

1/20/25

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

Andrea has been a Registered Dietitian for 31 years and is in her 17<sup>th</sup> year as a Certified Diabetes Care and Education Specialist. She is currently the President and Health Care Consultant for her own private practice, *Health Care for Wellness LLC*, a nutrition and diabetes wellness consulting practice. She is licensed in both D.C. and MD, a National Diabetes Prevention Program (NDPP) Lifestyle Coach and upholds the ServSafe Certification. She is currently a preceptor, e-mentoring mentor, and Fellow of the Academy of Nutrition and Dietetics (ACADEMY). She has been working in nutrition and diabetes in both a clinical and corporate wellness setting as a subject matter expert, content creator, credentialed provider, and professional speaker. She previously served as a mentor in the CBDCE Diabetes Care and Education Specialist Mentorship Program while serving a dual role as both the Dietitian-Diabetes Educator and Program Coordinator for Ascension Providence Health Systems/Providence Health Services.

Andrea has 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 clients make sustainable lifestyle changes beginning at age 15 years old to adult.

Andrea has previously been 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 (MAND), of the ACADEMY; the "Mary Lou Maras Diabetes Educator of the Year" award in 2015, given by the Capitol LNG, 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. She continues as an active volunteer in Maryland and her roles include the ADCES Grassroots Coordinator for the Maryland Coordinating Body, ADCES Co-Chair Diabetes Technology Community of Interest (COI), a guest lecturer for UMD, College Park, Department of Nutrition & Food Science, as well as previously serving five years with the MAND Board of Directors. She served on the Nominating Committee, as well as the Public Policy Committee as State Policy Representative from 2016-2018 and Immediate Past State Policy Representative from 2018-2019.

Andrea has a Bachelor of Science degree in Institution Administration with the completion of an ASCEND-accredited Didactic Program in Dietetics (DPD), Dietetics Plan IV General Dietetic Program, from the University of Maryland, College Park. She completed an ASCEND-accredited internship, Approved Pre-Professional Practice Program (AP4) with Sodexo (formerly known as Marriott Food and Services Management Health Care Division).

Andrea's Professional Memberships include:

<https://www.diabeteseducator.org>

ADCES

<https://www.eatright.org>

ACADEMY

<https://www.dce.org>

ACADEMY Dietetics Diabetes Practice Group

<https://www.diabetes.org>

American Diabetes Association