

# TE MARAE ORA NCD QUARTER 4 REPORT 2023

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).

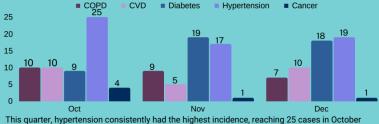
Note: The provided numbers are preliminary and subject to change in future releases.

②Data 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



while diabetes peaked at 19 cases in November, COPD, CVD, and cancer also exhibited variations. with COPD and CVD reaching 10 cases in October, and cancer at 4 cases in October

**HYPERTENSION** Total Cases: 61 CANCER

**Total Cases:** 6

**26**%

DIABETES **Total Cases: 46** 

> Total Cases: 25 In the last quarter of the year, Hypertension consistently dominated NCDs, consisting of 37% of NCD cases this quarter, followed by

Diabetes at 28% and COPD at 16%.

**NEW NCD CASES BY ISLAND FOR QUARTER 4** 

Total Cases: 26

**NEW NCD CASES FOR** 



**AGE GROUPS** 

**AITUTAKI** AITUTAKI

NCD CASES

**ATIU** 

CVD Highest new cases : 5 new cases

Rarotonga The data illustrates the distribution of reported cases across different islands, with Rarotonga having the highest number at 122, followed by Pa Fnua

Rarotonga Aitutaki

Aitutaki with 19. Atju with 14. Mangaia with 6, Mitiaro with 2, and Mauke with 1.

Mangaia

Mitiaro Mauke



**48**% This quarter, 48% of females were diagnosed with NCD



This quarter, 52% of males were diagnosed with NCD

# TOTAL NCD CASES IN 2023

PA ENUA NEW NCD CASES

DIABETES

8 new cases

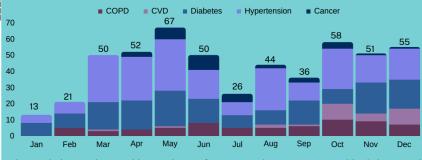
8 new cases

Highest new cases:

HYPERTENSION

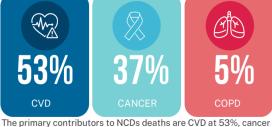
Highest new case

PA ENUA TOP 3 HIGHEST REPORTED



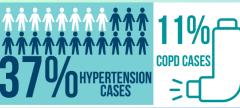
The graph depicts the monthly prevalence of NCDs over the year 2023. Notably, diabetes and hypertension showed peaks in May, with 22 and 32 new cases, respectively, while cancer maintained a relatively stable incidence, averaging around 7 cases monthly. Overall, the data suggests varying trends in the reported cases of different NCDs throughout the year.

### **TOP 3 NCD DEATHS FOR QUARTER 4**



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.

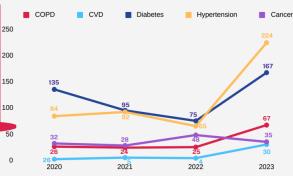
## ANNUAL COMPARISONS



#### 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.

### TOTAL NCD CASES FROM 2020-2023



Cook Islands 2020-2023 From 2020 to 2023, the data indicates shifts in NCDs, with fluctuations in diabetes and hypertension, a steady rise in COPD, and a notable increase in CVD cases in 2023. Over the years. the prevalence rate of NCDs increased from 2.48% to 4.65%, indicating a rise in the proportion of individuals affected within the population. Meanwhile, the incidence rate remained approximately stable around 2.17-1.93%, suggesting a consistent rate of new cases per unit of population each year.

Regular Health check-ups

Make Healthier Choices

DIABETES

\_CASES

Stay Physically Active

STOP **Smoking**  Reduce Salt and Sugar intake

**Limit Alcohol** Consumption

ote that the percentage rates are calculated fr