

NCD Quarter 2 Report

Non-Communicable Diseases April – June 2026

Te Marae Ora Ministry of Health Cook Islands (TMO), as it redirects its effort to address NCDs, provides 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 respiratory diseases (COPD, asthma, chronic bronchitis and emphysema).

Total number of people diagnosed with NCDs as of June 2026

5,842

Representing almost half (prevalence: 51.9%) of the total 15yrs and above Cook Islands population. (Mar 2026: 5,815)

Q2 NEW NCD CASES

68 avg. 34 cases/month

SEX DISTRIBUTION

52%|48%
female male

AVERAGE AGE OF NCD

60 yrs
Based on total number of NCD patients

AVERAGE NCD AGE AT DEATH

73 yrs
Jan-Jun 2026 data

PREMATURE NCD DEATHS

31%
30-69yrs for Q2 2026 only

New NCD Cases

Total new NCD cases fell to **68 in Apr-Jun 2026**, down from 91 the previous quarter (Jan-Mar 2026) and down from 100 in the same quarter last year (Apr-Jun 2025).



Hypertension cases declined in the latest quarter, falling to **32 cases** in **Apr-Jun 2026** from a peak of 53 cases in Jan-Mar 2026.



CVD incidence ticked up slightly to **6 cases** in **Apr-Jun 2026**, from 5 in Jan-Mar 2026.



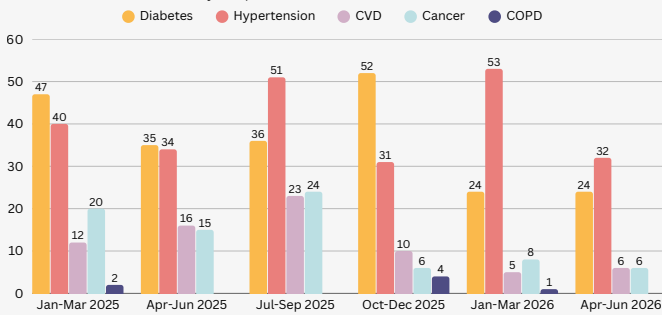
Diabetes cases held steady at **24 cases** in **Apr-Jun 2026**, unchanged from the previous quarter, continuing well below the **52 peak** seen in Oct-Dec 2025



COPD remained the least prevalent NCD, reporting **no new cases** this quarter.

Incidence of NCDs

Quarterly Comparison of NCD Incidence (Jan 2025-Jun 2026)



Source: TMO NCD Register

Incidence Rate: 55 cases per 1,000 population (based on data from Jan 2025-Jun 2026 only)

Diabetes & Hypertension

Hypertension and diabetes converged steadily across Jan-Jun 2026, a 20-case gap in January narrowed to just 1-3 cases by May, before diabetes overtook hypertension in June.



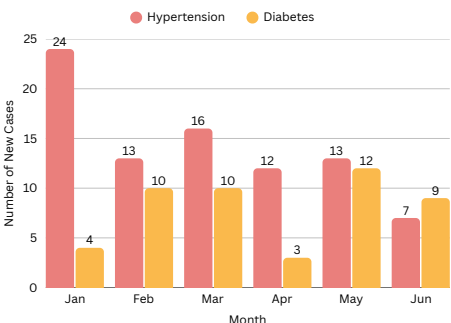
Hypertension peaked in Jan at **24 cases**, then eased over the following months to a low of **7 cases** in Jun - its lowest monthly count of the half-year.



Diabetes stayed low early in the year (**4 in Jan**, **dipping to 3 in Apr**), before climbing to a high of **12 cases in May** and holding relatively strong into June.

Incidence of Hypertension & Diabetes Cases

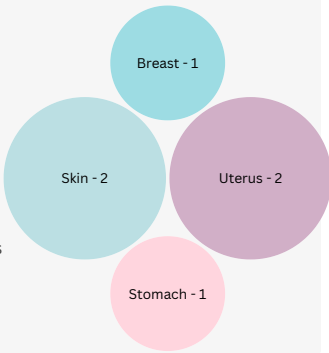
New Hypertension & Diabetes Cases by Month, Jan-Jun 2026



Source: TMO NCD Register

Cancer

In Apr-Jun 2026, a total of 6 new cancer cases were recorded, with skin and uterus cancer being the most prevalent (2 cases each), followed by stomach and breast cancer at 1 case each. Females accounted for 5 of these cases and males at 1 case, with an average age of diagnosis of 56 years.



Underlying NCD Deaths

Note: The figures below do not represent the primary cause of death but rather chronic underlying NCDs that the patient had, which may have contributed to the primary cause of death.

From Apr-Jun 2026, 30 deaths were recorded, with NCDs accounting for 15 deaths (50%). Of these, 31% (5 deaths) were premature. Males accounted for 8 NCD deaths and females for 7. Between Jan-Mar and Apr-Jun 2026, CVD and Cancer deaths roughly halved while "Other" causes remained the dominant category.

PREMATURE NCD DEATHS

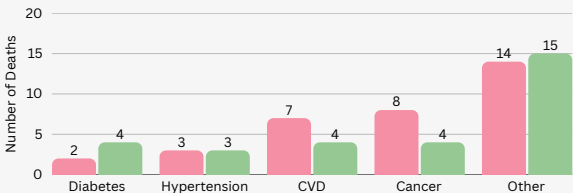
31%

30-69yrs

Underlying Cause of Death

Number of Deaths with Underlying NCDs Jan - Jun 2026

Jan-Mar 2026 Apr-Jun 2026



Source: TMO Death Register

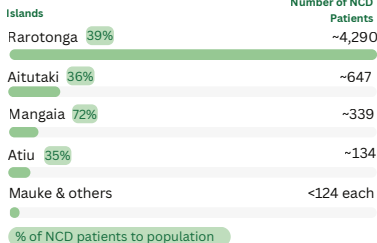
Note: Other includes deaths attributed to motor vehicle accidents, suicide, infections etc.

NCD Demographics as of June 2026

NCD Patients by Island



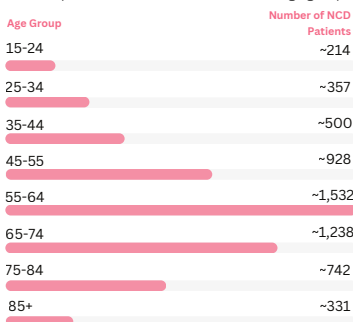
Rarotonga accounts for the highest number of NCD patients (4,290), consistent with its larger population. Among the Pa Enua, Aitutaki (647) and Mangaia (339) record the highest counts.



NCD Patients by Age Group



The burden peaks among those aged 55-64 (1,532 patients), with NCDs being more prevalent and skewed in the older age groups.



NCD Patients by Sex

52%

3,045 female patients

48%

2,797 male patients

Females account for a slightly higher proportion at 52% (3,045) compared to males at 48% (2,797).



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