Steve Burton

Steve Burton originally hails from the Aboriginal community of Warrabri in the Davenport Ranges, south of the Barkly Tablelands, and credits this and growing up in a nomadic family—which included eight years in Papua New Guinea—as giving him a somewhat different perspective on life. Steve returned to Australia to complete his final year of schooling (Year 12), moving on to studying nursing, midwifery, child and family health, and counselling, before then studying building and working as a building estimator for several years.

In 2001, Steve took over as Manager of the Primary Health Care teams in Bourke and Brewarrina (far-western NSW). This was followed by an 18-month project position as the nursing workforce officer for the then Far West Area Health Service based in Broken Hill.

Some time later, Steve accepted a position in the field of his major health-interest—population health—and works in a solo position in health promotion in the far-west, with projects targeting obesity, falls prevention in the elderly, physical activity, and smoking cessation at a population level.

Steve believes that there is a urgent need for the health industry and society generally to embrace prevention in a more dedicated and encompassing way to address the chronic health issues that are increasingly looming large and placing huge strain on acute health services.

Steve is also a CrossFit instructor, a CrossFit kettle bell instructor, a certified movement and mobility trainer, and motivation and goal-setting trainer. He holds the opinion that anyone who is involved in the health industry should lead by example and follow the lifestyle we expect of others.

He is the current Chair of Active Broken Hill Inc, a community-based organisation working innovatively to address lifestyle issues in far-western NSW.