



DEPARTMENT OF THE AIR FORCE
59TH MEDICAL WING (AETC)
JOINT BASE SAN ANTONIO - LACKLAND TEXAS

3 MAR 2017

MEMORANDUM FOR SGOWMP
ATTN: GERALD W. TALCOTT

FROM: 59 MDW/SGVU

SUBJECT: Professional Presentation Approval

1. Your paper, entitled Television Interview Memphis Live (WATN-TV Local 24) presented at/published to Television Interview with Amy Speropoulos – Local Memphis Live in accordance with MDWI 41-108, has been approved and assigned local file #17111.
2. Pertinent biographic information (name of author(s), title, etc.) has been entered into our computer file. Please advise us (by phone or mail) that your presentation was given. At that time, we will need the date (month, day and year) along with the location of your presentation. It is important to update this information so that we can provide quality support for you, your department, and the Medical Center commander. This information is used to document the scholarly activities of our professional staff and students, which is an essential component of Wilford Hall Ambulatory Surgical Center (WHASC) internship and residency programs.
3. Please know that if you are a Graduate Health Sciences Education student and your department has told you they cannot fund your publication, the 59th Clinical Research Division may pay for your basic journal publishing charges (to include costs for tables and black and white photos). We cannot pay for reprints. If you are 59 MDW staff member, we can forward your request for funds to the designated wing POC.
4. Congratulations, and thank you for your efforts and time. Your contributions are vital to the medical mission. We look forward to assisting you in your future publication/presentation efforts.

Linda Steel-Goodwin

LINDA STEEL-GOODWIN, Col, USAF, BSC
Director, Clinical Investigations & Research Support

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

INSTRUCTIONS

USE ONLY THE MOST CURRENT 59 MDW FORM 3039 LOCATED ON AF E-PUBLISHING

1. The author must complete page two of this form:
 - a. In Section 2, add the funding source for your study [e.g., 59 MDW CRD Graduate Health Sciences Education (GHSE) (SG5 O&M); SG5 R&D; Tri-Service Nursing Research Program (TSNRP); Defense Medical Research & Development Program (DMRDP); NIH; Congressionally Directed Medical Research Program (CDMRP) ; Grants; etc.]
 - b. In Section 2, there may be funding available for journal costs, if your department is not paying for figures, tables or photographs for your publication. Please state "YES" or "NO" in Section 2 of the form, if you need publication funding support.
2. Print your name, rank/grade, sign and date the form in the author's signature block or use an electronic signature.
3. Attach a copy of the 59 MDW IRB or IACUC approval letter for the research related study. If this is a technical publication/presentation, state the type (e.g. case report, QA/QI study, program evaluation study, informational report/briefing, etc.) in the "Protocol Title" box.
4. Attach a copy of your abstract, paper, poster and other supporting documentation.
5. Save and forward, via email, the processing form and all supporting documentation to your unit commander, program director or immediate supervisor for review/approval.
6. On page 2, have either your unit commander, program director or immediate supervisor:
 - a. Print their name, rank/grade, title; sign and date the form in the approving authority's signature block or use an electronic signature.
7. Submit your completed form and all supporting documentation to the CRD for processing (59crdpubspres@us.af.mil). **This should be accomplished no later than 30 days before final clearance is required to publish/present your materials.** If you have any questions or concerns, please contact the 59 CRD/Publications and Presentations Section at 292-7141 for assistance.
8. The 59 CRD/Publications and Presentations Section will route the request form to clinical investigations, 502 ISG/JAC (Ethics Review) and Public Affairs (59 MDW/PA) for review and then forward you a final letter of approval or disapproval.
9. Once your manuscript, poster or presentation has been approved for a one-time public release, you may proceed with your publication or presentation submission activities, as stated on this form. **Note:** For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.
10. If your manuscript is accepted for scientific publication, please contact the 59 CRD/Publications and Presentations Section at 292-7141. This information is reported to the 59 MDW/CC. All medical research or technical information publications/presentations must be reported to the Defense Technical Information Center (DITC). See 59 MDWI 41-108, *Presentation and Publication of Medical and Technical Papers*, for additional information.
11. The Joint Ethics Regulation (JER) DoD 5500.07-R, *Standards of Conduct*, provides standards of ethical conduct for all DoD personnel and their interactions with other non-DoD entities, organizations, societies, conferences, etc. Part of the Form 3039 review and approval process includes a legal ethics review to address any potential conflicts related to DoD personnel participating in non-DoD sponsored conferences, professional meetings, publication/presentation disclosures to domestic and foreign audiences, DoD personnel accepting non-DoD contributions, awards, honoraria, gifts, etc. The specific circumstances for your presentation will determine whether a legal review is necessary. **If you (as the author) or your supervisor check "NO" in block 17 of the Form 3039, your research or technical documents will not be forwarded to the 502 ISG/JAC legal office for an ethics review.** To assist you in making this decision about whether to request a legal review, the following examples are provided as a guideline:

For presentations before professional societies and like organizations, the 59 MDW Public Affairs Office (PAO) will provide the needed review to ensure proper disclaimers are included and the subject matter of the presentation does not create any cause for DoD concern.

If the sponsor of a conference or meeting is a DoD entity, an ethics review of your presentation is not required, since the DoD entity is responsible to obtain all approvals for the event.

If the sponsor of a conference or meeting is a non-DoD commercial entity or an entity seeking to do business with the government, then your presentation should have an ethics review.

If your travel is being paid for (in whole or in part) by a non-Federal entity (someone other than the government), a legal ethics review is needed. These requests for legal review should come through the 59 MDW Gifts and Grants Office to 502 ISG/JAC.

If you are receiving an honorarium or payment for speaking, a legal ethics review is required.

If you (as the author) or your supervisor check "YES" in block 17 of the Form 3039, your research or technical documents will be forwarded simultaneously to the 502 ISG/JAC legal office and PAO for review to help reduce turn-around time. If you have any questions regarding legal reviews, please contact the legal office at (210) 671-5795/3365, DSN 473.

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement:

"The views expressed are those of the [author(s)] [presenter(s)] and do not reflect the official views or policy of the Department of Defense or its Components"

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving humans:

"The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DODI 3216.02_AFI 40-402."

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving animals, as required by AFMAN 40-401_IP :

"The experiments reported herein were conducted according to the principles set forth in the National Institute of Health Publication No. 80-23, Guide for the Care and Use of Laboratory Animals and the Animal Welfare Act of 1966, as amended."

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS			
1. TO: CLINICAL RESEARCH	2. FROM: (Author's Name, Rank, Grade, Office Symbol) 59MHS/SGOWMP University of Tennessee HSC	3. GME/GHSE STUDENT: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	4. PROTOCOL NUMBER: FWH20160036H
5. PROTOCOL TITLE: (NOTE: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.) Behavioral Weight Management for Pregnant and Postpartum Women in the Military			
6. TITLE OF MATERIAL TO BE PUBLISHED OR PRESENTED: Television Interview Memphis Live (WATN-TV Local 24)			
7. FUNDING RECEIVED FOR THIS STUDY? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO FUNDING SOURCE: NIDDKD			
8. DO YOU NEED FUNDING SUPPORT FOR PUBLICATION PURPOSES: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO			
9. IS THIS MATERIAL CLASSIFIED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO			
10. IS THIS MATERIAL SUBJECT TO ANY LEGAL RESTRICTIONS FOR PUBLICATION OR PRESENTATION THROUGH A COLLABORATIVE RESEARCH AND DEVELOPMENT AGREEMENT (CRADA), MATERIAL TRANSFER AGREEMENT (MTA), INTELLECTUAL PROPERTY RIGHTS AGREEMENT ETC.? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO NOTE: If the answer is YES then attach a copy of the Agreement to the Publications/Presentations Request Form.			
11. MATERIAL IS FOR: <input checked="" type="checkbox"/> DOMESTIC RELEASE <input type="checkbox"/> FOREIGN RELEASE CHECK APPROPRIATE BOX OR BOXES FOR APPROVAL WITH THIS REQUEST. ATTACH COPY OF MATERIAL TO BE PUBLISHED/PRESENTED.			
<input type="checkbox"/> 11a. PUBLICATION/JOURNAL (List intended publication/journal.)			
<input type="checkbox"/> 11b. PUBLISHED ABSTRACT (List intended journal.)			
<input type="checkbox"/> 11c. POSTER (To be demonstrated at meeting: name of meeting, city, state, and date of meeting.)			
<input type="checkbox"/> 11d. PLATFORM PRESENTATION (At civilian institutions: name of meeting, state, and date of meeting.)			
<input checked="" type="checkbox"/> 11e. OTHER (Describe: name of meeting, city, state, and date of meeting.) Television Interview with Amy Speropoulos - Local Memphis Live			
12. HAVE YOUR ATTACHED RESEARCH/TECHNICAL MATERIALS BEEN PREVIOUSLY APPROVED TO BE PUBLISHED/PRESENTED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO ASSIGNED FILE # _____ DATE _____			
13. EXPECTED DATE WHEN YOU WILL NEED THE CRD TO SUBMIT YOUR CLEARED PRESENTATION/PUBLICATION TO DTIC NOTE: All publications/presentations are required to be placed in the Defense Technical Information Center (DTIC).			
DATE February 23, 2017			
14. 59 MDW PRIMARY POINT OF CONTACT (Last Name, First Name, M.I., email) McKenna, Lisa R., lisa.r.mckenna.ctr@mail.mil			15. DUTY PHONE/PAGER NUMBER 2102923813
16. AUTHORSHIP AND CO-AUTHOR(S) List in the order they will appear in the manuscript.			
LAST NAME, FIRST NAME AND M.I.	GRADE/RANK	SQUADRON/GROUP/OFFICE SYMBOL	INSTITUTION (If not 59 MDW)
a. Primary/Corresponding Author Krukowski, Rebecca, A., PhD	Non-DoD Civ	N/A	UTHSC
b. Talcott, Wayne, G., PhD	Non-DoD Civ	59MHS/SGOWMP	59MDW
c.			
d.			
e.			
17. IS A 502 ISG/JAC ETHICS REVIEW REQUIRED (JER DOD 5500.07-R)? <input type="checkbox"/> YES <input type="checkbox"/> NO			
I CERTIFY ANY HUMAN OR ANIMAL RESEARCH RELATED STUDIES WERE APPROVED AND PERFORMED IN STRICT ACCORDANCE WITH 32 CFR 219, AFMAN 40-401_IP, AND 59 MDWI 41-108. I HAVE READ THE FINAL VERSION OF THE ATTACHED MATERIAL AND CERTIFY THAT IT IS AN ACCURATE MANUSCRIPT FOR PUBLICATION AND/OR PRESENTATION.			
18. AUTHOR'S PRINTED NAME, RANK, GRADE Talcott, Gerald W., PhD		19. AUTHOR'S SIGNATURE TALCOTT, GERALD W. 1133058962	20. DATE February 24, 2017
21. APPROVING AUTHORITY'S PRINTED NAME, RANK, TITLE Burchfield, Colin, M., Lt Col		22. APPROVING AUTHORITY'S SIGNATURE BURCHFIELD COLIN M. 1083159673	23. DATE February 24, 2017

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

1st ENDORSEMENT (59 MDW/SGVU Use Only)

TO: Clinical Research Division 59 MDW/CRD Contact 292-7141 for email instructions.	24. DATE RECEIVED February 27, 2017	25. ASSIGNED PROCESSING REQUEST FILE NUMBER 17111
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26. DATE REVIEWED 28 Feb 2017	27. DATE FORWARDED TO 502 ISG/JAC
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28. AUTHOR CONTACTED FOR RECOMMENDED OR NECESSARY CHANGES: NO YES If yes, give date. _____ N/A

29. COMMENTS APPROVED DISAPPROVED
The questions are approved for a radio audience.

30. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER Rocky Calcote, PhD, Clinical Research Administrator	31. REVIEWER SIGNATURE CALCOTE.ROCKY.D.1178245844 <small>Digitally signed by CALCOTE.ROCKY.D.1178245844 DN: cn=ROCKY.D.1178245844, ou=59 MDW/CRD, email=rocky.d.1178245844@59mdw.com, c=US Date: 2017.02.28 08:18:58 -0800</small>	32. DATE
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2nd ENDORSEMENT (502 ISG/JAC Use Only)

33. DATE RECEIVED	34. DATE FORWARDED TO 59 MDW/PA
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35. COMMENTS APPROVED (In compliance with security and policy review directives.) DISAPPROVED

36. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER	37. REVIEWER SIGNATURE	38. DATE
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3rd ENDORSEMENT (59 MDW/PA Use Only)

39. DATE RECEIVED February 28, 2017	40. DATE FORWARDED TO 59 MDW/SGVU March 02, 2017
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41. COMMENTS APPROVED (In compliance with security and policy review directives.) DISAPPROVED

42. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER Kevin Iinuma, SSgt/E-5, 59 MDW Public Affairs	43. REVIEWER SIGNATURE IINUMA.KEVIN.MITSUGU.1296227 613 <small>Digitally signed by IINUMA.KEVIN.MITSUGU.1296227 DN: cn=KEVIN.MITSUGU.1296227, ou=59 MDW/PA, email=kevin.mitsugu.1296227@59mdw.com, c=US Date: 2017.03.01 11:07:01 -0800</small>	44. DATE March 02, 2017
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4th ENDORSEMENT (59 MDW/SGVU Use Only)

45. DATE RECEIVED	46. SENIOR AUTHOR NOTIFIED BY PHONE OF APPROVAL OR DISAPPROVAL <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> COULD NOT BE REACHED <input type="checkbox"/> LEFT MESSAGE
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47. COMMENTS APPROVED DISAPPROVED

48. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER	49. REVIEWER SIGNATURE	50. DATE
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Interviewer: Amy Speropoulos WANT local 27 – “Memphis Live”

Why you all wanted to participate in this? Why focus on this population?

We're specifically focused on this population because, in addition to all of the stressors that pregnant and postpartum women have with child care, medical appointments and breastfeeding, women who are active duty in the military also have to get back within the military fitness standards postpartum pretty quickly. Recent research indicates that 47% of U.S. women gain in excess of the 2009 Institute of Medicine (IOM) guidelines, with overweight and obese women two to three times more likely to gain in excess. Postpartum weight retention is highly variable, with many women retaining 5 lbs or less and others retaining much more. One of the biggest determinants of postpartum weight retention is how much women gained during their pregnancy. Like civilian women, women in the military gain more than the Institute of Medicine's recommended amount of weight during pregnancy, and have trouble losing weight after delivery.

What is the Moms Fit 2 Fight program?

Moms Fit 2 Fight is a program to help women in the United States military return to military fitness standards after the birth of a baby. Participants will randomly assigned to one of three groups. A third will receive an intervention focused on assisting women achieve a healthy rate of weight gain during pregnancy. A second group will receive an intervention focused on weight loss in the year after delivery, and the third group will receive help with both weight gain during pregnancy and weight loss after.

How it helps Midsouth/moms in life, stay fit, etc.??? How can our viewers, our MOMS get involved??

This study will be based in San Antonio, and will enroll women who are active duty in the military. However, what we learn from this program and other programs like it can ultimately be applied to all pregnant and postpartum women. Because weight gain during pregnancy is a particularly important area of emerging research, hopefully we will have a project focused on weight gain during pregnancy based in the Memphis area soon.

Why is it important for moms to stay fit?

Excessive weight gain during pregnancy is a risk factor for negative health outcomes for both the mother and baby as well as postpartum weight retention – the good news is that this risk factor is modifiable. Specifically, excessive weight gain during pregnancy is linked with pregnancy and delivery complications, such as gestational diabetes, preeclampsia, and caesarean delivery. Excessive weight gain during pregnancy is also associated with increased likelihood of the baby being overweight later in life.

How does MOMS FIT 2 FIGHT WORK?

Moms Fit 2 Fight is a stepped care intervention, which means that the number of resources that are provided to each individual is tailored to what they need. Everyone will start out with the lowest intensity intervention-- participants will receive a monthly phone session with a trained counselor who will work with them to achieve their goals. Participants will wear a Fit Bit with the goal of obtaining 150 minutes of exercise per week, and will be asked to weigh daily. If a participant is struggling with gaining weight too quickly during

her pregnancy or having trouble losing weight after delivery (depending on which arm of the study she is randomized to), she will be offered additional resources including more frequent phone sessions, keeping track of her calories and fat using MyFitnessPal (with tailored feedback from her counselor), free portion controlled meals and structured meal plans, and access to our toolbox of cookbooks, exercise videos, etc.

Disclaimer: The opinions expressed on this document are solely those of the authors and do not represent an endorsement by or the views of the United States Air Force, the Department of Defense, or the United States Government.