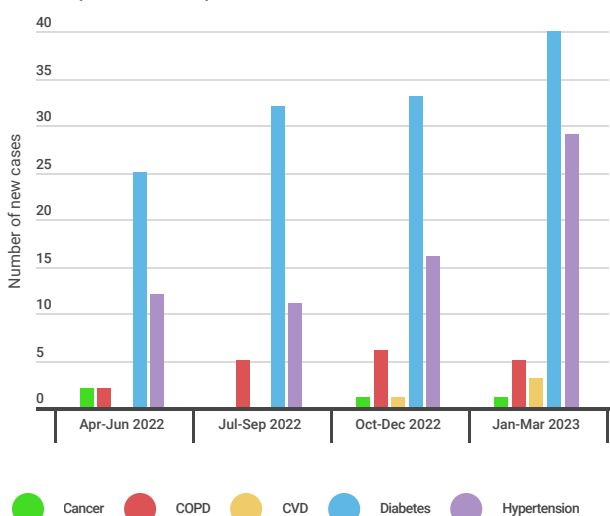


March 2023 quarterly update on Non-communicable diseases (NCDs) in the Cook Islands

Te Marae Ora, Cook Islands 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) cardiovascular diseases (CVD) (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).

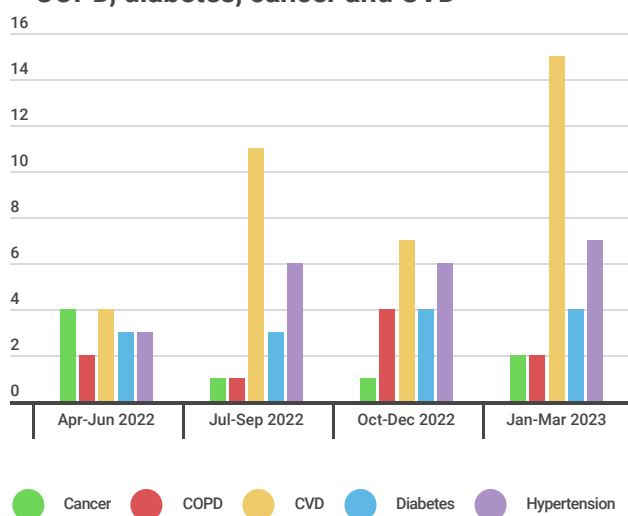
1. Number of new cases for hypertension, COPD, diabetes, cancer and CVD



Note: The above are provisional numbers and may change in future releases.

Diabetes is identified as the highest number recorded for new cases for all quarters. Hypertension is the next highest recorded.

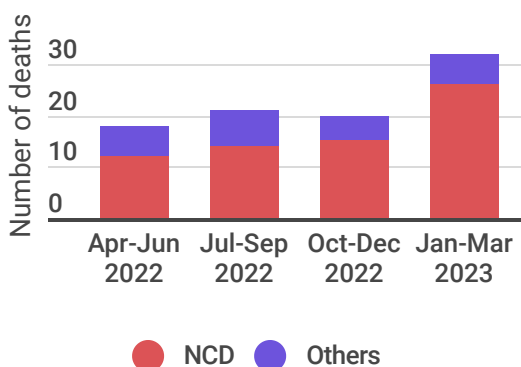
4. Number of deaths due to hypertension, COPD, diabetes, cancer and CVD



Note: The above are provisional numbers and may change in future releases.

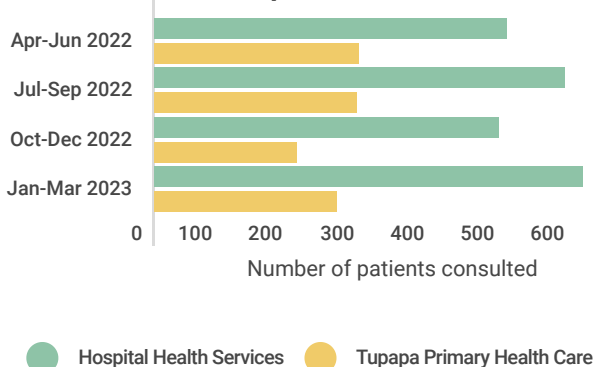
Cardiovascular diseases is the leading cause of NCD related deaths in the Cook Islands.

2. Number of deaths attributed to NCD



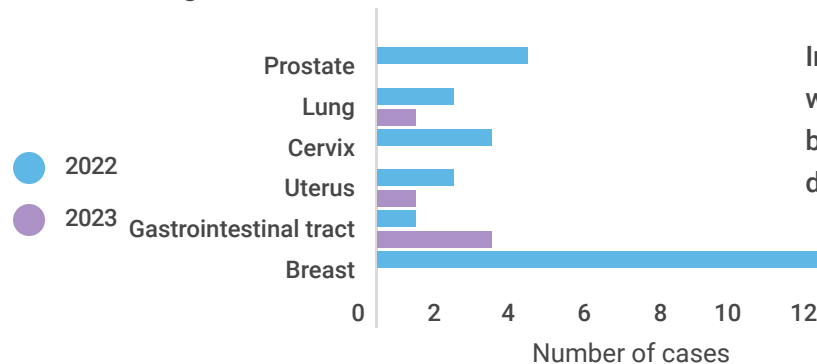
Majority of deaths are attributed to NCDs. There is an overall increase in deaths from April 2022 to March 2023.

5. NCD patients consulted at the Tupapa Primary Health Care and Hospital Health Services



NCD patients attending their scheduled appointments with a slight increase in January to March 2023.

3. Cancer diagnosed cases 2022-2023



In 2022 breast cancer dominated with 13 diagnosed cases followed by prostate cancer with four diagnosed cases.

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



Don't or quit Smoking



Limit alcohol consumption



Make healthy choices



Stay physically active



Reduce salt and sugar intake



Get regularly checked by a health professional