

CHERYL TRUE, MD

*Board Member since 2017
Board Vice Chair
Executive Committee Member
Promotion Committee Member
Be Healthy QC Coalition Member
Access to Healthy Foods Group Member*

She describes it today as her “a-ha moment.” Cheryl True had been trained and was serving as a Family Medicine Physician, but something was missing. “I was just putting a band aid on things instead of getting at the root cause of chronic diseases,” True admitted. 2013 would change all that. After attending a conference, she began researching and reading up on Lifestyle Medicine [an evidenced-based approach focused on six pillars: nutrition, physical activity, stress management, social connections/relationships, sleep, and avoidance of risky substances]. True became convinced.

Lifestyle Medicine is the science-backed way to treat the whole person—focused on long-term behaviors. “It gave me a foundational framework,” True remembers. “I now had a tool box to really help my patients manifest change rather than just encourage them to make different choices.” She plugged into the active Lifestyle Medicine community, rooted herself in the science-based philosophy, and infused it all into both her professional *and* personal life. Some of her own nutrition and physical activity habits changed. She became certified as a Health and Wellness Coach. She was trained in Nutrition. And she started her own Lifestyle Medicine Clinic in Davenport. The passion to share her knowledge of whole-person health care - backed by science - directly aligned her with QCHI’s reason for being: to create a healthy community. “This is the way I can engage and help get the word out,” True emphasizes. “I’ve found a community of people to work with who care about the factors that truly contribute to good health.”

Board Stories

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