

## Deakin University

**Full name:** Robyn Delbridge  
**Year graduated from Deakin:** 2006  
**Course name:** Bachelor Nutrition and Dietetics  
**Campus:** Burwood



### **What is your current job and what does it entail?**

I am working as the sole dietitian at the Victorian Aboriginal Health Service in Fitzroy, Melbourne. I have been working here since mid 2008, within a team of allied health and Aboriginal health workers. My role is dynamic and currently involves individual consultations and a variety of health promotion projects including a weekly radio program on local Koori radio, Diabetes Club support and education program, Healthy Eating Kinder Circus, Healthy Living for Koori Women pilot project, launching a Victorian specific Koori Cookbook, Make a Move – Falls Prevention Program, variety of cooking groups and mentoring Aboriginal health workers in nutrition.

### **What are the things you enjoy most about your job and what have been your career highlights to date?**

I really enjoy working alongside Aboriginal health workers on health promotion projects such as developing the cookbook and our Diabetes Club. Health promotion work is what I really get excited about and I am fortunate that this workplace supports a range of programs and my role evolves as different ideas and programs come along. My recent highlight is the Nutrition on Koori Radio project, in partnership with 3KND Indigenous Radio, which started out as a pilot in 2010 and is now one of the most popular shows on the station.

### **What do you intend to do in the future?**

I have always wanted to work in Aboriginal health, so I expect to continue along this path. I really enjoy mentoring dietitians in Aboriginal health and Aboriginal health workers in nutrition. One day I will continue my studies with a Masters of Public Health.

### **How do you feel your Deakin course has helped your career – both in obtaining your current position, and in the future development of your career?**

I wanted to study at Deakin because they have a good reputation for community dietetics. During my studies I was supported with excellent community placements and was encouraged to pursue my passion for Aboriginal health.