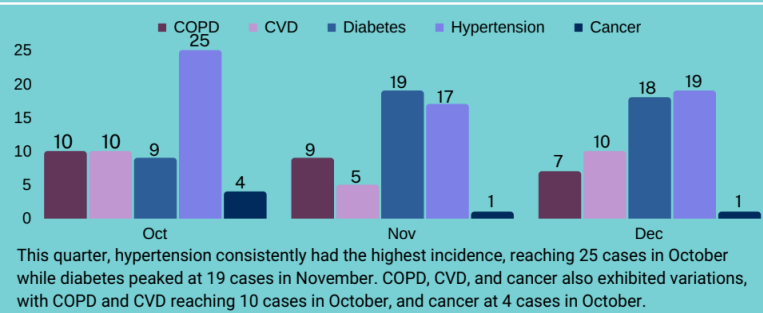


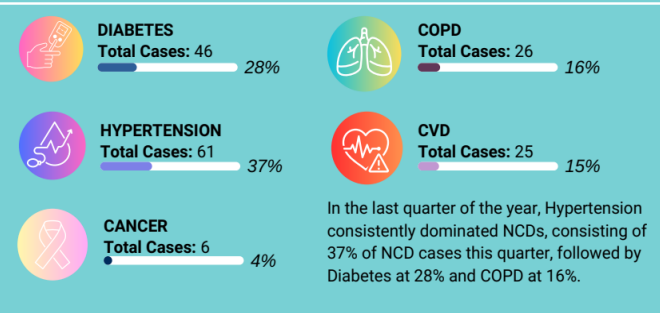
Te Marae Ora, Cook Islands Ministry of Health, as it redirects its effort to address non-communicable diseases (NCDs), would like to present and report on the current NCD situation in the Cook Islands. This update will cover the following NCDs: Cardiovascular diseases (CVD) (including heart diseases,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

Note: The provided numbers are preliminary and subject to change in future releases. Data age range is 15 years old and above. Data source: Medtech Evolution Date extracted: 16th January 2024

NEW IDENTIFIED NCD CASES OCT - DEC 2023



TOTAL NEW CASES QUARTER 4 SUMMARY



164 NEW NCD CASES FOR THIS QUARTER

AGE GROUPS

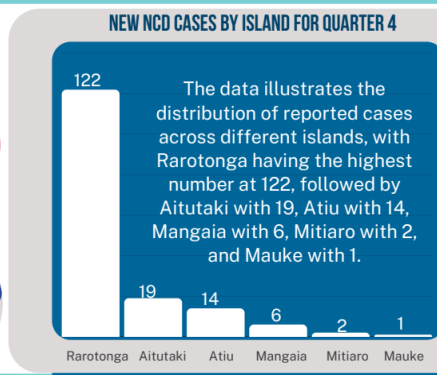
- 21% 15-44 years old
- 79% 45-85+ years old

- 48% This quarter, 48% of females were diagnosed with NCD
- 52% This quarter, 52% of males were diagnosed with NCD

PA ENUA NEW NCD CASES

PA ENUA TOP 3 HIGHEST REPORTED NCD CASES

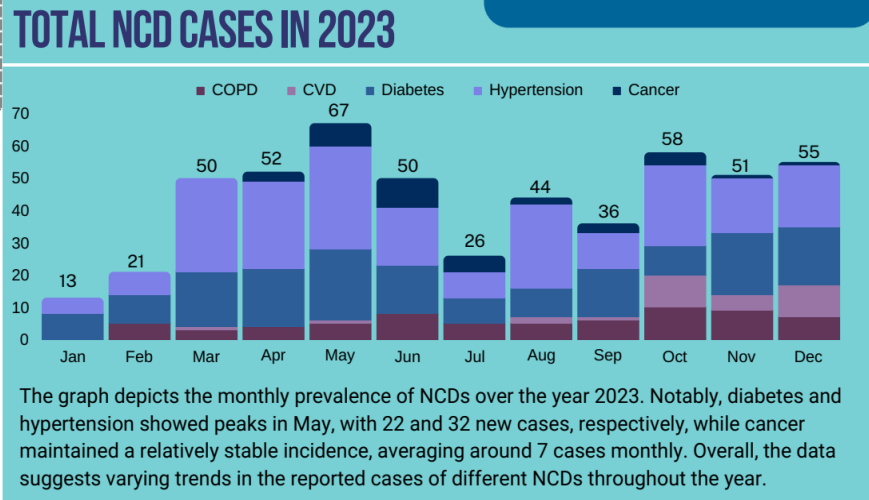
- ATIUTAKI** **DIABETES** Highest new cases: 8 new cases
- AITUTAKI** **HYPERTENSION** Highest new cases: 8 new cases
- AITUTAKI** **CVD** Highest new cases: 5 new cases



TOP 3 NCD DEATHS FOR QUARTER 4

- 53% CVD**
- 37% CANCER**
- 5% COPD**

The primary contributors to NCDs deaths are CVD at 53%, cancer at 37%, and COPD at 5%. Additionally, hypertension also contributes 5% to the overall NCD mortality. 32% of NCD deaths, were premature of the total 19 reported NCD deaths.



ANNUAL COMPARISONS

37% HYPERTENSION CASES

11% COPD CASES

37% DIABETES CASES

SUMMARY OF NCD CASES 2020-2023

From 2020 to 2023, the top three NCD diagnoses were consistently diabetes at 37%, hypertension at 37%, and COPD at 11%. Over this period, the prevalence of diabetes and hypertension showed fluctuations, with diabetes peaking in 2023, while COPD cases increased steadily, reaching 67 cases in 2023. Despite variations, these data underscore the ongoing challenges posed by diabetes, hypertension, and COPD as significant public health concerns during the observed period.

