

Date 4 September 2026
Your Ref
Our Ref 11827

Enquiries to Richard Mutch
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Dear

FREEDOM OF INFORMATION – WEIGHT MANAGEMENT SERVICE

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

Question:

- Does this health board have a service – such as a weight management service - that is currently allowing/prescribing access to GLP-1s for the weight loss indication?

Answer:

Yes, we commenced the assessment and prescribing pathway on 31st August 2026 for a small test cohort that is already identified by the service.

Question:

- If so, what are the criteria for access to GLP-1s for the weight loss indication?

Answer:

BMI >38kg/m² and one or more clinical conditions associated with obesity (as per national consensus statement criteria [Consensus statement: national criteria for the prioritisation of glucagonlike peptide-1 receptor agonists \(GLP-1 RAs\) and GLP-1 RA/glucosedependent insulinotropic polypeptide receptor agonists \(GIP RAs\) for the treatment of obesity in NHS Scotland](#))

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.

Question:

- If your health board has this service, please tell me the number of people currently on the waiting list to access this service?

Answer:

There is currently no waiting list specific to this service as we are not open to new referrals. Patients for this pilot pathway have been identified from the existing service for those most in need of specialist weight management treatment.

Question:

- How many people were on the waiting list at the same time in previous years, broken down by year, dating back to 2016?

Answer:

There is no specific waiting list for medicines as per above point. Our current waiting times are published on our website and updated publicly on a month basis here for all of our services: [Waiting Times – Adult Weight Management and Type 2 Diabetes Prevention Service](#)

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.

Question:

- What capacity does the service have for appointments per year?

Answer:

NHS Lothian has approved medicines funding to treat up to 500 patients per year with obesity medicines. Specific appointment capacity for the year ahead has not yet been confirmed as will be based on the results of the current initial pilot, once evaluation is complete.

Question:

- How long is the average wait for a person to see a specialist?

Answer:

See live waiting times on website. Our tier 3 service is our specialist service.

Question:

- How long is the longest wait a person has faced to see a specialist?

Answer:

See website for most up to date information.

Question:

- If someone is placed on the waiting list now, how long would they wait?

Answer:

See website for most up to date information.

Question:

- If your health board prescribes GLP-1s for the weight loss indication, how many patients have been prescribed this medication for weight loss, either as the primary reason or a comorbidity?

Answer:

Prescribing data does not allow us to reliably distinguish between patients receiving a GLP-1 medicine for weight management and those receiving it for other licensed indications, including diabetes. Therefore, we are unable to provide an accurate figure for the number of patients prescribed GLP-1 medicines specifically for weight loss.

Under the Freedom of Information Act NHS Lothian is not required to create new records to enable it to respond to your enquiry. This information is not collated or held in aggregate form and it would be necessary to review all case files relating to patients over the period you have requested to assemble the information you seek. Even if NHS Lothian did this – and there would be significant cost implications in doing so – it would be unable to respond in full to your request. The information requested is therefore exempt under section 12.1 – Cost.

Question:

- How many patients have been prescribed GLP-1s for weight loss, broken down by month, in the last year?

Answer:

Answer as above.

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.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive