

Andrea Ciccone Troutner, RD, LD, LDN, CDCES, FAND is an empowered registered dietitian with specialized expertise in diabetes care as a Certified Diabetes Care and Education Specialist and Diabetes Prevention Program Lifestyle Coach. She is a dually licensed health care provider with more than 30 years of experience in the prevention and management of chronic conditions, including diabetes, cardiometabolic disease, and endocrine disorders, helping pediatric and adult clients make sustainable lifestyle changes. Her expertise includes the American Diabetes Association Education Recognition Program, the CDC National Diabetes Prevention Program, and Medicare Diabetes Prevention Program accreditation standards. She is also an experienced credentialed provider of billable services for Medical Nutrition Therapy and Diabetes Self-Management Training. Andrea leads corporate wellness initiatives, health coaching, and community outreach, and serves as a spokesperson, mentor, and champion for legislative efforts in diabetes and nutrition advocacy.

Andrea is the founder and president of a part-time nutrition and diabetes wellness consulting practice, where she provides person-centered, evidence-based care as a self-employed business owner. She delivers corporate wellness services, billable Medical Nutrition Therapy as a credentialed provider with CareFirst and Aetna, health coaching to support behavior change, and Diabetes Self-Management Education and Support services. She also leads corporate wellness initiatives, including grocery store tours, content development for virtual and in-person presentations, and client health fairs. Her work integrates clinical practice guidelines, emerging evidence, cultural humility, and psychosocial considerations to support chronic disease prevention and management.

Andrea was recognized by the Association of Diabetes Care and Education Specialists Entrepreneurship Community of Interest as “I AM MAKING A DIFFERENCE WITH ADCES” in March 2026. She is the recipient of three distinguished local awards: the Outstanding Dietitian of the Year Award, presented by the Maryland Academy of Nutrition and Dietetics in April 2013; the Mary Lou Maras Diabetes Educator of the Year Award, presented by the ADCES Capital Area MD LNG in October 2015; and the Outstanding Service Award, presented by Providence Health Systems/Providence Health Services in April 2022. An active volunteer in Maryland, Andrea is serving as Grassroots Advocacy Coordinator for the ADCES Maryland Coordinating Body and Co-Chair of the ADCES Diabetes Technology Community of Interest. She has served as a guest lecturer for the University of Maryland, College Park, Department of Nutrition and Food Science and for five years on the Maryland Academy of Nutrition and Dietetics Board of Directors in various roles. Her roles included Nominating Committee from 2019 to 2021 and Public Policy Committee, as State Policy Representative from 2016 to 2018 and as Immediate Past State Policy Representative from 2018 to 2019.

Andrea received a Bachelor of Science degree in Institution Administration and completed the Dietetics Plan IV General Dietetic Program at the University of Maryland, College Park. She also completed an Approved Pre-Professional Practice Program with Sodexo, formerly known as Marriott Food and Services Management Health Care Division.