

Date 05/12/2025  
Your Ref  
Our Ref 10808

Enquiries to Richard Mutch  
Extension 35687  
Direct Line 0131 465 5687  
[loth.freedomofinformation@nhs.scot](mailto:loth.freedomofinformation@nhs.scot)  
[richard.mutch@nhs.scot](mailto:richard.mutch@nhs.scot)

Dear

## FREEDOM OF INFORMATION – FOOD PRESCRIPTIONS

I write in response to your request for information in relation to food prescriptions.

### Question:

1. The a) number of individuals receiving prescriptions, b) the number of prescriptions issued and c) the total cost of the prescriptions issued, for food products.
2. The a) number of individuals receiving prescriptions, b) the number of prescriptions issued and c) the total cost of the prescriptions issued, for weight loss drugs (including pills and injections).

### Answer:

See enclosed spreadsheet.

#### Notes

1. Data includes prescribing activity for the financial year 2024/2025 in NHS Lothian.
2. Data captured from paid items. Paid items best reflect the activity associated with prescribing and the supply of medicines to patients in NHS Lothian. This report provides information on individual items for which the dispenser has been reimbursed. We do not hold data on the number of prescriptions issued.
3. Data shown are based on prescriptions dispensed by community pharmacists, appliance suppliers and dispensing doctors only, and therefore does not take into account medicines dispensed by hospitals or hospital based clinics.
4. The number of paid items relates to the number of prescription items dispensed and for which the dispenser has been reimbursed. An item is an individual product dispensed, e.g. 100 aspirin tablets of 300mg.
5. In Q1 the products included are those in BNF Section 9.13 Oral Nutrition and grouped by Sub-section. In Q2 the products included are those where "Paid Product Name" contains "Wegovy", "Ozempic", "Mounjaro" or "Orlistat".

Headquarters  
Mainpoint  
102 West Port  
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE  
Chief Executive Professor Caroline Hiscox  
*Lothian NHS Board is the common  
name of Lothian Health Board*

6. Some medications can be prescribed for multiple conditions. We do not hold data on reason for prescription therefore it is not certain that these products were specifically prescribed for weight loss.
7. Certain values in this dataset have been replaced with an asterisk (\*) to protect patient confidentiality and prevent disclosure of identifiable information.
8. Some patients may be treated with more than one medication and therefore there may be double counting in the Food Products by Subsection breakdown.

I am sorry I cannot help further with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing**  
Cc: Chief Executive  
Enc.

**FOI:** FOI10808

**Request:** I am requesting the following from the Financial Year 2024/25:

1. The a) number of individuals receiving prescriptions, b) the number of prescriptions issued and c) the total cost of the prescriptions issued, for food products.

2. The a) number of individuals receiving prescriptions, b) the number of prescriptions issued and c) the total cost of the prescriptions issued, for weight loss drugs (including pills and injections).

**Date Extracted:** 17/11/2025

**Source:** Prescribing Information System (PIS), Paid Items

**Notes:**

1. Data includes prescribing activity for the financial year 2024/2025 in NHS Lothian.

2. Data captured from paid items. Paid items best reflect the activity associated with prescribing and the supply of medicines to patients in NHS Lothian. This report provides information on individual items for which the dispenser has been reimbursed. We do not hold data on the number of prescriptions issued.

3. Data shown are based on prescriptions dispensed by community pharmacists, appliance suppliers and dispensing doctors only, and therefore does not take into account medicines dispensed by hospitals or hospital based clinics.

4. The number of paid items relates to the number of prescription items dispensed and for which the dispenser has been reimbursed. An item is an individual product dispensed, e.g. 100 aspirin tablets of 300mg.

5. In Q1 the products included are those in BNF Section 9.13 Oral Nutrition and grouped by Sub-section. In Q2 the products included are those where "Paid Product Name" contains "Wegovy", "Ozempic", "Mounjaro" or "Orlistat".

6. Some medications can be prescribed for multiple conditions. We do not hold data on reason for prescription therefore it is not certain that these products were specifically prescribed for weight loss.

7. Certain values in this dataset have been replaced with an asterisk (\*) to protect patient confidentiality and prevent disclosure of identifiable information.

8. Some patients may be treated with more than one medication and therefore there may be double counting in the Food Products by Subsection breakdown.

**Response:**

**Q1**

Number of patients	Number of items	Spend (Gross ingredient cost)
12041	143266	£ 5,357,297.45

See "Food products by section" tab for a sub-section breakdown of BNF Section 9.13 Oral Nutrition

**Q2**

Number of patients	Number of items	Spend (Gross ingredient cost)
1933	8503	£ 1,033,563.68

### **BNF Sub-section description**

FLAVOUR ADDITIVE  
FOOD - GLUTEN FREE  
FOOD - LOW PROTEIN  
FORTIFIER - ENERGY AND PROTEIN  
FORTIFIER - FIBRE  
INFANT FOLLOW ON FORMULA - CONDITION SPECIFIC  
INFANT FORMULA - ADDITIVE  
INFANT FORMULA - CONDITION SPECIFIC  
INFANT FORMULA - PREMATURE  
INHERITED METABOLIC DISORDER - CARBOHYDRATE SOURCE  
INHERITED METABOLIC DISORDER - CARBOHYDRATE SOURCE (INFANT)  
INHERITED METABOLIC DISORDER - FAT SOURCE (INFANT)  
INHERITED METABOLIC DISORDER - MACRONUTRIENT SOURCE  
INHERITED METABOLIC DISORDER - PROTEIN SOURCE  
INHERITED METABOLIC DISORDER - PROTEIN SOURCE (INFANT)  
INHERITED METABOLIC DISORDER - PROTEIN SOURCE (PAED)  
KETOGENIC DIET  
NON-ACBS ENERGY AND PROTEIN FORTIFIER  
NON-ACBS GLUCOSE FOR DIABETIC HYPO TREATMENT  
NON-ACBS GLUTEN FREE FOOD  
NON-ACBS INFANT FOLLOW ON FORMULA - CONDITION SPECIFIC  
NON-ACBS INFANT FORMULA - CONDITION SPECIFIC  
NON-ACBS INFANT FORMULA - OTC  
NON-ACBS LOW PROTEIN FOOD  
NON-ACBS MACRONUTRIENT SFI METABOLIC CONDITION  
NON-ACBS ONS  
NON-ACBS PROBIOTIC  
NON-ACBS THICKENER  
ONS - CONDITION SPECIFIC (PAED)  
ONS - DYSPHAGIA SPECIFIC  
ONS - IMPAIRED GI FUNCTION SPECIFIC  
ONS - RENAL FAILURE SPECIFIC  
ONS - STANDARD  
ONS - STANDARD (PAED)  
THICKENER  
VIT & MIN SUPPLEMENT - CONDITION SPECIFIC  
VIT & MIN SUPPLEMENT - CONDITION SPECIFIC (PAED)