

Freedom of Information request 541-23

Request

For each of the years 2019/2020, 2020/2021, 2021/22 and 2022/23:

1. How many patients were enrolled on the Counterweight programme?
2. How many enrolled patients had been diagnosed with type 2 diabetes (T2D)?
3. How many patients completed the Counterweight programme?
4. How many patients in the Counterweight programme achieved remission from their T2D?

Response

Question		2019/20	2020/21	2021/22	2022/23
1	Patients enrolled	No Counterweight - Plus programme - first patient enrolled September 2020	6	<5	<5
2	Enrolled patients with T2D		6	<5	<5
3	Patients completed		<5	<5	0
4	Patients achieved remission from T2D		<5	0	0

Please note: Enrolment is defined as those patients who started the Total Diet Replacement stage of the Counterweight-Plus programme.

As the number of events in some areas are very small and in accordance with the Code of Practice for Official Statistics any number that is less than five, actual numbers and potentially identifiable information is withheld to help maintain patient confidentiality due to potential risk of disclosure. Further information is available in the [ISD Statistical Disclosure Control Protocol](#).

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 **541-23** 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.