



GRANT RECIPIENT PROFILE

When Rangi Faneva (Girl) first heard about the programme to reverse Type 2 Diabetes, she was excited that Te Pae o Waimihia was funding a pilot for its members. Diagnosed with T2 Diabetes in 2002 she was resigned to thinking she would be on medication for the rest of her life.

Born and raised in Nukuhau, Rangi is the third eldest of Duke Hauauru and Paraihe Mabel Rameka. (nee Ngamotu). She moved with Poi Faneva and their son to Auckland in 1979 before marrying in 1982 at Balmoral Catholic Church, Auckland. Their family has grown throughout the years and Rangi and Poi are now great grandparents.

Although her and Poi have lived in South Auckland for 44 years, they remain very connected to Taupō, traveling back often to catch up with whānau. Rangi has always led a busy lifestyle working in aged care for 42 years as an operational kitchen manager.

During Covid lockdown, Rangi had a serious health scare from the diabetes which forced her to look at her food and lifestyle to try and improve her health. When the Reversal NZ pilot programme became available, Rangi was the first to jump on. It was exactly what she was trying to do, but with guidance from a trained practitioner.

Initially Rangi was a bit nervous. She says, "I expected they would tell me to quit smoking and change my lifestyle so much. I thought I would be judged but it wasn't like that at all. I have felt listened to the whole time and really supported."

Dr Glen Davies (NZ GP of the Year 2021) started Reversal NZ after helping reverse 140 T2 diabetes cases in Taupō. The goal was simple: help people use food and lifestyle choices to alleviate and heal a variety of illnesses. Eat wholefoods, with less reliance on medication.

The programme also introduced the 'healthy coach approach' where participants are supported on their journey in their own time, and on their own agenda. Glen says "Lifestyle change is incredibly challenging, that's why we give people the tools and support so they can move at their own pace. We know our participants are busy, with large families, so it can't be too complicated or overwhelming."

He says of Rangi's success, "We are so proud of her. What she has done is phenomenal and we are in awe of what she has achieved."

When starting with Reversal NZ in 2022 Rangi's weight was 105kg. She is now 79kg with more energy, clarity, and her diabetes level has almost reduced to 'pre-diabetic'.

Rangi is thriving in her lifestyle change. She will still have the odd treat days but has learnt so much in the last year about nutrition that she can confidently manage her kai choices. She says "The programme has helped me immensely. I'm eating simple – the way our tupuna used to."

The Te Pae o Waimihia / Reversal NZ Type 2 Diabetes Pilot Programme has almost come to an end (there are a few more spots for any whānau wanting to jump on), but Reversal NZ is one example of a 'General Health' practitioner that would be included in the \$500 allowance from the 2023 Pakeke Medical Grant. For any queries please contact He Akina (Trust Office) email admin@heakina.co.nz or phone 07 378 5180.



Rangi Faneva (far right) with her brother Waihaki Rameka, neice Kahumako Rameka, and brother Jason Rameka (pictured)