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9 June 2025

Dear Clare

***CHIEF MEDICAL OFFICER'S ANNUAL REPORT 2024-2025 –  
Realistic Medicine: Critical Connections***

I am writing to let you know that the Chief Medical Officer (CMO) will publish his Annual Report today.

*Realistic Medicine: Critical Connections* is the CMO's fifth annual report, and the ninth on Realistic Medicine. The overarching aim of Realistic Medicine is to deliver the outcomes that matter for patients, and to optimise the use of resources across our health and care system.

In *his report* the CMO:

- continues to highlight the challenges our system is facing;
- discusses the principles which enable careful and kind care and how connection and belonging are essential for our wellbeing;
- suggests what we can do to foster wellbeing - support healthy ageing, encourage greater upstream prevention of disease and support communities to overcome loneliness and isolation;
- how our connection to the planet can also enhance our health and well-being – and how harnessing nature for this purpose can create a virtuous cycle of improving human and planetary health through greener, more sustainable, pathways of care; and,
- discusses the importance of relational continuity in fostering trust and creating a connection.

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He also continues to reinforce the need to empower colleagues to practise [Realistic Medicine](#) and recognise how it can impact positively on outcomes and the sustainability of our health and care system .

I have enclosed a link to the report – <https://www.gov.scot/isbn/9781836915980>  
- for the Committee's consideration.

Yours sincerely



**NEIL GRAY**

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