


NCD QUARTER 2 REPORT 2024

Non-Communicable Diseases in the Cook Islands

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).


KEY NON-COMMUNICABLE DISEASE FACTS:



5,864

As of June 2024, 52% of the Cook Islands population are living with NCDs
(last quarters prevalence: 5,859)
*refer to note at end for methodology


52%



Females accounted for 52% of the total NCD patients in the Cook Islands

71yrs

Average age of those dying attributed to NCDs




Note: From January to June 2024 only

Of the total 19 NCD deaths this quarter

42%

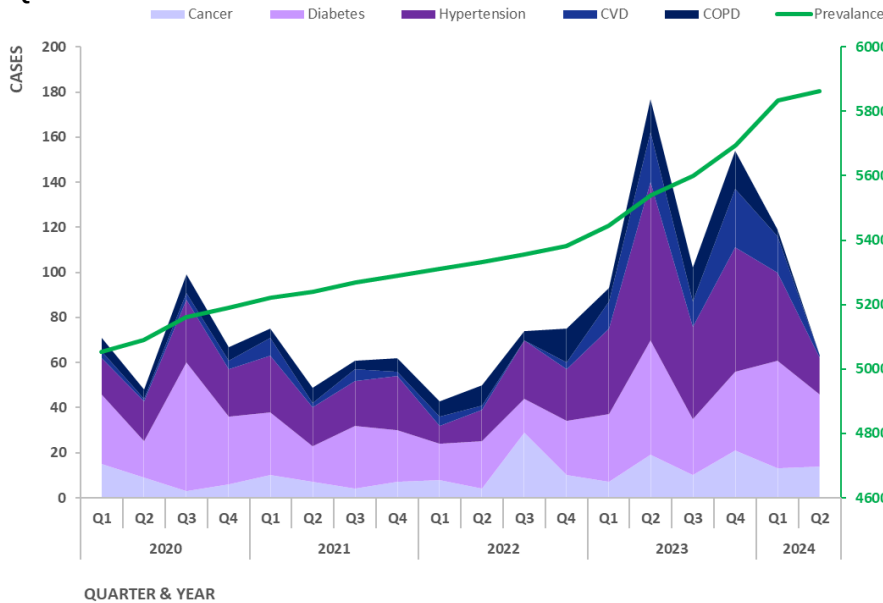
were premature



(total deaths this quarter: 26)

NCD INCIDENCE AND PREVALENCE

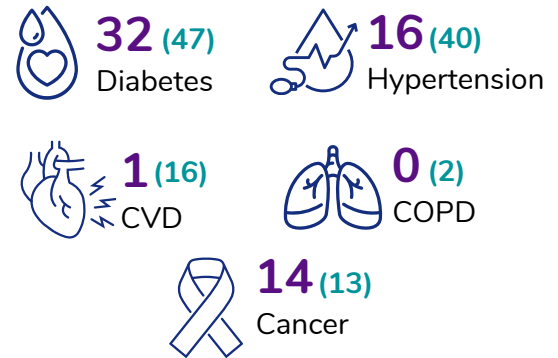
Quarter Incidence



Since 2020, NCDs have exhibited a steady rise over the four-year period. A temporary decline in cases was observed between 2021 and 2022, warranting further investigation to identify the contributing factors. Following this dip, NCD cases surged once more, reaching their peak in 2023.

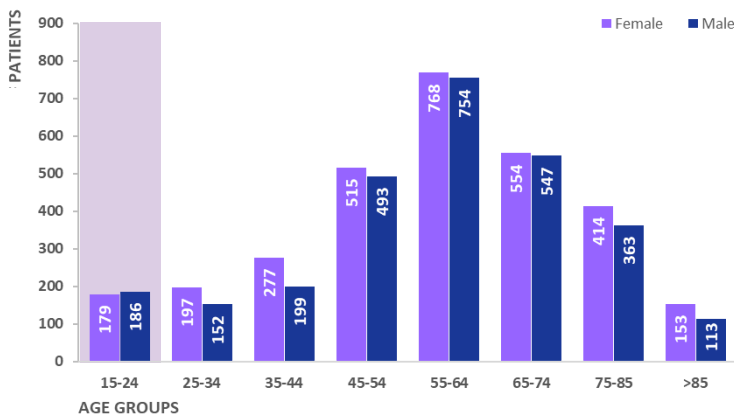
This quarter (April-June 2024), a total of 63 NCD cases were reported, with diabetes accounting for the highest number at 32 cases. Notably, there were no reported cases of COPD this quarter.

April - June New NCD Cases



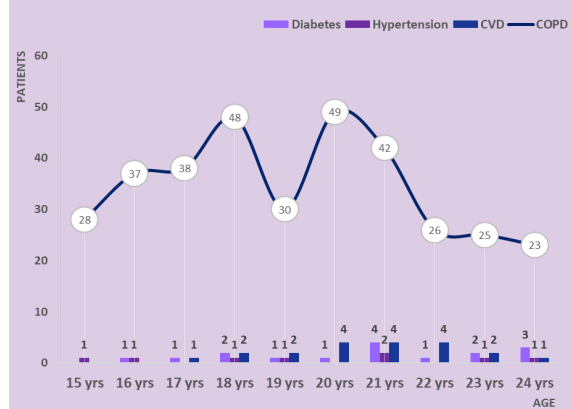
NCD BY AGE AND SEX

As of June 2024



A majority of NCDs primarily affect older age groups, with the highest prevalence among individuals aged 55-64 years. As of June 2024, females accounted for the majority of NCD cases (52%) across almost all age groups.

NCDs in Adolescents



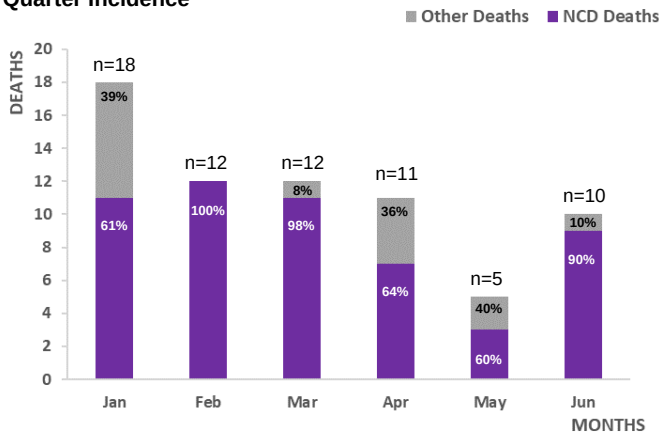
Note: Most COPD cases are primarily comprised of asthma, which often improves as individuals grow older. The figures represent the number of cases identified in each age group and not the number of patients seen.

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Non-Communicable Diseases in the Cook Islands

NCD MORTALITY

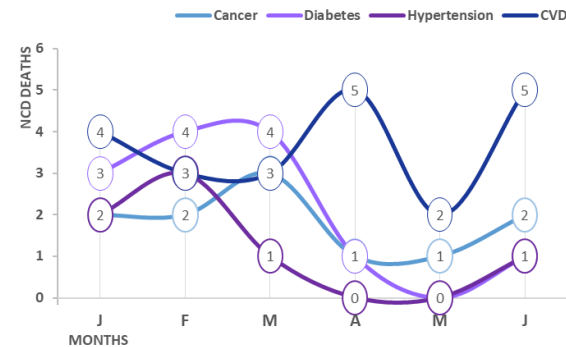
Quarter Incidence



NCDs were responsible for 71% of all deaths this quarter (Apr-Jun), with 42% of these occurring prematurely (aged 30 to 69).

NCD Mortality by Disease

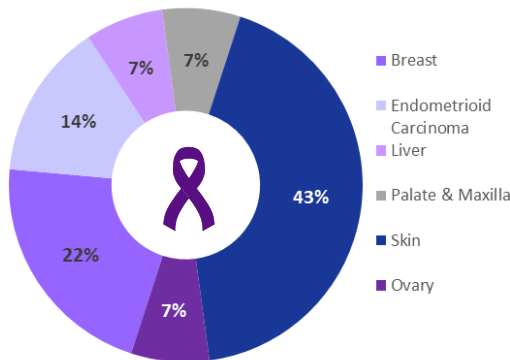
This quarter, CVD has remained the leading underlying cause of death attributed to NCDs, maintaining its position from the previous quarter, followed closely by cancer and diabetes.



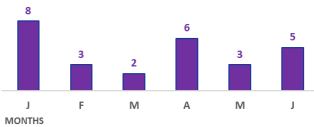
Since the beginning of the year, the average age of deaths attributed to NCDs has been 71 years, with a significantly higher proportion occurring among males. Although NCD cases are more common in females, deaths due to NCDs are more prevalent among males.

NEW CANCER CASES

Quarter Incidence (n=14)



This quarter saw a slight increase in cancer cases, with 14 reported compared to 13 in the last quarter (Jan-Mar 2024). Skin cancer continues to be the most prevalent, accounting for 43% of the cases, followed by breast cancer at 22% and endometrioid carcinoma at 14%. These three rounding out the key cancer types identified this quarter.



GOUT CASES

As of June 2024

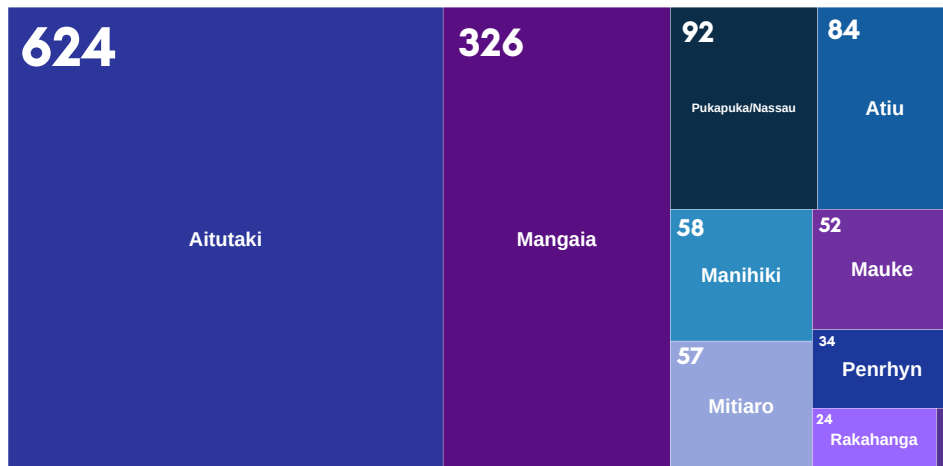
1,154

Total gout cases as of June 2024.



NCD BY ISLANDS

As of June 2024



Note: Rarotonga is not depicted in this tree graph due to its significant size, which would overshadow the smaller islands. Therefore, only the Pa enua are represented. A detailed list of all islands can be found in the table on the right.

Rarotonga, due to its larger population, remains the leader in the overall number of cases. Mangaia stands out with the highest proportion of NCDs relative to its population at 69%, followed by Rarotonga at 41% and Aitutaki at 35%.

Island/Region	2021 Resident Population	NCD cases	% of NCD to Population
SOUTHERN ISLANDS	13,938	5,653	41%
Rarotonga	10,898	4510	41%
Aitutaki	1,782	624	35%
Mangaia	471	326	69%
Atiu	383	84	22%
Mauke	249	52	21%
Mitiaro	155	57	37%
NORTHERN ISLANDS	1,102	211	19%
Palmerston	25	3	12%
Pukapuka-Nassau	548	92	17%
Manihiki	215	58	27%
Rakahanga	81	24	30%
Penrhyn	233	34	15%

Note: The patients island is determined by their address registered on Medtech.

NCDs Can Be PREVENTED. MANAGED. AND CONTROLLED.



Stay Physically Active



Stop/Quit Smoking/Vaping



Make Healthier Choices



Reduce Alcohol Consumption



Regular Health Check-ups



Reduce Salt and Sugar Intake