

1/13/24

Andrea Ciccone Troutner, RD, LD, LDN, CDCES, FAND.

I am a Registered Dietitian (RD), licensed in the District of Columbia and Maryland. I have a specialty in Diabetes as a Certified Diabetes Care and Education Specialist (CDCES) and as a National Diabetes Prevention Program (NDPP) Lifestyle Coach. I also am a Fellow of the Academy of Nutrition and Dietetics (FAND) and uphold the ServSafe, National Restaurant Association Certification. I am the President and Health care Consultant for *Health care for Wellness LLC*, a wellness consulting practice providing nutrition and diabetes health care services for your individual and/or business needs. I have expertise in the prevention and management of prediabetes, diabetes, and other chronic conditions, such as but not limited to chronic kidney disease, endocrine disorders, high blood pressure and cholesterol, overweight, and obesity to help pediatric clients aged 15 years old and above, as well as adult clients make sustainable lifestyle changes that reside in the District of Columbia, Maryland, and Virginia area.

I have been working in diabetes and nutrition in both a clinical and outpatient setting for 29 years and have previously served as a mentor in the CBDCE Diabetes Care and Education Specialist Mentorship Program while at Providence Health Systems (formerly known as Providence Hospital)/Providence Health Services Providence Diabetes and Nutrition Center from 2018-2022. I am currently an e-mentoring mentor, preceptor, and expert reviewer of diabetes certificate of training with the Academy of Nutrition and Dietetics (ACADEMY).

I have a Bachelor of Science degree in Institution Administration and met the completion of the Dietetics Plan IV General Dietetic Program from the University of Maryland, College Park. I completed an Approved Pre-Professional Practice Program (AP4) with Sodexo (formerly known as Marriott Food and Services Management Health Care Division). I am the recipient of three distinguished awards: the "Outstanding Dietitian of the Year" award in April 2013, given by the Maryland Academy of Nutrition and Dietetics, of the Academy of Nutrition and Dietetics; the "Mary Lou Maras Diabetes Educator of the Year" award in 2015, given by the Capitol ADE-DC/Virginia local affiliation, of the Association of Diabetes Care and Education Specialists (ADCES); and the "Outstanding Service" award in April 2022, given by Providence Health Systems/Providence Health Services.

Professional Memberships

- <https://www.diabeteseducator.org> Association of Diabetes Care and Education Specialists
- Association of Diabetes Care and Education Specialists Diabetes and Technology COI Member
- Association of Diabetes Care and Education Specialists Plant Based Nutrition COI Member
- <https://www.eatright.org> Academy of Nutrition and Dietetics
- Academy of Nutrition and Dietetics MNT Expansion Affinity Group COI Member
- Academy of Nutrition and Dietetics Payment and Reimbursement Affinity Group COI Member
- <https://www.dce.org> Academy of Nutrition and Dietetics Diabetes Practice Group
- <https://www.diabetes.org> American Diabetes Association
- DC Health Diabetes Prevention & Management Community of Practice