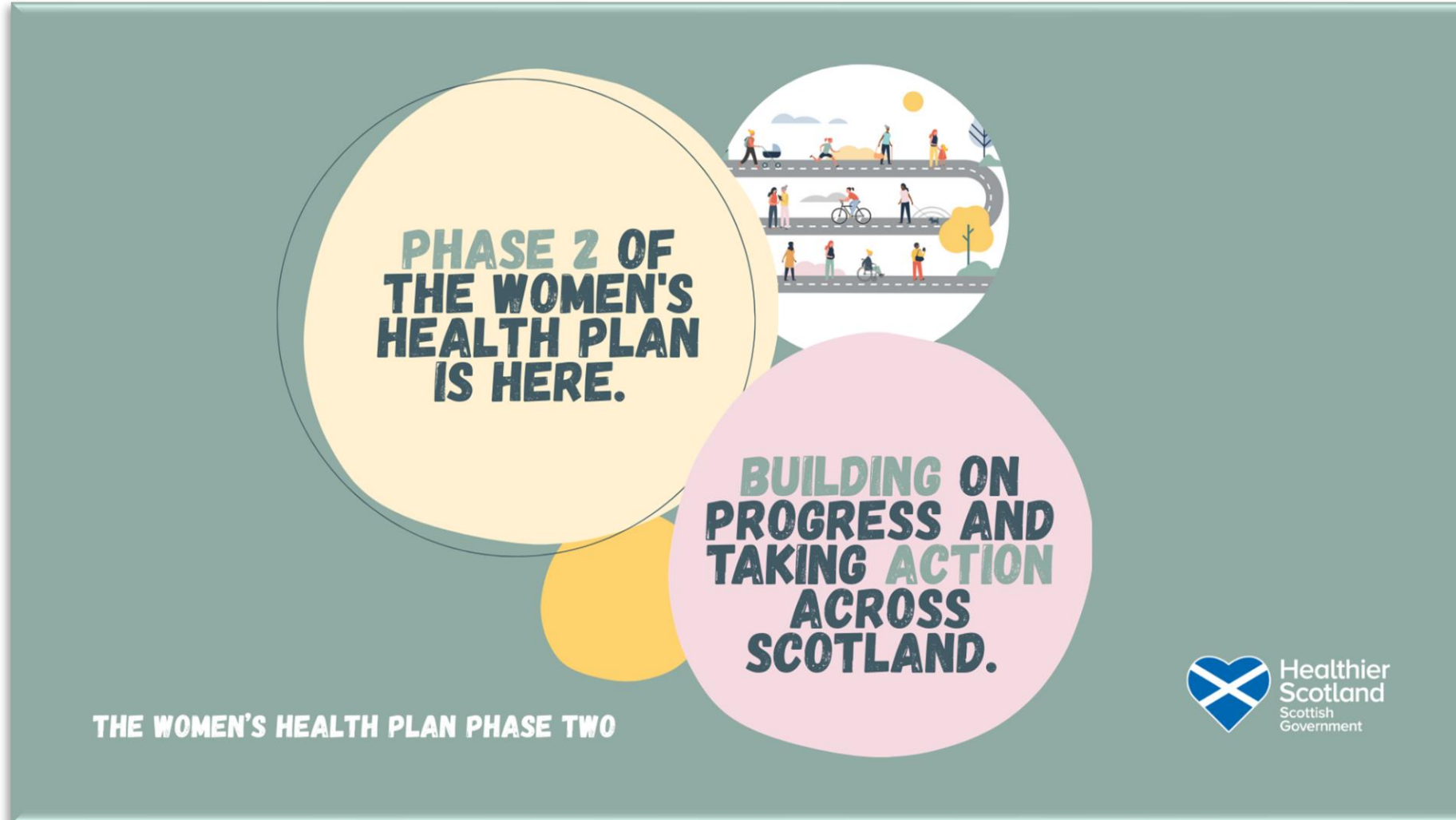


NHS Lothian Phase 2 Women's Health Action Plan

June 2026



NHS
Lothian

SINCE THE FIRST PHASE
OF SCOTLAND'S
WOMEN'S HEALTH PLAN,
LEADERSHIP, INFORMATION,
TRAINING, AND RESEARCH
HAVE IMPROVED.

PHASE TWO TAKES US FURTHER.

THE WOMEN'S HEALTH PLAN PHASE TWO



Healthier
Scotland
Scottish
Government

In January 2026, Scottish Government launched Phase 2 of the Women's Health Plan.

The NHS Lothian Women's Health Action Plan focuses on local challenges.

Our plan is based on the national plan and informed by our local context.



“It is only through collective effort that we will achieve improved health outcomes for women and girls across Scotland.

Whilst we may have a long way to go to fully achieve our ambitions, we have already demonstrated that, together, progress is possible. ”

– **Professor Marion Bain, Deputy Chief Medical Officer for Scotland**

Scotland-wide progress on cervical cancer



“Since the introduction of the national HPV vaccination programme in 2008, there have been no cases of cervical cancer caused by HPV types targeted in the vaccine among women in Scotland who were fully vaccinated at age 12 or 13.”

-Scottish Government Women’s Health Plan Phase 2

How did we work together in Lothian to improve women's health in phase 1?

Menopause

- Data-driven targeted training to GP practices
- Training days for third sector
- National awareness raising on the relationship between mental health and reproductive status

Workforce Support and Information

- Launch of Maternity Support Hub
- Menopause Lunch Sessions
- Awareness raising for 16 Days of Activism
- Progress in 'Equally Safe at Work'
- Training day for clinical supervisors on bullying and harassment

Preconception

- Improvements to public facing preconception information
- 25+ services shared their current approach to preconception care and identified how we can do better

How did we work together in Lothian to improve women's health in phase 1?

Mental Health and Wellbeing

- Updated referral criteria to highlight how women and girls present with autism and ADHD
- Highlighting gender differences on public facing neurodiversity website

Maternity

- Engaging with young families to identify how well we connect them with local services
- Working with third sector partners to improve referral pathways

Post-partum contraception

- Local Enhanced Service Agreements for all GP services to offer postpartum contraception
- Sexual and Reproductive Health colleagues provided training to Primary Care and Maternity Colleagues

“Phase One of the plan achieved real impetus to bringing the health of women and girls into the spotlight and made tangible progress.

But too many women continue to face avoidable health inequalities across the course of their lives”

-Minister for Public Health and Women’s Health



Identifying local priorities



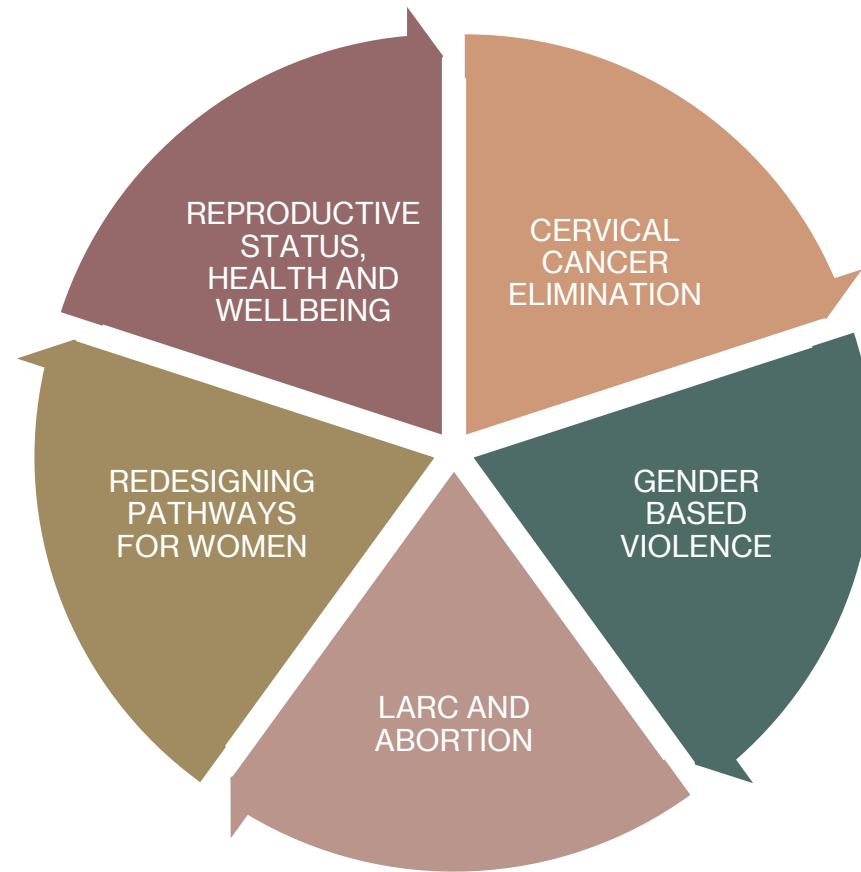
NHS Lothian hosted a development day in February 2026 to consider our local Women's Health priorities for Phase 2 (2026-29).

Colleagues from services across Lothian considered local data and insight.

We developed clinical priorities which have a preventive emphasis and potential for demonstrable improvement.

NHS Lothian Women's Health Plan Priorities

2026-29



Year 1



Phase 2 Women's Health Action Plan (2026/27)



Focus on where we can add value.



Support colleagues to drive forward change.



Create momentum to improve women's health.

Phase 2 NHSL Women's Health Action Plan (2026/27)

	Actions	Performance Indicators
Cervical Cancer Elimination	<p>Target secondary schools with lower SIMD and lower rates of HPV 25/26 HPV Vaccination Uptake by SIMD vaccination, provide tailored plans and strengthen processes.</p> <p>Explore potential for joint strategic actions with Education colleagues.</p> <p>Implement local actions from national research with young people on vaccinations and link with national comms promoting immunisation</p>	
Gender Based Violence	<p>WHP team will progress a short life working group to update policy, training and governance</p>	<p>Updated policy, training and governance</p> <p>NHS Lothian staff are aware of refreshed policy</p> <p>NHS Lothian staff have clear gender-based violence training requirements</p> <p>NHS Lothian staff are aware of community supports</p>
LARC and Abortion	<p>Implement the LARC and Abortion action plan</p>	<p>Equity of waiting times across Lothian – long term</p> <p>% of women are provided with their chosen contraceptive method in accordance with HIS standards</p>

Phase 2 NHSL Women's Health Action Plan (2026/27)

Actions		Performance Indicators
Redesigning pathways for women	Initial scoping of gynaecology pathways	Mapping of multiple patient pathways through gynaecology services in Lothian.
	Improve Pelvic Health physiotherapy pathways	Clear data detailing the cohort of women in Lothian who are experiencing incontinence Self-help pelvic health resources are readily available to NHSL professionals for signposting and promoted in public facing communications
	Explore potential to deepen our understanding of women on multiple waiting lists	Waiting list data is available by sex, age, SIMD, speciality

Phase 2 NHSL Women's Health Action Plan (2026/27)

	Actions	Performance Indicator
Reproductive Status, Health and Wellbeing	Promote awareness of preconception health, developing resources as required, in collaboration with national initiatives such as Healthy Pregnancies, Better Lives.	Preconception information is available on Maternity website for women with underlying medical conditions and for minority ethnic women.
	<p>Menopause - Build on our phase 1 work on quantitative prescription and referral trends, complete a qualitative analysis of why women do not access support with potential for targeted interventions in years 2 and 3.</p> <p>Menopause - Continue targeted training and outreach</p>	<p>Qualitative data is available on why women do not access support for menopause.</p> <p>Percentage of practices in SIMD 1 and 2 who have been offered menopause treatment training.</p>

