

Information Governance

Medical Directorate
NHS Grampian
Rosehill House
Foresterhill Site
Cornhill Road
Aberdeen
AB25 2ZG



BY EMAIL
George Winter
[request-1002594-
2733115c@whatdotheyknow.com](mailto:2733115c@whatdotheyknow.com)

Date 4 August 2023
Our Ref FOI/2023/645
Enquiries to Information Governance Team
Extension 51319
Direct Line 01224 551319
Email gram.foi@nhs.scot

Dear Mr Winter

Freedom of Information (Scotland) Act 2002

I refer to your e-mail dated 12 July 2023, requesting:

“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?”*

I can now respond as follows:

Please note that due to the small numbers below these have been represented by <5 as to provide the exact figure may identify individual patients; s.38(1)(b) of the Act refers – Personal information of at third party.

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?**

In relation to all questions above please see table below.

	2019/20	2020/21	2021/22	2022/23
Enrolled in CW+	12	7	9	17
Enrolled in CW+ and Dx T2D	10	6	8	10

Completed CW+ (out of total 18 sessions)	Not Known	Ranged between 7-16 sessions attended	<5/9 came to 12 month review. Ranged between 1-13 sessions attended	None of these patients have reached 12 months as yet. Only at session 13, attended 9/13 so far
Achieved Remission	<5	<5	<5	awaiting results (due end 'Aug23/Sept '23/Feb'24)


Under section 20 (1) of the Act, if you are dissatisfied with the way NHS Grampian has dealt with your request, you have a right to request a review of our actions and decisions in relation to your request. Should you be unhappy with the outcome of that review you have a right to appeal to the Scottish Information Commissioner.

A request for review must be made within 40 working days and should, in the first instance, be in writing to: Directorate of Corporate Communications, Foresterhill House, Foresterhill, Aberdeen, AB25 2ZB or by email to gram.foi@nhs.scot

Requests for appeal can be made by using the Scottish Information Commissioner's online service at www.itspublicknowledge.info/Appeal or should be made in writing to: Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS Telephone: 01334 464610, Fax: 01334 464611.

If you remain dissatisfied following an appeal to the Scottish Information Commissioner your recourse is to the Court of Session on a point of law.

Yours sincerely



Roohi Bains
Information Governance Manager & Deputy DPO
NHS Grampian