

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

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Professional History

Hope Warshaw owns and operates Hope Warshaw Associates, LLC. In her consulting business and with her background as a dietitian and diabetes educator, she provides diversified services to a varied list of clients, from Fortune 500 companies to individual clients with diabetes.

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 and Apps for the Public

- *EatSmart*, an app series of narrated videos on healthy eating with diabetes, 2011 (Winner Summer/Fall Web Health Bronze Award)
- *Complete Guide to Carb Counting*, 3rd ed, American Diabetes Association, 2011
- *Diabetes Meal Planning Made Easy*, 4th ed, American Diabetes Association, 2010
- *Real Life Guide to Diabetes*, American Diabetes Association, 2009 (Winner 2010 National Health Information Award, Winner Nautilus Book Award)
- *Guide to Healthy Fast Food Eating*, American Diabetes Association, 2009
- *What to Eat When You're Eating Out*, 2nd ed, Small Steps Press, 2009
- *Guide to Healthy Restaurant Eating*, 4th ed, American Diabetes Association, 2009 (Winner 2010 National Health Information Award)
- *Eat Out, Eat Right*, Surrey Books (imprint of Agate Publishing), 2008
- *The Diabetes Food and Nutrition Bible*, American Diabetes Association, 2001

Consumer Writing

- Diabetic Living magazine and Diabetic Living Online, Contributing Editor, freelance writer and editorial advisory board member, 2005 – present
- Diabetes Digest, Writer and editorial board director, 1998 – 2005
- Diabetes Forecast, *Fast Food and Restaurant Fare*, monthly column, 2001-2004
- Diabetes Self Management, Contributing editor, 1986-1991
- Articles in: Ladies Home Journal, PREVENTION, PARADE, Cooking Light, others

Nutrition and Diabetes Consultation

- Provide public relations, marketing consultation and technical support to determine product positioning, key messages and strategies to reach health care professionals and consumers.
- Develop product support and educational materials for health care professionals and consumers to be delivered via mail or electronically.
- Coordinate advisory boards and focus groups for diabetes and diabetes nutrition expert opinion.
- Deliver professional and consumer seminars.

Partial and recent client list:

- Bayer Diabetes Advisory Board, 2011 – present
- Kelloggs/Food Minds, Fiber Roundtable meeting and proceedings, 2011 - present
- FACT Foods Corporation, 2010 - present
- vtrimonline.com facilitator, , Online Weight Management Program, 2009 – present
- Amylin Pharmaceuticals, Member Harmony for Health Multi-disciplinary Advisory Board, 2009 - 2010
- Can-Am Care, 2008 - present
- PRESENTdiabetes.com, PRESENT e-learning, 2007 - present
- National Starch Food Innovation, 2006 - present
- Divabetic (www.divabetic.com), 2008 - 2009
- Novo-Nordisk Pharmaceuticals, Inc., 2004 - 2007
- National Diabetes Information Clearinghouse, NIH, 1996-1998
- McNeil Nutritionals, LLC, Johnson & Johnson, 1991 – present

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
- Print – Newspaper: USA Today, Chicago Tribune, Washington Post, Alexandria Gazette
- Print – Internet: webmd.com, health.com, neversaydiet.com, Nation's Restaurant News, AOL Diet (aol.com)
- Print – Magazine: SHAPE, PREVENTION, HEALTH magazine, Health.com, Men's Health, Weightwatchers.com, hungrygirl.com, ediets.com, Family Circle, Good Housekeeping and many others

- Radio: numerous
- Websites: numerous

Diabetes Educator

Provide individual nutrition, diabetes and insulin pump training to people with diabetes.

Referrals from:

- Georgetown University Hospital Adult and Pediatric Endocrinologists
- Internists and diabetes health care providers in Northern Virginia
- Certified Pump Trainer for several insulin pump companies

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 (In press).
- *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), 2009
- *Practical Carbohydrate Counting: A how-to-teach guide for health professionals*, 2nd 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
- *Low-calorie Sweeteners and Fat Replacers: The ingredients use in foods and diabetes management*. In: Powers M: Handbook of Diabetes Nutrition Management, Aspen Publications, 2nd ed, 1996
- *Eating Out Healthfully*. An educator slide kit, American Dietetic Association

Published Articles

- 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, Goody C, Heins J: *The Expanding Role of Registered Dietitians in Diabetes Care and Education*. Newsflash, Diabetes Care and Education dietetic practice group of American Dietetic Association. 28(6): Winter 2008

Professional Publications, articles (con'td)

- 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
- Warshaw H: *FAQs about polyols*, Today's Dietitian, 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
- Pastors JG, Warshaw H, Daly A, Franz M, Kulkarni K: *Does Diet Fail?* Clinical Diabetes, 18 (4), 2000
- Warshaw H: *A search for answers about foods with polyols (sugar alcohols)*, The Diabetes Educator, 25(3): 307-321, 1999

Professional and Consumer Presentations (partial/recent listing)

- *Power Your Practice in Our Socially Networked World*. American Association of Diabetes Educators, Annual Meeting, 2011. (abstract submitted)
- *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
- *Stevia: A Naturally Sweet Alternative*, Food and Culinary Professionals Dietetic Practice Group Webinar, 2009, Weight Management Dietetic Practice Group, 2010
- *Carbohydrates: Are They All Equal In Glycemic Impact?*, American Dietetic Association, 2009

- *Advanced Carbohydrate Counting for Intensive Diabetes Management*, American Association of Diabetes Educators Webinar, 2009
- *From Bench to Broadcast: Putting Research into Perspective*, Weight Management and Diabetes Care and Education Symposium, 2009
- *What Does it Take to Change People's Lifestyles?*, Calorie Control Council's Annual Meeting, 2008
- *Advanced Carbohydrate Counting: Conversing with the Experts – People with Diabetes*, American Association of Diabetes Educators, Annual Meeting, 2008
- *Diabetes Medical Nutrition Therapy: Helping People Achieve Success*, 2008, 2009
- *Carbohydrate Recommendations for Clinical Practice*, American Diabetes Association, Annual Meeting, 2008
- *Want to Write a Book: From Dream to Reality*, American Association of Diabetes Educators, 2007 Annual Meeting
- *Maximizing Insulin Pump Therapy*, Animas Corporation, 2006
- *Diabetes Education: Interventions to Promote Positive Outcomes*, American Diabetes Association, 2006 Annual Meeting
- *Write So Your Words are Read*, American Association of Diabetes Educators, 2005 Annual Meeting
- *Breakin' into Diabetes Show Business*, American Association of Diabetes Educators, 2004 Annual Meeting
- *Nutrition for Diabetes: From Evidence to Recommendations*, numerous presentations, 2003-2005
- *Healthy Restaurant Eating: Skills and Strategies*, numerous presentations, 2004 – 2009

Professional/Community Involvement (partial/recent listing)

- American Association of Diabetes Educators, Board of Directors, 2011 - 2014
- American Dietetic Association, Position Statement Nutritive and Non-Nutritive Sweeteners, Content Expert, 2010 – 2011 (In press, May 2012)
- American Dietetic Association, Evidence Analysis Project: Nutritive and Non-nutritive Sweeteners, 2009 – present
- Mentor, Nutrition Entrepreneurs Dietetic Practice Group, 2010 to present
- American Association of Diabetes Educators, Annual Meeting Program Planning Committee, 2009 meeting
- Virginia Diabetes Council, 2007 - present
- Northern Virginia Healthy Kids Coalition, citizen participant, 2008 - present
- Journal Reviewer: Journal of The American Dietetic Association, Diabetes Care, current
- Weight Management Dietetic Practice Group, American Dietetic Association: Member Market Site Committee chair, 2007 – present; Nominating Committee 2005-2007, Chair 2006-2007; First Annual Symposium Committee member, 2006-07

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- 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
- American Association of Diabetes Educators, Professional Development Committee, 2007 – 2008; Public Affairs Committee: Member, 1998 – 2001; Chair, 2001 – 2002; Nominating Committee, 1995-96
- Virginia Diabetes Legislative Coalition: Co-chair, 1997–2000
- American Dietetic Association: Diabetes Nutrition Education Resources Steering Committee, 1993-95
- American Diabetes Association: Development of Technical Review, Position Statement and educational brochure on Fat Replacers, 1994-96; Programs Committee, 1993-95

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

Certifications/Credentials

- Certified Diabetes Educator (CDE), 1986-present
- Board Certified—Advanced Diabetes Manager, 2004-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

- For consumer books and apps (see page 1 of resume)
- American Dietetic Association Foundation, Award for Excellence in Consultation and Business Practice, 2002
- American Diabetes Association, Outstanding Community Service in Reaching People, 1999
- Distinguished Service Award, Diabetes Care and Education Dietetic Practice Group, American Dietetic Association, 1993
- Media Excellence Award, (Nominated), American Dietetic Association, 2011