



nutritionDay
WORLDWIDE

Country Report
nutritionDay 2022
Sweden

Dear participant,

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

Number of participated center:	2
Number of participated units:	12
Number of patients:	261
Number of patients who gave consent:	182
Number of patients completing Sheet 3a:	168
Number of patients completing Sheet 3b:	168
Number of patients with 30-day outcome assessment:	182

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	151 [131-170]	355 [189-682]
2. Total number of admissions in the hospital last year	10887 [10887-10887]	18110 [8380-41842]
3. Total number of staff in the hospital		
Total medical doctors	300 [300-300]	179 [90-394]
Medical specialists	-	110 [39-253]
Medical non-specialists	-	47 [20-125]
Nurses	550 [550-550]	385 [172-874]
Dieticians	5 [5-5]	4 [1-9]
Nutritionists	-	1 [0-4]
Pharmacists	-	9 [4-23]
Kitchen staff	-	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	-	1 [0-4]
Pharmacists	-	7 [3-16]
Kitchen staff	-	29 [11-56]
4. Does the hospital have a nutrition care strategy?	Yes	467 (80.7%) Yes
5. Which nutrition-related standards or routine activities exist in your hospital?		
Nutrition training is available	-	407 (66.4%) Yes
Nutrition steering committee is available	-	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	1 (50.0%) Yes	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	1 (50.0%) Yes	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	1 (50.0%) Yes	409 (66.7%) Yes
None	-	62 (10.1%) Yes
No answer given	1 (50.0%)	34 (5.5%)
6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?		

Codes available

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

Codes routinely used

Nutrition Support	-	281 (45.8%)	Yes
Oral nutrition supplements	-	235 (38.3%)	Yes
Parenteral nutrition	-	340 (55.5%)	Yes
Enteral nutrition	-	327 (53.3%)	Yes
Dietary counseling	-	208 (33.9%)	Yes
Specific dietary interventions	-	187 (30.5%)	Yes
Screening for malnutrition	-	171 (27.9%)	Yes
Risk of malnutrition	-	158 (25.8%)	Yes
Malnutrition (in general)	-	247 (40.3%)	Yes
Severity of malnutrition (i.e. mild, moderate, severe)	-	226 (36.9%)	Yes
No information available from billing/finance/controlling	1 (50.0%)	Yes	134 (21.9%)
No answer given	-	34 (5.5%)	

II. Unit organisation and structures (“Sheet 1a/1b”)

	YOUR RESULTS	REFERENCE RESULTS
Internal Medicine / General	4 (33.3%)	20.5%
Internal Medicine / Cardiology	2 (16.7%)	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	1 (8.3%)	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	3 (25.0%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	2 (16.7%)	3.5%
Trauma	-	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	-	13.2%

2. Number of registered inpatients at noon 21 [16-25] 22 [17-30]

3. Total bed capacity of the unit 26 [22-28] 29 [23-40]

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

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

In training		
Medical doctors	-	1 [0-3]
Medical students	-	0 [0-2]
Nurses	-	1 [0-2]

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

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

6. Does the unit have a nutrition care strategy? 5 (71.4%) Yes 913 (79.1%) Yes

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

8. Is there a dietician, nutritionist or dietetic assistant available for your unit? 12 (100%) Yes 1210 (89.6%) Yes

9. Is specific staff responsible for providing feeding assistance to patients during meal times? - 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	-	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	12 (100%) 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	1 (8.3%) Yes	108 (7.6%) Yes
Experience / visual assessment only	3 (25.0%) Yes	211 (14.8%) Yes
Weighing / BMI only	8 (66.7%) Yes	458 (32.2%) Yes
Other formal tool	-	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 (100%) Yes 953 (85.2%) Yes

11b. If yes, which one is mainly used?		
International guidelines	-	296 (31.1%) Yes
National guidelines	7 (100%) Yes	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	-	8 (0.84%)

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

At risk

Watchful waiting	-	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	7 (58.3%) Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	7 (58.3%) Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	7 (58.3%) Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	7 (58.3%) Yes	725 (50.9%) Yes
Consult a medical professional	7 (58.3%) Yes	430 (30.2%) Yes
Calculate energy requirements	7 (58.3%) Yes	601 (42.2%) Yes
Calculate protein requirements	7 (58.3%) Yes	590 (41.5%) Yes

Malnourished

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

Every patient

Watchful waiting	7 (58.3%) 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.)	-	254 (17.8%) Yes
Consult a medical professional	-	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	6 (50.0%) Yes	919 (64.6%) Yes
Within 24 hours	9 (75.0%) Yes	194 (13.6%) Yes
Within 48 hours	1 (8.3%) Yes	77 (5.4%) Yes
Within 72 hours	-	28 (2.0%) Yes
Every week	-	651 (45.7%) Yes
Occasionally	2 (16.7%) Yes	151 (10.6%) Yes
When requested	9 (75.0%) Yes	728 (51.2%) Yes
At discharge	1 (8.3%) 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	11 (91.7%) Yes	1096 (77.0%) Yes
Offer meal choices	8 (66.7%) Yes	985 (69.2%) Yes
Offer different portion sizes	10 (83.3%) Yes	895 (62.9%) Yes
Consider food presentation	7 (58.3%) Yes	479 (33.7%) Yes
Change food texture/consistency as needed	11 (91.7%) Yes	1158 (81.4%) Yes
Consider patient problems with eating and drinking	11 (91.7%) Yes	1168 (82.1%) Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	5 (41.7%) Yes	383 (26.9%) Yes
Promote positive eating environment	6 (50.0%) Yes	468 (32.9%) Yes
Consider cultural/religious preferences	9 (75.0%) Yes	1022 (71.8%) Yes
Consider patient allergies / intolerances	12 (100%) Yes	1198 (84.2%) Yes

Other	1 (8.3%) 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	-	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	-	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	7 (58.3%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	7 (58.3%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	7 (58.3%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	5 (41.7%)	269 (18.9%)
16. At admission what is asked and documented?		
Change in weight	7 (58.3%) Yes	977 (68.7%) Yes
Eating habits/difficulties	7 (58.3%) Yes	893 (62.8%) Yes
Nutrition before admission	-	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	-	45 (3.2%) Yes
No answer given	5 (41.7%)	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	-	963 (67.7%) Yes
nutrition treatment	7 (58.3%) Yes	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	7 (58.3%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	-	780 (54.8%) Yes
None	-	90 (6.3%) Yes
I do not know	-	150 (10.5%) Yes
18. Do you provide brochures about malnutrition to at risk/malnourished patients?	6 (100%) Yes	498 (46.6%) Yes
19. Who filled in this sheet?		
Head staff	-	350 (24.6%) Yes

Dietician	7 (58.3%) Yes	611 (42.9%) Yes
Nurse	7 (58.3%) 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	182	26592
Age	78 [67-84]	66 [51-78]
Female	76 (41.8%)	13033 (49.0%)
Weight	78.7±18.5	70.4±18.6
Height	171±10	165±10
BMI	26.7±5.3	25.6±5.9

1. This hospital admission was...

planned	16 (8.8%)	8843 (33.3%)
an emergency	140 (76.9%)	15921 (59.9%)
I do not know	26 (14.3%)	1828 (6.9%)
No answer given	-	-

2a. Diagnosis at admission

0100 Infectious and parasitic diseases	28 (15.4%)	2701 (10.2%)
0200 Neoplasms	24 (13.2%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	3 (1.6%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	16 (8.8%)	3356 (12.6%)
0500 Mental health	4 (2.2%)	1197 (4.5%)
0600 Nervous system	26 (14.3%)	2419 (9.1%)
0700 Eye and adnexa	1 (0.55%)	316 (1.2%)
0800 Ear and mastoid process	1 (0.55%)	133 (0.50%)
0900 Circulatory system	54 (29.7%)	5507 (20.7%)
1000 Respiratory system	22 (12.1%)	4000 (15.0%)
1100 Digestive system	28 (15.4%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	4 (2.2%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	30 (16.5%)	4622 (17.4%)
1400 Genitourinary system	16 (8.8%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	-	424 (1.6%)
1600 Conditions originating in the perinatal period	-	71 (0.27%)
1700 Congenital/chromosomal abnormalities	1 (0.55%)	65 (0.24%)
1800 Symptoms, signs, abnormal clinical/lab findings	5 (2.7%)	1441 (5.4%)
1900 Injury, poisoning	3 (1.6%)	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	6 (3.3%)	899 (3.4%)
2100 Factors influencing health status and contact with health services	16 (8.8%)	1002 (3.8%)
No answer given	-	-

3. Which conditions/comorbidities does this patient have?

Cardiac insufficiency	34 (24.3%)	4789 (18.8%)
Myocardial infarction	24 (17.6%)	1373 (5.4%)
Chronic lung disease	22 (15.6%)	3146 (12.4%)
Cerebral vascular disease	43 (29.1%)	2107 (8.3%)
Peripheral vascular disease	31 (22.8%)	2764 (10.9%)
Chronic liver disease	4 (3.0%)	1399 (5.5%)
Chronic kidney disease	14 (10.3%)	3056 (12.1%)
Diabetes	40 (27.8%)	5929 (23.2%)
Cancer	54 (38.0%)	5496 (21.5%)
Infection	37 (26.8%)	3680 (14.5%)
Dementia	7 (5.1%)	1243 (4.9%)
Major depressive disorder	4 (3.0%)	1152 (4.5%)
Other chronic mental disorder	7 (5.3%)	1149 (4.5%)
Other chronic disease	82 (51.9%)	6868 (26.9%)
None	11 (6.0%)	5214 (19.6%)

4a. Previous operation during this hospital stay

Yes, planned	-	4741 (17.8%)
Yes, acute	-	1848 (6.9%)
No	-	15775 (59.3%)
I do not know	-	246 (0.93%)
Missing	182 (100%)	3982 (15.0%)

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

Yes, today or tomorrow	-	2462 (9.3%)
Yes, later	-	1594 (6.0%)
No	-	17439 (65.6%)
I do not know	-	642 (2.4%)
Missing	182 (100%)	4455 (16.8%)

5. Previous ICU admission during this hospital stay? (Yes)	-	2641 (11.5%)
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6. Is this patient terminally ill?	116 (63.7%)	1752 (6.6%)
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7. Fluid status

Normal	117 (64.3%)	20786 (78.2%)
Overloaded	7 (3.8%)	1272 (4.8%)
Dehydrated	4 (2.2%)	1395 (5.2%)
I do not know	54 (29.7%)	3139 (11.8%)
Missing	-	-

8. Number of different medications planned

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

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

Malnourished	11 (6.0%)	3439 (12.9%)
At risk	32 (17.6%)	5137 (19.3%)
No	107 (58.8%)	16313 (61.3%)
I do not know	32 (17.6%)	1703 (6.4%)
Missing	-	-

10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	-	8813 (33.1%)
5% Glucose solution	-	1921 (7.2%)

11. Number of ONS drinks planned	-	0 [0-1]
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12. Nutrition intake

Regular hospital food	115 (63.2%)	15963 (60.0%)
Fortified/enriched hospital food	47 (25.8%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	27 (14.8%)	4623 (17.4%)
Enteral nutrition	7 (3.8%)	1194 (4.5%)
Parenteral nutrition	5 (2.7%)	965 (3.6%)
Special diet	12 (6.6%)	7968 (30.0%)
None	7 (3.8%)	995 (3.7%)

13a. All lines and Tubes

Central Venous	-	2276 (10.0%)
Peripheral venous access	-	12226 (53.5%)
Nasogastric	-	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	-	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	182 (100.0%)	12214 (45.9%)

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

Yes, previously	-	329 (1.2%)
Yes, ongoing	-	192 (0.72%)
No	-	19494 (73.3%)
I do not know	-	1927 (7.2%)
Missing	182 (100%)	4650 (17.5%)

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

15a. Energy goal

< 500 kcal	-	691 (2.6%)
500-999 kcal	-	245 (0.92%)
1000-1499 kcal	-	2014 (7.6%)
1500-1999 kcal	-	7614 (28.6%)
>=2000 kcal	-	2877 (10.8%)
Not determined	-	7476 (28.1%)
I do not know	-	1955 (7.4%)
Missing	182 (100%)	3720 (14.0%)

15b. Energy intake

< 500 kcal	-	1231 (4.6%)
500-999 kcal	-	1085 (4.1%)
1000-1499 kcal	-	2897 (10.9%)
1500-1999 kcal	-	5852 (22.0%)
>=2000 kcal	-	1702 (6.4%)
Not determined	-	7294 (27.4%)
I do not know	-	2811 (10.6%)
Missing	182 (100%)	3720 (14.0%)

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

Improved	-	12031 (45.2%)
Deteriorated	-	1361 (5.1%)
Remained the same	-	6081 (22.9%)
This patient has just been admitted	-	1469 (5.5%)
I do not know	-	1930 (7.3%)
Missing	182 (100%)	3720 (14.0%)

Length of hospital stay (days)	9 [5-16]	13 [7-24]
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Outcome Code

1= Still in the hospital	5 (2.7%)	3018 (11.3%)
2= Transferred to another hospital	8 (4.4%)	595 (2.2%)

3= Transferred to long term care	2 (1.1%)	1051 (4.0%)
4= Rehabilitation	21 (11.5%)	875 (3.3%)
5= Discharged home	137 (75.3%)	19467 (73.2%)
6= Death	8 (4.4%)	934 (3.5%)
7= Others	1 (0.55%)	444 (1.7%)
Missing	-	208 (0.78%)

Readmitted since nutritionDay

1= No	153 (86.9%)	17749 (77.4%)
2= Yes, same hospital planned	3 (1.7%)	1486 (6.5%)
3= Yes, same hospital unplanned	13 (7.4%)	1401 (6.1%)
4= Yes, different hospital planned	1 (0.57%)	126 (0.55%)
5= Yes, different hospital unplanned	1 (0.57%)	126 (0.55%)
6= Unknown	1 (0.57%)	344 (1.5%)
Missing	1 (0.57%)	1641 (7.2%)

IV. Patient's perspective: Medical history, nutrition status & intake today ("Sheet 3a/3b")

YOUR RESULTS REFERENCE RESULTS

1. What are your typical dietary habits?

No special dietary habits	-	15608 (60.4%)
I am vegetarian	-	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	-	214 (0.83%)
I avoid added sugars	-	3790 (14.7%)
I avoid carbohydrates	-	1446 (5.6%)
I eat a low fat-diet	-	2516 (9.7%)
I am lactose intolerant	-	943 (3.6%)
Other special diet due to intolerances/allergies	-	497 (1.9%)
Other	-	1670 (6.5%)
No answer given	168 (100%)	3877 (15.0%)

2. Where did you live before your current hospital admission?

At home	-	19455 (75.3%)
In a nursing home or other live-in facility	-	690 (2.7%)
I was transferred from another hospital	-	1580 (6.1%)
Other	-	346 (1.3%)
Missing	168 (100%)	3778 (14.6%)

3. In general, are you able to walk?

Yes	-	13793 (53.4%)
Yes, with someone's help	-	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	-	3173 (12.3%)
No, I have a wheelchair	-	923 (3.6%)
No, I am bedridden	-	1606 (6.2%)
Missing	168 (100%)	3861 (14.9%)

4. In general, how would you say your health is?

Very good	-	1821 (7.0%)
Good	-	8196 (31.7%)
Fair	-	8359 (32.3%)
Poor	-	2967 (11.5%)
Very poor	-	643 (2.5%)
Missing	168 (100%)	3863 (14.9%)

5. Over the last 12 months prior to your current hospital admission approximately...

... how many times have you seen a doctor?	-	4 [2-10]
... how many times have you been admitted to the hospital (Emergency room, any ward)?	-	1 [0-2]

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

1-2	-	4777 (18.5%)
3-5	-	5708 (22.1%)
More than 5	-	6615 (25.6%)
None	-	4090 (15.8%)
I do not know	-	828 (3.2%)
Missing	168 (100%)	3831 (14.8%)

7. Do you have health insurance?

Yes, private insurance only	-	3978 (15.4%)
Yes, public insurance only	-	11614 (44.9%)
Yes, both	-	2630 (10.2%)
None	-	2739 (10.6%)
I prefer not to answer	-	801 (3.1%)
Missing	168 (100%)	4087 (15.8%)

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

Yes, intentionally	13 (7.7%)	2152 (8.3%)
Yes, unintentionally	81 (48.2%)	10461 (40.5%)
No, my weight stayed the same	49 (29.2%)	7518 (29.1%)
No, I gained weight	14 (8.3%)	2979 (11.5%)
I do not know	11 (6.5%)	2317 (9.0%)
Missing	-	422 (1.6%)

9b. If yes, how many kg did you lose?	5 [2-10]	6 [4-10]
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I do not know	21 (22.3%)	2244 (17.8%)
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10. Did you know about your hospitalisation two days before admission? (Yes)	-	8114 (38.2%)
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11. Please indicate if you ...

... were weighed at admission	-	12850 (58.3%)
... were informed about your nutrition status	-	8086 (36.9%)
... were informed about nutrition care options	-	7149 (32.6%)
... received special nutrition care	-	7225 (33.0%)

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

More than normal	7 (4.2%)	1206 (4.7%)
Normal	107 (63.7%)	15522 (60.2%)

About 3/4 of normal	17 (10.1%)	2695 (10.5%)
About half of normal	16 (9.5%)	3297 (12.8%)
About a quarter to nearly nothing	17 (10.1%)	2438 (9.5%)
I do not know	3 (1.8%)	237 (0.92%)
Missing	1 (0.60%)	383 (1.5%)

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

Very satisfied	-	5906 (22.9%)
Somewhat satisfied	-	7223 (28.0%)
Neutral	-	4265 (16.5%)
Dissatisfied	-	1849 (7.2%)
Very dissatisfied	-	707 (2.7%)
I do not know	-	1619 (6.3%)
Missing	168 (100%)	4209 (16.3%)

14. Did you get any help with eating TODAY?

Yes, from family or friends	-	2356 (9.1%)
Yes, from hospital staff	-	1486 (5.8%)
No	-	17167 (66.6%)
I do not know	-	265 (1.0%)
Missing	168 (100%)	4504 (17.5%)

15. Were you able to eat without interruption TODAY? (Yes)

	-	15756 (75.2%)
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16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	87 (51.8%)	12282 (47.6%)
1/2	40 (23.8%)	6419 (24.9%)
1/4	21 (12.5%)	3259 (12.6%)
Nothing	17 (10.1%)	2785 (10.8%)
Missing	3 (1.8%)	1033 (4.0%)

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

Standard	-	14046 (54.5%)
Smaller	-	2165 (8.4%)
Larger	-	1153 (4.5%)
I do not know	-	2326 (9.0%)
Missing	168 (100%)	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	18 (23.1%)	2085 (16.7%)
I did not like the smell/taste of the food	12 (15.4%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	-	134 (1.1%)
The food was too hot	-	42 (0.34%)

The food was too cold	-	295 (2.4%)
Due to food allergy/intolerance	-	130 (1.0%)
I was not hungry at that time	15 (19.2%)	1996 (16.0%)
I do not have my usual appetite	36 (46.2%)	3629 (29.1%)
I have problems chewing/swallowing	4 (5.1%)	781 (6.3%)
I normally eat less than what was served	12 (15.4%)	1474 (11.8%)
I had nausea/vomiting	9 (11.5%)	1076 (8.6%)
I was too tired	12 (15.4%)	733 (5.9%)
I cannot eat without help	-	196 (1.6%)
I was not allowed to eat	7 (9.0%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	-	801 (6.4%)
I did not get requested food	-	143 (1.1%)
No answer given	13 (16.7%)	1961 (15.7%)

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

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

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

19b. If yes, what did you eat?

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

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

Increased	-	3342 (13.0%)
Decreased	-	7253 (28.1%)
Stayed the same	-	9164 (35.5%)
I do not know	-	1420 (5.5%)
Missing	168 (100%)	4599 (17.8%)

21. TODAY I feel...

Stronger than at admission	72 (42.9%)	11495 (44.6%)
Weaker than at admission	37 (22.0%)	4892 (19.0%)
Same as at admission	45 (26.8%)	7223 (28.0%)
I was admitted today	2 (1.2%)	611 (2.4%)
I do not know	11 (6.5%)	1156 (4.5%)
Missing	1 (0.60%)	401 (1.6%)

22. Can you walk without assistance TODAY?

Yes	79 (47.0%)	14760 (57.3%)
No, only with assistance	64 (38.1%)	6694 (26.0%)
No, I stay in bed	21 (12.5%)	3405 (13.2%)
Missing	4 (2.4%)	919 (3.6%)

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

- 14819 (68.3%)

1. Are you COVID-19 positive TODAY?

Yes	-	267 (1.0%)
No	-	7135 (26.8%)
I do not know	29 (15.9%)	650 (2.4%)
Missing	153 (84.1%)	18540 (69.7%)

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

0-3 months	-	527 (2.0%)
3-6 months	-	149 (0.56%)
6-12 months	-	222 (0.83%)
>1 year	-	177 (0.67%)
never	-	3842 (14.4%)
I do not know	30 (16.5%)	973 (3.7%)
Missing	152 (83.5%)	20702 (77.9%)

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

Yes	-	494 (1.9%)
No	-	5927 (22.3%)
I do not know	29 (15.9%)	865 (3.3%)
Missing	153 (84.1%)	19306 (72.6%)