

Nelson Berko

Nelson Berko graduated from the University of Newcastle with a Bachelor of Nutrition and Dietetics in 2014. Nelson is passionate about working in strength based and culturally appropriate ways with Australia's most disadvantaged populations, to improve health inequities within Australian society. As part of his Nutrition and Dietetics degree, Nelson moved to rural NSW to take part in a year-long professional placement with the University of Newcastle Department of Rural Health (UoNDRH) in Tamworth, NSW. Here he gained professional practice experience in rural health settings, while participating in community engagement programs throughout the year with the UoNDRH community engagement team. Nelson's undergraduate rural health experience, particularly within community controlled health services and programs, has inspired him toward a career working with and learning from Indigenous Australian communities. He believes the adoption of a health care model that reflects the holistic, health concepts of Indigenous Australian culture will not only improve the health of Indigenous Australians, but also greatly improve the health of the wider Australian community.

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