

Dr. Cinnie Chou

*Champion for Change
Walnut Creek, CA*



“Don’t be afraid to try new things, to find what you enjoy the best.”

Dr. Chou has always had a passion for helping people to be as healthy as they can be. She loves working with people and enjoys traveling. While in Latin America, she saw the importance of the sciences and medicine and translating that science into something that the community can understand and benefit from. Thus she decided to go into primary care and trained at the University of Massachusetts, graduating in 2004 before moving to the Bay Area. Through her career as a primary care doctor she believes in preventative care over the use of medicine. Dr. Chou thinks making healthy changes in your life works better in the long term and has a more powerful impact on your health and overall wellness.

Dr. Chou enjoys jogging and cooking. She recently took a cooking class and loves creating new recipes that are healthy and delicious. Dr. Chou has also taken up running to clear her mind and joined a local running club where she loves to socialize, go to events and is currently training for the Oakland Half marathon!

As a Champion for Change, Dr. Chou has noticed that one of the biggest challenges for her patients in making healthy changes is time. She finds that people have a hard time making healthy changes in their lives due to work, children, and other responsibilities. She sees this as one of the biggest challenges for herself too. However, she encourages her patients to try to make it part of their routine, whether it be running or going to the park with their family. Dr. Chou believes that making a healthy change needs to become part of your lifestyle rather than a short-term change.



Dr. Chou is proud to be a Champion for Change and empowers others to be Champions in their own communities. Even small things such as bringing water rather than a sugary drink to an event or just sharing new healthy recipes with their friends can have a big impact on the community.



This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.