

Introduction

Type 2 diabetes is increasing in Scotland, currently affecting over 310,000 people, with cases projected to reach 420,000 by 2044. As diagnosis occurs earlier in life, the risk of serious long term health complications is growing. The condition contributes to poor health and places growing pressure on NHS services.

Evidence shows remission of Type 2 diabetes is possible through significant weight loss and sustained lifestyle changes.

Aim

This poster outlines the development and early implementation of the National Digital Type 2 Diabetes Remission Programme, delivered through the Accelerated National Innovation Adoption (ANIA) pathway, to promote access to remission programmes across Scotland.

Method

The programme was developed collaboratively by ANIA, NHS Scotland Health Boards, Primary Care, Weight Management Services, and national digital and data partners.

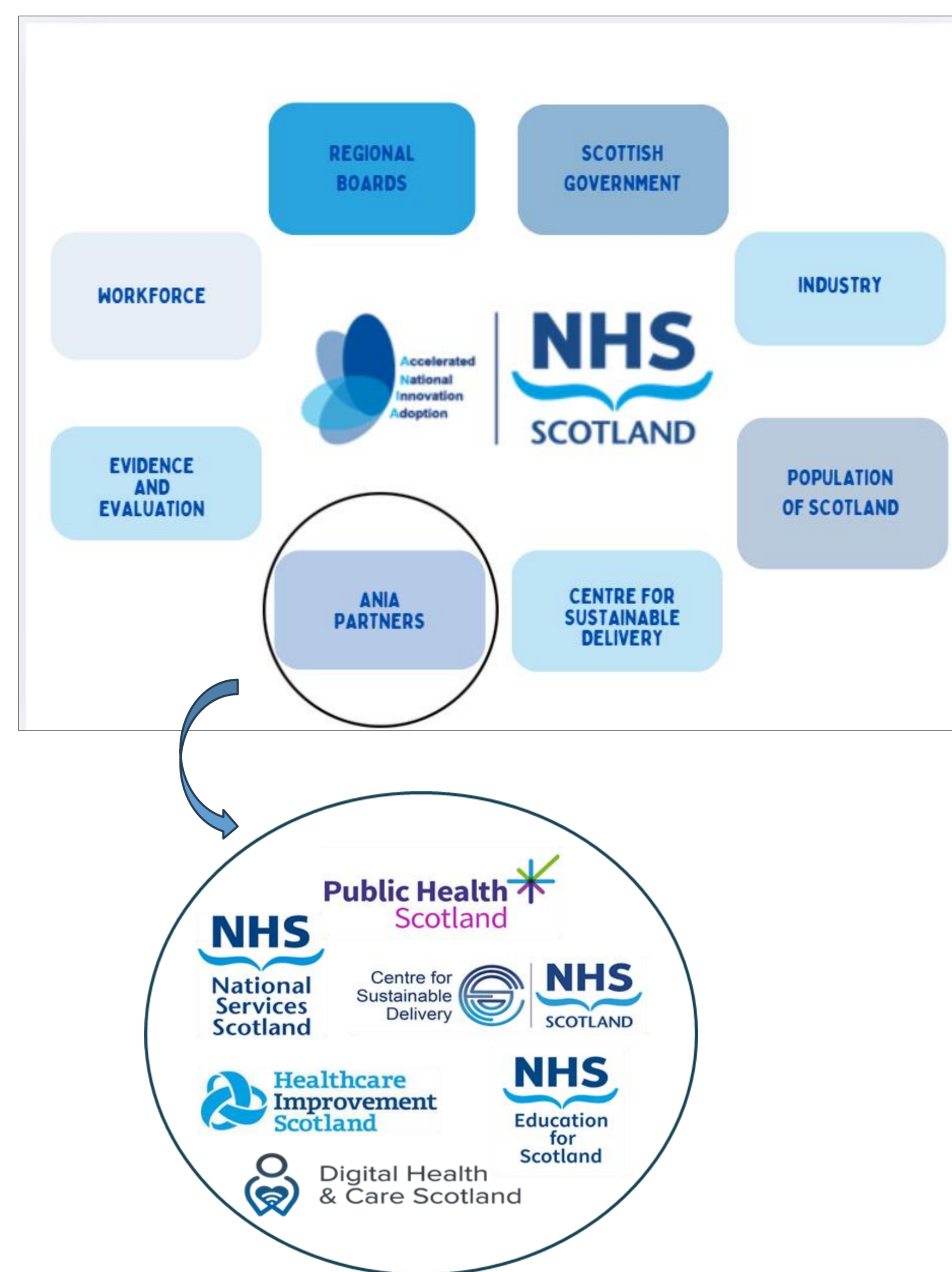
- Education partners (formerly NHS Education for Scotland) consult on learning needs, co-ordinating existing and new resources.
- ANIA provides pathway governance and implementation support.
- Health Boards shape referral processes and clinical governance.
- Digital partners support assurance, interoperability and data security.
- The national supplier delivers the digital platform, remote monitoring and diet products.
- Primary Care teams refer eligible adults directly to the national provider.
- Participants are supported to complete a 12-month digital remission pathway.

Results

Early achievements include;

- Procurement and contracting of the national supplier
- National stakeholder and health board engagement
- Development of education, information resources and guidelines
- Alignment with wider public health and prevention priorities
- 6 health boards are live and 33 referrals received (data to March 31st 2026)

Type 2 Diabetes Remission programme stakeholders



Conclusion

The National Digital Type 2 Diabetes Remission Programme demonstrates how collaboration, digital innovation and national leadership can drive health initiatives. By offering a consistent, equitable, digitally enabled remission pathway, NHS Scotland can better support people living with or recently diagnosed with Type 2 diabetes, reducing long-term health risks, improving population health outcomes, and contributing to a transformed, prevention-focused health system.

Additional information

- Centre for Sustainable Delivery (2026) *New digital programme offers hope for type 2 diabetes remission across Scotland*. Available at: <https://www.nhscfsd.co.uk/news/new-digital-programme-offers-hope-for-type-2-diabetes-remission-across-scotland/> (Accessed: 23 March 2026).
- Scottish Health Technologies Group (SHTG). (2023) *A review of the clinical and cost-effectiveness evidence for a digital type 2 diabetes remission programme in Scotland*. Available at: <https://shtg.scot/media/2367/shtg-assesment-digital-type2-drp-report.pdf> (Accessed: 23 March 2026)
- The Scottish Government. (2025) *Programme for Government 2025 to 2026: High Quality and Sustainable Public Services*. Available at: <https://www.gov.scot/publications/programme-government-2025-26/pages/6/> (Accessed: 23 March 2026).

National Digital Type 2 Diabetes Remission Programme



National Digital Type 2 Diabetes Remission Programme

Discover a proven, supportive programme designed to help you improve your health, achieve sustainable weight loss and work towards type 2 diabetes remission.

Aims of the programme



Sustained weight loss and adoption of healthier lifestyle



Type 2 diabetes remission



Lower blood pressure and cholesterol



Improved well-being (energy, mood and quality of life)



Reduction in medication

<https://www.counterweight.org/pages/nhs-scotland-type-2-diabetes-programme>

