

NHS Borders Weight Management Service

May 2022

What services are being provided?

- **Get Moving with Counterweight**
 - Free 12 month group programme. It helps support you to make small changes to your diet and lifestyle to help you manage your weight and become more active. It is a new healthy lifestyle programme funded by NHS Borders in partnership with Live Borders. The programme starts as a weekly group session run over 12 weeks. Following this there will be drop in weekly weighing sessions and follow up group sessions at 6, 9 and 12 months.
- **Second Nature**
 - Free 12 month digital programme. This programme is delivered through the Second Nature App. You will be guided by a registered nutritionist or dietitian. Your health coach will be available through a private chat on weekdays. The programme is split into the three 4 month blocks Core, Growth and Maintain
- **Let's Prevent Diabetes (MyDesmond)**
 - Let's Prevent Diabetes is available as an online interactive self-management programme or a group run session either in person or virtually for the prevention of type 2 Diabetes.
 - It consists of two programmes: Let's Prevent Diabetes and Babysteps. These programmes are delivered in a variety of formats including short videos, articles on topics such as diet and lifestyle for you to view as quickly, or as slowly as you like. Let's Prevent Diabetes is a programme suitable for individuals who find themselves at risk of type 2 diabetes. Babysteps is designed specifically for woman who have previously been diagnosed with gestational diabetes
- **Specialist Weight Management**
 - This involves an initial assessment appointment with the team's dietitian and /or clinical psychologist.
 - Core components of our services are dietary and behavioural change.
 - The services will be delivered as either one to one appointments or in a group setting.
 - Delivery may be by a dietitian or clinical psychologist.
 - The service recommended to you will be discussed with you before you start any programme
- **Maternal Services**
 - Support and education for pregnant woman who have a diagnosis of gestational diabetes.
 - Support and education of woman who are pregnant with a booking BMI >40kg/m².

- **Diabetes Remission Programme**
 - This involves an initial assessment appointment with the team's dietitian to ensure you meet the programme's eligibility criteria.
 - You may also be assessed by our team's clinical psychologist.
 - This is a two year free intensive weight loss programme delivered in 3 stages.
 - Stage 1: 12 weeks total diet replacement
 - Stage 2: 12 weeks food re-introduction
 - Stage 3: 18 months weight loss-maintenance
 - The services will be delivered as a one to one appointment by our specialist dietitian

What personal data do we need from you?

This is the information we use and store about you:

- Name
- Address
- CHI number (your unique NHS identification number in Scotland)
- Date of birth

What 'special types' of personal data do we need from you?

- Your communication needs
- Any declared disabilities or additional support needs
- Your ethnicity and gender
- Your health needs including: height, weight, waist circumference, blood pressure, blood glucose levels, diabetes risk score, medical history and medication history
- Your lifestyle such as your diet, how active you are, and your mental wellbeing
- Your outcomes following participation in one of our Services

Who will be using your personal data?

Your information will be kept confidential and may be shared with Live Borders, Second Nature or MyDesmond (digital option only) who need to know it in order to provide your care, if this is the service you require. Your information may also be shared with NHS Fife or NHS Lothian who may deliver your care on our behalf of our service. You will be consulted prior to any information being shared with any of these service providers.

Your information will also be shared with other NHS Borders departments and NHS Scotland and used to produce statistical reports to help us find ways to improve our service and plan for the future.

What will it be used for and what gives us the right to ask for it and use it?

The information we collect about you is to make sure that we fully understand the support and care you need, to review your progress, to keep you safe. From time to time we may also ask you for feedback to help us improve our service. If you choose to opt out of this your care will not be impacted

We collect and use your information to meet our duties as a healthcare/social care provider under National Health Service (Scotland) Act 1978.

Our legal basis for using your personal data is "Public Task" – it is necessary in order for us to deliver our responsibilities as an NHS organisation

Our legal basis for using your special personal data is "Provision of Health and Social Care"

Who else might we share your data with?

We may be required to share certain data with other public bodies such as the Care Inspectorate and will do so where the law requires this.

In general we do not transfer personal data outside either the UK or Europe. On the rare occasions where we do so, we will tell you. We will only transfer data outside the UK and Europe if we are satisfied that the organisation that will handle the data and the country it is being transferred will look after the information properly and securely.

How long will your data be kept?

Your data will be kept as part of your medical record and will be retained in accordance with the NHS Borders Records Management Policy. https://www.nhsborders.scot.nhs.uk/media/155424/nhsb_records_management_policy.pdf

Our use of your data will be subject to the following legal rights:

Data Protection provides you with the right to ask whether we are holding and using your personal data; what personal data we are using; who we share it with; how long we will keep the data for and what your rights are over how it is used.

You can:

- Request a copy of or access to your personal data
- Request that access to your personal data is restricted
- Request that any inaccuracies recorded are corrected
- Raise an objection and request that we stop using your personal data
- Request that you are not subjected to automated decision making
- Request for your personal data to be transferred to another organisation

You can make a request at any time to the data protection officer at NHS Borders using the contact details provided below.

We may also receive personal information about you from others:

We may receive additional appropriate information from others throughout the duration of your time with the Borders Weight Management Team which may include: your local GP practice, Hospital Consultant, Wellbeing service, Hospital outpatient service and other NHS services.

Link to a relevant other privacy notice

NHS Borders Wellbeing Service–

<http://www.nhsborders.scot.nhs.uk/corporate-information/privacy-notice/services/wellbeing-service/>

Live Borders -

<https://www.liveborders.org.uk/useful-info/privacy-statement/>

Second Nature

<https://www.secondnature.io/privacy>

MyDesmond -

<https://www.mydesmond.com/privacy-policy>

Counterweight Ltd -

<https://www.counterweight.org/policies/privacy-policy>

NHS Fife –

<https://www.nhsfife.org/media/35947/privacy-notice.pdf>

NHS Lothian -

<https://www.nhslothian.scot/YourRights/DataProtection/Pages/default.aspx#:~:text=We%20use%20personal%20information%20to,CCTV%20systems%20for%20crime%20prevention>

Visit the following links for more information about Privacy Law, our obligations and your Rights:

The ICO Guide to the General Data Protection Regulation 2016 -

<https://ico.org.uk/for-organisations/guide-to-data-protection/guide-to-the-general-data-protection-regulation-gdpr/>

The General Data Protection Regulation 2016 - <https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32016R0679&from=EN> **If you have concerns over the way we are asking for or using your personal data, please raise the matter with our Data Protection Officer by the following means:**

Postal Address

Data Protection Officer,
Information Governance Team,
NHS Borders
Kelso Hospital
Inch Road
Kelso
TD5 7JP

Email

DPO@borders.scot.nhs.uk

If you still have concerns following our response you have the right to raise the matter with the Information Commissioner's Office:

Postal Address

Information Commissioner's Office,
Wycliffe House,
Water Lane,
Wilmslow, Cheshire, SK9 5AF

Online Form

<https://ico.org.uk/concerns/handling/>

Phone Number

0303 123 1113