

Te Marae Ora, Cook Islands Ministry of Health, as it redirects its effort to address non-communicable diseases (NCDs), would like to present and report on the current NCD situation in the Cook Islands. This update will cover the following NCDs: Cardiovascular diseases (CVD) (including heart diseases, stroke, and myocardial infarction), hypertension, diabetes, cancer and chronic obstructive pulmonary diseases (COPD) (such as asthma, bronchiectasis, chronic bronchitis and emphysema).

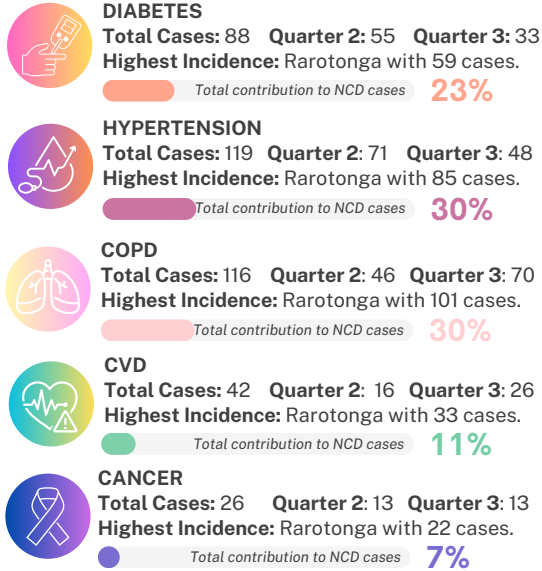
Quarter 2 and 3

APRIL - SEPTEMBER 2023

28th December 2023

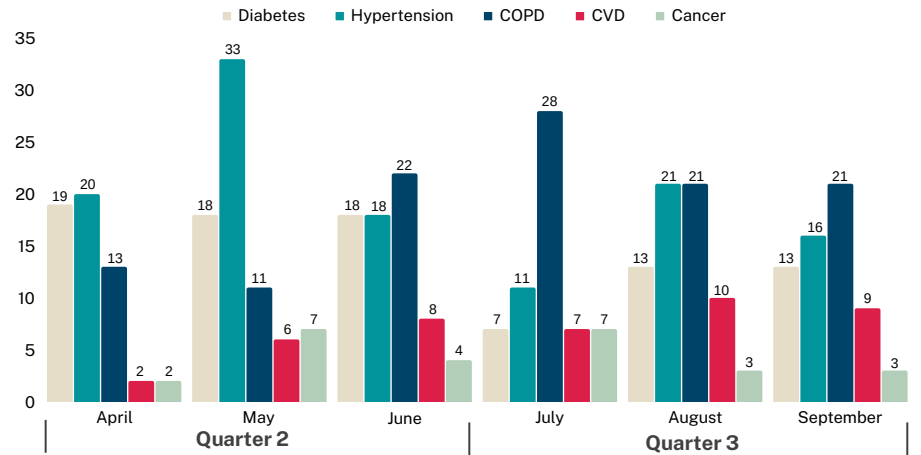
**Note:** The provided numbers are preliminary and subject to change in future releases.

### TOTAL NEW NCD CASES QUARTER 2-3



### NEW IDENTIFIED NCD CASES

COOK ISLANDS: April - September 2023

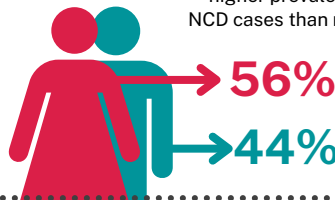


In the second quarter, May stands out with a significant peak, recording 33 new cases of Hypertension. In contrast, April witnessed the lowest NCD cases, with 2 instances each for CVD and Cancer. In the third quarter, July saw a notable spike with 28 new cases of COPD and a low in August and September of 3 cancer cases each.

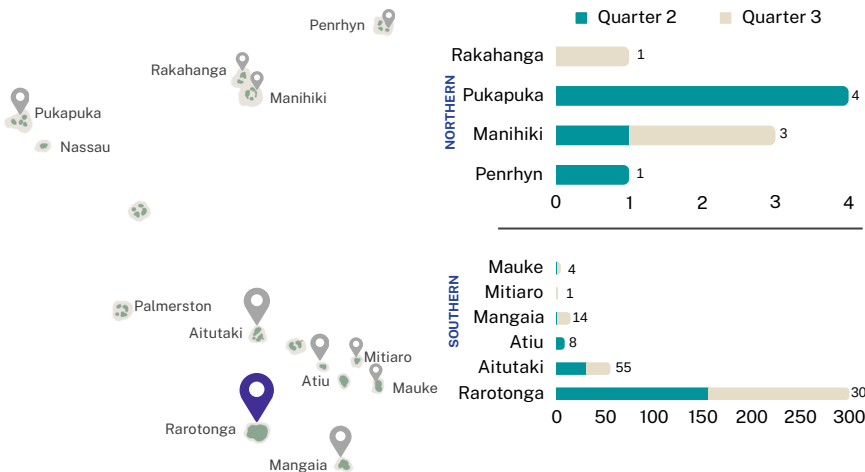
**391** Total NCD cases identified these quarters.



Females experience a higher prevalence of NCD cases than males.



### PA ENUA NON-COMMUNICABLE DISEASES

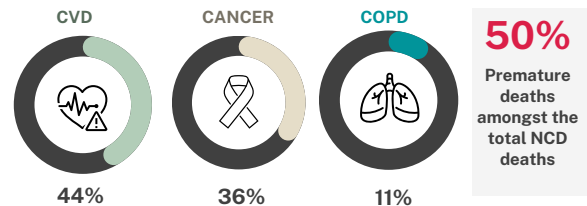


Comparing NCD cases between the Northern and Southern Cook Islands reveals distinct patterns. Influenced by their large resident population, the Southern Islands reported 195 new cases in the second quarter, and 187 in the third. The Northern Islands, totaling 9 cases, consisting of 6 cases in the second quarter and 3 in the third.

**NORTHERN 9**

**SOUTHERN 382**

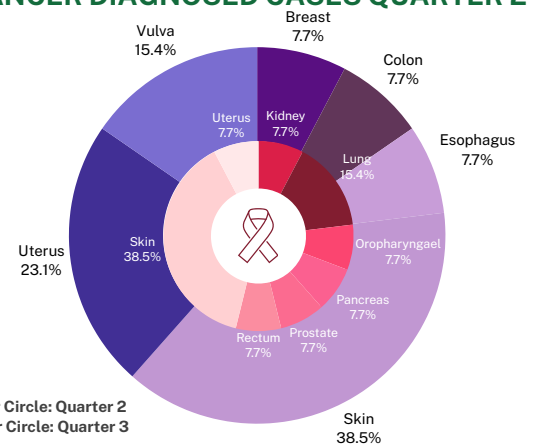
### TOP 3 NCD DEATHS



**50%** Premature deaths amongst the total NCD deaths

The primary contributors to NCDs deaths are CVD at 44%, cancer at 36%, and COPD at 11%. Additionally, diabetes accounts for 3%, and hypertension contributes 6% to the overall NCD mortality.

### CANCER DIAGNOSED CASES QUARTER 2-3



Inner Circle: Quarter 2  
Outer Circle: Quarter 3

In the second quarter, skin-related cases displayed the highest occurrence, constituting 38.5% of cases, followed by lungs at 15.4%. During the third quarter, skin conditions maintained its prevalence with 38.5%, followed by uterus at 23.1% and vulva at 14.4%. Skin cancer consistently held prominence with 5 reported cases in each quarter, contributing significantly to the grand total of cancer cases.

### NCD PREVENTATIVES

