

## Freedom of Information request 273-17

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### Request & Response

Following the publication of our 'how to' guide - How to make weight-loss services work for men, the Men's Health Forum is working on a project to assess both the scale and impact of male-tailored weight management services - both in Scotland - and across the UK - and the impact of the best practice advice on those services.

As part of this we are keen to understand what's going on in different parts of Scotland, particularly any new practice that can be evaluated or shared with other areas.

To this end, please can you answer the following questions about gender and weight management programmes in your area:

1. Do you currently have provision for commissioned (incl. co-commissioned) or directly delivered tier 2 weight management services in place:

- For adults
- For children
- For families

NHS Borders has a Lifestyle Advice Service, known as LASS, which offers support and advice to people, aged 16 years and over, wishing to make a lifestyle change to improve their health. LASS has provision for commissioned delivered tier 2 management services in place for adults only aged 16 and over.

2. Do you currently have provision for tier 3 weight management services?

Yes.

3. What were numbers of participants by sex for your tier 2 adult weight management services in 2016/17? (or most recent figures available)?

- Men
- Women
- Adults (sex not known)

When people access LASS they can choose a number of lifestyle areas to change and weight management is one option. We record data for completed programmes of change which means we have data for a client at the start and end of a programme. For the year 1 April 2016 to 31 March 2017, 170 people completed a full programme of lifestyle change in LASS where weight management was one of the areas chosen. There were 119 women and 51 men.

4. What were numbers of participants by sex for your tier 3 adult weight management services in 2016/17? (or most recent figures available)?

- Men - 11
- Women - 33
- Adults (sex not known) - 44 in total

5. What were numbers of participants by sex for your tier 2 children weight management services in 2016/17? (or most recent figures available)?

- Boys
- Girls

- Children (sex not known)

LASS does not offer weight management services to children under 16 years of age.

6. What were numbers of participants by sex for your tier 2 family weight management services in 2016/17? (or most recent figures available)?
- Men
  - Women
  - Adults (sex not known)
  - Boys
  - Girls
  - Children (sex not known)

LASS does not offer weight management services to families.

7. Do your commissioned or directly delivered tier 2 weight management services for adults include:
- Mixed-sex services (men & women)
  - Men-only services
  - Women-only services

LASS commission or directly deliver tier 2 weight management services for adults and this includes, mixed sex services, men only and women only services on a 1:1 basis, but LASS does not offer group sessions.

8. What special activities, interventions or service design elements (if any) do you have to encourage men to take up adult weight-loss programmes?

There are no special activities, interventions or service design elements specifically for men.

9. What special activities, interventions or service design elements (if any) do you have to encourage dads to participate in family weight-loss programmes?

There are no special activities, interventions or service design elements specifically for dads.

Thank you for your help.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **273-17** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.