

Dr. Kate Ackerman

Kathryn (Kate) Ackerman, MD, MPH, FACSM is the Founder and Director of the Wu Tsai Female Athlete Program at Boston Children's Hospital and an Associate Professor of Medicine at Harvard Medical School. She is also the Founder and Director of the Biennial International Female Athlete Conference. She earned her BA from Cornell University, her MD from the Johns Hopkins School of Medicine, her MPH from the Harvard School of Public Health, and completed her residency in internal medicine at the Hospital of the University of Pennsylvania. She completed her sports medicine fellowship at Harvard's Boston Children's Hospital, an endocrinology fellowship at Harvard's Brigham and Women's Hospital, and an endocrine research fellowship at Harvard's Massachusetts General Hospital.



Dr. Ackerman served as the Team Physician for the 2024 Olympic Rowing Team in Paris, is chair of the US Rowing medical committee, a member of the World Rowing medical commission, and co-chair of the US Olympic and Paralympic Committee's Women's Health Task Force. Her research focuses on the female athlete health and the various aspects of Relative Energy Deficiency in Sport (REDs). She has authored/co-authored over 150 articles and book chapters related to sports medicine, endocrinology, rowing, bone health, and female athletes, including position statements with the International Olympic Committee. Athletically, Dr. Ackerman represented the US as a lightweight rower at the World Championships, having taken up rowing as a walk-on at Cornell. She has multiple National Championships titles and still competes with her teammates for life as a masters athlete. In 2020, she became a member of the national leadership council for the Wu Tsai Human Performance Alliance, a \$220mill initiative to improve health and performance globally. Dr. Ackerman is leading the Alliance's focus on scientific advancements for women.