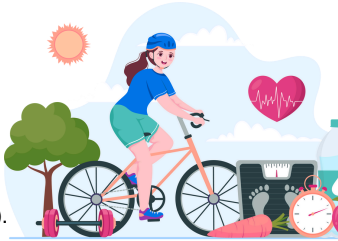


NCD April-September Report 2025

This report contains updates from April-June (Quarter 2) and July-September (Quarter 3) 2025 combined.

Te Marae Ora, Cook Islands Ministry of Health, as it redirects its effort to address NCDs, would like to report on the current NCD situation in the Cook Islands. The report reflects data from April to September 2025, covering the second and third quarters. This update will cover the following NCDs: Cardiovascular diseases (CVD) (including heart diseases, stroke, and myocardial infarction), hypertension, diabetes, cancer and chronic respiratory diseases (COPD, asthma, bronchiectasis, chronic bronchitis and emphysema).



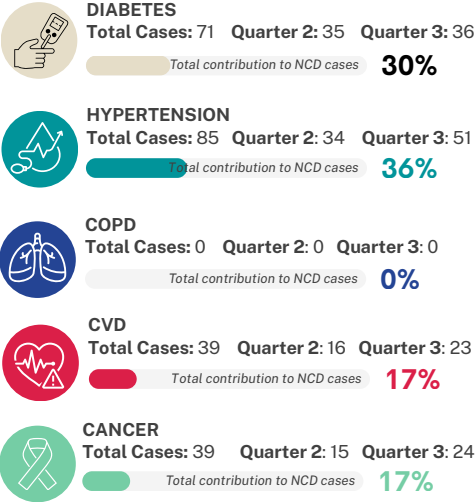
Quarter 2 and 3

APRIL - SEPTEMBER 2025

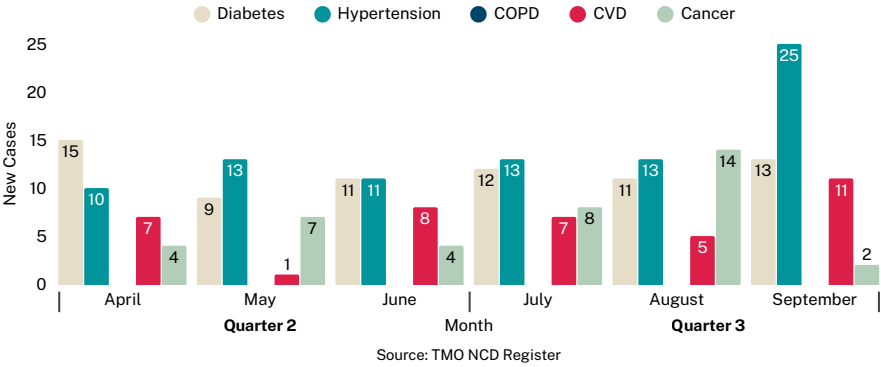
November 2025

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

NEW NCD CASES QUARTER 2-3 2025

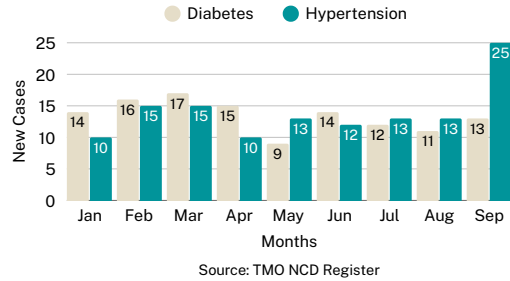


NEW IDENTIFIED NCD CASES (N=234)
COOK ISLANDS: April - September 2025



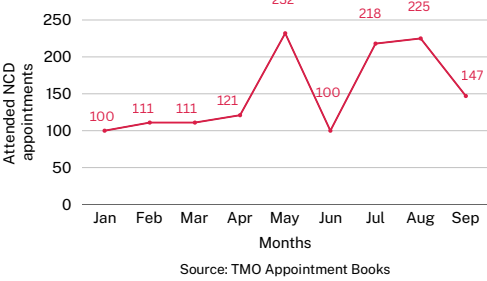
Quarter 3 (Jul-Sep) had a much higher incidence of new NCD cases, totaling 134, compared to 100 cases in Quarter 2 (Apr-Jun). On average, around 39 NCDs were diagnosed per month, with Hypertension being the most diagnosed and accounting for 36% (85 cases) of the total 234 cases diagnosed from April to September this year.

NEW DIABETES & HYPERTENSION CASES JAN-SEP 2025



September saw the highest number of Hypertension cases (25), while March reported the highest number of Diabetes cases (17), though both conditions generally remained comparable in case numbers across the two quarters.

NCD APPOINTMENTS JAN-SEP 2025



Attendance in Quarter 3 (Jul-Sep) was markedly improved, averaging 197 appointments, which is significantly higher than the Quarter 2 average of 151.

5,718



Total number of people diagnosed with NCD as of September 2025

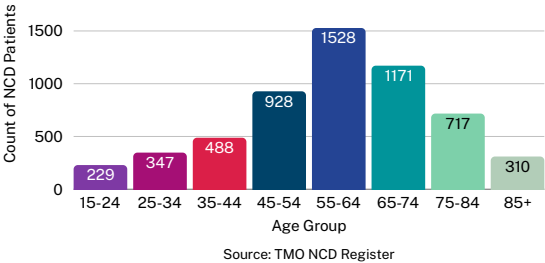
Females have a higher proportion of NCDs compared to males.



52%
n= 2,967

48%
n= 2,751

NCD PATIENTS BY AGE GROUP AS OF SEP 2025

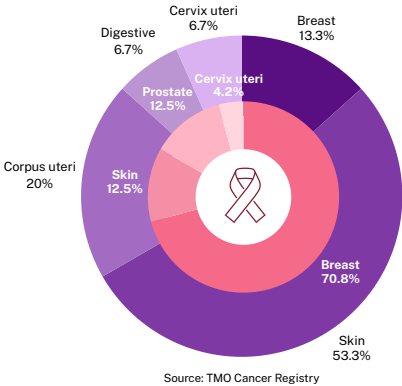


The 55-64 age group accounts for the largest number of NCD patients at 1,528, indicating that individuals approaching retirement age represent the highest burden of NCDs.

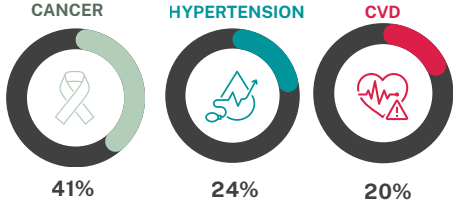
NEW CANCER DIAGNOSED CASES
QUARTER 2-3

Inner Circle:
Quarter 3 (n=24)
Outer Circle:
Quarter 2 (n=15)

In Quarter two, there were 24 total cancer cases, and Breast Cancer made up the largest share (over 70%). Later, in Quarter three, Skin Cancer was the most common type, accounting for 53% of all cases reported then.



TOP 3 NCD DEATHS QUARTER 2-3 (N=41)



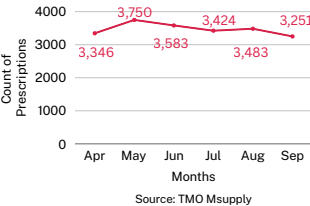
49%
Premature deaths amongst the total NCD deaths

Among the 41 NCD deaths recorded during Q2 and 3, Cancer (41%) is the leading underlying cause of death, closely followed by Hypertension at 24% and CVD at 20%. Collectively, these three conditions account for 85% of all NCD deaths in this period, highlighting them as the critical focus areas for intervention.

Average Age
of NCD Death: 71 Years

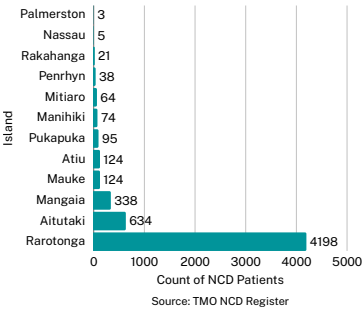
Note: Based on data from January to September 2025

NCD MEDICATIONS



NCD prescription volume is highly stable, fluctuating minimally between 3,750 (May) and 3,251 (September), with a monthly average of 3,473.

NCD BY ISLAND AS OF SEP 2025



Rarotonga accounts for the vast majority of NCD patients, registering 4,198 cases, which is more than six times the number of cases in the next highest island, Aitutaki (634).

NCD PREVENTATIVES



Regular Health Check-ups



Make Healthier Choices



Stay Physically Active



Reduce/Quit Smoking/Vaping



Reduce Salt and Sugar intake



Reduce/Quit Alcohol Consumption



Take NCD Medications Regularly



Attend NCD Appointments