



nutritionDay  
WORLDWIDE

Country Report  
nutritionDay 2022  
Uruguay

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>3</b>
<b>Number of participated units:</b>	<b>8</b>
<b>Number of patients:</b>	<b>99</b>
<b>Number of patients who gave consent:</b>	<b>93</b>
<b>Number of patients completing Sheet 3a:</b>	<b>93</b>
<b>Number of patients completing Sheet 3b:</b>	<b>93</b>
<b>Number of patients with 30-day outcome assessment:</b>	<b>56</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>	195 [131-209]	355 [189-682]
<b>2. Total number of admissions in the hospital last year</b>	8361 [7652-9069]	18110 [8380-41842]
<b>3. Total number of staff in the hospital</b>		
Total medical doctors	165 [137-217]	179 [90-394]
Medical specialists	168 [148-187]	110 [39-253]
Medical non-specialists	49 [43-55]	47 [20-125]
Nurses	112 [95-147]	385 [172-874]
Dieticians	11 [6-17]	4 [1-9]
Nutritionists	13 [10-17]	1 [0-4]
Pharmacists	10 [8-15]	9 [4-23]
Kitchen staff	31 [27-51]	29 [12-55]
<b>Full time equivalent</b>		
Total medical doctors	109 [108-109]	153 [62-360]
Medical specialists	80 [80-80]	92 [34-249]
Medical non-specialists	29 [29-29]	40 [17-118]
Nurses	121 [100-143]	328 [159-751]
Dieticians	10 [5-14]	4 [1-8]
Nutritionists	3 [2-5]	1 [0-4]
Pharmacists	7 [4-14]	7 [3-16]
Kitchen staff	23 [12-27]	29 [11-56]
<b>4. Does the hospital have a nutrition care strategy?</b>	1 (33.3%) Yes	467 (80.7%) Yes
<b>5. Which nutrition-related standards or routine activities exist in your hospital?</b>		
Nutrition training is available	1 (33.3%) Yes	407 (66.4%) Yes
Nutrition steering committee is available	2 (66.7%) Yes	312 (50.9%) Yes
Quality indicators are recorded and reported to national or regional level	-	220 (35.9%) Yes
Quality indicators are used for internal benchmarking	-	310 (50.6%) Yes
Patient feedback about food and food service is collected using a questionnaire	2 (66.7%) Yes	409 (66.7%) Yes
None	-	62 (10.1%) Yes
No answer given	-	34 (5.5%)
<b>6. Which codes are available /routinely used in your hospital for billing and reimbursement purposes?</b>		

### 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	3 (100%) Yes	124 (20.2%) Yes
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	3 (100%) 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	3 (37.5%)	20.5%
Internal Medicine / Cardiology	-	4.3%
Internal Medicine / Gastroenterology & hepatology	-	7.6%
Internal Medicine / Geriatrics	-	9.5%
Internal Medicine / Infectious diseases	-	0.5%
Internal Medicine / Nephrology	-	1.3%
Internal Medicine / Oncology (incl. radiotherapy)	-	8.0%
Interdisciplinary	-	2.9%
Long term care	-	2.6%
Neurology	-	4.0%
Surgery / General	1 (12.5%)	14.5%
Surgery/ Cardiac/Vascular/Thoracic	-	1.8%
Surgery / Neurosurgery	-	0.7%
Surgery / Orthopedic	-	3.5%
Trauma	1 (12.5%)	0.6%
Ear Nose Throat (ENT)	-	1.4%
Gynecology / Obstetrics	-	1.6%
Pediatrics	-	0.4%
Psychiatry	-	1.0%
Others	3 (37.5%)	13.2%
<b>2. Number of registered inpatients at noon</b>	11 [9-12]	22 [17-30]
<b>3. Total bed capacity of the unit</b>	15 [13-16]	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	3 [3-3]	3 [2-6]
Nurses	1 [1-1]	4 [3-7]
Nursing aides	4 [4-4]	2 [1-4]
Dieticians	1 [1-1]	1 [0-1]
Nutritionists	6 [6-6]	0 [0-1]
Administrative staff	3 [2-4]	1 [0-2]
Other staff involved in patient care	4 [3-5]	1 [0-3]
<b>In training</b>		
Medical doctors	2 [2-2]	1 [0-3]
Medical students	0 [0-0]	0 [0-2]
Nurses	1 [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?** 1 (20.0%) Yes 938 (81.3%) Yes

**6. Does the unit have a nutrition care strategy?** 1 (20.0%) Yes 913 (79.1%) Yes

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

**8. Is there a dietician, nutritionist or dietetic assistant available for your unit?** 5 (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	4 (50.0%) Yes	16 (1.1%) Yes
Experience / visual assessment only	-	84 (5.9%) Yes
Weighing / BMI only	-	211 (14.8%) Yes
Nutritional Risk Screening (NRS) 2002	1 (12.5%) Yes	464 (32.6%) Yes
Malnutrition Universal Screening Tool (MUST)	-	102 (7.2%) Yes
Malnutrition Screening tool (MST)	-	103 (7.2%) Yes
SNAQ	-	26 (1.8%) Yes
Other formal tool	-	215 (15.1%) Yes
I do not know	-	13 (0.91%) Yes
Missing	3 (37.5%)	73 (5.1%)

**During hospital stay**

No routine monitoring	-	124 (8.7%) Yes
No fixed criteria	4 (50.0%) Yes	108 (7.6%) Yes
Experience / visual assessment only	-	211 (14.8%) Yes
Weighing / BMI only	1 (12.5%) Yes	458 (32.2%) Yes
Other formal tool	-	404 (28.4%) Yes
I do not know	-	45 (3.2%) Yes
Missing	3 (37.5%)	73 (5.1%)

**11a. Do you routinely use guidelines or standards for nutrition care?** 5 (100%) Yes 953 (85.2%) Yes

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

International guidelines	5 (100%) 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	-	8 (0.84%)

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

Watchful waiting	4 (50.0%) Yes	361 (25.4%) Yes
Discuss nutrition care activities during ward rounds	5 (62.5%) Yes	597 (42.0%) Yes
Develop an individual nutrition care plan	5 (62.5%) Yes	684 (48.1%) Yes
Initiate treatment / nutrition intervention	5 (62.5%) Yes	750 (52.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (50.0%) Yes	725 (50.9%) Yes
Consult a medical professional	4 (50.0%) Yes	430 (30.2%) Yes
Calculate energy requirements	4 (50.0%) Yes	601 (42.2%) Yes
Calculate protein requirements	4 (50.0%) Yes	590 (41.5%) Yes

**Malnourished**

Watchful waiting	4 (50.0%) Yes	264 (18.6%) Yes
Discuss nutrition care activities during ward rounds	5 (62.5%) Yes	622 (43.7%) Yes
Develop an individual nutrition care plan	5 (62.5%) Yes	757 (53.2%) Yes
Initiate treatment / nutrition intervention	5 (62.5%) Yes	818 (57.5%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	4 (50.0%) Yes	744 (52.3%) Yes
Consult a medical professional	4 (50.0%) Yes	552 (38.8%) Yes
Calculate energy requirements	4 (50.0%) Yes	710 (49.9%) Yes
Calculate protein requirements	4 (50.0%) Yes	702 (49.3%) Yes

**Every patient**

Watchful waiting	1 (12.5%) Yes	634 (44.6%) Yes
Discuss nutrition care activities during ward rounds	4 (50.0%) Yes	328 (23.0%) Yes
Develop an individual nutrition care plan	4 (50.0%) Yes	195 (13.7%) Yes
Initiate treatment / nutrition intervention	4 (50.0%) Yes	166 (11.7%) Yes
Consult a nutrition expert (dietician, nutritionist, etc.)	1 (12.5%) Yes	254 (17.8%) Yes
Consult a medical professional	1 (12.5%) Yes	298 (20.9%) Yes
Calculate energy requirements	1 (12.5%) Yes	162 (11.4%) Yes
Calculate protein requirements	1 (12.5%) Yes	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	1 (12.5%)	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 (12.5%)	Yes	651 (45.7%)	Yes
Occasionally	4 (50.0%)	Yes	151 (10.6%)	Yes
When requested	4 (50.0%)	Yes	728 (51.2%)	Yes
At discharge	1 (12.5%)	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	5 (62.5%)	Yes	1096 (77.0%)	Yes
Offer meal choices	5 (62.5%)	Yes	985 (69.2%)	Yes
Offer different portion sizes	4 (50.0%)	Yes	895 (62.9%)	Yes
Consider food presentation	4 (50.0%)	Yes	479 (33.7%)	Yes
Change food texture/consistency as needed	5 (62.5%)	Yes	1158 (81.4%)	Yes
Consider patient problems with eating and drinking	5 (62.5%)	Yes	1168 (82.1%)	Yes
Ensure that mealtimes are undisturbed/protected mealtime policy	-	-	383 (26.9%)	Yes
Promote positive eating environment	4 (50.0%)	Yes	468 (32.9%)	Yes
Consider cultural/religious preferences	5 (62.5%)	Yes	1022 (71.8%)	Yes
Consider patient allergies / intolerances	5 (62.5%)	Yes	1198 (84.2%)	Yes

Other	-	102 (7.2%) Yes
I do not know	-	27 (1.9%) Yes
No answer given	3 (37.5%)	73 (5.1%)
<b>15. Which nutrition-related standards or routine activities exist in your unit?</b>		
Nutrition training is available	5 (62.5%) Yes	769 (54.0%) Yes
Reporting of nutrition related information to hospital managers	1 (12.5%) Yes	549 (38.6%) Yes
Quality indicators are recorded and reported to national or regional level	1 (12.5%) Yes	396 (27.8%) Yes
Quality indicators are used for internal benchmarking	1 (12.5%) Yes	488 (34.3%) Yes
Patient feedback about food and food service is collected using a questionnaire	4 (50.0%) Yes	803 (56.4%) Yes
None	-	51 (3.6%) Yes
I do not know	-	65 (4.6%) Yes
No answer given	3 (37.5%)	269 (18.9%)
<b>16. At admission what is asked and documented?</b>		
Change in weight	1 (12.5%) Yes	977 (68.7%) Yes
Eating habits/difficulties	5 (62.5%) Yes	893 (62.8%) Yes
Nutrition before admission	5 (62.5%) Yes	698 (49.1%) Yes
None	-	30 (2.1%) Yes
I do not know	-	45 (3.2%) Yes
No answer given	3 (37.5%)	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	-	963 (67.7%) Yes
nutrition treatment	4 (50.0%) Yes	751 (52.8%) Yes
None	1 (12.5%) Yes	59 (4.1%) Yes
I do not know	-	43 (3.0%) Yes
<b>b. Discharge Letter ...</b>		
summarizes nutrition treatment received during stay	5 (62.5%) Yes	581 (40.8%) Yes
makes future nutrition-related recommendations	5 (62.5%) 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>	1 (20.0%) Yes	498 (46.6%) Yes
<b>19. Who filled in this sheet?</b>		
Head staff	5 (62.5%) Yes	350 (24.6%) Yes



Dietician	5 (62.5%) Yes	611 (42.9%) Yes
Nurse	-	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	93	26592
Age	63 [48-71]	66 [51-78]
Female	50 (53.8%)	13033 (49.0%)
Weight	75.8±21.5	70.4±18.6
Height	168±9	165±10
BMI	26.9±6.5	25.6±5.9

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

planned	29 (31.2%)	8843 (33.3%)
an emergency	62 (66.7%)	15921 (59.9%)
I do not know	2 (2.2%)	1828 (6.9%)
No answer given	-	-

#### 2a. Diagnosis at admission

0100 Infectious and parasitic diseases	12 (12.9%)	2701 (10.2%)
0200 Neoplasms	7 (7.5%)	4712 (17.7%)
0300 Blood and bloodforming organs and the immune mechanism	6 (6.5%)	1843 (6.9%)
0400 Endocrine, nutritional and metabolic diseases	6 (6.5%)	3356 (12.6%)
0500 Mental health	2 (2.2%)	1197 (4.5%)
0600 Nervous system	3 (3.2%)	2419 (9.1%)
0700 Eye and adnexa	1 (1.1%)	316 (1.2%)
0800 Ear and mastoid process	-	133 (0.50%)
0900 Circulatory system	12 (12.9%)	5507 (20.7%)
1000 Respiratory system	9 (9.7%)	4000 (15.0%)
1100 Digestive system	23 (24.7%)	6204 (23.3%)
1200 Skin and subcutaneous tissue	2 (2.2%)	1451 (5.5%)
1300 Musculoskeletal system and connective tissue	16 (17.2%)	4622 (17.4%)
1400 Genitourinary system	10 (10.8%)	2898 (10.9%)
1500 Pregnancy, childbirth and the puerperium	1 (1.1%)	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	3 (3.2%)	1441 (5.4%)
1900 Injury, poisoning	-	796 (3.0%)
2000 External causes of morbidity and mortality (e.g. transport accidents, assaults)	5 (5.4%)	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	13 (14.1%)	4789 (18.8%)
Myocardial infarction	4 (4.3%)	1373 (5.4%)
Chronic lung disease	7 (7.6%)	3146 (12.4%)
Cerebral vascular disease	8 (8.8%)	2107 (8.3%)
Peripheral vascular disease	10 (11.0%)	2764 (10.9%)
Chronic liver disease	5 (5.4%)	1399 (5.5%)
Chronic kidney disease	9 (10.1%)	3056 (12.1%)
Diabetes	18 (19.8%)	5929 (23.2%)
Cancer	15 (16.3%)	5496 (21.5%)
Infection	9 (9.9%)	3680 (14.5%)
Dementia	-	1243 (4.9%)
Major depressive disorder	7 (7.8%)	1152 (4.5%)
Other chronic mental disorder	6 (6.7%)	1149 (4.5%)
Other chronic disease	42 (46.7%)	6868 (26.9%)
None	16 (17.2%)	5214 (19.6%)

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

Yes, planned	30 (32.3%)	4741 (17.8%)
Yes, acute	9 (9.7%)	1848 (6.9%)
No	53 (57.0%)	15775 (59.3%)
I do not know	-	246 (0.93%)
Missing	1 (1.1%)	3982 (15.0%)

Days since operation	2 [1-7]	5 [1-15]
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#### 4b. Planned operation during this hospital stay

Yes, today or tomorrow	17 (18.3%)	2462 (9.3%)
Yes, later	-	1594 (6.0%)
No	73 (78.5%)	17439 (65.6%)
I do not know	-	642 (2.4%)
Missing	3 (3.2%)	4455 (16.8%)

<b>5. Previous ICU admission during this hospital stay? (Yes)</b>	8 (8.6%)	2641 (11.5%)
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<b>6. Is this patient terminally ill?</b>	2 (2.2%)	1752 (6.6%)
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#### 7. Fluid status

Normal	85 (91.4%)	20786 (78.2%)
Overloaded	1 (1.1%)	1272 (4.8%)
Dehydrated	2 (2.2%)	1395 (5.2%)
I do not know	5 (5.4%)	3139 (11.8%)
Missing	-	-

## 8. Number of different medications planned

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

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

Malnourished	1 (1.1%)	3439 (12.9%)
At risk	10 (10.8%)	5137 (19.3%)
No	61 (65.6%)	16313 (61.3%)
I do not know	21 (22.6%)	1703 (6.4%)
Missing	-	-

## 10. IV Fluids

Electrolyte solution (NaCl, Ringers lactate, etc)	37 (39.8%)	8813 (33.1%)
5% Glucose solution	1 (1.1%)	1921 (7.2%)

## 11. Number of ONS drinks planned

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

## 12. Nutrition intake

Regular hospital food	30 (32.3%)	15963 (60.0%)
Fortified/enriched hospital food	1 (1.1%)	3591 (13.5%)
Protein/energy supplement (e.g. ONS drinks)	4 (4.3%)	4623 (17.4%)
Enteral nutrition	1 (1.1%)	1194 (4.5%)
Parenteral nutrition	-	965 (3.6%)
Special diet	62 (66.7%)	7968 (30.0%)
None	1 (1.1%)	995 (3.7%)

## 13a. All lines and Tubes

Central Venous	4 (4.3%)	2276 (10.0%)
Peripheral venous access	59 (63.4%)	12226 (53.5%)
Nasogastric	-	550 (2.4%)
Nasojejunal	-	126 (0.55%)
Nasoduodenal	-	60 (0.26%)
Enterostoma	-	100 (0.44%)
Percutaneous endoscopy/surgical gastrostomy	1 (1.1%)	265 (1.2%)
Percutaneous endoscopy/surgical jejunostomy	-	90 (0.39%)
None	30 (32.3%)	12214 (45.9%)

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

Yes, previously	1 (1.1%)	329 (1.2%)
Yes, ongoing	-	192 (0.72%)
No	87 (93.5%)	19494 (73.3%)
I do not know	4 (4.3%)	1927 (7.2%)
Missing	1 (1.1%)	4650 (17.5%)

<b>14. Please indicate if any of the following was done for this patient since admission</b>		
Energy requirements were determined	9 (9.7%)	9131 (39.9%)
Protein requirements were determined	9 (9.7%)	8285 (36.2%)
Food/Nutrition intake was recorded in the patient record	4 (4.3%)	10365 (45.3%)
Nutrition treatment plan was developed	64 (68.8%)	8802 (38.5%)
Nutrition expert was consulted	30 (32.3%)	9074 (39.7%)
Malnutrition status is recorded in the patient record	1 (1.1%)	7837 (34.3%)
None	-	-

<b>15a. Energy goal</b>		
< 500 kcal	-	691 (2.6%)
500-999 kcal	-	245 (0.92%)
1000-1499 kcal	1 (1.1%)	2014 (7.6%)
1500-1999 kcal	2 (2.2%)	7614 (28.6%)
>=2000 kcal	2 (2.2%)	2877 (10.8%)
Not determined	79 (84.9%)	7476 (28.1%)
I do not know	9 (9.7%)	1955 (7.4%)
Missing	-	3720 (14.0%)

<b>15b. Energy intake</b>		
< 500 kcal	1 (1.1%)	1231 (4.6%)
500-999 kcal	-	1085 (4.1%)
1000-1499 kcal	-	2897 (10.9%)
1500-1999 kcal	1 (1.1%)	5852 (22.0%)
>=2000 kcal	1 (1.1%)	1702 (6.4%)
Not determined	77 (82.8%)	7294 (27.4%)
I do not know	13 (14.0%)	2811 (10.6%)
Missing	-	3720 (14.0%)

<b>16. Since admission, this patient's health status has...</b>		
Improved	39 (41.9%)	12031 (45.2%)
Deteriorated	3 (3.2%)	1361 (5.1%)
Remained the same	22 (23.7%)	6081 (22.9%)
This patient has just been admitted	6 (6.5%)	1469 (5.5%)
I do not know	23 (24.7%)	1930 (7.3%)
Missing	-	3720 (14.0%)

Length of hospital stay (days)	10 [5-24]	13 [7-24]
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<b>Outcome Code</b>		
1= Still in the hospital	6 (6.5%)	3018 (11.3%)
2= Transferred to another hospital	-	595 (2.2%)

3= Transferred to long term care	2 (2.2%)	1051 (4.0%)
4= Rehabilitation	-	875 (3.3%)
5= Discharged home	45 (48.4%)	19467 (73.2%)
6= Death	1 (1.1%)	934 (3.5%)
7= Others	2 (2.2%)	444 (1.7%)
Missing	37 (39.8%)	208 (0.78%)

### Readmitted since nutritionDay

1= No	46 (95.8%)	17749 (77.4%)
2= Yes, same hospital planned	1 (2.1%)	1486 (6.5%)
3= Yes, same hospital unplanned	1 (2.1%)	1401 (6.1%)
4= Yes, different hospital planned	-	126 (0.55%)
5= Yes, different hospital unplanned	-	126 (0.55%)
6= Unknown	-	344 (1.5%)
Missing	-	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	52 (55.9%)	15608 (60.4%)
I am vegetarian	1 (1.1%)	404 (1.6%)
I adhere to a vegan diet	-	134 (0.52%)
I eat gluten-free diet	3 (3.2%)	214 (0.83%)
I avoid added sugars	29 (31.2%)	3790 (14.7%)
I avoid carbohydrates	8 (8.6%)	1446 (5.6%)
I eat a low fat-diet	18 (19.4%)	2516 (9.7%)
I am lactose intolerant	2 (2.2%)	943 (3.6%)
Other special diet due to intolerances/allergies	2 (2.2%)	497 (1.9%)
Other	9 (9.7%)	1670 (6.5%)
No answer given	-	3877 (15.0%)
<b>2. Where did you live before your current hospital admission?</b>		
At home	84 (90.3%)	19455 (75.3%)
In a nursing home or other live-in facility	2 (2.2%)	690 (2.7%)
I was transferred from another hospital	1 (1.1%)	1580 (6.1%)
Other	4 (4.3%)	346 (1.3%)
Missing	2 (2.2%)	3778 (14.6%)
<b>3. In general, are you able to walk?</b>		
Yes	77 (82.8%)	13793 (53.4%)
Yes, with someone's help	2 (2.2%)	2493 (9.6%)
Yes, independently using a cane, walker, or crutches	11 (11.8%)	3173 (12.3%)
No, I have a wheelchair	1 (1.1%)	923 (3.6%)
No, I am bedridden	1 (1.1%)	1606 (6.2%)
Missing	1 (1.1%)	3861 (14.9%)
<b>4. In general, how would you say your health is?</b>		
Very good	10 (10.8%)	1821 (7.0%)
Good	47 (50.5%)	8196 (31.7%)
Fair	25 (26.9%)	8359 (32.3%)
Poor	8 (8.6%)	2967 (11.5%)
Very poor	2 (2.2%)	643 (2.5%)
Missing	1 (1.1%)	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?	4 [2-8]	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?	5 [2-13]	5 [0-15]
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### 6. How many different medications do you take routinely each day (prior to hospitalisation)?

1-2	22 (23.7%)	4777 (18.5%)
3-5	31 (33.3%)	5708 (22.1%)
More than 5	22 (23.7%)	6615 (25.6%)
None	15 (16.1%)	4090 (15.8%)
I do not know	3 (3.2%)	828 (3.2%)
Missing	-	3831 (14.8%)

### 7. Do you have health insurance?

Yes, private insurance only	41 (44.1%)	3978 (15.4%)
Yes, public insurance only	21 (22.6%)	11614 (44.9%)
Yes, both	5 (5.4%)	2630 (10.2%)
None	24 (25.8%)	2739 (10.6%)
I prefer not to answer	2 (2.2%)	801 (3.1%)
Missing	-	4087 (15.8%)

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

I do not know	77 [65-90]	72 [62-85]
	21 (22.6%)	6263 (24.2%)

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

Yes, intentionally	16 (17.2%)	2152 (8.3%)
Yes, unintentionally	35 (37.6%)	10461 (40.5%)
No, my weight stayed the same	19 (20.4%)	7518 (29.1%)
No, I gained weight	12 (12.9%)	2979 (11.5%)
I do not know	9 (9.7%)	2317 (9.0%)
Missing	2 (2.2%)	422 (1.6%)

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

I do not know	8 [5-15]	6 [4-10]
	9 (17.6%)	2244 (17.8%)

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

	23 (25.3%)	8114 (38.2%)
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### 11. Please indicate if you ...

... were weighed at admission	7 (7.7%)	12850 (58.3%)
... were informed about your nutrition status	21 (22.6%)	8086 (36.9%)
... were informed about nutrition care options	28 (30.4%)	7149 (32.6%)
... received special nutrition care	36 (39.1%)	7225 (33.0%)

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

More than normal	3 (3.2%)	1206 (4.7%)
Normal	65 (69.9%)	15522 (60.2%)



About 3/4 of normal	5 (5.4%)	2695 (10.5%)
About half of normal	12 (12.9%)	3297 (12.8%)
About a quarter to nearly nothing	8 (8.6%)	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	48 (51.6%)	5906 (22.9%)
Somewhat satisfied	14 (15.1%)	7223 (28.0%)
Neutral	13 (14.0%)	4265 (16.5%)
Dissatisfied	9 (9.7%)	1849 (7.2%)
Very dissatisfied	5 (5.4%)	707 (2.7%)
I do not know	2 (2.2%)	1619 (6.3%)
Missing	2 (2.2%)	4209 (16.3%)

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

Yes, from family or friends	22 (23.7%)	2356 (9.1%)
Yes, from hospital staff	3 (3.2%)	1486 (5.8%)
No	66 (71.0%)	17167 (66.6%)
I do not know	-	265 (1.0%)
Missing	2 (2.2%)	4504 (17.5%)

<b>15. Were you able to eat without interruption TODAY? (Yes)</b>	72 (79.1%)	15756 (75.2%)
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### 16a. Please indicate how much hospital food you ate for lunch or dinner TODAY:

About all	51 (54.8%)	12282 (47.6%)
1/2	26 (28.0%)	6419 (24.9%)
1/4	6 (6.5%)	3259 (12.6%)
Nothing	9 (9.7%)	2785 (10.8%)
Missing	1 (1.1%)	1033 (4.0%)

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

Standard	55 (59.1%)	14046 (54.5%)
Smaller	6 (6.5%)	2165 (8.4%)
Larger	8 (8.6%)	1153 (4.5%)
I do not know	8 (8.6%)	2326 (9.0%)
Missing	16 (17.2%)	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	15 (36.6%)	2085 (16.7%)
I did not like the smell/taste of the food	8 (19.5%)	1515 (12.2%)
The food did not fit my cultural/religious preferences	2 (4.9%)	134 (1.1%)
The food was too hot	-	42 (0.34%)

The food was too cold	1 (2.4%)	295 (2.4%)
Due to food allergy/intolerance	1 (2.4%)	130 (1.0%)
I was not hungry at that time	7 (17.1%)	1996 (16.0%)
I do not have my usual appetite	15 (36.6%)	3629 (29.1%)
I have problems chewing/swallowing	3 (7.3%)	781 (6.3%)
I normally eat less than what was served	3 (7.3%)	1474 (11.8%)
I had nausea/vomiting	2 (4.9%)	1076 (8.6%)
I was too tired	3 (7.3%)	733 (5.9%)
I cannot eat without help	-	196 (1.6%)
I was not allowed to eat	1 (2.4%)	1019 (8.2%)
I had an exam, surgery, or test and missed my meal	4 (9.8%)	801 (6.4%)
I did not get requested food	1 (2.4%)	143 (1.1%)
No answer given	-	1961 (15.7%)

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

Water	5 [4-8]	3 [2-6]
Tea	1 [0-2]	1 [0-2]
Coffee	1 [0-2]	1 [0-2]
Milk	1 [0-2]	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)** 20 (21.7%) 5541 (27.0%)

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

Sweet snacks	12 (60.0%)	1682 (30.4%)
Salty snacks	9 (45.0%)	696 (12.6%)
Homemade food	3 (15.0%)	879 (15.9%)
Fruits	6 (30.0%)	2098 (37.9%)
Dairy products	2 (10.0%)	727 (13.1%)
Food delivered/restaurant	2 (10.0%)	262 (4.7%)
Sandwich	1 (5.0%)	341 (6.2%)
Other	1 (5.0%)	803 (14.5%)

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

Increased	9 (9.7%)	3342 (13.0%)
Decreased	44 (47.3%)	7253 (28.1%)
Stayed the same	32 (34.4%)	9164 (35.5%)
I do not know	5 (5.4%)	1420 (5.5%)
Missing	3 (3.2%)	4599 (17.8%)

## 21. TODAY I feel...

Stronger than at admission	49 (52.7%)	11495 (44.6%)
Weaker than at admission	12 (12.9%)	4892 (19.0%)
Same as at admission	23 (24.7%)	7223 (28.0%)
I was admitted today	5 (5.4%)	611 (2.4%)
I do not know	2 (2.2%)	1156 (4.5%)
Missing	2 (2.2%)	401 (1.6%)

## 22. Can you walk without assistance TODAY?

Yes	61 (65.6%)	14760 (57.3%)
No, only with assistance	17 (18.3%)	6694 (26.0%)
No, I stay in bed	12 (12.9%)	3405 (13.2%)
Missing	3 (3.2%)	919 (3.6%)

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

52 (55.9%) 14819 (68.3%)

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

Yes	1 (1.1%)	267 (1.0%)
No	90 (96.8%)	7135 (26.8%)
I do not know	2 (2.2%)	650 (2.4%)
Missing	-	18540 (69.7%)

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

0-3 months	5 (5.4%)	527 (2.0%)
3-6 months	2 (2.2%)	149 (0.56%)
6-12 months	13 (14.0%)	222 (0.83%)
>1 year	10 (10.8%)	177 (0.67%)
never	54 (58.1%)	3842 (14.4%)
I do not know	8 (8.6%)	973 (3.7%)
Missing	1 (1.1%)	20702 (77.9%)

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

Yes	3 (3.2%)	494 (1.9%)
No	86 (92.5%)	5927 (22.3%)
I do not know	2 (2.2%)	865 (3.3%)
Missing	2 (2.2%)	19306 (72.6%)