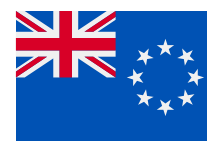


# Cook Islands

## Policies, Interventions and Actions



### Cook Islands Strategic Action plan to prevent and control Non-communicable diseases 2021-2025

This strategy and action plan draws from global, regional, and national commitments to prevent and control NCDs, as well as the two previous Cook Islands NCD plans (2009-2014, 2015-2019). This is an evolving process that takes a life course approach which seeks to empower people and communities to act decisively to live healthier lives whether at home, school, work, play, or church. The strategy focuses in on what they consider to be an obesity epidemic on the island.

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.ck">www.health.gov.ck</a>
Linked document:	<a href="#">Download linked document</a>

### National Health strategic plan 2017-2021

Aims to improve the health of the population focusing on non-communicable disease, smoking, overweight and obesity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of NCD strategy
Year(s):	2017-2021
Target age group:	Adults and children
Organisation:	Ministry of Health Cook Islands.
Find out more:	<a href="http://policycookislands.wordpress.com">policycookislands.wordpress.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Home Page   Country Planning Cycle Database [Internet]. extranet.who.int. [cited 2020y Jul 23]. Available from: <a href="https://extranet.who.int/countryplanningcycles/?field_pc_file_category_tid=All&amp;field_file_year_value=All">https://extranet.who.int/countryplanningcycles/?field_pc_file_category_tid=All&amp;field_file_year_value=All</a>

## NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## Cook Islands National Strategy and Action Plan for NCDs 2015-2019

One of the goals of this strategy is to reduce the proportion of overweight and obese children and adults living in the Cook Islands by 10% by 2019.

Categories:	Evidence of NCD strategy
Year(s):	2015-2019
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.ck">www.health.gov.ck</a>
Linked document:	<a href="#">Download linked document</a>
References:	Cook Islands - National Strategy and Action Plan to Prevent and Control Non Communicable Diseases   ICCP Portal [Internet]. <a href="http://www.iccp-portal.org">www.iccp-portal.org</a> . [cited 2020m Jul 22]. Available from: <a href="https://www.iccp-portal.org/cook-islands-national-strategy-and-action-plan-prevent-and-control-non-communicable-diseases">https://www.iccp-portal.org/cook-islands-national-strategy-and-action-plan-prevent-and-control-non-communicable-diseases</a>

## Food Regulations 2014

The Food Regulations were passed by Parliament in 2014. These Regulations outline general Codex food standards to adapt to the Cook Islands, labelling and packaging claims, importation of food products, and regulating food marketing to children.

Categories:	Labelling Regulation/Guidelines
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://www.health.gov.ck">www.health.gov.ck</a>
Linked document:	<a href="#">Download linked document</a>

## Sugar Tax in Cook Islands

Excise tax NZD 9.80/kg of sugar content in soft drinks introduced on April 1st 2014

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Cook Islands Government
Find out more:	<a href="http://www.citc.co.ck">www.citc.co.ck</a>
Linked document:	<a href="#">Download linked document</a>
References:	Isl C, Centre s T. Soft Drinks (Sugar Tax) [Internet]. Cook Islands Trading Corporation. [cited 2020 Jul 23]. Available from: <a href="https://www.citc.co.ck/citc-food/supermarket/soft-drinks-sugar-tax/">https://www.citc.co.ck/citc-food/supermarket/soft-drinks-sugar-tax/</a>

## Hypertension, Cardiovascular Disease, Diabetes and Obesity Prevention and Management Guidelines

These Guidelines outline the clinical management and protocols for people with hypertension, cardiovascular disease, diabetes and obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.ck">www.health.gov.ck</a>
Linked document:	<a href="#">Download linked document</a>

## Multisectoral Working Committee

Multi-sectoral approach to implement and monitor strategies and activities in the 'National Strategy and Action Plan for Non-communicable Diseases'. Includes nutrition and obesity policy.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/26925">https://extranet.who.int/nutrition/gina/en/node/26925</a>

## The Cook Islands National Health Strategy

Objectives include promoting healthy lifestyles and reducing risk factors, e.g. physical inactivity, tobacco use, alcohol consumption, increasing fruit and vegetable intake and tackling risk taking behaviour.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of NCD strategy
Year(s):	2012-2016
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	National Health Strategy [Internet]. 2012b. Available from: <a href="https://extranet.who.int/nutrition/gina/sites/default/files/COK%202012%20National%20Health%20Strategy.pdf">https://extranet.who.int/nutrition/gina/sites/default/files/COK%202012%20National%20Health%20Strategy.pdf</a>



## Live Smart - Be Active - Eat Wisely

Eating Smart • Being Active is an evidence-based, healthy eating and active living curriculum originally written in 2005, updated in 2010, and thoroughly revised in 2017. The curriculum is designed to be taught by paraprofessionals to limited resource adult learners. Curriculum content is based on the latest research findings from the 2015-2020 Dietary Guidelines for Americans and MyPlate. The 9 lessons, each 90 to 120 minutes in length, are designed to be taught in sequential order, building on previous lesson content. The authors of Eating Smart • Being Active utilized the Socio-ecological Model, the Social Cognitive Theory and Adult Learning principles when developing the curriculum. Activities include dialogue-based learning and hands-on activities. New information sections, or the lecture portion of each lesson, are short and informative. Kinesthetic activities help participants engage in the learning process, increasing their retention of the new information and skills, and the likelihood of positive behavior change. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation (cooking skill development), food safety, and food resource management.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://eatingsmartbeingactive.colostate.edu">eatingsmartbeingactive.colostate.edu</a>
Linked document:	<a href="#">Download linked document</a>
References:	Description – Eating Smart • Being Active [Internet]. [cited 2020n Jul 22]. Available from: <a href="http://eatingsmartbeingactive.colostate.edu/eating-smart-%E2%80%A2-being-active/about/description/">http://eatingsmartbeingactive.colostate.edu/eating-smart-%E2%80%A2-being-active/about/description/</a>

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a>