

Katherine Erbe, PhD, MS, CNM, FACNM
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EDUCATION

2023 Ph.D. in Nursing, University of Illinois Chicago
2006 M.S. in Midwifery, New York University
2002 B.S.N., Honors Degree, University of Wisconsin-Milwaukee

DOMESTIC PROFESSIONAL EXPERIENCE

2023-Present Postdoctoral Research Fellow, Yvonne L. Munn Center for Nursing Research, Massachusetts General Hospital
2011-2023 Certified Nurse-Midwife and Preceptor for Nurse Practitioner students, Family Medicine and OB/GYN residents, University of Illinois Hospital
2014-2015 OB/GYN Policy and Guideline Committee Chair, University of Illinois Hospital
2006-2010 Certified Nurse-Midwife, Delaware Valley OB/GYN and Midwifery Care
2003-2006 Registered Nurse, Labor and Delivery and Postpartum, New York University Langone Health
2002-2003 Registered Nurse, Labor and Delivery and Postpartum, Aurora Women's Pavilion, West Allis Memorial Hospital

INTERNATIONAL PROFESSIONAL EXPERIENCE

2015-2016 Certified Nurse Midwife, Médecins Sans Frontières, South Sudan
2010 Volunteer, Midwives for Haiti, Haiti
2007 Volunteer, International Organization for Women and Development, Niger

HONORS AND AWARDS

2023, 2019, 2011 Award for Excellence in Collaboration from Graduating Resident Physicians, University of Illinois Hospital
2003 Magna Cum Laude, University of Wisconsin-Milwaukee
2001 Milton and Joan Morris Scholarship
2000 Riha Doberstein Scholarship

SPONSORED RESEARCH ACTIVITIES

- 2024** **Primary Investigator**
Development of a Culturally Sensitive Traffic Light Food Labeling Intervention to Optimize Healthy Eating in Pregnant Individuals of Color
PI: Katherine Erbe, PhD, MS, CNM, FACNM, Yvonne L. Munn Center for Nursing Research, Massachusetts General Hospital
Co-I: Sara Lobby, PhD, ANP-BC, FAAN, Anne Thorndike, MD, MPH, Melissa Nelson, MS, CNM
- 2023** Dissertation completed in fulfillment of Doctor of Philosophy in Nursing
Title: Exploring Prenatal Nutrition Counseling Using a Human Factors Approach
PI: Katherine Erbe, PhD, MS, CNM, FACNM, University of Illinois Chicago
Co-I: Mary Dawn Koenig, PhD, CNM, FACNM; Chang Park, PhD; Kylea Liese, PhD; Elizabeth Lerner Papautsky, PhD, MS; Julianne Rutherford, PhD; Lisa Tussing- Humphreys, PhD, MS, RD
- 2022** **Co-Investigator**
A Pilot Study of Time-Restricted Eating Among Pregnant Females with Severe Obesity
PI: Lisa Tussing-Humphreys, PhD, MS, RD, University of Illinois Chicago; Krista A. Varady, PhD, University of Illinois Chicago; Mary Dawn Koenig, PhD, CNM, FACNM, University of Illinois Chicago
Co-I: Irina Buhimschi, MD; Katherine Erbe, PhD, MS, CNM
- 2019** **Research Assistant**
Barriers to Labor After Cesarean Section
PI: Patrick Thornton, PhD, CNM, University of Illinois Chicago
- 2018** Mitigating the Effects of Structural Violence on Maternal Iron Status: A Randomized Controlled Pilot Study of Probiotic Supplementation in At-Risk Pregnant Black Women
PI: Mary Dawn Koenig, PhD, CNM, FACNM, University of Illinois Chicago

PUBLICATIONS

Erbe, K, Thorndike, A, Nelson, M, Lydston, M, Looby, S. Interventions to optimize dietary patterns in black pregnant individuals: An integrative review. *Birth*. Under revision.

Erbe K, Papautsky EL, Liese K, Park C, Rutherford J, Tussing-Humphreys L, Li Y, Sawatpanich A, Koenig MD. (2025) Patient-Provider Prenatal Nutrition Conversations

Using a Human Factors Approach. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*. 54(3):298-310. <https://10.1016/j.jogn.2025.01.001>

Erbe, K, Liese, KL, Papautsky, E, Rutherford, J, Tussing-Humphreys, L, Koenig, MD, (2024). Midwives' and obstetric physicians' practices related to pregnancy nutrition counseling: A scoping review. *Journal of Midwifery & Women's Health*. 70:61-76. <https://doi.org/10.1111/jmwh.13661>

Burton TCJ, Crooks N, Pezley L, Hemphill NO, Li Y, Sawatpanich A, Farrow V, **Erbe K**, Kessee N, Reed L, et al. (2024). Food choice and dietary perspectives of young, urban, black pregnant women: A focus group study. *Nutrients*. 16(6):781. <https://doi.org/10.3390/nu16060781>

Koenig, M. D., Crooks, N., Burton, T., Li, Y., Hemphill, N. O., **Erbe, K.**, Rutherford, J. N., Liese, K. L., Pearson, P., Stewart, K., Kessee, N., Gondwe, K. W., Reed, L., & Tussing-Humphreys, L. (2024). Structural violence and stress experiences of young pregnant black people. *Journal of Racial and Ethnic Health Disparities*, 11(4), 1918–1932. <https://doi.org/10.1007/s40615-023-01661-y>

Hemphill, NO, Crooks, N, Wenqiong, Z, Fitter, F, **Erbe, K**, Rutherford, J, Liese, KL, Pearson, P, Stewart, K, Reed, L, Tussing-Humphreys, L, Koenig, MD. (2022). Obstetric experiences of young black mothers: An intersectional perspective. *Social Science & Medicine*. 317, 115604. <https://doi.org/10.1016/j.socscimed.2022.115604>

Thornton, P, Liese, K, Adlam, K, **Erbe, K**, McFarlin, B. (2022). Barriers to labor after cesarean: A survey of United States midwives. *Birth*. 49(4), 675–686. <https://doi.org/10.1111/birt.12633>

Thornton, P, Liese, K, Adlam, K, **Erbe, K**, McFarlin, Barbara L. (2020). Calculators estimating the likelihood of vaginal birth after cesarean: Uses and perceptions. *Journal of Midwifery & Women's Health*. 65(5), 621–626. <https://doi.org/10.1111/jmwh.13141>

PODIUM PRESENTATION

Barriers in Healthy Food Choices for Minority Pregnant Women: A Systematic Review. Midwest Nurse Research Society Annual Research Conference. Virtual. April 2020.

POSTER PRESENTATIONS

Interventions to Optimize Dietary Patterns in Black Pregnant Individuals: An Integrative Review. Sigma Theta Tau International Nursing Research Congress. Seattle, WA. July 2025.

Exploring Patient-Provider Prenatal Nutrition Counseling with a Human Factors Lens. Association of Women's Health, Obstetric & Neonatal Nurses Convention. Orlando, FL. June 2025.

Midwife and Obstetric Physician Practices Related to Pregnancy Nutrition Counseling: A Scoping Review. Eastern Nursing Research Society Annual Scientific Sessions. Boston MA. April 2024.

Barriers in Healthy Food Choices for Minority Pregnant Women; A Systematic Review. Annual Conference of the American College of Nurse Midwives. Virtual. May 2020.

PROFESSIONAL MEMBERSHIPS

2024- present	Fellow, Academy of Nurse Midwives
2024- present	Member, Eastern Nursing Research Society
2006- present	Member, American College of Nurse Midwives
2002- present	Member, Sigma Theta Tau
2019- 2024	Member, Midwest Nursing Research Society

COMMUNITY OUTREACH

2024-present	Member, Boston College Nurse-Midwifery Advisory Board
2021-2023	Emerging Scholars University Liaison, Midwest Nursing Research Society
2019-2022	Graduate student mentor, University of Illinois Chicago

ACADEMIC PRESENTATIONS

2025	Graduate Nursing Student Lecture, "Gestational Diabetes"
2025	Graduate Nursing Student Lecture, "Macrosomia"
2023	Nursing Grand Rounds Presentation, "Nutrition and Diet Quality Among Vulnerable Populations During Pregnancy"
2023	Graduate Nursing Student Lecture, "Perinatal Infections"
2023	Graduate Nursing Student Lecture, "Obstetric Emergencies"
2023	Staff Nurse presentation, "Trauma Informed Care"
2022, 2021, 2017-2019	Graduate Nursing Student Lecture, "International Midwifery Opportunities"
2019	Graduate Nursing Student Lecture, "Malpresentations and Placental Abnormalities"
2016	Nursing Grand Rounds Presentation, "Addressing Health Disparities in South Sudan"
2014, 2013	Graduate Nursing Student Lecture, "Breast Conditions"