

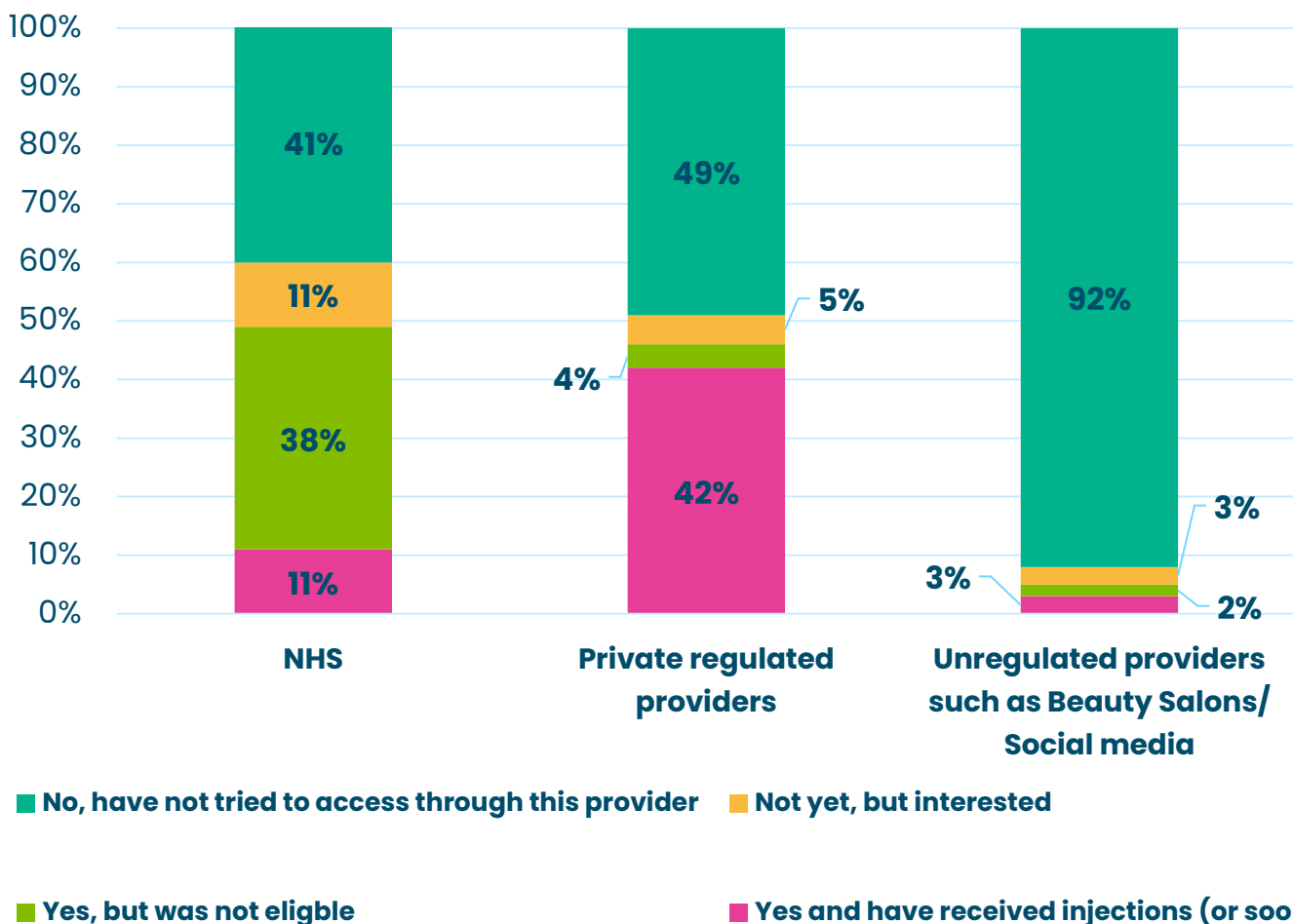
## March 2026: Weight Loss Injections Poll

In March 2026, we sought people's experiences of accessing or trying to access weight loss injections. **109 people from across Sussex shared their views with us.**

### We heard:

- Most respondents (74%) were 'aware' or 'fully aware' of the current eligibility criteria for accessing weight loss injections on the NHS (from 105 responses)
- Of the 59 respondents who had accessed weight loss injections, 42% did so through private regulated providers, 11% accessed through the NHS and 3% accessed injections through unregulated providers (i.e. beauty salons or through social media).
- Those who receive weight loss injections through the NHS are also eligible for behavioural and lifestyle support alongside the injections. 55% (6 people) told us that they have not received this support.
- Of those that paid privately for weight loss injections (45 people), no one told us they thought weight loss injections were 'affordable', 21% felt they were 'somewhat affordable' and 33% felt they were 'not affordable'.
- Of those that had accessed weight loss injections (59 respondents), 87% had experienced weight loss, 67% had experienced improvements to their overall health as a result of the injections and 56% told us their mental health had improved as a result of the injections and 46% experienced negative side effects such as diarrhoea, headaches or constipation.

### Where respondents have accessed or tried to access weight loss injections (n~104)



## Support for those receiving weight loss injection through the NHS

Those who receive weight loss injections through the NHS should also receive nutritional guidance, physical activity support and behavioural and lifestyle coaching from providers in Sussex alongside their injections. Only 11 respondents answered this question (this is not unexpected due to the currently very limited number of people who will be able to access injections via the NHS). We heard:

- 55% told us that they had not received this support.
- Of those that had used the support services, 80% agreed the advice and guidance received was useful and 67% felt that 'the support has helped me to improve the health choices I make'.
- Only 33% told us that they thought the trainers/ coaches running the sessions were good.

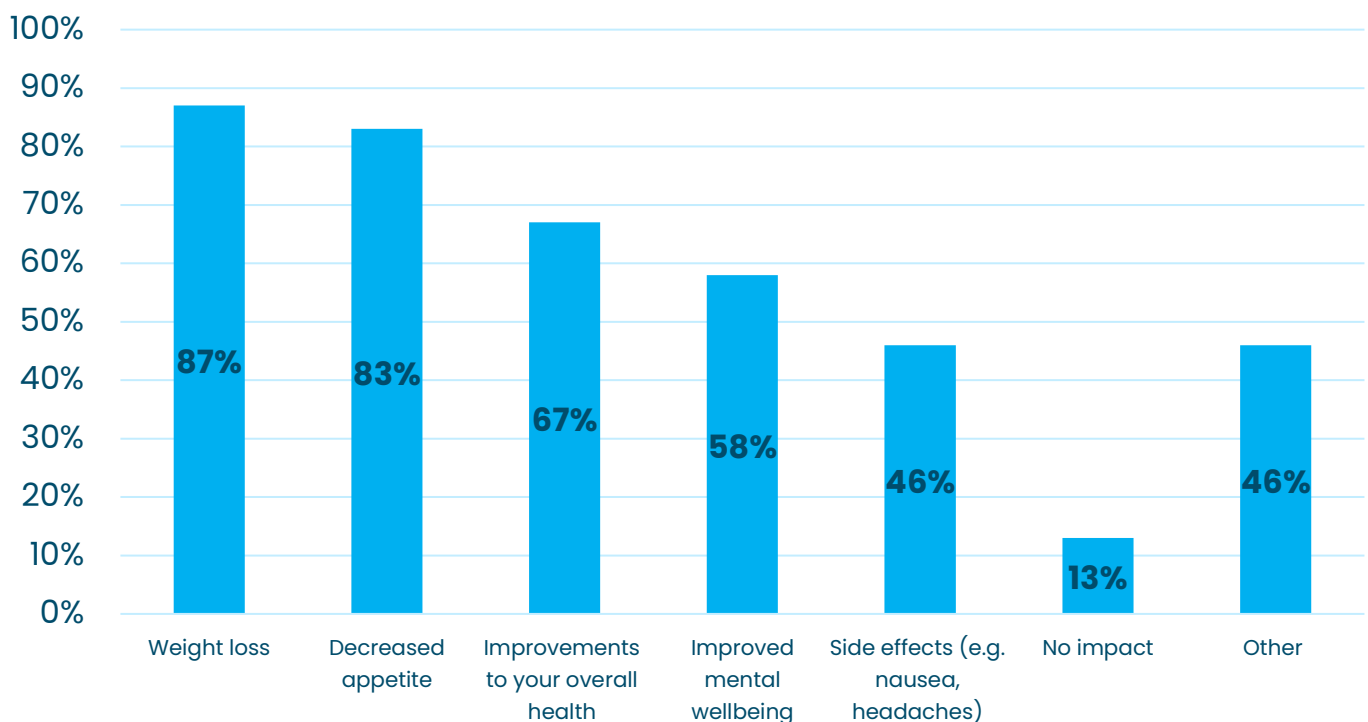
## Support for those using weight loss injections privately

- 38% of those that used weight loss injections privately would be either 'interested' or 'very interested' in receiving information designed by the NHS about changing behaviours if they were to stop using the injections.
- 42% said they were 'not very interested' or 'not at all interested' in receiving this information.

## The impact of weight loss injections on respondents' lives

- Of those that said they used weight loss injections, the impact on their lives has been significant, with 87% reporting weight loss, 67% reporting improvement to their overall health and 58% reporting improved mental wellbeing.
- Nearly half of respondents (46%) also reported negative side effects e.g. nausea, headaches.
- 'Other' reported effects included positive effects like having more confidence, drinking less alcohol and negative effects like issues with constipation.

### Impact of weight loss injections on respondents' lives (n~62)



## Respondents to our 2026 poll told us:

### Accessing weight loss medications on the NHS is too difficult (37 comments):

*"The system is failing people like me, my BMI is over 40, I have 3 of the listed health conditions, but I AM PRE-DIABETIC, so I suppose I should hope to become diabetic soon, as then I will qualify. I need help, but the current system is failing me."*

*"Just wish the criteria for receipt of help wasn't so rigidly applied. I tick the BMI box and 3 of the 5 other requirements but cannot be prescribed weight loss drugs."*

*"Only assists people who are at risk of imminent death. Guidelines are too strict and could prevent people from developing all of those conditions and save NHS money if it were prescribed with less conditions to prevent the above."*

*"I feel that the criteria for obtaining weight loss injections through the NHS are too restrictive and the benefits for a much larger group of people would outweigh the costs."*

### Paying privately for weight loss injections is very expensive (17 comments):

*"I should be eligible for these drugs. I am diabetic and am on a cocktail of drugs due to other health issues. Taking steroids makes it difficult to lose weight. I have paid privately for these drugs but am going to have to stop as they are now not affordable"*

*"I started buying injections privately, 1st Saxander and Wegovy via Boots and then Mounjaro through Medexpress - as at September 2025 I had lost 5 stone and was almost at goal - 1 stone to go. Unfortunately, then the price became unaffordable when Mounjaro increased and I have since put back on 2 stone which I am so disappointed in and it is affecting my physical and mental wellbeing again."*

*"They work - they're really good, but I can't access them privately because of the cost, and I couldn't get them on the NHS."*

### Weight loss injections have had a positive impact on respondents' lives (15 comments):

*"Weight loss injections have been transformative for me."*

*"It was a game changer for me, my "food noise" stopped straight away and I am now eating less and maintaining my weight."*

*"I have been on Mounjaro for a year and I have got a normal BMI now. For me, the most important thing was that it stopped the food noise. I didn't realise it was a thing that existed and to have it turned off was life changing. I feel able to make choices."*

## Tell us your experience

We always want to hear more about people's experiences of health and care services.

Share your story with your local Healthwatch:

### Healthwatch Brighton & Hove

[info@healthwatchbrightonandhove.co.uk](mailto:info@healthwatchbrightonandhove.co.uk) or 01273 234 040

### Healthwatch East Sussex

[enquiries@healthwatcheastsussex.co.uk](mailto:enquiries@healthwatcheastsussex.co.uk) or 0333 101 4007

### Healthwatch West Sussex

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