

NHS Lothian Adult Weight Management and Type 2 Diabetes Prevention Service



Who are we?

A team of specialist dietitians, exercise specialist and psychologists who work across various settings throughout Lothian.

We support people to make personal lifestyle changes to help manage weight, eat well, be active, reduce health risks and improve wellbeing. There are a wide range of programmes within our tiered service.

Second Nature Digital Programme (App)

NHS Lothian can fund access to the Second Nature app. This effective app offers support to develop long term healthy habits and improve overall wellbeing. The initial programme is 12 weeks long with support from other users and a trained health coach (a qualified dietitian or nutritionist).

A smart device and internet access are required to use this app.

Each day there is a new short article shared. The articles cover issues such as nutrition, exercise, sleep, mental wellbeing and positive thinking. You will be provided with digital weighing scales, a recipe book (over 300 recipes) and a handbook. After the first three months, you have lifelong access to the learning materials.

Physical Activity Sessions

Alongside the Second Nature app, we would also like to be able to provide some face to face supported physical activity options. When you call to opt into the service, please discuss what is available locally to you, with our administration team.

You can find out more information about our programmes on our web page: <https://weare.nhslothian.scot/awmt2d> or call us on 0131 537 9169



