

Date 10 July 2026
Your Ref
Our Ref 11612

Enquiries to Richard Mutch
Extension 35687
Direct Line 0131 465 5687
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richard.mutch@nhs.scot

Dear

FREEDOM OF INFORMATION – WEIGHT LOSS PRESCRIBING

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

Question:

- I would like to know how many patients in East Lothian have been prescribed Mounjaro for weight loss since it has been approved by Lothian Health Board.

Answer:

Between February 2025 and April 2026 (most currently available data), 395 people in East Lothian were prescribed Mounjaro on NHS GP prescription.

Please note that Mounjaro can be used to treat diabetes or to support weight loss. We don't hold information on why each person was prescribed Mounjaro, so we cannot tell whether it was given for diabetes, weight management, or another clinical reason.

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| 1. The analysis includes primary care prescribing activity from February 2025 to April 2026 (most recent available data) inclusive. |
| 2. Products included are those with "MOUNJARO" in the Product Description (see list below). Mounjaro was approved for treatment obesity on 05/02/2025. Note that Mounjaro is also approved for treatment of Type 2 Diabetes.
https://asscotgovformulary.azurewebsites.net/east/formulary-decisions/?medicine-name=Tirzepatide&brand-name=&therapeutic-area=&status=&start-date=&end-date=&source=&tag= |
| 3. Includes prescribing activity for which the Prescribing HSCP is East Lothian. |
| 4. Data captured from claim paid items. Paid items best reflect the activity associated with prescribing and the supply of medicines to patients in NHS Lothian. This report provides the paid quantities of an individual items for which the dispenser has been reimbursed. |
| 5. 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. |

6. Dispensed Date has been provided as a best estimate for the date of collection by the patient. The majority of items are paid for in the same month as dispensing but there will be some items that are dispensed in previous months to the month of payment. Where a dispensed date is not available this will default to the paid date.

I hope the information provided 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