

## Hope S. Warshaw, MMSc, RD, CDE, BC-ADM, FADE

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### Professional History

Hope Warshaw owns and operates Hope Warshaw Associates, LLC, where she provides a diverse array of diabetes and nutrition services to clients. Hope blends her expertise as a registered dietitian and certified diabetes educator with her professional association leadership, business acumen and social media skills to earn national recognition and a wide network of colleagues.

### Freelance Writer

Hope has developed an expertise in communicating practical and realistic advice through a variety of vehicles to people with diabetes and the general public.

Books for the Public (current and recent)

- *Diabetes Meal Planning Made Easy*, 5<sup>th</sup> ed, American Diabetes Association, 2016
- *Eat Out Eat Well – The Guide to Eating Healthy in Any Restaurant*, 2016 Silver Medal Winner of the IBPA Benjamin Franklin Award
- *Complete Guide to Carb Counting*, 3<sup>rd</sup> ed, American Diabetes Association, 2011
- *Real Life Guide to Diabetes*, American Diabetes Association, 2009, Winner 2010 National Health Information Award, Winner Nautilus Book Award

Consumer Communication (current and recent magazine, newspaper, online venues)

- *Diabetes What to Know*, Facebook Live and educational videos
- *OnTrack Diabetes* Podcasts, 2018 - 2019
- Nutrition Q&A column, *The Washington Post*, 2013 – 2016
- *Diabetic Living* magazine and *Diabetic Living Online*, Contributing Editor, freelance writer and editorial advisory board member, 2005 – 2017
  - Awards for free-lance articles:
    - Eddie finalist: *The Cancer Connection*, 2014
    - National Health Information Awards, 2015. Gold award: "*Should You Go Vegetarian*". Silver awards: "*Top 20 Diabetes Questions*" and the bookazine "*Eat to Beat Diabetes*."
- *TheDX.com*, Sanofi's non-branded diabetes website, 2013 – 2016
- *SplendaLiving Blog*, Heartland Food Products Group Splenda Brand website, 2014 – 2017

### **Nutrition and Diabetes Consultation**

- Develop and support outreach efforts in social media to build and enhance reach and engagement.
- Provide public relations, marketing consultation and technical support to determine product positioning, key messages and strategies to connect with health care professionals and consumers.
- Develop product support and educational materials.
- Coordinate advisory boards and focus groups for diabetes and diabetes nutrition expert opinion.
- Deliver professional and consumer seminars.

Partial, recent and current client list:

- Lifescan Diabetes Institute, Faculty, Social Media Consultant, 2014 – present
- Welldoc, Inc. 2017 – present
- Common Sensing, 2018 - present
- Splenda Brand Sweeteners, Heartland Food Products Group, 2015 – present (Splenda Brand Sweeteners, McNeil Nutritionals, LLC, Johnson & Johnson, Consultant, 1991 – 2015. Sold to Heartland Food Products Group in 2015)
- Insulet Corporation, Consultant, 2011 - 2016
- Intarcia Therapeutics, Inc, 2015 - 2017
- Locemia Solutions, ULC, Consultant and advisory board, 2013 – 2015 (Locemia's nasal glucagon assets sold to Eli Lilly and Company, 2015)
- Beneo Institute, 2013 – 2015
- Canary Health, online weight management/diabetes prevention coaching, 2013 – 2016.

### **Media Spokesperson**

- Product representation
- Expert interviewee
- Book media tours

Partial and recent list of interviews:

- Television: Good Morning America, News Channel 8, dLife, CNN, QVC, TV Food Network, ABC Live, Washington DC/Northern Virginia TV stations, other local stations on media tours
- Internet (online): Huffington Post, Men's Health, webmd.com, ivillage.com, fitbie.com, health.com, neversaydiet.com, Nation's Restaurant News, AOL Diet (aol.com), Shape.com, Men's Health, about.com, many others
- Newspaper (print and online): USA Today, Chicago Tribune, Washington Post, Atlanta Journal Constitution, Cincinnati Enquirer, many others
- Print – Magazine: Ladies Home Journal, SHAPE, PREVENTION, HEALTH magazine, Health.com, Men's Health, Weightwatchers.com, hungrygirl.com, ediets.com, Family Circle, Good Housekeeping and many others
- Radio: Hundreds of individual interviews

## Diabetes Educator

Provide education and support to people with diabetes.

## Professional Publications (partial/recent listing of authored or co-author)

Books, Book Chapters, Online Programs

- *Nutrition Therapy for Type 2*. In: Evert A, Franz M: Diabetes Nutrition Therapy, American Diabetes Association, 2012.
- *Practical Carbohydrate Counting: A how-to-teach guide for health professionals*, Continuing Professional Education Self-Study Course. Wolf Rinke Associates, Inc. ([www.wolfrinke.com/CEFILES/celist](http://www.wolfrinke.com/CEFILES/celist)), 2009
- *Practical Carbohydrate Counting: A how-to-teach guide for health professionals*, 2<sup>nd</sup> ed., American Diabetes Association, 2008
- *Advanced Topics in Diabetes Nutrition Management*. In: American Dietetic Association Guide to Diabetes Medical Nutrition Therapy, American Dietetic Association, 2005
- *Diabetes Nutrition Q & A for Health Professionals*, American Diabetes Association, 2003

## Published Articles

- Warshaw H (theme section editor): *Addressing The Mental Health Needs And Psychosocial Barriers To Self-Care For People With Diabetes*. On The Cutting Edge, Diabetes Care And Education Dietetic Practice Group Of American Dietetic Association. 2018;39(6)1-36.
- Warshaw H, Smithson, T: *Very Low Carbohydrate Diets: An Evaluation of Efficacy in Type 2 Diabetes Prevention and Management, and Considerations for Translating Research to Practice*. Today's Dietitian. 2018;28-32. (Link: <http://viewer.zmags.com/publication/54d373a6#/54d373a6/33>)
- Warshaw H, Edelman D: *Building Bridges through Collaboration and Consensus: Expanding Awareness and Use of Peer Support and Peer Support Communities Among People with Diabetes, Caregivers and Health Care Providers*. J Diab Sci Tech. 2018;1-7. (Part of special issue *Social Media and Diabetes*)
- Warshaw H: *Is it Time to Remodel Diabetes Self-Management Education and Support?* American Journal of Managed Care – Evidence Based Diabetes Management. 2018;24(11) (Link: <https://www.ajmc.com/journals/evidence-based-diabetes-management/2018/september-2018/is-it-time-to-remodel-diabetes-selfmanagement-education-and-support>.)
- Warshaw H. Guest Commentary: *Type 2 Diabetes Prevention*. Today's Dietitian. 2018;20(8)31. Link: <https://www.todaysdietitian.com/newarchives/0818p31.shtml>)
- Warshaw, H: *Perspective: Individualization, Continual Counsel and Support Result in Effective Implementation of Diabetes Nutrition Therapy*. Endocrine Today. Sept. 2017.
- Giancoli A. *Diabetes Care & Education: The RDs Role in 2017* (interview with H. Warshaw). Today's Dietitian. 2017;1:40-42.

- Gabbay R, Warshaw H. *Making Early, Consistent Diabetes Self-Management Education and Support the Norm, Not the Exception* (editorial for special joint issue with AADE). American Journal of Managed Care – Evidence Based Diabetes Management. December 2016.
- Warshaw H: *Use of Virtual Technologies and Telehealth to Deliver Prediabetes and Diabetes Management, Education and Support*. On the Cutting Edge, summer 2016, Diabetes Care and Education of Academy Nutrition and Dietetics.
- Sparling K, Tenderich A, Warshaw H: *Community as Part of the Prescription: Social Media in Diabetes Care*. American Journal of Managed Care. 2015;21(15),SP515-517.
- Warshaw H: *Polyols: Answers to Diabetes Educators FAQs*. AADE In Practice. 2013
- Warshaw H: *Can Bean Consumption Slow the Progression of Prediabetes or Type 2 Diabetes*. Dry Bean Quarterly, Summer 2013
- Warshaw H: *Resistant Starch: Dietary FiberS, Health Benefits and Practical Application*. Dietitians in Functional and Integrative Medicine newsletter, Fall 2012
- Warshaw H: *Blogs, Blogging, Top Diabetes Blogs and More*. AADE in Practice. Summer, 2012
- Clemens R, Kranz S, Mobley AR, Nicklas TA, Raimondi MP, Rodriguez JC, Slavin JL, Warshaw H: *Filling America's Fiber Intake Gap: Summary of a Roundtable to Probe Realistic Solutions with a Focus on Grain-Based Food*. J Nutrition, 2012; 1390S – 1401S
- Warshaw H, McDonald L. *Functional and Synthetic Fibers: New Ingredients, New Foods, New Knowledge*. On the Cutting Edge, Diabetes Care and Education dietetic practice group of American Dietetic Association. 31(6): Winter 2010
- Warshaw H (theme section editor): *Prevention of prediabetes and type 2 diabetes with weight management in children and adults*. On the Cutting Edge, Diabetes Care and Education dietetic practice group of American Dietetic Association. Vol 29 (4), 2008
- Warshaw H, Goody C, Heins J: *Expanding Roles and Opportunities for Dietetic Practitioners in Diabetes Prevention and Care: Reflection on the Past Speculation on the Future*. Journal of the American Dietetic Association, Journal American Dietetic Association. 108(4) Supp 1: S4-5, 2008
- Warshaw H: *Rediscover natural resistant starch: an old fiber with modern health benefits*, Nutrition Today, 42(3):123-128, May/June, 2007
- Warshaw H: *Rapid-acting insulin: Action curve update with practical tips*. In: New diabetes technologies and therapies, Evert A ed. On the Cutting Edge, Diabetes Care and Education dietetic practice group of American Dietetic Association. 26(4): 12-15, 2005
- Warshaw H: *Referral to diabetes self-management training and medical nutrition therapy: Why now and how?*, Practical Diabetology, 2004
- Pastors JG, Franz MJ, Warshaw H, Daly A, Arnold MS: *How effective is medical nutrition therapy in diabetes care?* Journal of the American Dietetic Association. 103:827-831, 2003
- Pastors JG, Warshaw H, Daly A, Franz M, Kulkarni K: *The evidence for the*

*effectiveness of medical nutrition therapy in diabetes management.* Diabetes Care. 25:608-613, 2002

**Professional and Consumer Presentations** (partial/recent listing)

- *The Educator's Role in Advocating Peer Support: Why, When and How?*. American Association of Diabetes Educators Annual Conference, 2018.
- *Building the Evidence Case for Type 2 Diabetes Prevention or Delay.* Western North Carolina Diabetes Education Summit for Health Care Professionals Annual Conference. 2018
- *Making the Case for Type 2 Diabetes Prevention and/or Delay and Longterm Weight Loss Maintenance: What are the secrets to success?* Diabetes Update 2018. Villanova University.
- *Twitter How-to* (Webinar series). Johnson & Johnson Diabetes Institute. 2018. (Hosted on JJDI and AADE's DANA – Technology Institute.
- *Hot Topics in Nutrition Management and Dietary Patterns Across the Diabetes Spectrum: Translating Research into Practice.* American Association of Diabetes Educators Annual Conference, 2017.
- *Dietary Guidelines for Treatment of Diabetes around the Globe – What are the controversies, What Do Different Guidelines Tell Us?*. American Diabetes Association Scientific Sessions, 2017.
- *Your Patients are Online... Why and How Can Diabetes Educators Engage?* Rhode Island Diabetes Educators, 2016, Johnson & Johnson Diabetes Institute, 2016
- *From Prediabetes to Diabetes: Treatments and Technologies, Today and Tomorrow,* Today's Dietitian Symposium, 2016
- *AADE's DPP in DSMES Model: Diabetes Prevention Program,* Virginia Coordinating Body Annual Meeting, 2015
- *25 Years of Diabetes Management and Education: Reflections, Advancements, Research & Teaching Pearls.* Sentara Healthcare System, Diabetes Symposium 2016
- *Diabetes Prevention Panel: AADE's DPP in DSMES Model: Diabetes Prevention Program.* Virginia Coordinating Body Annual Meeting, 2016
- *The Translation of Diabetes Research to Care and Education - an AADE Perspective.* Federation of European Nurses in Diabetes annual conference, 2016
- *The Experts "Weigh-In" on Low Calorie Sweeteners (LCS): Are We Giving Consumers Evidence-based, Practical Advice about Low Calorie Sweeteners?* American Diabetes Association Scientific Sessions, 2016
- *The State of AADE,* 2015, Virginia Coordinating Body Annual Meeting, 2015
- *How to Use Your Words to Teach: Successful Writer and Editor Tell the Whole Story,* American Association of Diabetes Educators, Annual Meeting, 2015
- *Social Media: All "Hands-On" Deck* American Association of Diabetes Educators, Annual Meeting, 2015
- *Setting the Science Straight on No- and Low-Calorie Sweeteners and Weight Management,* International Food Technology Annual Meeting, 2015

- *Low Calorie Sweeteners: Moving Past Myths to Science and Efficacy*, Progressive Grocer meeting for supermarket dietitians, 2015
- *Montana Diabetes Professional Conference and Montana Diabetes Educator Network* (several presentations at annual meetings), 2014
- *Nutrition Potpourri*, Arizona AADE Coordinating Body Annual Meeting, 2014
- *Nutrition Potpourri*, Diabetes Update 2013, Harold Hamm Diabetes Conference, Oklahoma, 2013
- *Successful Lifestyle Interventions for Prediabetes and Type 2*, Michigan AADE Coordinating Body, Michigan, 2013
- *Successful Lifestyle Interventions for Prediabetes and Type 2*, Alabama Academy Nutrition and Dietetics, 2013
- *Social Media and Diabetes: Step Up to the Genius Bar*. (Pre-conference workshop) American Association of Diabetes Educators, Annual Meeting, 2013
- *Successful Weight Management: Lessons Learned*, 8<sup>th</sup> Annual Diabetes Meeting, Corpus Christi, TX, August 2012; Texas Heart Institute, September 2012
- *Healthy Eating: What Do People with Diabetes REALLY Need to Know?*, American Association of Diabetes Educators, Annual Meeting, 2012
- *Power Your Practice in Our Socially Networked World*. American Association of Diabetes Educators, Annual Meeting, 2012
- *Diabetes Nutrition Management: From Science to Practice*. Maimonides Medical Center, NY, 2011
- *Advances in Weight Loss and Dysglycemia*. Indian Health Services, Albuquerque, NM, 2011
- *Diabetes Online Community: What the Heck is Going On?* American Association of Diabetes Educators, Annual Meeting, 2011
- *Focus on Fibers: Beneficial Effects Across the Continuum of Metabolic Dysfunction*. American Association of Diabetes Educators, Annual Meeting, 2010
- *From Bench to Broadcast: Putting Research into Perspective*, Weight Management Dietetic Practice Group Webinar, 2010

**Professional/Community Involvement** (partial/recent listing)

- Academy of Nutrition and Dietetics Foundation, Board of Directors, 2018-2021.
- American Association of Diabetes Educators and Peer Support Communities – October 2017 Dialog/Summit, Co-convener.
- *Diabetes Prevention in Virginia Strategic Plan*, 2017; Report for the Virginia Department of Health. Consultant to Virginia Center for Diabetes Prevention and Education. Link: [https://med.virginia.edu/vcdpe/wp-content/uploads/sites/287/2015/09/Preventing-Diabetes-in-VA\\_Strategic-Plan\\_2017.pdf](https://med.virginia.edu/vcdpe/wp-content/uploads/sites/287/2015/09/Preventing-Diabetes-in-VA_Strategic-Plan_2017.pdf).
- American Association of Diabetes Educators, Immediate Past President, 2017; President, 2016; President-elect, 2015; Board of Directors, 2011 – 2013, Professional Development Committee, 2007 – 2008; Public Affairs Committee: Member, 1998 – 2001; Chair, 2001 – 2002; Nominating Committee, 1995-96

- Weight Management Dietetic Practice Group, Academy of Nutrition and Dietetics: Founding member, Member Market Site Committee chair, 2007; Nominating Committee 2005-2007, Chair 2006-2007; First Annual Symposium Committee member, 2007, 2012, 2013, Coordinator of Continuing Professional Education for newsletter, 2012 - 2014
- Academy of Nutrition and Dietetics, Position Statement *Nutritive and Non-Nutritive Sweeteners*, Content Expert, 2010 – 2011 (Published Jour Acad Nutr Diet. May 2012), Evidence Analysis Project: Nutritive and Non-nutritive Sweeteners, 2009 – present
- American Association of Diabetes Educators, Annual Meeting Program Planning Committee, 2009, 2014
- Diabetes Care and Education Dietetic Practice Group: *Task Force to Develop Standards of Practice Workshops*, 2006-07; Nominating Committee Chair, 2003-2004; *Task Force to Promote the Effectiveness of Medical Nutrition Therapy*, 1999 to 2004; Chair, 1989-90; Newsletter Editor, 1992-93
- Fairfax County Public Schools, School Health Advisory Committee: Member 2004-present; Chair, 2005-07
- Virginia Diabetes Legislative Coalition: Co-chair, 1997–2000

### **Professional Memberships**

- Academy of Nutrition and Dietetics, Registered Dietitian, #457375; Dietetic Practice Groups: Diabetes Care and Education, Weight Management, Nutrition Entrepreneurs
- American Diabetes Association
- American Association of Diabetes Educators
- Certified Diabetes Educator (CDE), 1986-present
- Board Certified—Advanced Diabetes Manager, 2004-present

### **Certifications/Credentials**

- Fellow American Association of Diabetes Educators, 2015-present
- Commission on Dietetic Registration, 1979 – present
- Peter Kump's New York Cooking School, New York, NY, 1993

### **Education**

- Emory University School of Medicine, Atlanta, GA, Dietetic Internship, 1977
- Emory University School of Medicine, Atlanta, GA, Masters of Medical Science, 1979
- University of Vermont, Burlington VT, B.S. in Nutrition and Dietetics, 1976

### **Awards and Acknowledgements**

- *A Dozen Type 1 Diabetes Influencers to Know*. Diabetes Mine, 2016 (<http://www.healthline.com/diabetesmine/type-1-diabetes-influencers-to-know>)
- Awards for consumer writing and resources (see page 1)
- Academy of Nutrition and Dietetics Foundation, Award for Excellence in Consultation and Business Practice, 2002

- American Diabetes Association, Outstanding Community Service, 1999
- Distinguished Service Award, Diabetes Care and Education Dietetic Practice Group, American Dietetic Association, 1993