



HOPE S. WARSHAW, MMSc, RD, CDE, BC-ADM
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Hope Warshaw is a nationally recognized dietitian/nutritionist and diabetes educator. She applies nearly forty years of experience in her work as a book author and freelance writer, media spokesperson, consultant and diabetes educator within her business Hope Warshaw Associates, LLC. Hope is well known for her expertise in diabetes care and nutrition management, weight management, and healthy eating with particular knowledge in healthy restaurant eating. She offers practical solutions for wellness to individuals and to the millions she connects with through an array of communication and diabetes related social networking venues she has helped to pioneer.

As a nutrition and diabetes consultant, Hope works or has worked with companies, such as Heartland Food Products Group, Lifescan Diabetes Institute (formerly Johnson & Johnson Diabetes Institute), Welldoc, Common Sensing, Insulet Corporation, AstraZeneca, Intarcia Therapeutics, Inc., and others. Over the years she has worked with PR companies, such as Powell Tate, Weber Shandwick, Fleischman Hillard, Edelman, and Porter Novelli.

As a media spokesperson Hope has promoted her books and better-for-you food products with the media. She has appeared on Good Morning America, CNN, TV Food Network and has conducted thousands of interviews for print, radio, and online media outlets.

As a freelance writer, Hope has written several award-winning, best-selling consumer books and resources published by the American Diabetes Association (ADA) including: *Diabetes Meal Planning Made Easy* and *Eat Out Eat Well – The Guide to Eating Healthy in Any Restaurant* and others. Hope served as a contributing editor, freelance writer and editorial advisory board member for *Diabetic Living*, Meredith Corporation's consumer diabetes magazine and website for nearly a decade until recently. She initiated and wrote the *Nutrition Q&A* column for *The Washington Post* for several years and was instrumental in creating an avenue for more Registered Dietitian Nutritionists to write for *The Post*.

Hope has authored professional articles in *Diabetes Care*, *Journal of the Academy of Nutrition and Dietetics*, *The Diabetes Educator*, *AADE In Practice* and *Nutrition Today*. She's the co-author several books for healthcare professionals published by American Diabetes Association. Hope is a sought after speaker who regularly presents at association annual meetings and nutrition and diabetes symposiums.

Hope demonstrates her leadership abilities in volunteer positions for the Academy of Nutrition and Dietetics and dietetic practice groups, and American Association of Diabetes Educators. She served on AADE's Board of Directors, 2011-2013, served as president during 2016 and immediate past president during 2017. In June 2018 she joined the Academy of Nutrition and Dietetics Foundation Board for a three year term.

Hope currently resides in beautiful Asheville, North Carolina.