

**Mary Gray Hixson, MPH, RD, LDN, CSOWM, FASMBS-IH**

Raleigh, North Carolina

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### **Professional Profile**

Registered Dietitian and Certified Specialist in Obesity and Weight Management with more than 15 years of experience in **bariatric and metabolic surgery nutrition, clinical program development, and interdisciplinary healthcare leadership**. National speaker and educator specializing in **malabsorptive bariatric procedures including duodenal switch (DS) and SADI**, micronutrient management, and obesity care. Experienced leader managing dietitian teams and advancing clinical practice through professional leadership and national education.

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### **Professional Appointments**

#### **Bariatric Nutrition Manager**

UNC Rex Medical Group – North Carolina Surgery  
Raleigh, NC | 2024–Present

- Direct bariatric nutrition services within a high-volume metabolic surgery program
  - Manage and mentor a team of **five registered dietitians** supporting bariatric and medical weight management services
  - Provide expert clinical care for preoperative and postoperative bariatric surgery patients
  - Develop clinical nutrition protocols supporting **ASMBS and Center of Excellence standards**
  - Manage bariatric retail program including vendor relationships, product evaluation, purchasing, and contract negotiation
  - Lead patient education initiatives including support groups, nutrition classes, grocery store tours, and cooking education
  - Represent the program through community outreach and professional education
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#### **Bariatric Clinic Co-Coordinator & Lead Dietitian**

North Carolina Surgery  
Raleigh, NC | 2012–2024

- Coordinated clinical nutrition services for a comprehensive bariatric surgery program
  - Delivered medical nutrition therapy across the bariatric surgical continuum of care
  - Monitored laboratory markers and managed prevention and treatment of micronutrient deficiencies
  - Developed patient education programming including support groups and educational seminars
  - Established and managed the **Bariatric Patient Fund** supporting patients with financial barriers to care
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### **Medical Nutrition Therapy Dietitian**

Healthy Diets, Inc.

Raleigh, NC | 2008–2012

- Provided medical nutrition therapy across diverse clinical populations
  - Developed corporate wellness programs for organizations including **Blue Cross Blue Shield NC, BB&T Securities, and Burt's Bees**
  - Supported executive health programs through the American Institute of Healthcare & Fitness
  - Assisted in development of a bariatric surgery program for Wake Surgical Group
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### **National Speaking & Educational Presentations**

#### **American Society for Metabolic and Bariatric Surgery (ASMBS)**

2026 — Speaker, *Assessment Based Certificate Course in Metabolic and Bariatric Nutrition*

2026 — Speaker, *Master Course in Metabolic and Bariatric Nursing: Menopause and Obesity*

2025 — Speaker, *Identifying Nutritional Issues After SADI / DS / OAGB*

2025 — Director, *Professional Networking Session*

2024 — Course Co-Director, *DS, SADI, OAGB Course*

2023 — Speaker, *Vitamin, Mineral, and Protein Guidelines for SADI*

2023 — Speaker, *Nutrition Complications After Malabsorptive Surgery*

2022 — Speaker, *Nutrition Implications for SADI-S*

#### **ASMBS Weekend**

2025 — Speaker, *Menopause and Weight*

2025 — Co-Director, *Recognizing Subtle Signs of Nutritional Deficiencies*

2022 — Speaker, *Integrative Health Sessions*

### **Food & Nutrition Conference & Expo (FNCE)**

2025 — Program Planner & Moderator

*Spotlight Session: Empowering Dietitians in the Management of Obesity Medications*

2019 — Moderator

Weight Management DPG Spotlight Session

### **Regional CME & Professional Education**

2024 — *Mindfulness and Intuitive Eating After Bariatric Surgery*

2023 — *Obesity and Social Media: Mental Health & Nutrition Implications*

2021 — *Managing a Pandemic in a Pandemic: Obesity and COVID-19*

2020 — *Vitamin and Mineral Deficiencies After Bariatric Surgery*

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### **Professional Leadership**

#### **Chair**

Weight Management Dietetic Practice Group

Academy of Nutrition and Dietetics | 2026–Present

**Chair-Elect** | 2024–2025

Weight Management DPG

**Member Services Director** | 2019–2023

Weight Management DPG

**Bariatric Subunit Director** | 2017–2019

Weight Management DPG

**Bariatric Subunit Assistant Director** | 2016–2017

Weight Management DPG

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### **American Society for Metabolic and Bariatric Surgery (ASMBS)**

Membership Committee | 2023–Present

Professional Education & Programs Committee | 2023–Present

Secretary, Professional Education & Programs Committee | 2023–2024

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### **Treasurer**

Bariatric Patient Support Fund  
UNC Rex Bariatric Program | 2015–Present

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### **Publications & Professional Contributions**

2016 — Co-Author, *Rex Surgical Specialists Bariatric Cookbook*  
2014 — Contributor, *Feeling Fit: Exercise & Dietary Tips for Healthy Living*

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### **Media Appearances**

WRAL Rex On Call – Healthy Holiday Eating (2013)  
WRAL Rex On Call – Bariatric Surgery (2014, 2015)  
Rex Healthcare Facebook Live – Healthy Holiday Eating (2016)

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### **Education**

Master of Public Health – Nutrition  
University of North Carolina at Chapel Hill

Bachelor of Science – Food Science  
North Carolina State University

Bachelor of Science – Biological Science (Nutrition)  
North Carolina State University

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### **Credentials**

Registered Dietitian (RD)  
North Carolina Licensed Dietitian/Nutritionist (LDN)  
Certified Specialist in Obesity and Weight Management (CSOWM)  
Fellow, American Society for Metabolic and Bariatric Surgery – Integrative Health

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### **Professional Memberships**

Academy of Nutrition and Dietetics  
Weight Management Dietetic Practice Group  
American Society for Metabolic and Bariatric Surgery  
Obesity Action Coalition

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### **Honors**

TREO Foundation **Excellence in Nutrition Award Nominee, 2025**

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### **References**

Available upon request