

Weight loss medicines in London

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Slow NHS rollout, growing private market and rising illicit sales are creating a two-tier system for Londoners seeking treatment for obesity.

A new report from the **London Assembly Health Committee**: *Weight loss medicines in London* – warns that the vast majority of people are currently obtaining weight loss drugs privately, rather than through the NHS, which carries significant risks.

While around **half a million Londoners could ultimately be eligible** for the medicines, **only around 3,000 people in London were receiving them on the NHS as of November 2025**. At the same time, tens of thousands are estimated to be buying them privately, contributing to what the Committee describes as a growing **“two-tier system” of access**.

The report also highlights serious risks linked to the rapid rise in demand. Londoners are increasingly encountering **counterfeit or unregulated “skinny jabs” sold through social media, beauty salons, gyms and other informal settings**, which can pose significant health risks. Evidence suggests that **more than 18,000 illegal weight-loss medicines were seized at UK borders between 2024 and mid-2025**.

Despite these risks, the Committee heard strong evidence that weight loss medicines can deliver major health benefits when used safely. Patients told the Committee that the drugs had improved both their physical health and confidence, with one Londoner describing the treatment as having an “incredible impact” on their ability to manage their weight.

Clinicians and patients also stressed that medication must be accompanied by **“wraparound care”** – including diet, lifestyle and psychological support – to ensure safe and sustainable weight loss.

To address these issues, the Committee is calling for faster NHS rollout alongside stronger safeguards across both public and private provision.

Key recommendations include:

- accelerating the NHS rollout of weight loss medicines so eligible Londoners can access treatment sooner
- developing a London-wide clinical pathway and wraparound care offer to ensure patients receive consistent support alongside medication
- ensuring patient voices are included in the design of services and treatment pathways
- strengthening regulation and enforcement to tackle illegal and counterfeit weight-loss drugs, including the creation of a dedicated cross-agency taskforce