Humans of CDI

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What is your role at MGH? Please describe your journey to getting here.

Since completing both internal medicine and endocrinology training at Mass General, I have had the privilege of caring for patients in our general endocrine/mineral metabolism clinic and conducting research in our Endocrine Unit. My research focuses on mineral physiology, osteoporosis, menopause (I am the site principal investigator for a now 25-year, longitudinal, multi-site study of menopause in a diverse cohort of women (the SWAN Study) and addressing bias. Since 2010, I've had the privilege of serving as the Associate Director for the MGH Center for Diversity and Inclusion, and since 2012, I have led diversity, equity, and inclusion efforts within the Department of Medicine (DOM), where I chair the DOM Diversity & Inclusion Board. Prior to starting at Mass General in 1997, I grew up between Brooklyn, NY and Barbados. I pursued undergraduate studies at Harvard, medical training at the University of Pittsburgh, and completed my MPH at the Harvard T.H. Chan School of Public Health during endocrinology.

How does it make you feel to be a groundbreaker at this institution?

It has been my privilege to train at Mass General and then join our faculty. I am humbled by the partnerships which I have made with incredible people here, nationally, and internationally, as well as the opportunities that have been afforded to me. It is truly a blessing to be able to support the journeys of trainees and to make my contributions to medicine and science. Grateful is the emotion that captures how I feel about being at Mass General. I do not see myself as a groundbreaker at this institution, I see myself as someone who has been mentored and who has tried to pay it forward.

Who inspires you to do this work?

I am inspired by my parents who literally and figuratively sowed the seeds for my life & career; my children and spouse who refuel my tank and provide perspective; and Harriet Tubman. I cannot comprehend her strength and vision and I am inspired by her quote which resides in my kitchen: "Every great dream begins with a dreamer. Always remember, you have the strength, the patience, and the passion to reach for the stars and change the world."

What message would you give to others?

I will share a quote that one of my mentors shared with me and which guides me every day ... "Never, never, never give up" – Winston Churchill. I would also encourage everyone to think about how they can contribute to solving the problems that they encounter and to appreciate that change (however small) is always possible.