

Freedom of Information (Scotland) Act 2002
Environmental Information (Scotland) Regulations 2004

Date received	12/07/2023	Subject	Counterweight Programme	
Date passed	12/07/2023	Respond by	02/08/2023	
Passed to	Dietetics		FOI number	2023-220
Category of information requested	H&SC Delivery - Patient / Clinical Management			

Question/s to be answered

For each of the years 2019/2020, 2020/2021, 2021/22 and 2022/23:

1. How many patients were enrolled on the Counterweight programme?
2. How many enrolled patients had been diagnosed with type 2 diabetes (T2D)?
3. How many patients completed the Counterweight programme?
4. How many patients in the Counterweight programme achieved remission from their T2D?

Response:

	Enrolled <i>Session 1 recorded</i>	Type 2 diabetes diagnosis	Completed <i>3 month review recorded</i>	Type 2 Diabetes remission
2019-20	103	9	62	Not measured
2020-21	11	0	9	Not measured
2021-22	18	9	13	Not measured
2022-23	2	Unknown	3	Not measured

These figures represent available data on the **Counterweight Core Programme**. These figures have been impacted by a range of factors including the delivery of other weight

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management programmes, COVID-19 and its impact on service delivery in lockdown and thereafter.

The delivery of Counterweight Core one-to-one programme was put on hold in early 2022 as part of adult healthy weight services review and capacity to deliver in Shetland. This includes the ongoing transfer to a new weight management data system locally