



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Portugal

Dear participant,

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

Number of participated center:	10
Number of participated units:	21
Number of patients:	377
Number of patients who gave consent:	368
Number of patients completing Sheet 3a:	360
Number of patients completing Sheet 3b:	359
Number of patients with 30-day outcome assessment:	295

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	582 [295-927]	355 [189-682]
2. Total number of admissions in the hospital last year	21462 [15050-31790]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	334 [233-455]	179 [90-394]
Medical specialists	271 [185-396]	110 [39-253]
Medical non-specialists	38 [37-63]	47 [20-125]
Nurses	518 [320-944]	385 [172-874]
Dieticians	1 [0-1]	4 [1-9]
Nutritionists	4 [3-9]	1 [0-4]
Pharmacists	9 [6-14]	9 [4-23]
Kitchen staff	21 [3-44]	29 [12-55]
Full time equivalent		
Total medical doctors	292 [15-326]	153 [62-360]
Medical specialists	240 [173-258]	92 [34-249]
Medical non-specialists	51 [29-72]	40 [17-118]
Nurses	687 [407-891]	328 [159-751]
Dieticians	1 [0-2]	4 [1-8]
Nutritionists	4 [2-6]	1 [0-4]
Pharmacists	12 [7-16]	7 [3-16]
Kitchen staff	24 [0-50]	29 [11-56]
4. Does the hospital have a nutrition care strategy?	6 (85.7%) Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	5 (45.5%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	7 (63.6%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	4 (36.4%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	4 (36.4%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (36.4%) Yes	409 (66.7%) Yes
None	-	62 (10.1%) Yes
No answer given	4 (36.4%)	34 (5.5%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

Nutrition Support	5 (45.5%) Yes	318 (51.9%) Yes
Oral nutrition supplements	5 (45.5%) Yes	264 (43.1%) Yes
Parenteral nutrition	5 (45.5%) Yes	373 (60.8%) Yes
Enteral nutrition	5 (45.5%) Yes	350 (57.1%) Yes
Dietary counseling	3 (27.3%) Yes	238 (38.8%) Yes
Specific dietary interventions	4 (36.4%) Yes	207 (33.8%) Yes
Screening for malnutrition	3 (27.3%) Yes	196 (32.0%) Yes
Risk of malnutrition	3 (27.3%) Yes	176 (28.7%) Yes
Malnutrition (in general)	3 (27.3%) Yes	269 (43.9%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (18.2%) Yes	252 (41.1%) Yes
No information available from billing/finance/controlling	2 (18.2%) Yes	124 (20.2%) Yes
No answer given	-	34 (5.5%)

Codes routinely used

Nutrition Support	3 (27.3%) Yes	281 (45.8%) Yes
Oral nutrition supplements	4 (36.4%) Yes	235 (38.3%) Yes
Parenteral nutrition	4 (36.4%) Yes	340 (55.5%) Yes
Enteral nutrition	5 (45.5%) Yes	327 (53.3%) Yes
Dietary counseling	3 (27.3%) Yes	208 (33.9%) Yes
Specific dietary interventions	4 (36.4%) Yes	187 (30.5%) Yes
Screening for malnutrition	3 (27.3%) Yes	171 (27.9%) Yes
Risk of malnutrition	3 (27.3%) Yes	158 (25.8%) Yes
Malnutrition (in general)	2 (18.2%) Yes	247 (40.3%) Yes
Severity of malnutrition (i.e. mild, moderate, severe)	2 (18.2%) Yes	226 (36.9%) Yes
No information available from billing/finance/controlling	2 (18.2%) 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	6 (28.6%)	20.5%
Internal Medicine / Cardiology	2 (9.5%)	4.3%
Internal Medicine / Gastroenterology & hepatology	3 (14.3%)	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	1 (4.8%)	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	1 (4.8%)	8.0%
Interdisciplinary	-	2.9%
Long term care	1 (4.8%)	2.6%
Neurology	-	4.0%
Surgery / General	1 (4.8%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	1 (4.8%)	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	3 (14.3%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	1 (4.8%)	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	1 (4.8%)	13.2%
2. Number of registered inpatients at noon	20 [14-24]	22 [17-30]
3. Total bed capacity of the unit	24 [20-42]	29 [23-40]
4. Number of each type of staff in the unit for TODAY's morning shift		
Fully trained		
Medical doctors	5 [3-10]	3 [2-6]
Nurses	6 [5-9]	4 [3-7]
Nursing aides	4 [3-5]	2 [1-4]
Dieticians	0 [0-0]	1 [0-1]
Nutritionists	1 [0-1]	0 [0-1]
Administrative staff	3 [2-3]	1 [0-2]
Other staff involved in patient care	2 [0-2]	1 [0-3]
In training		
Medical doctors	4 [1-5]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	0 [0-1]	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? 12 (100%) Yes 938 (81.3%) Yes

6. Does the unit have a nutrition care strategy? 11 (91.7%) Yes 913 (79.1%) Yes

7. Is there a person in your unit responsible for nutrition care? 8 (66.7%) Yes 853 (73.9%) Yes

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 2 Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? 6 (50.0%) Yes 659 (57.1%) Yes

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

At admission

No routine screening	1 (4.8%) Yes	116 (8.2%) Yes
No fixed criteria	2 (9.5%) Yes	16 (1.1%) Yes
Experience / visual assessment only	1 (4.8%) Yes	84 (5.9%) Yes
Weighing / BMI only	1 (4.8%) Yes	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	14 (66.7%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	2 (9.5%) Yes	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	-	73 (5.1%)

During hospital stay

No routine monitoring	2 (9.5%) Yes	124 (8.7%) Yes
No fixed criteria	9 (42.9%) Yes	108 (7.6%) Yes
Experience / visual assessment only	1 (4.8%) Yes	211 (14.8%) Yes
Weighing / BMI only	6 (28.6%) Yes	458 (32.2%) Yes
Other formal tool	3 (14.3%) 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? 7 (58.3%) Yes 953 (85.2%) Yes

11b. If yes, which one is mainly used?			
International guidelines	3 (42.9%)	Yes	296 (31.1%)
National guidelines	-		141 (14.8%)
Standards on hospital level	2 (28.6%)	Yes	344 (36.1%)
Standards on unit level	1 (14.3%)	Yes	61 (6.4%)
Individual patient nutrition care plans	-		97 (10.2%)
Other	1 (14.3%)	Yes	6 (0.63%)
Missing	-		8 (0.84%)

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

At risk

Watchful waiting	1 (4.8%)	Yes	361 (25.4%)
Discuss nutrition care activities during ward rounds	2 (9.5%)	Yes	597 (42.0%)
Develop an individual nutrition care plan	5 (23.8%)	Yes	684 (48.1%)
Initiate treatment / nutrition intervention	6 (28.6%)	Yes	750 (52.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	6 (28.6%)	Yes	725 (50.9%)
Consult a medical professional	2 (9.5%)	Yes	430 (30.2%)
Calculate energy requirements	5 (23.8%)	Yes	601 (42.2%)
Calculate protein requirements	6 (28.6%)	Yes	590 (41.5%)

Malnourished

Watchful waiting	-		264 (18.6%)
Discuss nutrition care activities during ward rounds	6 (28.6%)	Yes	622 (43.7%)
Develop an individual nutrition care plan	9 (42.9%)	Yes	757 (53.2%)
Initiate treatment / nutrition intervention	8 (38.1%)	Yes	818 (57.5%)
Consult a nutrition expert (dietician, nutritionist, etc.)	10 (47.6%)	Yes	744 (52.3%)
Consult a medical professional	3 (14.3%)	Yes	552 (38.8%)
Calculate energy requirements	9 (42.9%)	Yes	710 (49.9%)
Calculate protein requirements	8 (38.1%)	Yes	702 (49.3%)

Every patient

Watchful waiting	9 (42.9%)	Yes	634 (44.6%)
Discuss nutrition care activities during ward rounds	-		328 (23.0%)
Develop an individual nutrition care plan	2 (9.5%)	Yes	195 (13.7%)
Initiate treatment / nutrition intervention	3 (14.3%)	Yes	166 (11.7%)
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (4.8%)	Yes	254 (17.8%)
Consult a medical professional	-		298 (20.9%)
Calculate energy requirements	-		162 (11.4%)
Calculate protein requirements	-		143 (10.0%)

Never

Watchful waiting	2 (9.5%) Yes	110 (7.7%) Yes
Discuss nutrition care activities during ward rounds	5 (23.8%) 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	9 (42.9%) Yes	110 (7.7%) Yes
Calculate energy requirements	2 (9.5%) Yes	112 (7.9%) Yes
Calculate protein requirements	2 (9.5%) 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 (28.6%) Yes	919 (64.6%) Yes
Within 24 hours	4 (19.0%) Yes	194 (13.6%) Yes
Within 48 hours	4 (19.0%) Yes	77 (5.4%) Yes
Within 72 hours	1 (4.8%) Yes	28 (2.0%) Yes
Every week	4 (19.0%) Yes	651 (45.7%) Yes
Occasionally	5 (23.8%) Yes	151 (10.6%) Yes
When requested	6 (28.6%) Yes	728 (51.2%) Yes
At discharge	2 (9.5%) Yes	80 (5.6%) Yes
Never	1 (4.8%) Yes	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	17 (81.0%) Yes	1096 (77.0%) Yes
Offer meal choices	13 (61.9%) Yes	985 (69.2%) Yes
Offer different portion sizes	7 (33.3%) Yes	895 (62.9%) Yes
Consider food presentation	5 (23.8%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	20 (95.2%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	13 (61.9%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	5 (23.8%) Yes	383 (26.9%) Yes
Promote positive eating environment	5 (23.8%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	12 (57.1%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	17 (81.0%) Yes	1198 (84.2%) Yes

Other	1 (4.8%) Yes	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	-	73 (5.1%)

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

Nutrition training is available	7 (33.3%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	3 (14.3%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	7 (33.3%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	3 (14.3%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	5 (23.8%) Yes	803 (56.4%) Yes
None	1 (4.8%) Yes	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	9 (42.9%)	269 (18.9%)

16. At admission what is asked and documented?

Change in weight	10 (47.6%) Yes	977 (68.7%) Yes
Eating habits/difficulties	9 (42.9%) Yes	893 (62.8%) Yes
Nutrition before admission	6 (28.6%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	1 (4.8%) Yes	45 (3.2%) Yes
No answer given	9 (42.9%)	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	11 (52.4%) Yes	963 (67.7%) Yes
nutrition treatment	5 (23.8%) Yes	751 (52.8%) Yes
None	1 (4.8%) Yes	59 (4.1%) Yes
I do not know	-	43 (3.0%) Yes

b. Discharge Letter ...

summarizes nutrition treatment received during stay	5 (23.8%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	6 (28.6%) Yes	780 (54.8%) Yes
None	3 (14.3%) 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?	1 (11.1%) Yes	498 (46.6%) Yes
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19. Who filled in this sheet?

Head staff	2 (9.5%) Yes	350 (24.6%) Yes
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Dietician	4 (19.0%) Yes	611 (42.9%) Yes
Nurse	1 (4.8%) Yes	327 (23.0%) Yes
Physician	7 (33.3%) Yes	145 (10.2%) Yes
Administrative staff	-	29 (2.0%) Yes
Other	-	106 (7.4%) Yes
None	-	2 (0.14%) Yes
I do not know	-	24 (1.7%) Yes

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

	YOUR RESULTS	REFERENCE RESULTS
Total	368	26592
Age	71 [59-81]	66 [51-78]
Female	187 (50.8%)	13033 (49.0%)
Weight	69.1±18.2	70.4±18.6
Height	164±9	165±10
BMI	25.8±6.3	25.6±5.9

1. This hospital admission was...

planned	104 (28.3%)	8843 (33.3%)
an emergency	248 (67.4%)	15921 (59.9%)
I do not know	16 (4.3%)	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	65 (17.7%)	2701 (10.2%)
0200 Neoplasms	45 (12.2%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	51 (13.9%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	45 (12.2%)	3356 (12.6%)
0500 Mental health	11 (3.0%)	1197 (4.5%)
0600 Nervous system	35 (9.5%)	2419 (9.1%)
0700 Eye and adnexa	2 (0.54%)	316 (1.2%)
0800 Ear and mastoid process	6 (1.6%)	133 (0.50%)
0900 Circulatory system	89 (24.2%)	5507 (20.7%)
1000 Respiratory system	57 (15.5%)	4000 (15.0%)
1100 Digestive system	87 (23.6%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	14 (3.8%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	73 (19.8%)	4622 (17.4%)
1400 Genitourinary system	35 (9.5%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	2 (0.54%)	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	17 (4.6%)	1441 (5.4%)
1900 Injury, poisoning	5 (1.4%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	17 (4.6%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	10 (2.7%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	96 (30.5%)	4789 (18.8%)
Myocardial infarction	25 (8.4%)	1373 (5.4%)
Chronic lung disease	53 (17.3%)	3146 (12.4%)
Cerebral vascular disease	40 (13.4%)	2107 (8.3%)
Peripheral vascular disease	44 (14.6%)	2764 (10.9%)
Chronic liver disease	42 (13.5%)	1399 (5.5%)
Chronic kidney disease	64 (20.8%)	3056 (12.1%)
Diabetes	110 (35.1%)	5929 (23.2%)
Cancer	72 (23.5%)	5496 (21.5%)
Infection	74 (24.0%)	3680 (14.5%)
Dementia	40 (13.2%)	1243 (4.9%)
Major depressive disorder	33 (10.8%)	1152 (4.5%)
Other chronic mental disorder	16 (5.4%)	1149 (4.5%)
Other chronic disease	180 (55.0%)	6868 (26.9%)
None	23 (6.3%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	50 (13.6%)	4741 (17.8%)
Yes, acute	34 (9.2%)	1848 (6.9%)
No	136 (37.0%)	15775 (59.3%)
I do not know	-	246 (0.93%)
Missing	148 (40.2%)	3982 (15.0%)

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

Yes, today or tomorrow	11 (3.0%)	2462 (9.3%)
Yes, later	18 (4.9%)	1594 (6.0%)
No	186 (50.5%)	17439 (65.6%)
I do not know	-	642 (2.4%)
Missing	153 (41.6%)	4455 (16.8%)

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

22 (9.9%)	2641 (11.5%)
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6. Is this patient terminally ill?

15 (4.1%)	1752 (6.6%)
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7. Fluid status

Normal	274 (74.5%)	20786 (78.2%)
Overloaded	18 (4.9%)	1272 (4.8%)
Dehydrated	27 (7.3%)	1395 (5.2%)
I do not know	49 (13.3%)	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	20 (5.4%)	3439 (12.9%)
At risk	90 (24.5%)	5137 (19.3%)
No	224 (60.9%)	16313 (61.3%)
I do not know	34 (9.2%)	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	29 (7.9%)	8813 (33.1%)
5% Glucose solution	26 (7.1%)	1921 (7.2%)

11. Number of ONS drinks planned

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

12. Nutrition intake

Regular hospital food	232 (63.0%)	15963 (60.0%)
Fortified/enriched hospital food	32 (8.7%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	54 (14.7%)	4623 (17.4%)
Enteral nutrition	25 (6.8%)	1194 (4.5%)
Parenteral nutrition	4 (1.1%)	965 (3.6%)
Special diet	99 (26.9%)	7968 (30.0%)
None	19 (5.2%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	17 (7.7%)	2276 (10.0%)
Peripheral venous access	175 (78.8%)	12226 (53.5%)
Nasogastric	11 (5.0%)	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	2 (0.90%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	179 (48.6%)	12214 (45.9%)

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

Yes, previously	7 (1.9%)	329 (1.2%)
Yes, ongoing	2 (0.54%)	192 (0.72%)
No	196 (53.3%)	19494 (73.3%)
I do not know	6 (1.6%)	1927 (7.2%)
Missing	157 (42.7%)	4650 (17.5%)

14. Please indicate if any of the following was done for this patient since admission		
Energy requirements were determined	49 (22.1%)	9131 (39.9%)
Protein requirements were determined	48 (21.6%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	83 (37.4%)	10365 (45.3%)
Nutrition treatment plan was developed	67 (30.2%)	8802 (38.5%)
Nutrition expert was consulted	60 (27.0%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	66 (29.7%)	7837 (34.3%)
None	-	-

15a. Energy goal		
< 500 kcal	3 (0.82%)	691 (2.6%)
500-999 kcal	1 (0.27%)	245 (0.92%)
1000-1499 kcal	14 (3.8%)	2014 (7.6%)
1500-1999 kcal	18 (4.9%)	7614 (28.6%)
>=2000 kcal	33 (9.0%)	2877 (10.8%)
Not determined	94 (25.5%)	7476 (28.1%)
I do not know	59 (16.0%)	1955 (7.4%)
Missing	146 (39.7%)	3720 (14.0%)

15b. Energy intake		
< 500 kcal	6 (1.6%)	1231 (4.6%)
500-999 kcal	1 (0.27%)	1085 (4.1%)
1000-1499 kcal	11 (3.0%)	2897 (10.9%)
1500-1999 kcal	33 (9.0%)	5852 (22.0%)
>=2000 kcal	23 (6.3%)	1702 (6.4%)
Not determined	80 (21.7%)	7294 (27.4%)
I do not know	68 (18.5%)	2811 (10.6%)
Missing	146 (39.7%)	3720 (14.0%)

16. Since admission, this patient's health status has...		
Improved	150 (40.8%)	12031 (45.2%)
Deteriorated	14 (3.8%)	1361 (5.1%)
Remained the same	42 (11.4%)	6081 (22.9%)
This patient has just been admitted	13 (3.5%)	1469 (5.5%)
I do not know	3 (0.82%)	1930 (7.3%)
Missing	146 (39.7%)	3720 (14.0%)
Length of hospital stay (days)	15 [7-27]	13 [7-24]

Outcome Code		
1= Still in the hospital	35 (9.5%)	3018 (11.3%)
2= Transferred to another hospital	6 (1.6%)	595 (2.2%)

3= Transferred to long term care	7 (1.9%)	1051 (4.0%)
4= Rehabilitation	11 (3.0%)	875 (3.3%)
5= Discharged home	216 (58.7%)	19467 (73.2%)
6= Death	14 (3.8%)	934 (3.5%)
7= Others	6 (1.6%)	444 (1.7%)
Missing	73 (19.8%)	208 (0.78%)

Readmitted since nutritionDay

1= No	225 (88.6%)	17749 (77.4%)
2= Yes, same hospital planned	2 (0.79%)	1486 (6.5%)
3= Yes, same hospital unplanned	13 (5.1%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	3 (1.2%)	344 (1.5%)
Missing	11 (4.3%)	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	155 (43.1%)	15608 (60.4%)
I am vegetarian	1 (0.28%)	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	-	214 (0.83%)
I avoid added sugars	33 (9.2%)	3790 (14.7%)
I avoid carbohydrates	10 (2.8%)	1446 (5.6%)
I eat a low fat-diet	17 (4.7%)	2516 (9.7%)
I am lactose intolerant	4 (1.1%)	943 (3.6%)
Other special diet due to intolerances/allergies	2 (0.56%)	497 (1.9%)
Other	10 (2.8%)	1670 (6.5%)
No answer given	149 (41.4%)	3877 (15.0%)
2. Where did you live before your current hospital admission?		
At home	194 (53.9%)	19455 (75.3%)
In a nursing home or other live-in facility	10 (2.8%)	690 (2.7%)
I was transferred from another hospital	9 (2.5%)	1580 (6.1%)
Other	2 (0.56%)	346 (1.3%)
Missing	145 (40.3%)	3778 (14.6%)
3. In general, are you able to walk?		
Yes	124 (34.4%)	13793 (53.4%)
Yes, with someone's help	22 (6.1%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	38 (10.6%)	3173 (12.3%)
No, I have a wheelchair	7 (1.9%)	923 (3.6%)
No, I am bedridden	20 (5.6%)	1606 (6.2%)
Missing	149 (41.4%)	3861 (14.9%)
4. In general, how would you say your health is?		
Very good	9 (2.5%)	1821 (7.0%)
Good	61 (16.9%)	8196 (31.7%)
Fair	95 (26.4%)	8359 (32.3%)
Poor	42 (11.7%)	2967 (11.5%)
Very poor	5 (1.4%)	643 (2.5%)
Missing	148 (41.1%)	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 [2-6]	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 [0-12]	5 [0-15]
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6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	34 (9.4%)	4777 (18.5%)
3-5	65 (18.1%)	5708 (22.1%)
More than 5	80 (22.2%)	6615 (25.6%)
None	25 (6.9%)	4090 (15.8%)
I do not know	10 (2.8%)	828 (3.2%)
Missing	146 (40.6%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	25 (6.9%)	3978 (15.4%)
Yes, public insurance only	55 (15.3%)	11614 (44.9%)
Yes, both	6 (1.7%)	2630 (10.2%)
None	112 (31.1%)	2739 (10.6%)
I prefer not to answer	14 (3.9%)	801 (3.1%)
Missing	148 (41.1%)	4087 (15.8%)

8. What was your weight 5 years ago?

I do not know	74 [60-83]	72 [62-85]
	71 (19.7%)	6263 (24.2%)

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

Yes, intentionally	28 (7.8%)	2152 (8.3%)
Yes, unintentionally	154 (42.8%)	10461 (40.5%)
No, my weight stayed the same	109 (30.3%)	7518 (29.1%)
No, I gained weight	18 (5.0%)	2979 (11.5%)
I do not know	47 (13.1%)	2317 (9.0%)
Missing	4 (1.1%)	422 (1.6%)

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

I do not know	5 [3-8]	6 [4-10]
	59 (32.4%)	2244 (17.8%)

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

	63 (30.6%)	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	125 (58.4%)	12850 (58.3%)
... were informed about your nutrition status	39 (18.4%)	8086 (36.9%)
... were informed about nutrition care options	94 (44.1%)	7149 (32.6%)
... received special nutrition care	46 (21.6%)	7225 (33.0%)

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

More than normal	13 (3.6%)	1206 (4.7%)
Normal	227 (63.2%)	15522 (60.2%)

About 3/4 of normal	38 (10.6%)	2695 (10.5%)
About half of normal	43 (12.0%)	3297 (12.8%)
About a quarter to nearly nothing	30 (8.4%)	2438 (9.5%)
I do not know	4 (1.1%)	237 (0.92%)
Missing	4 (1.1%)	383 (1.5%)

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

Very satisfied	36 (10.0%)	5906 (22.9%)
Somewhat satisfied	78 (21.7%)	7223 (28.0%)
Neutral	26 (7.2%)	4265 (16.5%)
Dissatisfied	34 (9.5%)	1849 (7.2%)
Very dissatisfied	8 (2.2%)	707 (2.7%)
I do not know	28 (7.8%)	1619 (6.3%)
Missing	149 (41.5%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	5 (1.4%)	2356 (9.1%)
Yes, from hospital staff	36 (10.0%)	1486 (5.8%)
No	163 (45.4%)	17167 (66.6%)
I do not know	1 (0.28%)	265 (1.0%)
Missing	154 (42.9%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)	143 (69.1%)	15756 (75.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	145 (40.4%)	12282 (47.6%)
1/2	92 (25.6%)	6419 (24.9%)
1/4	67 (18.7%)	3259 (12.6%)
Nothing	48 (13.4%)	2785 (10.8%)
Missing	7 (1.9%)	1033 (4.0%)

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

Standard	140 (39.0%)	14046 (54.5%)
Smaller	23 (6.4%)	2165 (8.4%)
Larger	1 (0.28%)	1153 (4.5%)
I do not know	22 (6.1%)	2326 (9.0%)
Missing	173 (48.2%)	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	37 (17.9%)	2085 (16.7%)
I did not like the smell/taste of the food	22 (10.6%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	-	134 (1.1%)
The food was too hot	1 (0.48%)	42 (0.34%)

The food was too cold	3 (1.4%)	295 (2.4%)
Due to food allergy/intolerance	-	130 (1.0%)
I was not hungry at that time	27 (13.0%)	1996 (16.0%)
I do not have my usual appetite	41 (19.8%)	3629 (29.1%)
I have problems chewing/swallowing	5 (2.4%)	781 (6.3%)
I normally eat less than what was served	21 (10.1%)	1474 (11.8%)
I had nausea/vomiting	6 (2.9%)	1076 (8.6%)
I was too tired	5 (2.4%)	733 (5.9%)
I cannot eat without help	1 (0.48%)	196 (1.6%)
I was not allowed to eat	13 (6.3%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	22 (10.6%)	801 (6.4%)
I did not get requested food	1 (0.48%)	143 (1.1%)
No answer given	71 (34.3%)	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 [0-1]	1 [0-2]
Milk	1 [0-1]	1 [0-1]
Fruit juice	0 [0-1]	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) 33 (15.9%) 5541 (27.0%)

19b. If yes, what did you eat?

Sweet snacks	13 (39.4%)	1682 (30.4%)
Salty snacks	-	696 (12.6%)
Homemade food	3 (9.1%)	879 (15.9%)
Fruits	8 (24.2%)	2098 (37.9%)
Dairy products	2 (6.1%)	727 (13.1%)
Food delivered/restaurant	1 (3.0%)	262 (4.7%)
Sandwich	4 (12.1%)	341 (6.2%)
Other	10 (30.3%)	803 (14.5%)

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

Increased	24 (6.7%)	3342 (13.0%)
Decreased	72 (20.1%)	7253 (28.1%)
Stayed the same	91 (25.3%)	9164 (35.5%)
I do not know	18 (5.0%)	1420 (5.5%)
Missing	154 (42.9%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	205 (57.1%)	11495 (44.6%)
Weaker than at admission	40 (11.1%)	4892 (19.0%)
Same as at admission	58 (16.2%)	7223 (28.0%)
I was admitted today	22 (6.1%)	611 (2.4%)
I do not know	26 (7.2%)	1156 (4.5%)
Missing	8 (2.2%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	175 (48.7%)	14760 (57.3%)
No, only with assistance	123 (34.3%)	6694 (26.0%)
No, I stay in bed	48 (13.4%)	3405 (13.2%)
Missing	13 (3.6%)	919 (3.6%)

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

124 (58.2%)	14819 (68.3%)
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1. Are you COVID-19 positive TODAY?

Yes	1 (0.27%)	267 (1.0%)
No	176 (47.8%)	7135 (26.8%)
I do not know	12 (3.3%)	650 (2.4%)
Missing	179 (48.6%)	18540 (69.7%)

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

0-3 months	25 (6.8%)	527 (2.0%)
3-6 months	7 (1.9%)	149 (0.56%)
6-12 months	14 (3.8%)	222 (0.83%)
>1 year	9 (2.4%)	177 (0.67%)
never	22 (6.0%)	3842 (14.4%)
I do not know	107 (29.1%)	973 (3.7%)
Missing	184 (50.0%)	20702 (77.9%)

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

Yes	4 (1.1%)	494 (1.9%)
No	164 (44.6%)	5927 (22.3%)
I do not know	16 (4.3%)	865 (3.3%)
Missing	184 (50.0%)	19306 (72.6%)