

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

70 Blackwood Rd
Asheville, NC 28804

Phone: 703.216.4709
e-mail: hope@hopewarshaw.com
Website: hopewarshaw.com
Twitter: @hopewarshaw
LinkedIn: Hopewarshaw

Professional History

Hope Warshaw owns and operates the consultancy 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 engage 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*, 5th 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*, 3rd 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)

- *#LemonadefromLemons* (interview series), Tandem Diabetes Care: <https://www.tandemdiabetes.com/blog/-in-category/categories/living-with-diabetes>. 2019 - present
- Diasome Blog. *Why I'm an Unrelenting Peer Support Advocate*, (Feb 2020); *Who with Diabetes REALLY Requires Insulin?*, March 2020
- *Splenda Exchange*, Healthcare provider communication
- *Diabetes What to Know*, Facebook Live and educational videos, 2017, 2018
- *Splenda Living Blog*, Heartland Food Products Group Splenda Brand website, 2014 – 2017
- *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

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
- 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)
- Tandem Diabetes Care, 2019 – present, development and execution of blog series *#LemonadefromLemons*
- Montmed, Inc, 2019 – present
- Companion Medical, 2019 – 2020
- Welldoc, Inc. 2017 – 2019
- Insulet Corporation, Consultant, 2011 - 2016
- 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

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

Books, Book Chapters, Online Programs

- *Smart Insulin Pens and Devices to Track Insulin Doses.* In: Klonoff DC, Kerr D, Mulvaney SA. Diabetes Digital Health. Elsevier, 2020.
- *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), 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

Published Articles

- Warshaw H: *Insulin Delivery Devices 2020 and Beyond.* Today's Dietitian. May 2020; <http://viewer.zmags.com/publication/064d802c#/064d802c/29>.
- Litchman ML, Oser TK, Hodgson L, Heyman M, Walker HR, Deroze P, Rinker J, Warshaw H. *In-person and Technology-Mediated Peer Support in Diabetes Care: A systematic review of reviews and gap analysis.* The Diabetes Educator. 2020;1-12 (e-pub).
- Warshaw H, Hodgson L, et al. *The Role and Value of Ongoing and Peer Support in Diabetes Care and Education.* The Diabetes Educator. 2019;45(6):569-579.
- Warshaw H: *Severe Hypoglycemia.* Today's Dietitian. November 2019; <http://viewer.zmags.com/publication/ad74dd2b#/ad74dd2b/25>.
- Kerr D, Warshaw H, Choi N: *Smart Insulin Pens Will Address Critical Unmet Needs for People with Diabetes Using Insulin.* Endocrine Today. 2019;May issue:20-21.
- Warshaw H: *ADA's 2019 Nutrition Therapy Consensus Report.* Today's Dietitian. July 2019; <http://viewer.zmags.com/publication/f471bc2e#/f471bc2e/37>
- 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, Rodriquez 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)

- Warshaw H. 2-part webinar series. Part 1: News in Nutrition Therapy for Prediabetes and Type 2 Diabetes: Getting From Didactic to Pragmatic Part 2: *Helping Clients Make Lifestyle Changes That Get & Keep Pounds Off – What Works?* Today's Dietitian (sponsored by Fresh Avocados. March and April, 2020
- Greenwood D, Warshaw H, et al. *Use of Social Media and Peer Support in Diabetes Care: A Panel from AADE Project Leaders*. American Association of Diabetes Educators Annual Conference, 2019
- Warshaw H, Zlomek D: *Diabetes Educators Facilitate Primary Care Study to Decrease Hypoglycemia, Improve Safety in Type 2 Diabetes* (Abstract P338). American Association of Diabetes Educators Annual Conference, 2019.
- *How to Make Lifestyle Changes That Get and Keep Pounds Off – Wisdom and Insights from Successful Clients (and Clinicians)*, Today's Dietitian Symposium, 2019
- *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,* 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*, 8th 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

Professional/Community Involvement (partial/recent listing)

- Academy of Nutrition and Dietetics Foundation, Board of Directors, 2018-2021; Secretary, 2019-2021.
- Association of Diabetes Care & Education Specialists, Peer Support Communities – Workgroup co-chair, 2017 – 2019, October 2017 Dialog/Summit, Co-convenor.
- *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.
- Association of Diabetes Care & Education Specialists, 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, Professional Section
- Association of Diabetes Care & Education Specialists

Certifications/Credentials

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