

Dear

FREEDOM OF INFORMATION – WEIGHT PRESCRIBING

I write in response to your request for information in relation to weight prescribing.

Question:

- Under the Freedom of Information (Scotland) Act 2002, I would like to request the following information regarding the use of injectable pharmacological treatments for overweight and obesity (e.g. GLP-1 receptor agonists or dual GIP/GLP-1 receptor agonists).

For the period from 1 September 2024 to 1 April 2026:

1. Are injectable pharmacological treatments for overweight and obesity currently being initiated for patients as part of routine services commissioned or delivered by your organisation?

If so, please identify which medication(s) are currently used as first-line injectable pharmacological therapy for overweight and obesity within commissioned services.

2. What are the eligibility criteria for patients to access injectable pharmacological treatments for overweight and obesity within your organisation? Where these criteria are already published online, please provide the relevant link and confirm whether the published criteria are currently being applied in practice.
3. Please confirm whether the model of care through which these treatments are (or will be) delivered:

- Directly from general practice
- Primary care-led weight management service (e.g. GP or pharmacist-led weight management service, community weight management hub, etc.)
- Tier 3 specialist weight management services
- Other (please specify).

4. Please confirm whether the relevant pathway within your organisation is currently:
 - operational and accepting referrals
 - operational but limited (e.g. pilot sites)
 - approved but not yet implemented
 - currently under development.

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

5. Please provide copies of any key or current clinical pathways, service specifications, prescribing guidance, or referral criteria relating to the use of injectable pharmacological treatments for overweight and obesity, if held.

Answer:

I am advised that this information is publicly available via the relevant East Region Formulary section - [East Region Formulary](#)

This information is exempt under Section 25 of the Freedom of Information (Scotland) Act 2002

- Information otherwise accessible

(1) Information which the applicant can reasonably obtain other than by requesting it under section 1(1) is exempt information.

I hope the publicly available information helps 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. 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.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive