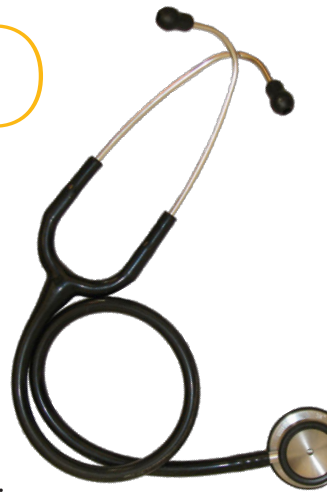


FROM WHANGAREI TO HARVARD

Dr Mataroria Lyndon MBChB, PhD, MPH

NGĀTI HINE | NGĀTI WHĀTUA | WAIKATO ME NGĀTI HAU

In 2016, Mataroria was named Young Professional of the Year at the Deloitte IPANZ Public Sector Excellence Awards. He graduated from Harvard University Master of Public Health degree programme in 2017.



Where did you Grow Up

I was born in Whangarei. My dad is from Pipiwai and my mum is from Whangaruru, and as part of my parents trying to get a job and find more educational opportunities for us we moved around a lot, so I went to about 6 or 7 schools.

High School

I went Tangaroa College here in Otago and that was how I got picked up by Counties Manukau District Health Board who supported me and others in becoming a doctors.



Were you a Good Student

Sometimes, but the inspiration to learn is in my whanau. My nana Huhana was a big influence. She instilled the importance of education. My mum and dad were teenage parents and they both had aspirations to do better for themselves and for us.

Deciding to be a Doctor

For me it was gradual. In my head and my heart, I knew it would be a good job where I could have an impact.

How did you Start

There was the South Auckland Health Foundation program and MAPAS at the University of Auckland, it was

these opportunities and the support of role models in my wider whanau like Dr Shane Reti that got me started. I attended the University of Auckland not only because I have whakapapa in Tamaki, but because it's a well-oiled machine when it comes to pumping out Māori doctors.

Kia Ora Hauora Programme

I found the Kia Ora Hauora programme later on at university. It's a resource in terms of networking, providing information for students and particularly scholarship guidance. Kia Ora Hauora knows how to access study material and events for Māori health students.

Coping in the Tough Times

What's really important at medical school and in life is to look after you. It's important to be able to ask for help. I failed some tests and exams and had to try again, and there were things happening in my life that had nothing to do with uni. You have to keep going and also recognise that you need support, because it's too hard going at it by yourself.

Best Part of the Job

Ngā piki me ngā heke, the ups and the downs, that's what I've found the most fulfilling. I want to take a wider view of hauora Māori because there's so much you can do being a doctor. I'm excited about working in Māori health research and also in public health. I like my mahi to be all sorts of things, I like that challenge.

Why Health as a Career

It puts food on the table and you help your whanau and iwi at the same time. But it's more than that. The challenges with health, and especially Māori health, more Māori health professionals are the answer.

“ I failed some tests and exams and had to try again ”