



**HOPE S. WARSHAW, MMSc, RD, CDE, BC-ADM, FADCES**  
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Hope Warshaw is a nationally recognized dietitian (RD) and diabetes care and education specialist (DCES). She applies forty plus years of experience in her work as a consultant, book author, freelance writer, and media spokesperson 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. She offers practical solutions for wellness to individuals and to the millions she connects with through an array of communication channels, including social media platforms.

Hope works or has worked with numerous companies, such as Heartland Food Products Group, Lifescan Diabetes Institute (part of Lifescan), Tandem Diabetes Care, Montmed Inc., Companion Medical, Welldoc, Insulet Corporation, AstraZeneca and others. Over the years she has worked with PR companies, such as Food Minds, Powell Tate, Weber Shandwick, Fleischman Hillard, Edelman and Porter Novelli.

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

Hope is a freelance writer. She regularly writes articles, blogs, social media content and other value-add copy to support her clients' objectives. Hope served as a contributing editor, freelance writer and editorial advisor for *Diabetic Living* magazine and website for nearly a decade. She initiated and wrote the *Nutrition Q&A* column for *The Washington Post* for several years. Hope has written several award-winning, best-selling consumer books 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 has authored and co-authored professional articles in numerous journals including: *Diabetes Care*, *Journal of the Academy of Nutrition and Dietetics*, *Endocrinology Today*, *American Journal of Managed Care – Evidence-based Diabetes Management*, *Journal of Science and Technology*, *The Diabetes Educator*, *ADCES in Practice* and *Today's Dietitian*. She's the co-author several books and book chapters for healthcare professionals. Hope is a sought after speaker who regularly presents at association annual meetings and nutrition and diabetes symposiums.

Hope demonstrates her leadership acumen in volunteer positions for the Academy of Nutrition and Dietetics and dietetic practice groups as well as the Association of Diabetes Care and Education Specialists (ADCES). She served on the ADCES Board of Directors, 2011-2013 and served as president during 2016. In 2018 Hope joined the Academy of Nutrition and Dietetics Foundation Board for a three year term and has applied her creative spirit to fund raise for the organization.

Hope currently works and resides in beautiful Asheville, North Carolina.