

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:

To clarify, Counterweight and Counterweight Plus are 2 separate programmes. The answers below are in relation to **Counterweight Plus supported by the dietetics department** in regards to weight management.

The type 2 diabetes remission pathway is also an additional pathway supported by a dietitian within health improvement and a separate response will be drafted for this group.

One year of figures included below is for patients who have been outsourced to counterweight plus due to local capacity issues. While this data is collated by counterweight plus, when completed this will be sent to NHS Shetland dietetics as they are NHS patients.

1. How many patients were enrolled on the Counterweight programme?

2019-2020- 4

2020-2021-0

2021-2022-0

2022-2023-5 (outsourced)

2. How many enrolled patients had been diagnosed with type 2 diabetes (T2D)?

None of the patients in these figures had a diagnosis of diabetes

3. How many patients completed the Counterweight programme?

2019-2020- 3

2020-2021-0

2021-2022-0

2022-2023-5 (outsourced)

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

4. How many patients in the Counterweight programme achieved remission from their T2D?

None of the patients in these figures had a diagnosis of diabetes

Additional comment- The above data is as accurate as possible however there may be slight discrepancies due to a change in systems and how records are held.