

<b>Reference:</b>	FOI.13251.23
<b>Subject:</b>	Counterweight weight-loss scheme
<b>Date of Request:</b>	27 November 2023

**Requested:**

For EACH of the following years -- 2019/20, 2020/21, 2021/22 and 2022/23:

1. What was your total expenditure on the Counterweight Plus weight-loss programme?

For EACH of the years above:

2. How many patients with type 2 diabetes (T2D) enrolled on Counterweight Plus?
3. How many patients with T2D who enrolled completed Counterweight Plus?
4. How many of the enrolled patients who completed Counterweight Plus achieved T2D remission?

**Response:**

1. Hywel Dda University Health Board (UHB) regrets to inform you that it does not hold the information requested. The Counterweight Plus weight-loss programme was an All Wales project funded by the All Wales Diabetes Implementation Group, led by the NHS Wales Executive, hosted by Public Health Wales (PHW). We therefore recommend that you re-direct this part of your request to the Freedom of Information Team in PHW, who should be able to help you with your enquiry. Contact details are as follows:-

[Foi.phw@wales.nhs.uk](mailto:Foi.phw@wales.nhs.uk) or alternatively, you can contact: Freedom of Information Office, Public Health Wales, Floor 3, 2 Capital Quarter, Tyndall Street, Cardiff, CF10 4BZ

2. The UHB does not hold the information exactly as requested, as only one (1) cohort has completed the programme, with one (1) currently ongoing; therefore, the UHB cannot provide the information by financial years, as requested.

However, the UHB confirms that cohort one (1) had twenty-nine (29) participants with type 2 diabetes (T2D) enrolled on the Counterweight Plus programme, which was originally intended to run for twelve (12) months but was extended due to the COVID-19 pandemic and ran from January 2020 to March 2022. Cohort two (2), which is ongoing, currently has seventeen (17) participants with T2D enrolled on the Counterweight Plus programme, which commenced in January 2023 and has an estimated completion date of March 2024.

3. The UHB confirms that fifteen (15) participants from cohort one (1) completed the Counterweight Plus programme.
4. The UHB confirms that six (6) participants achieved remission and four (4) had an improvement on their baseline.