3%)
Missing	-	3720 (14.0%)
Length of hospital stay (days)	12 [7-20]	13 [7-24]

Outcome Code		
1= Still in the hospital	54 (8.3%)	3018 (11.3%)
2= Transferred to another hospital	-	595 (2.2%)

3= Transferred to long term care	1 (0.15%)	1051 (4.0%)
4= Rehabilitation	2 (0.31%)	875 (3.3%)
5= Discharged home	491 (75.1%)	19467 (73.2%)
6= Death	53 (8.1%)	934 (3.5%)
7= Others	-	444 (1.7%)
Missing	53 (8.1%)	208 (0.78%)

Readmitted since nutritionDay

1= No	375 (68.6%)	17749 (77.4%)
2= Yes, same hospital planned	14 (2.6%)	1486 (6.5%)
3= Yes, same hospital unplanned	64 (11.7%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	62 (11.3%)	344 (1.5%)
Missing	32 (5.9%)	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	636 (97.2%)	15608 (60.4%)
I am vegetarian	5 (0.76%)	404 (1.6%)
I adhere to a vegan diet	1 (0.15%)	134 (0.52%)
I eat gluten-free diet	-	214 (0.83%)
I avoid added sugars	2 (0.31%)	3790 (14.7%)
I avoid carbohydrates	1 (0.15%)	1446 (5.6%)
I eat a low fat-diet	3 (0.46%)	2516 (9.7%)
I am lactose intolerant	-	943 (3.6%)
Other special diet due to intolerances/allergies	-	497 (1.9%)
Other	7 (1.1%)	1670 (6.5%)
No answer given	-	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	577 (88.2%)	19455 (75.3%)
In a nursing home or other live-in facility	15 (2.3%)	690 (2.7%)
I was transferred from another hospital	56 (8.6%)	1580 (6.1%)
Other	6 (0.92%)	346 (1.3%)
Missing	-	3778 (14.6%)
3. In general, are you able to walk?		
Yes	378 (57.8%)	13793 (53.4%)
Yes, with someone's help	117 (17.9%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	21 (3.2%)	3173 (12.3%)
No, I have a wheelchair	12 (1.8%)	923 (3.6%)
No, I am bedridden	124 (19.0%)	1606 (6.2%)
Missing	2 (0.31%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	37 (5.7%)	1821 (7.0%)
Good	278 (42.5%)	8196 (31.7%)
Fair	230 (35.2%)	8359 (32.3%)
Poor	99 (15.1%)	2967 (11.5%)
Very poor	8 (1.2%)	643 (2.5%)
Missing	2 (0.31%)	3863 (14.9%)
5. Over the last 12 months prior to your current hospital admission approximately...		
... how many times have you seen a doctor?	3 [0-5]	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	0 [0-2]	1 [0-2]

... how many nights in total have you spent in hospital?	0 [0-10]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	190 (29.1%)	4777 (18.5%)
3-5	131 (20.0%)	5708 (22.1%)
More than 5	140 (21.4%)	6615 (25.6%)
None	188 (28.7%)	4090 (15.8%)
I do not know	3 (0.46%)	828 (3.2%)
Missing	2 (0.31%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	12 (1.8%)	3978 (15.4%)
Yes, public insurance only	588 (89.9%)	11614 (44.9%)
Yes, both	7 (1.1%)	2630 (10.2%)
None	38 (5.8%)	2739 (10.6%)
I prefer not to answer	4 (0.61%)	801 (3.1%)
Missing	5 (0.76%)	4087 (15.8%)

8. What was your weight 5 years ago?	70 [60-80]	72 [62-85]
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I do not know	405 (61.9%)	6263 (24.2%)
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9a. Have you lost weight within the last 3 months?

Yes, intentionally	11 (1.7%)	2152 (8.3%)
Yes, unintentionally	335 (51.2%)	10461 (40.5%)
No, my weight stayed the same	195 (29.8%)	7518 (29.1%)
No, I gained weight	39 (6.0%)	2979 (11.5%)
I do not know	72 (11.0%)	2317 (9.0%)
Missing	2 (0.31%)	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	66 (19.1%)	2244 (17.8%)
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10. Did you know about your hospitalisation two days before admission? (Yes)	171 (26.3%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	160 (24.5%)	12850 (58.3%)
... were informed about your nutrition status	120 (18.4%)	8086 (36.9%)
... were informed about nutrition care options	122 (18.7%)	7149 (32.6%)
... received special nutrition care	119 (18.3%)	7225 (33.0%)

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

More than normal	20 (3.1%)	1206 (4.7%)
Normal	340 (52.0%)	15522 (60.2%)

About 3/4 of normal	37 (5.7%)	2695 (10.5%)
About half of normal	135 (20.6%)	3297 (12.8%)
About a quarter to nearly nothing	122 (18.7%)	2438 (9.5%)
I do not know	-	237 (0.92%)
Missing	-	383 (1.5%)

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

Very satisfied	32 (4.9%)	5906 (22.9%)
Somewhat satisfied	291 (44.5%)	7223 (28.0%)
Neutral	171 (26.1%)	4265 (16.5%)
Dissatisfied	81 (12.4%)	1849 (7.2%)
Very dissatisfied	39 (6.0%)	707 (2.7%)
I do not know	40 (6.1%)	1619 (6.3%)
Missing	-	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	134 (20.5%)	2356 (9.1%)
Yes, from hospital staff	42 (6.4%)	1486 (5.8%)
No	477 (72.9%)	17167 (66.6%)
I do not know	-	265 (1.0%)
Missing	1 (0.15%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)	373 (57.0%)	15756 (75.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	176 (26.9%)	12282 (47.6%)
1/2	201 (30.7%)	6419 (24.9%)
1/4	162 (24.8%)	3259 (12.6%)
Nothing	113 (17.3%)	2785 (10.8%)
Missing	2 (0.31%)	1033 (4.0%)

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

Standard	528 (80.7%)	14046 (54.5%)
Smaller	13 (2.0%)	2165 (8.4%)
Larger	7 (1.1%)	1153 (4.5%)
I do not know	95 (14.5%)	2326 (9.0%)
Missing	11 (1.7%)	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	58 (12.2%)	2085 (16.7%)
I did not like the smell/taste of the food	38 (8.0%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	1 (0.21%)	134 (1.1%)
The food was too hot	-	42 (0.34%)

The food was too cold	17 (3.6%)	295 (2.4%)
Due to food allergy/intolerance	28 (5.9%)	130 (1.0%)
I was not hungry at that time	1 (0.21%)	1996 (16.0%)
I do not have my usual appetite	253 (53.2%)	3629 (29.1%)
I have problems chewing/swallowing	20 (4.2%)	781 (6.3%)
I normally eat less than what was served	3 (0.63%)	1474 (11.8%)
I had nausea/vomiting	41 (8.6%)	1076 (8.6%)
I was too tired	5 (1.1%)	733 (5.9%)
I cannot eat without help	8 (1.7%)	196 (1.6%)
I was not allowed to eat	75 (15.8%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	4 (0.84%)	801 (6.4%)
I did not get requested food	1 (0.21%)	143 (1.1%)
No answer given	10 (2.1%)	1961 (15.7%)

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

Water	1 [0-3]	3 [2-6]
Tea	1 [0-2]	1 [0-2]
Coffee	0 [0-0]	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 [0-0]	0 [0-1]
Other	0 [0-0]	0 [0-1]

19a. Did you eat any food apart from hospital food TODAY? (Yes) 225 (34.6%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	11 (4.9%)	1682 (30.4%)
Salty snacks	2 (0.89%)	696 (12.6%)
Homemade food	130 (57.8%)	879 (15.9%)
Fruits	69 (30.7%)	2098 (37.9%)
Dairy products	-	727 (13.1%)
Food delivered/restaurant	2 (0.89%)	262 (4.7%)
Sandwich	1 (0.44%)	341 (6.2%)
Other	52 (23.1%)	803 (14.5%)

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

Increased	179 (27.4%)	3342 (13.0%)
Decreased	198 (30.3%)	7253 (28.1%)
Stayed the same	260 (39.8%)	9164 (35.5%)
I do not know	17 (2.6%)	1420 (5.5%)
Missing	-	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	484 (74.0%)	11495 (44.6%)
Weaker than at admission	48 (7.3%)	4892 (19.0%)
Same as at admission	98 (15.0%)	7223 (28.0%)
I was admitted today	15 (2.3%)	611 (2.4%)
I do not know	9 (1.4%)	1156 (4.5%)
Missing	-	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	341 (52.1%)	14760 (57.3%)
No, only with assistance	138 (21.1%)	6694 (26.0%)
No, I stay in bed	175 (26.8%)	3405 (13.2%)
Missing	-	919 (3.6%)

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

652 (99.8%)	14819 (68.3%)
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1. Are you COVID-19 positive TODAY?

Yes	9 (1.4%)	267 (1.0%)
No	637 (97.4%)	7135 (26.8%)
I do not know	7 (1.1%)	650 (2.4%)
Missing	1 (0.15%)	18540 (69.7%)

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

0-3 months	15 (2.3%)	527 (2.0%)
3-6 months	16 (2.4%)	149 (0.56%)
6-12 months	24 (3.7%)	222 (0.83%)
>1 year	128 (19.6%)	177 (0.67%)
never	467 (71.4%)	3842 (14.4%)
I do not know	3 (0.46%)	973 (3.7%)
Missing	1 (0.15%)	20702 (77.9%)

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

Yes	50 (7.6%)	494 (1.9%)
No	603 (92.2%)	5927 (22.3%)
I do not know	1 (0.15%)	865 (3.3%)
Missing	-	19306 (72.6%)