



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES

June 10, 2011

Professor Paul Estabrooks, Ph.D.
Ms. Serena L. Parks, Ph.D. Student
Human Nutrition, Foods, and Exercise
Translational Obesity Research Program
Integrated Life Sciences Building (CRC), Room 1037
Virginia Tech
1981 Kraft Drive
Blacksburg, VA 24061

Dear Co-Principal Investigators Estabrooks and Parks:

The Institutional Review Board (IRB) of the Virginia Department of Social Services has reviewed your research protocols, two IRB approvals through Virginia Tech, and received your co-signed "Assurance of Confidentiality and Use of Data Agreement," dated June 6, 2011, submitted for the research studies entitled, "*Assessing Lifestyles to Foster Healthy Living and Integrating Healthful Eating and Physical Activity Skills into the Foster Care System: A Delphi Study.*"

In accord with Federal Regulations 45 CFR 46, Virginia Administrative Code 22 VAC 40-890 and 22 VAC 40-910, the Board approved your research in an expedited review. The approval period for research activities is from June 11, 2011 through June 10, 2012. If the studies will continue past June 10, 2012, please submit, in advance, a Continuation Review form, found under "Forms" on our IRB web page, <http://www.dss.virginia.gov/about/irb.cgi>.

If you should make any changes to the studies or research protocols, please notify the IRB of the proposed changes in advance. Also, please be aware that you are required to submit either a final report or a copy of your research findings to the IRB upon completion of the project.

If you have any questions, please contact Todd Areson, IRB Administrator, by telephone at (804) 726-7490 or by e-mail at: todd.areson@dss.virginia.gov.

We wish you every success in your research projects.

Sincerely,

Erik Beecroft, Chair
VDSS Institutional Review Board



MEMORANDUM

DATE: October 20, 2010

TO: Paul Estabrooks, Serena Parks

FROM: Virginia Tech Institutional Review Board (FWA00000572, expires June 13, 2011)

PROTOCOL TITLE: Assessing Lifestyles to Foster Healthful Living

IRB NUMBER: 10-849

Effective October 20, 2010, the Virginia Tech IRB Chair, Dr. David M. Moore, approved the new protocol for the above-mentioned research protocol.

This approval provides permission to begin the human subject activities outlined in the IRB-approved protocol and supporting documents.

Plans to deviate from the approved protocol and/or supporting documents must be submitted to the IRB as an amendment request and approved by the IRB prior to the implementation of any changes, regardless of how minor, except where necessary to eliminate apparent immediate hazards to the subjects. Report promptly to the IRB any injuries or other unanticipated or adverse events involving risks or harms to human research subjects or others.

All investigators (listed above) are required to comply with the researcher requirements outlined at <http://www.irb.vt.edu/pages/responsibilities.htm> (please review before the commencement of your research).

PROTOCOL INFORMATION:

Approved as: **Expedited, under 45 CFR 46.110 category(ies) 7**

Protocol Approval Date: **10/20/2010**

Protocol Expiration Date: **10/19/2011**

Continuing Review Due Date*: **10/5/2011**

*Date a Continuing Review application is due to the IRB office if human subject activities covered under this protocol, including data analysis, are to continue beyond the Protocol Expiration Date.

FEDERALLY FUNDED RESEARCH REQUIREMENTS:

Per federal regulations, 45 CFR 46.103(f), the IRB is required to compare all federally funded grant proposals / work statements to the IRB protocol(s) which cover the human research activities included in the proposal / work statement before funds are released. Note that this requirement does not apply to Exempt and Interim IRB protocols, or grants for which VT is not the primary awardee.

The table on the following page indicates whether grant proposals are related to this IRB protocol, and which of the listed proposals, if any, have been compared to this IRB protocol, if required.

Date*	OSP Number	Sponsor	Grant Comparison Conducted?

*Date this proposal number was compared, assessed as not requiring comparison, or comparison information was revised.

If this IRB protocol is to cover any other grant proposals, please contact the IRB office (irbadmin@vt.edu) immediately.

cc: File



MEMORANDUM

DATE: March 28, 2012

TO: Paul Estabrooks, Serena Parks

FROM: Virginia Tech Institutional Review Board (FWA00000572, expires May 31, 2014)

PROTOCOL TITLE: Integrating Healthful Eating and Physical Activity Skills into the Foster Care System: A Delphi Study

IRB NUMBER: 11-365

Effective April 11, 2012, the Virginia Tech IRB Chair, Dr. David M. Moore, approved the continuation request for the above-mentioned research protocol.

This approval provides permission to begin the human subject activities outlined in the IRB-approved protocol and supporting documents.

Plans to deviate from the approved protocol and/or supporting documents must be submitted to the IRB as an amendment request and approved by the IRB prior to the implementation of any changes, regardless of how minor, except where necessary to eliminate apparent immediate hazards to the subjects. Report promptly to the IRB any injuries or other unanticipated or adverse events involving risks or harms to human research subjects or others.

All investigators (listed above) are required to comply with the researcher requirements outlined at <http://www.irb.vt.edu/pages/responsibilities.htm> (please review before the commencement of your research).

PROTOCOL INFORMATION:

Approved as: **Expedited, under 45 CFR 46.110 category(ies) 7**

Protocol Approval Date: **4/11/2012 (protocol's initial approval date: 4/11/2011)**

Protocol Expiration Date: **4/10/2013**

Continuing Review Due Date*: **3/27/2013**

*Date a Continuing Review application is due to the IRB office if human subject activities covered under this protocol, including data analysis, are to continue beyond the Protocol Expiration Date.

FEDERALLY FUNDED RESEARCH REQUIREMENTS:

Per federal regulations, 45 CFR 46.103(f), the IRB is required to compare all federally funded grant proposals / work statements to the IRB protocol(s) which cover the human research activities included in the proposal / work statement before funds are released. Note that this requirement does not apply to Exempt and Interim IRB protocols, or grants for which VT is not the primary awardee.

The table on the following page indicates whether grant proposals are related to this IRB protocol, and which of the listed proposals, if any, have been compared to this IRB protocol, if required.

Date*	OSP Number	Sponsor	Grant Comparison Conducted?

*Date this proposal number was compared, assessed as not requiring comparison, or comparison information was revised.

If this IRB protocol is to cover any other grant proposals, please contact the IRB office (irbadmin@vt.edu) immediately.

cc: File