

KATE GERWECK, MS, RD, LD

Registered Dietitian | Clinical & Public Health Nutrition Leader | Dietetics Educator & Workforce Advocate

PROFESSIONAL PROFILE

Registered Dietitian with 15 years of progressive experience spanning high-acuity clinical nutrition, public health program leadership, and dietetics workforce development. Clinical background includes complex pediatric and adult populations at the Medical University of South Carolina, including congenital renal and urological disorders, NICU, transplant nutrition, neurology, and GI, as well as traumatic brain injury and spinal cord injury rehabilitation.

Recognized nationally for workforce development innovation, presenting at FNCE and the National WIC Association Training Conference. Board leader with the SC Academy of Nutrition and Dietetics and national taskforce member with the Commission on Dietetic Registration. Deeply committed to mentoring dietitians and to building evidence-based programs that improve the quality of life for participants.

CREDENTIALS & EDUCATION

Credentials

- Registered Dietitian Nutritionist (RDN) — Commission on Dietetic Registration, 2011–Present
- Licensed Dietitian (LD) — South Carolina

Education

- Master of Science in Dietetics & Dietetic Internship — D'Youville College, Buffalo, NY
- Thesis: Assessment of Cardiovascular Disease Risk in Firefighters
- Bachelor of Science in Nutrition & Dietetics — Michigan State University, East Lansing, MI

PROFESSIONAL EXPERIENCE

Program Director, MS in Performance Nutrition and Dietetics

University of South Carolina 8/2026

- Direct second-year ACEND candidacy graduate program under the Future Education Model (FEM), overseeing curriculum design, competency mapping, and accreditation documentation.
- Lead program development including clinical preceptor network establishment and student admissions/advising infrastructure

Director of Nutrition Practice and SNAP Education

South Carolina Department of Public Health 2022–2026

- Lead statewide nutrition programming across public health, designing evidence-based education, policy, systems, and environmental change strategies serving diverse populations across South Carolina.
- Serve as the state's primary subject matter expert in nutrition practice, public health nutrition, and dietetics workforce advancement — advising agencies, partners, and legislators on nutrition policy and professional standards.
- Manage multi-million-dollar federally funded grant portfolio, ensuring USDA regulatory compliance, audit readiness, and outcomes-based performance reporting; increased grant deliverables 15% from FY23 to FY24 through Results-Based Accountability transformation.
- Lead Farm to Early Care and Education (Farm to ECE) initiative — a statewide program developed in collaboration with the SC Department of Social Services, SC Department of Agriculture, and Clemson Extension's School Gardening Program — expanding food access and nutrition education in early childhood settings across the state.
- Designed and implemented South Carolina's first-ever biannual licensure renewal workforce data collection system, establishing statewide infrastructure to capture practice trends, shortages, and demographic data for strategic planning and advocacy.
- Lead nutrition workforce development strategy including recruitment pipelines, mentorship structures, student engagement, and training pathways for emerging and practicing dietitians.
- Build and sustain cross-sector partnerships with hospitals, universities, clinics, and community organizations to expand population health impact.

Clinical Dietitian — Inpatient & Outpatient Practice

Medical University of South Carolina (MUSC) 2016–2022

Delivered six years of inpatient and outpatient medical nutrition therapy across high-acuity specialty populations at an academic medical center:

- Pediatric Renal & Urological Disorders: Provided specialized MNT for children with congenital renal and urological conditions, including pre- and post-operative nutrition support for patients undergoing kidney transplant and major surgical interventions. Managed complex fluid, electrolyte, and protein requirements across disease trajectory.
- NICU: Delivered nutrition care for critically ill neonates, including premature infants and those with complex medical conditions requiring parenteral and enteral nutrition support.
- Neurology & GI: Managed MNT for adult and pediatric patients with neurological and gastrointestinal conditions, including dysphagia, malabsorption, and inflammatory bowel disease.
- Maternal & Child Health: Provided nutrition care across OB/GYN and pediatric specialty clinics.
- Outpatient MNT & Billing: Ensured Medicare-, Medicaid-, and private payor-compliant documentation, coding, and billing for outpatient medical nutrition therapy.
- Cardiac Rehab Program Development: Expanded cardiac rehab nutrition services, increasing referrals and securing additional RD staffing through demonstrated outcomes.
- Food Insecurity Screening: Developed tools to identify at-risk patients in food deserts, improving nutrition access and care coordination.
- Clinical Education: Delivered formal curriculum on Pediatric Nutrition Assessment to MUSC Student Nurse Practitioner program; presented Managing GI Disorders in Infants at SC WIC State Conference.

Dietitian — Rehabilitation Nutrition

Rainbow Rehabilitation Centers, Inc., Livonia, MI 2012–2016

Provided specialized nutrition care for adults with traumatic brain injury (TBI) and spinal cord injury (SCI) in a 40-bed skilled rehabilitation setting:

- Managed nutrition assessment, monitoring, and medical nutrition therapy for patients with acute and chronic TBI and SCI, including complex feeding challenges, altered metabolism, and dysphagia.
- Designed and implemented the facility's first structured nutrition monitoring system, standardizing documentation and improving continuity of care across the interdisciplinary team.
- Participated in weekly interdisciplinary team meetings to coordinate care and advance patient rehabilitation goals.
- Developed all specialized therapeutic diets and provided individual and group nutrition education for patients and families.
- Collaborated in the development of hospital articles and community education resources on nutrition and brain health.
- Presented "Food for Thought: Brain Health" at the Michigan Brain Injury Association Conference, 2014.
- Earned Certified Brain Injury Specialist (CBIS) designation through the Brain Injury Association of America.

Nutrition Educator / Adjunct Instructor

Washtenaw Community College & Whitmore Lake Community Education, Ann Arbor, MI 2011–2012

- Planned, designed, and delivered continuing education courses on nutrition topics for adult community learners.
- Responsible for all course assessment, documentation, and curriculum development.

PROFESSIONAL LEADERSHIP & SERVICE

- **President Elect- 2026, SC Academy of Nutrition and Dietetics**
- **Board Member, SC Academy of Nutrition and Dietetics (2018–Present)**
 - Workforce Development Liaison
 - Inclusion, Diversity, Equity, and Access (IDEA) Chair
 - Strategic Planning Co-Chair

- **Taskforce Member, Commission on Dietetic Registration** — Workforce Demand & Capacity Taskforce (2024–Present)
- **Member, Association of State & Public Health Nutritionists**
- **Member, Academy of Nutrition and Dietetics**

PRESENTATIONS & ADVOCACY

- *The Future of Dietetics: Workforce Trends, Predictions, and Career Impacts* — Food and Nutrition Conference and Expo (FNCE), Nashville, TN — October 2025
- *Building a Stronger Backbone: Innovative Workforce Development Strategies* — National WIC Association Training Conference, Las Vegas, NV — April 2025
- *Workforce Development in Public Health Nutrition* — SC WIC Conference, 2024
- *Statewide Best Practices for Food Access* — Governor's Council on Food Insecurity, 2023
- *Managing GI Disorders in Infants* — SC WIC State Conference, 2021
- *Pediatric Nutrition Assessment* — MUSC Student Nurse Practitioner Curriculum, 2021
- *Food for Thought: Brain Health* — Michigan Brain Injury Association Conference, 2014

CORE COMPETENCIES

Clinical: High-acuity pediatric & adult MNT • Renal & transplant nutrition • NICU • TBI & SCI rehabilitation • Neurology & GI • Dysphagia management • Parenteral & enteral nutrition • Outpatient MNT billing & compliance (Medicare/Medicaid)

Program Leadership: Accreditation & regulatory compliance • Workforce development • Federal grant management • Statewide program design • Stakeholder engagement • Cross-sector partnerships • Results-Based Accountability

Technology: Epic • Cerner • Federal grant management systems • Data analytics & evaluation platforms •