

Date 25 August 2026
Your Ref
Our Ref 11734

Enquiries to Richard Mutch
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Dear

FREEDOM OF INFORMATION – OBESITY

I write in response to your request for information in relation to obesity.

Question:

A. Service model and scope

- 1. A copy of the project description or service specification submitted as part of the OPIP application, or any equivalent document describing the service model to be delivered.**

Answer:

We are creating a new digital system to make weight management care quicker, fairer, and easier to access for people living with obesity. This project is a partnership between NHS Lothian, the Defence Medical Command (DMedC) and the Digital Health & Care Institute (DHI), designed to support both local patients in Lothian and Armed Forces personnel and their families across the UK and overseas.

Our aim is simple: shorter waiting times, fairer access, and safe, person-led care.

Here is how it works:

- People start with online checks and psychological screening, so they're directed straight to the right level of support without delays.
- A clear system for prescribing weight-management medicines in the community helps reduce pressure on GPs and ensures smoother, continuous care.
- For Armed Forces families, the pathway adapts to the realities of moving and deployment, combining virtual support with in-person rehabilitation and fitness assessments.

We are testing two programmes:

LIMITLESS – for NHS patients, blending digital tools with community and specialist care.

STRIDE – for the Armed Forces community, combining rehabilitation, fitness assessments, and occupational health support.

Key features include:

- Digital systems to guide people quickly to the right care
- Personalised support based on data, so access is fair and fast
- Flexible pathways that fit around everyday life
- A step-by-step approach to prescribing medicines, accessible locally

- Built-in referral and discharge planning, so no one gets lost in the system
- Outreach and hybrid (online and in-person) options to tackle health inequalities
- Detailed information on symptoms, body composition, strength, and fitness

For Armed Forces families, STRIDE also offers virtual prescribing through DMedC systems and in-person training led by rehabilitation experts.

By combining NHS and military expertise, we're building a modern, flexible system that improves health, reduces inequalities, and supports occupational wellbeing. This approach follows national clinical guidelines and government priorities, and by testing it in both NHS and military settings, we're proving it can scale across the UK, setting a new standard for obesity care innovation.

Question:

- 2. The total number of patients the project aims to support over its duration, disaggregated by year where available.**

Answer:

NHS Lothian (LIMITLESS)

Year	Patients
Year 1 (to March 2027)	2,000 patients onboarded
Year 2 (to March 2028)	3,000 patients onboarded
Year 3 (to March 2029)	5,000 patients onboarded

Question:

- 3. The clinical pathways or referral routes that patients can use to access the project.**

Answer:

Adult Specialist Weight Management Service Pathway
 Urgent Access Pathway
 Children and Young People (CYP) Pathway
 STRIDE Pathway

Question:

- 4. The range of weight management interventions available within the project, including:**

Answer:

1. Lifestyle & Behavioural Support

- Digital behaviour change programmes
- Structured weight-management support
- Dietetic support
- Goal setting
- Shared decision making

- Psychological interventions
- Family-based interventions for CYP

2. Digital Tools and Platforms

- OPIP digital platform
- Digital triage
- Digital risk stratification
- Digital onboarding
- Digital monitoring
- Data dashboards
- Second Nature digital behaviour change platform

3. Pharmacotherapy

Three medicines are approved for use in NHS Scotland for managing weight in the treatment of obesity:

- Liraglutide (Saxenda®)
- Semaglutide (Wegovy®)
- Tirzepatide (Mounjaro®)

4. Specialist Clinical Care

- Specialist weight management services
- Specialist obesity medicine prescribing
- Dietetics
- Psychology
- Physical activity services
- MDT oversight
- Secondary care specialist input
- Occupational health support (STRIDE)

Question:

B. Delivery arrangements and providers

1. A list of all organisations (including NHS bodies, independent sector providers, third sector organisations, and technology or platform suppliers) involved in delivering or supporting the project, and a brief description of the role each plays.

Answer:

Organisation	Role
NHS Lothian	Clinical leadership and pathway delivery
Midlothian HSCP	Sponsor organisation and governance
Defence Medical Command (DMedC)	Delivery of STRIDE pathway
Digital Health & Care Innovation Centre (DHI)	Digital platform design, development and deployment
Edinburgh Napier University	Programme evaluation

Health Innovation South East Scotland (HISES)	Programme management and coordination
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Question:

- 2. Details of any contracts, grant agreements, or service level agreements entered into with non-NHS providers for the purpose of delivering this project, including the name of the provider, the nature of the service commissioned, and the contract value or funding amount where this has been determined.**

Answer:

Contracts/grant agreements with non-NHS providers for this project have not yet been entered into. All of this work is currently subject to ongoing procurement/contracting processes. As no contracts have been signed, no contract value or funding amount is yet confirmed, and this information is therefore not held (Section 17, FOISA).

Question:

C. Governance and funding

- 1. The total value of OPIP grant funding allocated to your project, including the split between government and Lilly funding where this has been specified.**

Answer:

Total = £7,766,000

Question:

- 2. Details of the governance or oversight arrangements for the project, including the lead clinical or operational lead (name and position where possible) and any project board or steering group.**

Answer:

For governance and oversight, a Programme Board has been established.

Senior Responsible Owner (SRO):

Morag Barrow - Director, Midlothian Health and Social Care Partnership

Clinical Leads

Laurie Eyles - Joint Service Lead, NHS Lothian Weight Management Service

Gillian Walker - Joint Service Lead, NHS Lothian Weight Management Service

Question:

- 3. Details of any plans to publish findings, data, or service evaluation reports arising from this project, including:**
- 1. the anticipated timeline for interim and final reporting;**

Answer:

Interim reports – March 2027, December 2027 and March 2028
Final report – March 2029

Question:

2. the bodies responsible for publishing or disseminating results (for example, Innovate UK, NHS England, or the host commissioner); and

Answer:

Dissemination is expected through project partners and aligning with innovate UK's guidance.

Question:

3. whether a formal evaluation framework or learning methodology has been agreed as a condition of the grant funding.

Answer:

A dedicated evaluation work package will be led by Edinburgh Napier University.

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