

HEAL Mentor Spotlight



Delilah Browne, MS, MPH

Delilah Browne is a Public Health Advisor dedicated to supporting the health and wellness of the community through the Chinle Diabetes Program. Driven by a desire to make a tangible difference, she joined the HEAL program to help others navigate their personal and professional journeys within health equity.

Professional Background

Delilah currently serves as a Public Health Advisor for the Chinle Diabetes Program. In this role, she leverages her expertise in public health to provide guidance and support for community-centered health initiatives.

Mentorship Insights

Q: What initially drew you to become a mentor for the HEAL program?

I wanted to make a difference for someone navigating what HEAL means.

Q: What is the most rewarding aspect of being a HEAL mentor?

So far it has been making the connection and providing support.

Q: What should new cohort members expect from the mentorship component of the HEAL program or from the HEAL Southwest Community?

That you are supported on your HEAL journey, connect with your mentor. Establish what works for you both to continue building on that relationship.

Q: What is the single most important piece of advice you would give to someone just starting the HEAL program?

Be vulnerable, there is so much wisdom within HEAL...that you will always have a resource.

Q: What's a piece of advice you've been given that has stuck with you and that you have passed on to others?

Continue learning from others.

Inspiration & Joy

- **Family:** Her primary source of joy is witnessing the changing seasons her children are entering.
- **Personal Growth:** She finds inspiration in how her children's development allows her to expand her own perspectives and experiences.