

11 April 2019

SUBJECT: Air Force Responses to the Defense Advisory Committee on Women in the Services March 2019 Quarterly Business Meeting Follow-Up Questions, Request for Information #6

SITUATION: The Defense Advisory Committee on Women in the Services (DACOWITS) issued follow-up questions from their quarterly business meeting, held 19 March 2019 in Arlington, Virginia.

BACKGROUND: In June 2017, the Committee studied physiological gender differences and remains interested in the different approaches each of the Military Services are utilizing to manage physical fitness testing. The Committee recognizes that some of the Military Services are in the process of making substantial changes to their physical fitness testing programs. The Committee is concerned that some of these changes may disproportionately impact servicewomen.

ASSESSMENT: The Committee submitted a follow-up request for information (RFI) to the Military Services, regarding incorporating physiological gender differences in physical fitness programs (RFI #6). Below are the Air Force (AF) responses to the Committee's follow-up questions, prepared by the original AF briefer, Dr. Neal Baumgartner.

ii. Navy, Marine Corps, Air Force, and Coast Guard: What is your process for developing a postpartum physical training program? Where are you in that process?

As we reported in person at the March 2019 DACOWITS QBM and in writing in Jan 2019, the Air Force has solid initiatives underway to address physical fitness prior to and during pregnancy and postpartum. A few AF bases offer pregnancy/postpartum physical training programs, e.g., Shaw AFB has implemented a prenatal/postpartum fitness course. More broadly Air Combat Command (ACC) is developing a command (MAJCOM) program. In a coordinated effort the ACC Surgeon General and ACC Manpower Personnel & Services offices have developed a prototype program, "ACC Pre and Postpartum Conditioning/Reconditioning (Fitness) Program," to include base level fitness course offerings, American College of Obstetricians and Gynecologists approved certifications for fitness trainers, public affairs announcements, and draft command program policy.

The AF Exercise Science Unit (ESU) is in contact with the lead officers on the ACC program and will cooperate on the way forward. The ESU will continue its efforts to develop an AF-wide pregnancy/postpartum physical training program to include:

- Conducting a scientific literature review on pregnancy/postpartum health and physical exercise*
- Compiling post-partum physical training best practices*
- Per the above findings, modifying as necessary ESU's proven Exercise Principles and Methods Course to develop a Postpartum Version to offer AF Servicewomen a science-based, standardized course with both academic rationale and physical practical sessions*

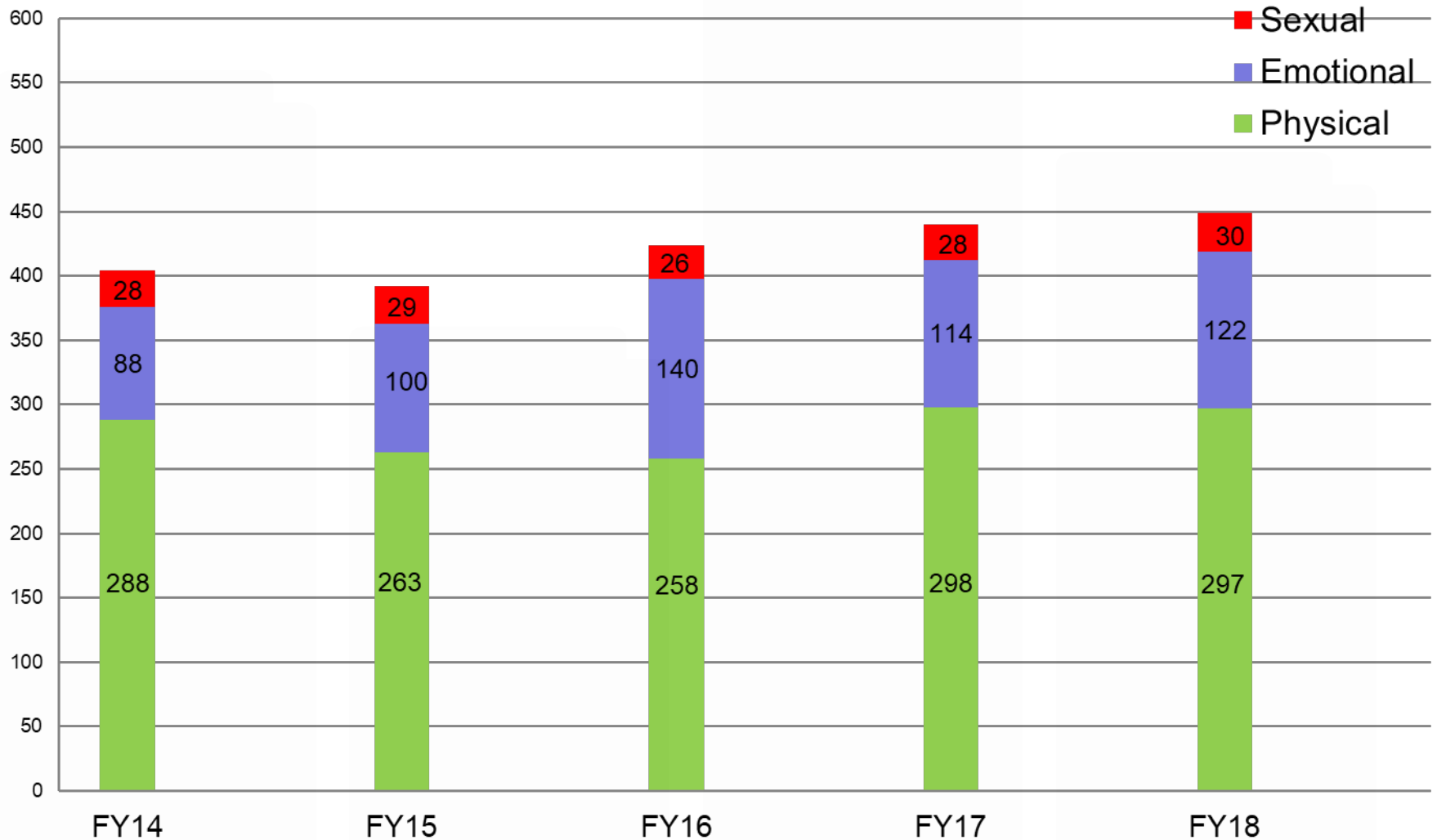
- *Requesting lessons-learned information from singular base programs, ACC, and our sister services*
- *Seeking resources (time, manpower, expertise, funds) to go beyond an initial research effort for a more robust service-wide development*

Air Force answers in *italics* above provided by:

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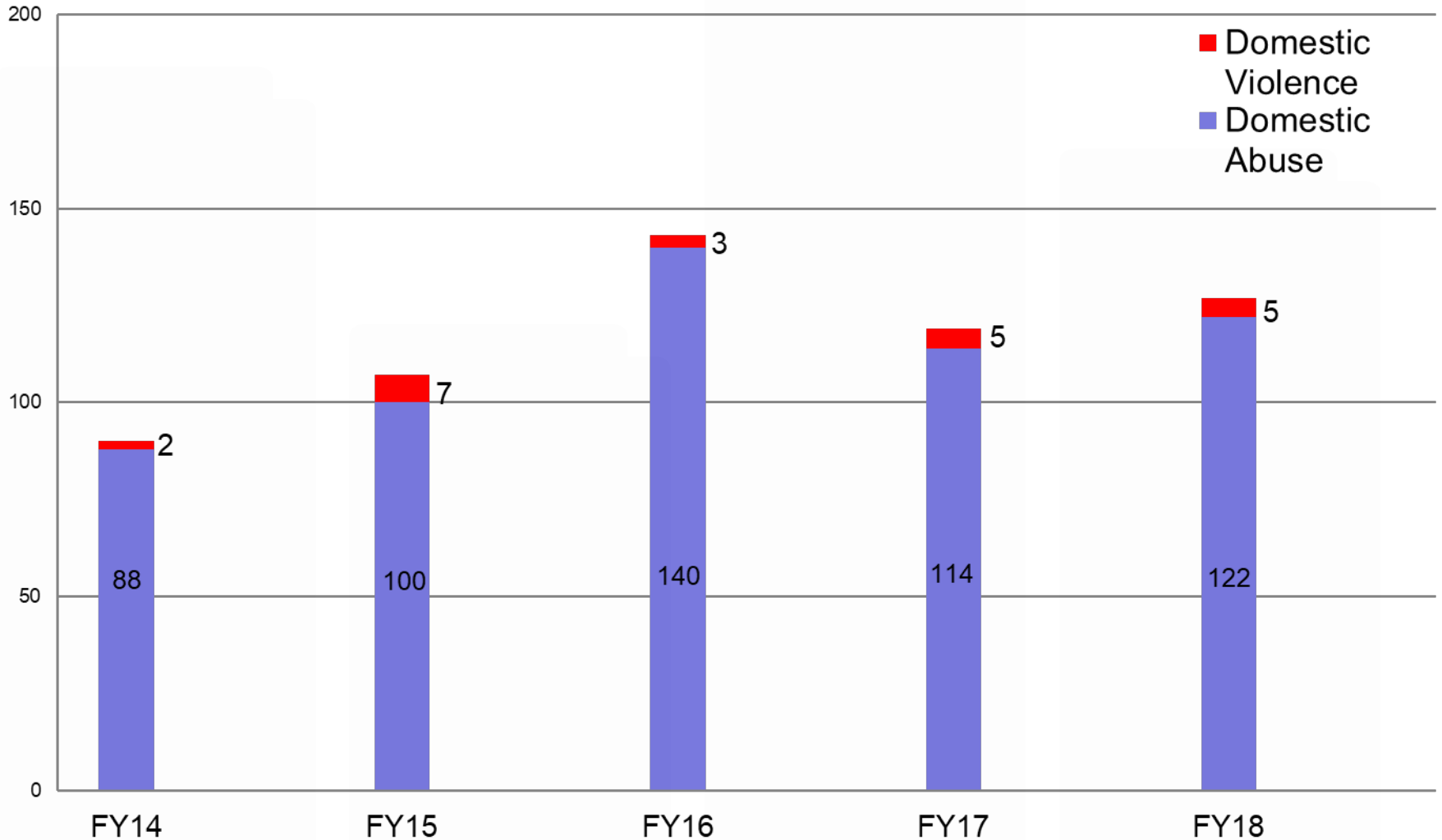
Active Duty Female Victims, Met Criteria Incidents by Maltreatment Type, FY14-FY18



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Active Duty Female Victims, Domestic Abuse Incidents With Subsequent Domestic Violence Incidents, FY14-FY18



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