

Freedom of Information request 336-23

Request

As far as I can tell these [Management of Type 2 Diabetes \(scot.nhs.uk\)](http://scot.nhs.uk) are the most recent guidelines on type 2 diabetes management issued by NHS Borders.

I'd like to ask:

- Have the guidelines been updated since they were issued on 27 Aug 2010, and, if so, could you provide, please, an appropriate link?
- In the 2010 guidelines (above) it states:

“3. Have something starchy with each meal cereals, bread, potatoes, pasta
4. Aim to eat five portions of fruit and vegetables each day.
5. Reduce fatty food intake”

I'd like to ask:

first, can NHS Borders cite (including references) the peer-reviewed evidence that supports the advice to a type 2 diabetic that they “Have something starchy with each meal cereals, bread, potatoes, pasta”;

second, can NHS Borders cite (including references) the peer-reviewed evidence that supports the advice to “eat five portions of fruit and vegetables each day”;

third, what does the phrase “fatty food” refer to? For example, does it include essential fatty acids?

Response

- The guidelines on the ‘Management of Type 2 Diabetes by NHS Borders’ are currently in the process of being rewritten to reflect the changes to the Type 2 Diabetes treatment pathway. Therefore, this information is not held at this point in time, as defined in Section 17, Freedom of Information (Scotland) Act 2002.
- NHS Borders do not hold any peer-reviewed data to support the dietary advice provided in the guidelines, therefore, this information is not held, as defined in Section 17, Freedom of Information (Scotland) Act 2002.

However, under Section 15 Duty to Provide Advice and Assistance, diet sheets offered to NHS Borders patients may refer to food fact sheets that are provided through the British Dietetic Association or NHS Choices websites. Other information sheets offered by NHS Borders are produced by Counterweight, Second Nature, and DESMOND (Leicester Diabetes Centre).

Further advice can be found on the following website links which may be of interest:

[Evidence-based nutrition guidelines for the prevention and management of diabetes | Diabetes UK](#)
[Diabetes - Type 2 | British Dietetic Association \(BDA\)](#)
[Fruit and vegetables - how to get five a day | British Dietetic Association \(BDA\)](#)
[Omega-3 | British Dietetic Association \(BDA\)](#)

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.

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 **336-23** 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.