

NCD QUARTER 1 REPORT

January–March 2025

Te Marae Ora Ministry of Health, Cook Islands (TMO), as it redirects its efforts to address Non-Communicable Diseases (NCDs) would like to present and report on the NCD situation in the Cook Islands. The NCDs referred to in this update include: 1) cardiovascular diseases (CVD) (such as heart disease, stroke, and myocardial infarction), 2) hypertension, 3) diabetes, 4) cancer and 5) chronic obstructive pulmonary diseases (COPD) (such as asthma, bronchiectasis, chronic bronchitis and emphysema).

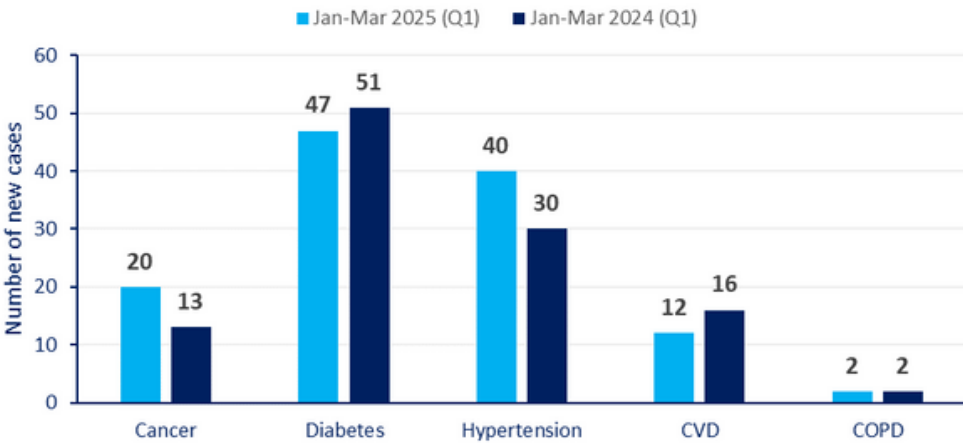
Note: A **patient** refers to an individual who receives an initial diagnosis at the point of consultation. A **case** represents each distinct NCD diagnosed in a patient, as individuals may have multiple NCDs.

5,703

TOTAL NUMBER OF PEOPLE
DIAGNOSED WITH NCDs AS OF
MARCH 2025

NEW NCD CASES JAN-MAR 2024 & 2025 (N=121)

New NCD cases comparison of Q1 2024 and Q1 2025

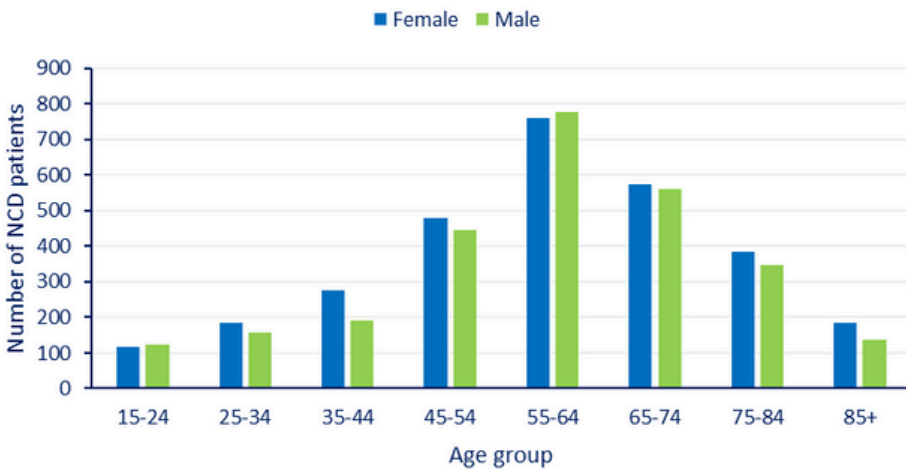


Source: TMO NCD Register

In the first quarter of 2025, diabetes reported the highest of 47 new cases, followed by hypertension (40), cancer (20), CVD (12) and COPD (2). Compared to the same period in 2024, diabetes showed a slight decrease from 51 to 47, while hypertension increased from 30 to 47, and cancer cases increased from 13 to 20.

NCD PATIENT BY AGE & SEX AS OF MAR 2025

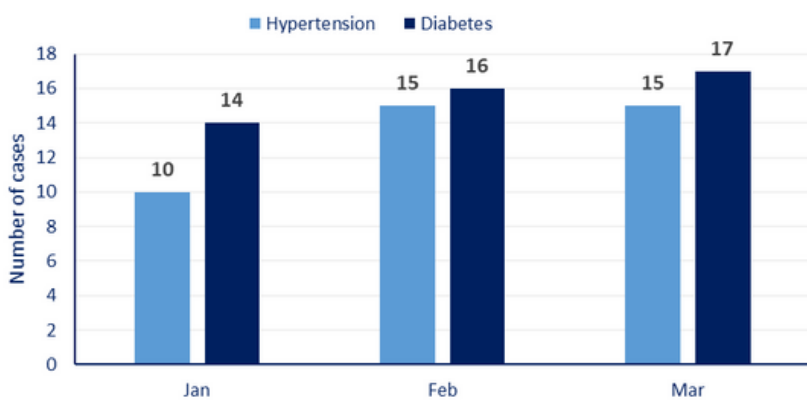
NCD by Age and Sex as of March 2025



The data on NCDs by age reveals a higher concentration of patients in the 45-54 to 65-74 age groups. Overall, females have a slightly higher percentage of NCD cases (52%) compared to males (48%).

DIABETES & HYPERTENSION NEW CASES

New Diabetes & Hypertension cases Jan-Mar 2025

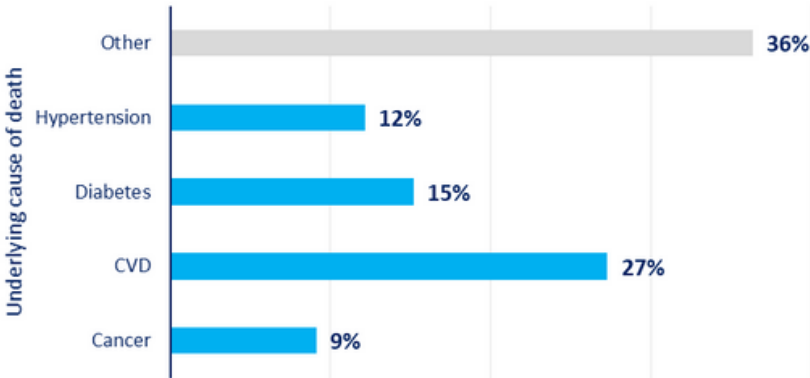


From January to March 2025, a total of 40 new cases of hypertension and 47 cases of diabetes were recorded. The data shows a steady trend in new hypertension cases across the three month period, and diabetes cases showed a slight increase each month.

UNDERLYING DEATHS FOR JAN-MAR 2025 (N=33)

Note: The figures show underlying conditions that may have contributed to the main cause of death

Total Underlying Cause of Deaths Jan-Mar 2025



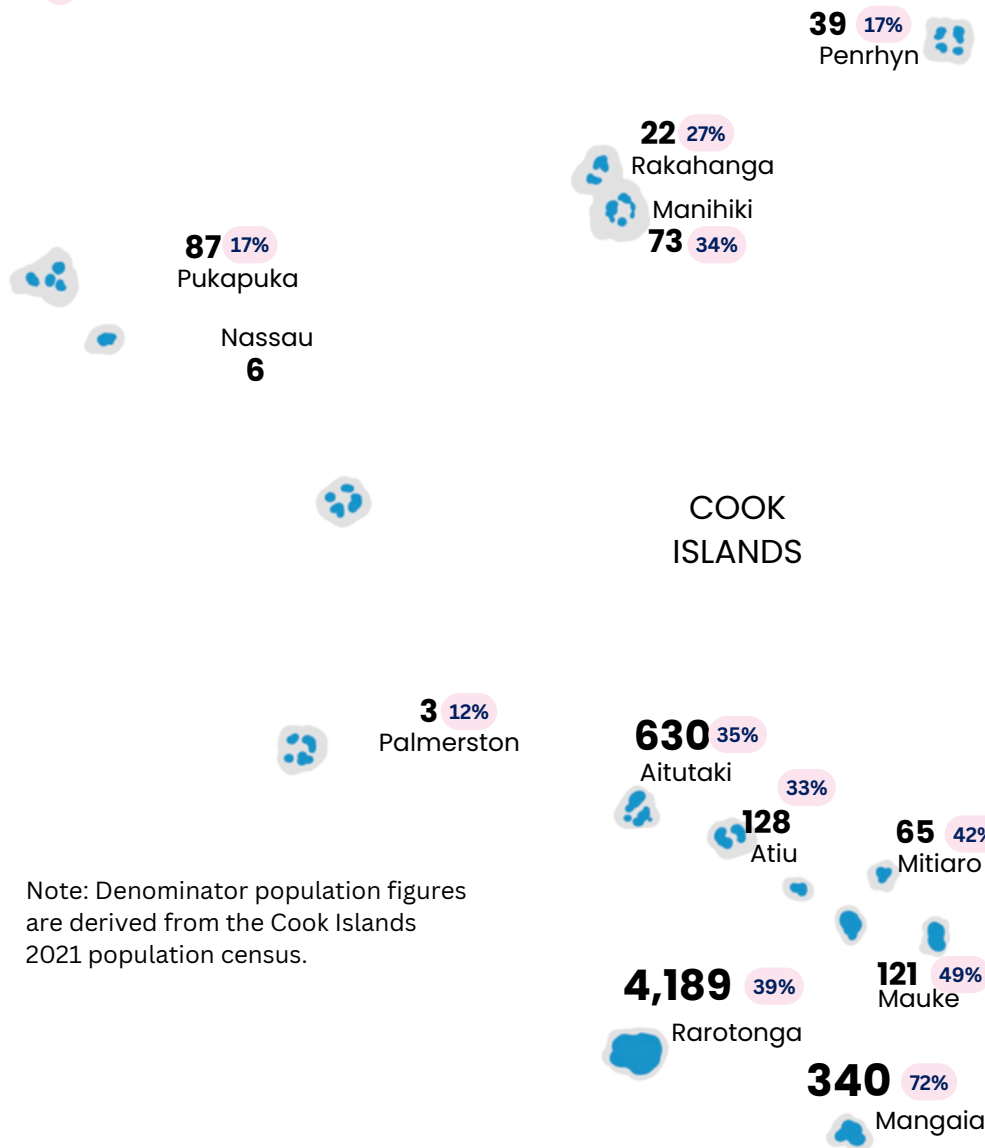
Source: TMO Death Register

From January to March 2025, 64% of all deaths are related to NCDs. Of this 64%, CVD was the highest, accounting to 27%, followed by diabetes (15%), hypertension (12%) and cancer (9%).

NCD BY ISLAND AS OF MARCH 2025

Note: Patient's island is determined by their address registered on TMOs patient information systems (Medtech Evolution)

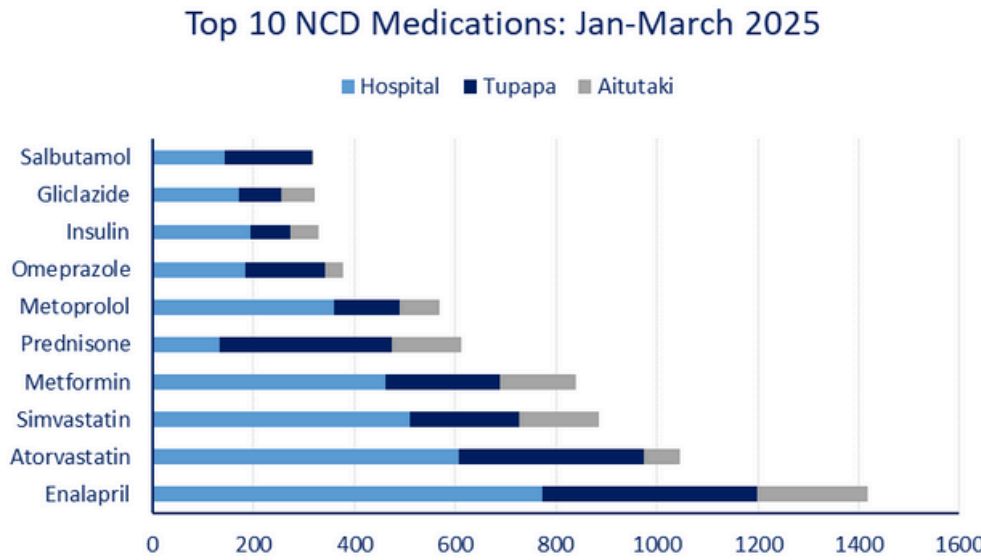
% Proportion of NCDs to the islands total population



Note: Denominator population figures are derived from the Cook Islands 2021 population census.

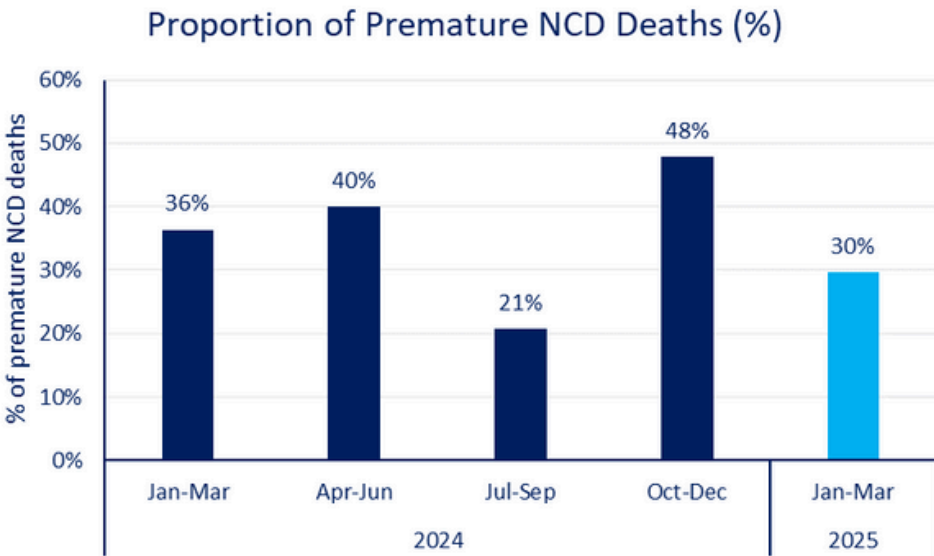
As of March 2025, Mangaia (72%), Mauke (49%), and Mitiaro (42%) have been identified as the top three islands with the highest proportion of their population diagnosed with NCDs.

NCD MEDICATION JAN-MAR 2025



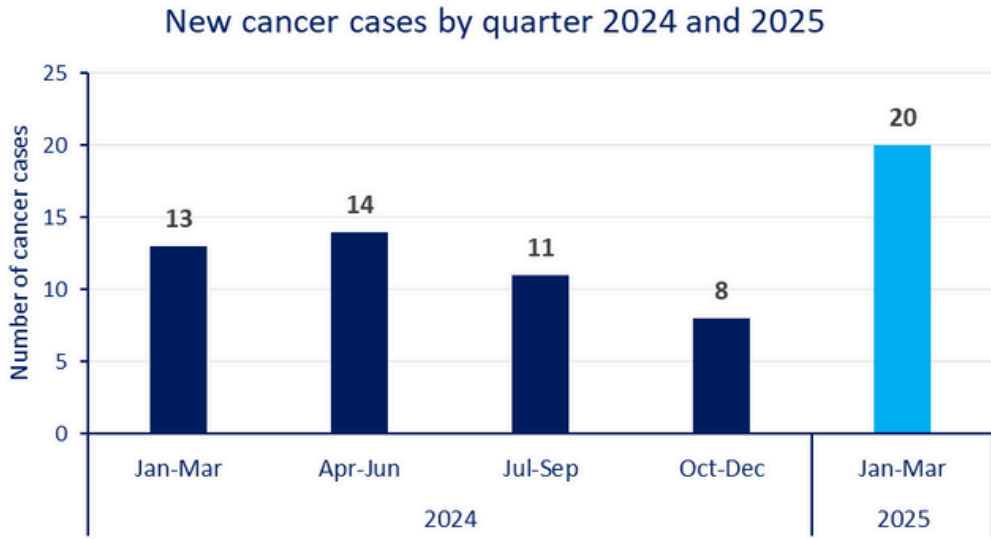
The graphs show the top ten medications used by NCD patients. Enalapril was the most frequent recorded medication among NCD patients across the three pharmacy dispensers: Rarotonga Hospital, Tupapa Primary Health Care and Aitutaki hospital. The second most used medication was Atorvastatin, followed by Simvastatin, Metformin, and gradually decreasing to Prednisone, Metoprolol, Omeprazole, Insulin, Gliclazide and Salbutamol.

PROPORTION OF PREMATURE NCD DEATHS



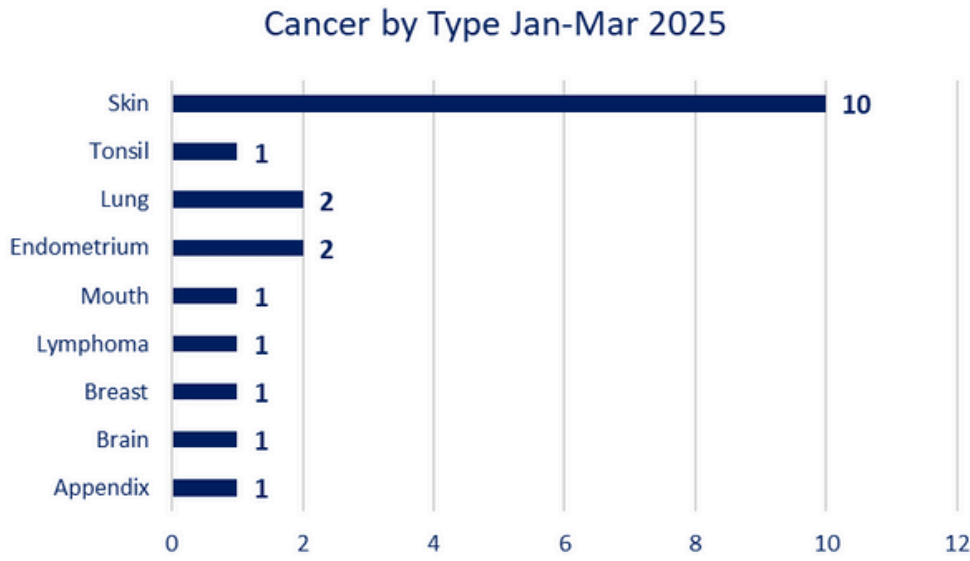
The graph show 30% of NCD-related deaths were premature among individuals aged 30 - 69 years from January to March 2025. These included 2 deaths from cancer, 3 from cardiovascular disease (CVD), and 3 classified as ‘Other’ (multi-organ failure, hemorrhagic shock and sepsis).

NEW CANCER CASES JAN-DEC 2024 & Q1 2025



From January to March 2025, 20 new cases of cancer were reported, 7 more than during the same period in 2024.

TYPES OF CANCER JAN-MAR 2025



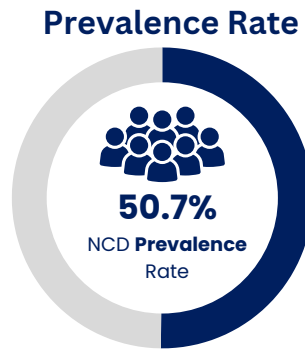
The graph highlights, that skin cancer was the most reported type, with 10 cases, followed by endometrium and lung cancers with 2 cases each

Incidence Rate

Note: Based on new cases from Jan-Mar 2025



From Jan-Mar 2025, the incidence rate was 10 **cases of NCDs per 1,000** population; and the prevalence rate was around **50.7%**



EMPOWERING HEALTH: STRATEGIES FOR PREVENTION AND MANAGEMENT OF NCDS

Regular Health Check-ups

Reduce/Quit Alcohol Consumption

Reduce/Quit Smoking/Vaping

Make Healthier Choices

Take NCD Medications Regularly

Stay Physically Active

Attend NCD Appointments

Reduce Salt & Sugar Intake

Note: The provided numbers are provisional and subject to change in future reports. The data range for this report is limited to ages 15 years old and above only. Visitors, non-residents, expatriates and deceased have been excluded from this report