

# NCD QUARTER 3 REPORT 2024

JULY-SEPTEMBER 2024

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).



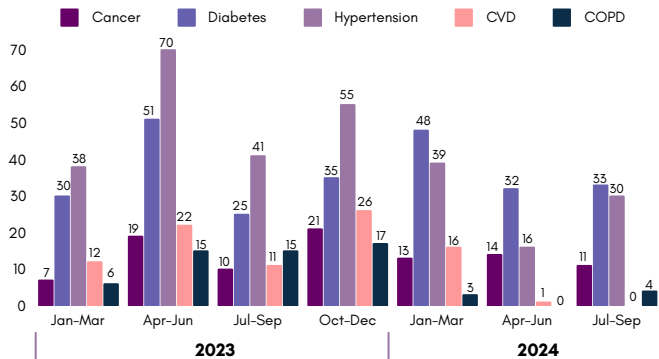
## THE BURDEN OF NCDs IN THE COOK ISLANDS

# 5,734

is the number of people diagnosed with NCDs in the Cook Islands as of September 2024.

The noted reduction of the total patient diagnosed with NCDs from the previous 2nd quarter report (5,864) is the result of the regular quality assurance checks.

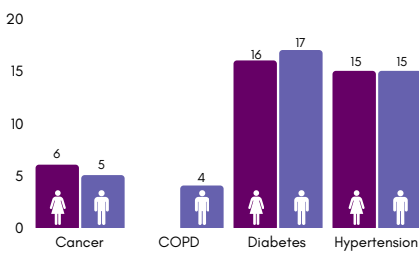
### NUMBER OF NEW CASES FOR HYPERTENSION, COPD, DIABETES, CANCER AND CVD 2023-2024



Diabetes recorded the highest number of new cases across all quarters of 2024, followed by hypertension. From January to September 2024, the incidence rate was 25 cases per 1,000 population, with a prevalence rate of 51% among those aged 15 years and above. Comparing 2023 to 2024, there is a notable reduction of case incidence across the two year period.

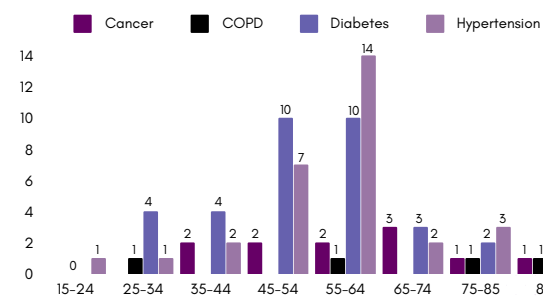
### JULY- SEPTEMBER 2024 BREAKDOWN

#### New NCD cases by Sex Jul-Sep 2024



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

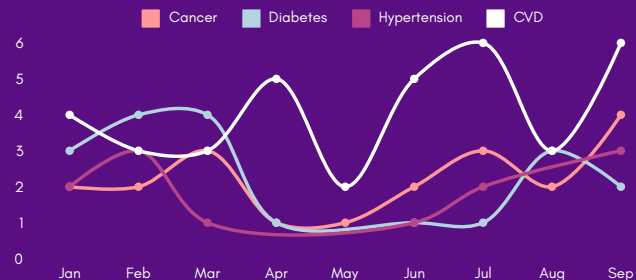
#### New NCD cases by Age Group Jul-Sep 2024



Diabetes topped the list this quarter with 33 cases, followed by hypertension (30), cancer (11) and COPD (4). No cardiovascular diseases were recorded. Most of the new NCD cases reported this quarter were amongst males, with a majority falling within the 55-64 age group.

### NCD BY DEATHS JANUARY - SEPTEMBER 2024

The figures below represent the counts of all NCD underlying causes of death recorded from January to September 2024. It is important to note that these are not the primary causes of death but rather chronic underlying NCDs that the patients had, which could have contributed to the primary cause.



**73 yrs** Average age of NCD death

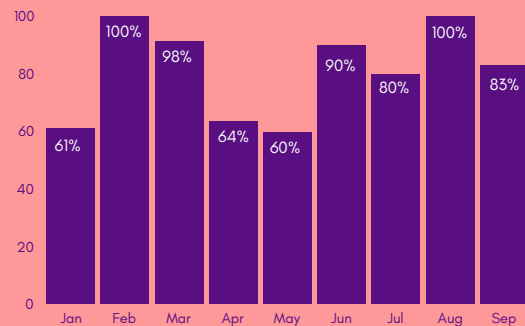
**32%** Proportion of Premature NCD deaths

**8 out of 10** deaths is due to NCDs in the Cook Islands

Note: Based on data from Jan to Sep 2024

### Proportion of NCD Deaths to Other Deaths January-September 2024

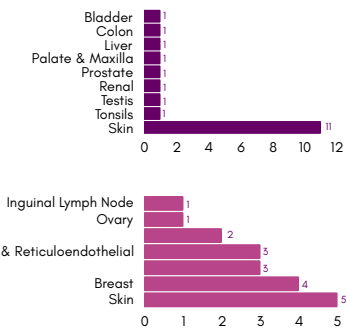
An average of 81% deaths in 2024 are attributed to NCDs.



**Cardiovascular disease is the leading underlying cause of NCD related deaths in the Cook Islands.** Cancer is second highest, majority being prostate.

### CANCER CASES JANUARY - SEPTEMBER 2024

This year, cancer diagnoses were evenly distributed between males and females. Among males, the majority of cases were skin cancer, while females were predominantly diagnosed with both skin and breast cancer.

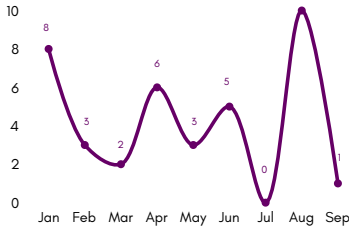


**50%** Total of 19 cases

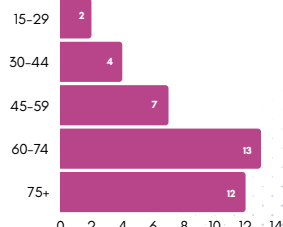


**50%** Total of 19 cases

#### Cancer by Month Jan-Sep 2024



#### Cancer by Age Jan-Sep 2024



Cancer accounted for nearly 15% of all NCD cases diagnosed from January to September of 2024. Most cancer cases were referred overseas for further treatment, with the average age of diagnosis falling within the 60-74 year age range.

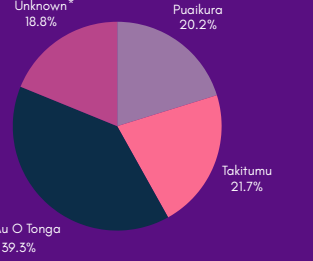
Note: The patients Vaka and island is determined by their address registered on Medtech Evolution. As of September 2024.

#### NCD by Gender



Females continue to dominate the majority of NCDs in the Cook Islands, with a proportion of 52% female compared to 48% males.

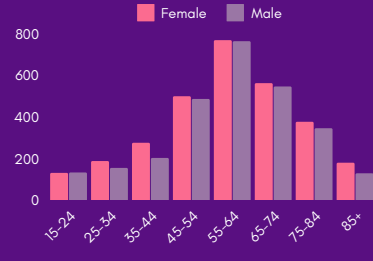
#### NCD by Vaka (Rarotonga)



NCD cases by Vaka reveals that Te Au O Tonga accounts for the highest proportion, representing approximately 39%, followed by Takitumu (22%) and Puaikura (20%).

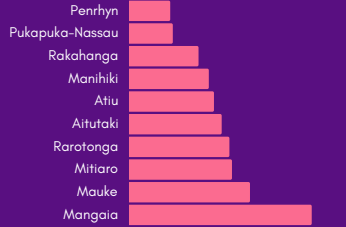
\*Unknown due to patients registered without Vaka

#### NCD by Age Group



NCD diagnoses are concentrated in the 55-64 and 65-74 age groups, indicating higher prevalence in these age ranges. The mean age of diagnosis is 58 years.

#### NCD by Island



Mangaia, Mauke and Mititara are the top three islands identified this quarter to having a high proportion of their population diagnosed with NCDs

### NCD MEDICATION JANUARY - SEPTEMBER 2024

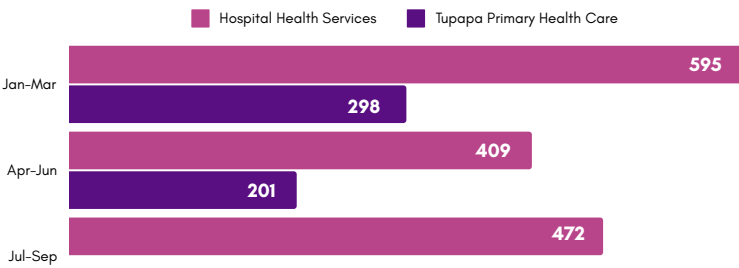
**34.4%**

Proportion of NCD medication dispensed to other medications  
Note: Calculated by having the number of NCD medications dispensed over the total number of medications dispensed as of Sep 2024

**73.0%**

Proportion of NCD medication coverage to number of NCD patients.  
Note: Calculated by having the number of patients receiving NCD medication, over the number of NCD patients registered as of Sep 2024

### NCD PATIENTS CONSULTED AT THE TUPAPA PRIMARY HEALTH CARE AND HOSPITAL HEALTH SERVICES NCD CLINICS JANUARY-SEPTEMBER 2024



NCD patients attending their scheduled appointments with a majority taking place from January to March 2024. The graph highlights higher attendance at the Hospital NCD clinic (75%) compared to the Tupapa NCD clinic. Note that Tupapa Primary Health Care was closed for renovation (13th May 2024) due to asbestos roof replacements and was only reopened on the 30th of September 2024.

## NCD CAN BE PREVENTED. MANAGED. AND CONTROLLED.

You are not alone on this journey—TMO is here to support you. If you or someone you know needs medical assistance, please contact us at 22664/20065 or visit our NCD clinics at Rarotonga Hospital or Tupapa Primary Health Care center.



- Regular Health Check-ups
- Reduce Alcohol Consumption
- Stop/Quit Smoking/Vaping
- Reduce Salt and Sugar Intake
- Make Healthier Meal Choices
- Take NCD Medications Regularly
- Stay Physically Active
- Attend NCD Appointments

