

NCD Quarter 1 Report 2024

Non-Communicable Diseases (NCDs)

In its ongoing efforts to combat non-communicable diseases (NCDs), Te Marae Ora remains steadfast in disseminating awareness regarding the current NCD prevalence within the Cook Islands. NCDs encompass a spectrum of chronic illnesses, including diabetes, cancer, hypertension, cardiovascular diseases (CVD) (including heart diseases, stroke, and myocardial infarction), as well as chronic obstructive pulmonary diseases (COPD) (such as asthma, emphysema and chronic bronchitis.)



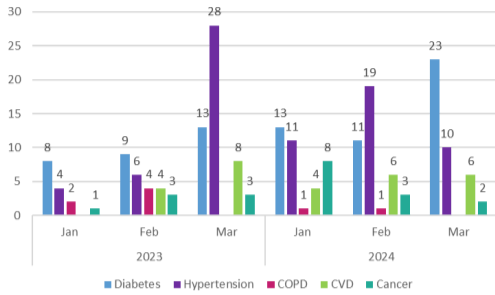
As of March 2024, 52% of the Cook Islands resident population are currently living with NCDs.

5,859

Note: As of March 2024, from 15yrs and above.

New Diagnosed NCD Cases

1. Number of new cases for hypertension, COPD, diabetes, cancer and CVD

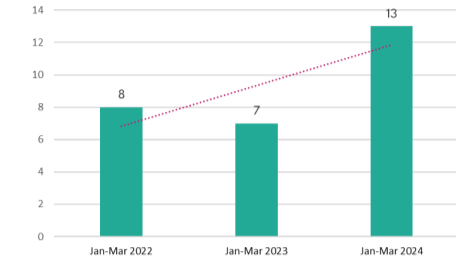


This quarter, diabetes has emerged as the most prevalent NCD, constituting nearly 40% of all new cases reported. Following closely is hypertension, which accounts for 34% of the total NCD cases. In contrast, during the first quarter of 2023, hypertension held the highest prevalence among NCDs in the Cook Islands, comprising 41% of all cases, with diabetes closely behind at 31%. Overall, there has been a 20% increase in diagnosed cases since the first quarter of 2023.

Note: These figures represent the number of new cases identified for each NCD condition and not the number of individual patients seen. These figures are provisional and subject to change in future updates.

New Cancer Cases

4. Quarter 1 - 2022, 2023 and 2024 new cancer cases comparison.



Since January to March 2022, there has been a noticeable 62.5% increase in cancer cases in 2024, compared to the first quarter of 2022 after a slight decrease in 2023. Among the various types of cancer diagnosed during this period, skin cancer emerges as the most commonly identified. The noticeable increase could be attributed to factors such as increased awareness leading to more screenings, lifestyles of these individuals have been managed poorly or cancer has been spread to other areas of the body therefore leading to multiple diagnosis.

Note: These figures represent the number of new cancer cases identified for the quarter, not the number of individual patients seen, as one individual can have multiple cancers in different types and locations. Source: Medtech Evolution (Cancer Register)

Did you know?

5 out of every 10 Cook Islanders have NCD



Note: The ratio above was calculated by dividing the total count of individuals with NCDs by the entire population of the Cook Islands aged 15 and above. This figure was then multiplied by 10 to determine the number of people with NCDs per every 10 individuals in the population, as of March 2024.

As of March 2024: Demographics by Top 4 Islands

The rankings below were based on the result of computing the number of NCDs recorded per island, divided by the total resident population on each respective island, multiplied by 100 as of March 2024.



Mangaia

Rank

1st

Population (2021 Census Report)

471

(%) of people with NCDs

70%

Youngest age group with Type 2 Diabetes

20-25yrs



Rarotonga

Rank

2nd

Population (2021 Census Report)

10,898

(%) of people with NCDs

41%

Youngest age group with Type 2 Diabetes

15-18yrs



Mitiaro

Rank

3rd

Population (2021 Census Report)

155

(%) of people with NCDs

37%

Youngest age group with Type 2 Diabetes

45-64yrs



Aitutaki

Rank

4th

Population (2021 Census Report)

1,782

(%) of people with NCDs

34%

Youngest age group with Type 2 Diabetes

20-25yrs

New NCD Cases Summary

2. Number of new cases for hypertension, COPD, diabetes, cancer and CVD

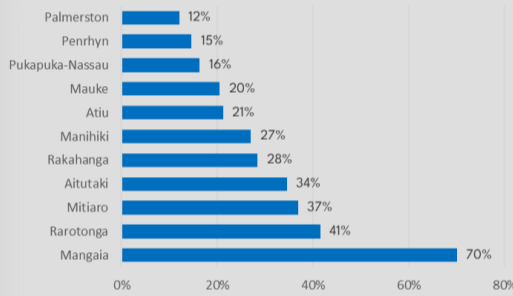


On average, a total of almost 40 NCD cases were identified each month for this quarter. Diabetes and Hypertension noticeably had a high amount of diagnosed cases with both diseases ranking as the top 2 NCDs in the Cook Islands for this quarter.

Note: These figures represent the number of new cases identified for each NCD condition and not the number of individual patients seen.

As of March 2024: Number of NCD by Outer Islands

5. Total distribution of NCDs by Outer Islands, respective to its population, as of March 2024

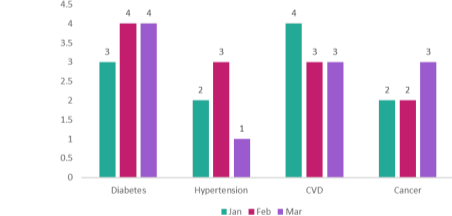


As of March 2024, Mangaia has observed approximately 70% of its resident population are diagnosed with NCDs. There is a steady increase for Rarotonga residents, rising from 38% in 2018 to 41% in 2024. Mitiaro and Aitutaki closely follow, collectively representing over 30% of NCD cases within their resident populations.

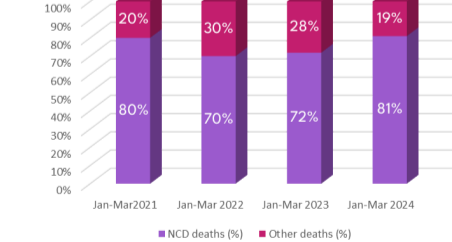
Note: The percentages are computed based on the ratio of NCD cases of each island to the total resident population per island (2021 Census Report).

New NCD Deaths vs Other Deaths

3. Proportion of new underlying cause of deaths attributed to NCD



3.1. Proportion of new underlying cause of deaths attributed to NCD compared to Other deaths

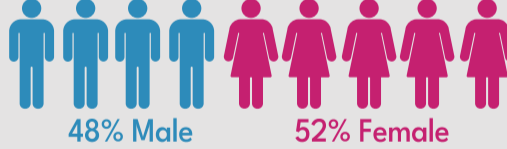


Since 2021, NCDs have consistently comprised the majority of all deaths during the first quarters. Statistics from 2021 and 2024 reveal that NCDs serve as the primary underlying cause of death, contributing to over 80% of all total deaths. On average, NCD-related deaths have accounted for 76% of all deaths during the first quarters over the past four years. About 31% of premature NCDs mortality was reported this quarter.

Note: These figures are derived from death screenings, which identify the underlying cause of death as the disease or injury initiating the sequence of events leading directly to death. Source: Medtech Evolution (Death Register), Ministry of Justice (Death Register)

As of March 2024: Number of NCD by Age and Sex

6. Total number of NCD cases by sex as of March 2024

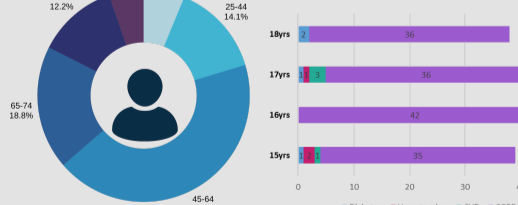


According to the statistics, females predominate in NCDs, comprising approximately 52% of the total, whilst males comprised of the remaining 48%.

7. Total number of NCD cases by age as of March 2024

The data presented below highlights a concerning proportion of NCDs among adolescents aged 15 to 18 years, particularly rates of diabetes, hypertension, and CVD. These conditions, traditionally associated with older age groups, affects also a significant portion of the youth population. The fact that a majority of these individuals were overweight to obese suggests a strong correlation between obesity and the development of these NCDs at a younger age.

7.1. Total number of NCD cases from 15-18yrs as of March 2024



Note: Most COPD cases are primarily comprised of asthma, which often improves as individuals grow older.

Non-communicable diseases can be PREVENTED, MANAGED and CONTROLLED:

