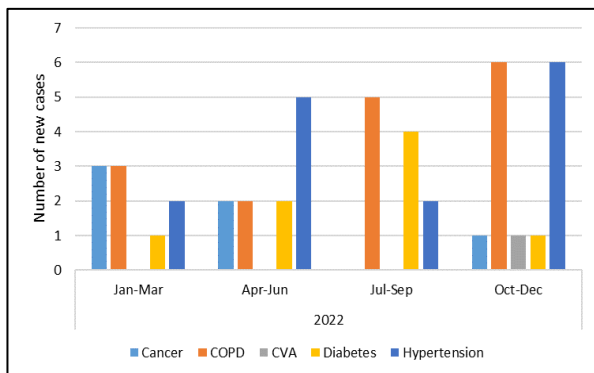


Quarterly update on Non-communicable diseases (NCDs) in the Cook Islands

The Ministry of Health as it redirects its efforts to address NCDs would like to present and report on the NCD situation in the Cook Islands.

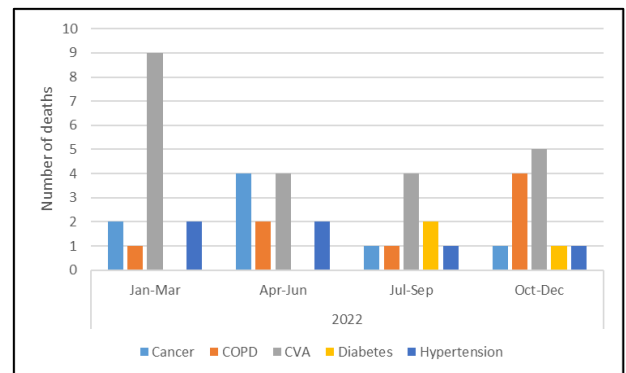
The non-communicable diseases referred to in this update include: i) cerebrovascular diseases (CVA) (such as heart disease, stroke and myocardial infarction), ii) hypertension, iii) diabetes, iv) cancer and v) chronic obstructive pulmonary diseases (COPD) (such as asthma, bronchiectasis, chronic bronchitis and emphysema). In addition, this update also includes statistics on the number of people admitted and discharged from the Rarotonga hospital for general conditions (including NCDs).

1. Number of new cases for hypertension, COPD, diabetes, cancer and CVA



Note: The actual numbers of cases reported indicates the number of new cases identified for each NCD conditions and not the number of patients seen. The above are provisional numbers and may change in future releases.

3. Number of deaths due to hypertension, COPD, diabetes, cancer and CVA

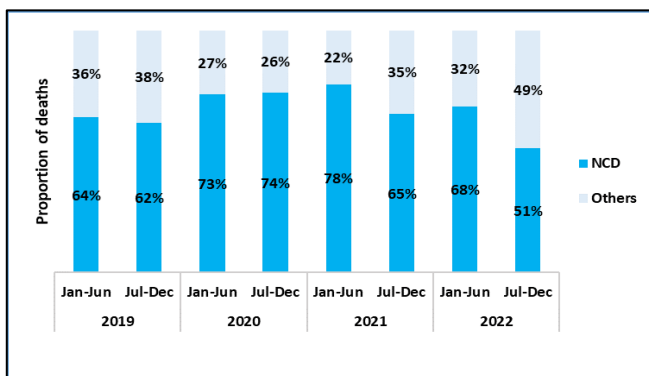


Note: The main source of mortality data are the death certificate and were based on underlying cause of death which is the disease or injury that initiated the sequence of events that led directly to death. The above are provisional numbers and may change in future releases

COPD is identified as the **highest number** recorded for **new cases** for the year 2022. **Hypertension** is the next highest recorded for new cases moving at a constant fluctuating rate quarterly from Jan to December 2022

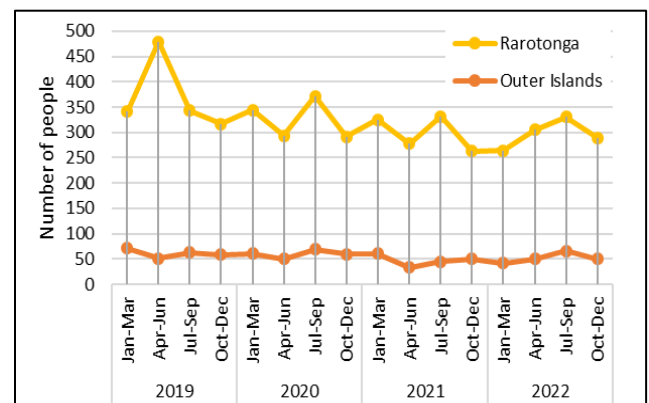
Cerebrovascular diseases remains as the **leading cause of NCD related deaths** in the Cook Islands 2022.

2. Percentage of deaths attributed to NCD



NCD forms the majority of all deaths in all quarters since 2019. In 2020 and the 1st six months of 2021, statistics shows that **NCD** is the main cause of over **70% of all total deaths.**

4. Hospital Utilisation: Admission and Discharges from the Rarotonga Hospital



The graph above shows that the number of people that has been admitted and discharged from the Rarotonga Hospital with highest admissions around the winter periods for all years.

Non-communicable diseases can be **prevented, managed and controlled** by:

- 
 Don't smoke
- 
 Reduce salt and sugar intake
- 
 Eat healthy
- 
 Stay physically active
- 
 Limit alcohol consumption

Together lets beat NCDs

Make healthy choices

Get checked by a doctor regularly