

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?

	2019/20	2020/21	2021/22	2022/23
How many patients were enrolled?	0	0	14	2
How many enrolled patients had been diagnosed with T2DM?	0	0	14	2
How many patients completed the CW programme?	0	0	9 have completed at least 12 months of the programme (of which some are still ongoing).	One dropped out; all others ongoing but at <12 months.
How many patients in the CW programme achieved remission from their T2DM?	0	0	See below.	Too soon to say.

These are the figures for the **Counterweight Plus Programme for Type 2 Diabetes Remission**.

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2021/22 patients:

For some patients it is too soon to state a remission status due to their length of time in the programme. For those who have had enough time in the programme to have a record of remission this has been achieved by 5, however all 7 who are still actively going through the programme / being monitored will have further remission status checks until the final 24 month check when the programme ends and at which point a final remission status will be recorded.

22/23 patients:

Only two people were recruited during 22/23 as confirmation of funding for the programme for that year came towards the end of the financial year.