



Faculty and Staff



Program Director,
Rachel M. Davis, MPH, RD, LDN, IBCLC, RLC

Rachel M. Davis is a Registered Dietitian, International Board Certified Lactation Consultant and the Program Director for the Lactation Consultant Training Program (LCTP). From a young age, she has always had a strong desire to serve others which was further instilled in her through a family that believed in the importance of maintaining the health and wellbeing of both oneself and others. Her remarkable passion for nutrition began after recognizing and becoming saddened by the fact that many individuals were suffering from ailments that likely could have been prevented.

Rachel received a Bachelor of Science degree in Nutritional Sciences from the Pennsylvania State University. She began her career providing maternal and pediatric nutrition counseling through several government programs (including WIC and SNAP) throughout North and South Carolina. Shortly after, she provided Medical Nutrition Therapy to patients in hospital and outpatient clinical settings. Further curiosity in preventative measures for optimal health sparked her interest in learning more about lactation and the periods of infancy and young childhood. Rachel returned to school and earned a Master's in Public Health from the Department of Maternal and

Child Health at the University of North Carolina Chapel Hill, where she also completed her lactation training through the Carolina Global Breastfeeding Institute. In 2014, she moved to Charlotte and continued to provide nutrition and breastfeeding education and support services on a local and regional level. Rachel began to feel that although the experiences she gained were extremely valuable, there were still gaps in service and many families in the community that still needed support.

Rachel has spoken locally and nationally for many groups and organizations on a variety of topics addressing adult and pediatric nutrition, lactation, and disparities in health. She is particularly passionate about decreasing racial/ethnic health disparities and achieving health equity among all people. Through her own practice, her leadership in Queen City Cocoa B.E.A.N.S. and the LCTP she continues to work to create spaces where this was being addressed intentionally.

Rachel is committed to life-long learning and providing excellent quality of care. In both the field of nutrition and lactation, she has achieved the highest possible credential and continues to review current recommendations and guidelines for patient care. She feels her role is highly rewarding and loves being able to motivate and assist individuals and families in improving their overall health and well-being.



Program Manager,
LuGenia Grider, LCCE, CBS