Participants Needed for a Military Performance Division Research Study

"The effects of GLP-1R agonist (the drug Wegovy®) on body composition and performance in military personnel."

Study Purpose: Semaglutide (the drug Wegovy) has demonstrated effectiveness in addressing obesity and overweight concerns in civilian populations and may offer similar benefits to military personnel. Therefore, the purpose of this study is to assess the effect of semaglutide (Wegovy) on body composition, physical performance, eating behaviors, and general health in overweight Service Members.

If you volunteer you will be asked to:

- 76-week time commitment
  - 24-week semaglutide treatment
  - 52-week follow-up period
- Self-administer weekly semaglutide (Wegovy) treatments for 24 weeks with a prefilled pen injector as directed by study personnel.
- Attend 15-30 minute virtual meetings with study personnel every 2 weeks to complete study questionnaires and report body weight.
- Wear a physical activity monitor.
- Report for 5 TDY study visits at USARIEM in Natick Massachusetts for testing where you will be asked to complete:
  - Body composition assessments
  - Performance assessments
  - Blood draws
  - Bone scans
  - Urine & saliva samples

Principle Investigator:
CPT(P) Brandon Roberts, PhD, MBA
Military Performance Division
brandon.m.roberts38.mil@health.mil

Eligibility:

- Active-duty military personnel
- At least 18 years of age
- Body mass index (BMI) of ≥ 30 kg/m^2 or have a BMI of ≥ 27 kg/m^2 with the presence of at least one weight-related comorbidity such as:
  - Hypertension (high blood pressure)
  - Dyslipidemia (high cholesterol)
  - Obstructive sleep apnea (sleep-related breathing issues)
  - Osteoarthritis (pain or stiffness in joints)
- History of at least one self-reported unsuccessful dietary effort to lose weight
- Permission from Chain of Command
- Have at least 6 months until PCS/ETS

Testing Site: US Army Research Institute of Environmental Medicine (USARIEM)
10 General Greene Avenue, Natick, MA 01760

USARMY.USARIEM-MPDstudies@health.mil

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