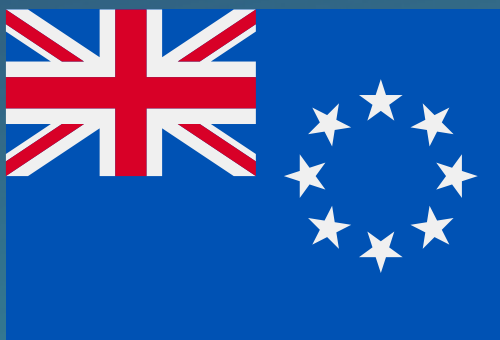




Cook Islands



Country report card - adults

This report card contains the latest data available on the Global Obesity Observatory on overweight and obesity for adults. Where available, data on common and relevant obesity drivers and comorbidities are also presented.

View the latest version of this report on the Global Obesity Observatory at <https://data.worldobesity.org/country/cook-islands-46/>.

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Obesity prevalence

Adults, 2022



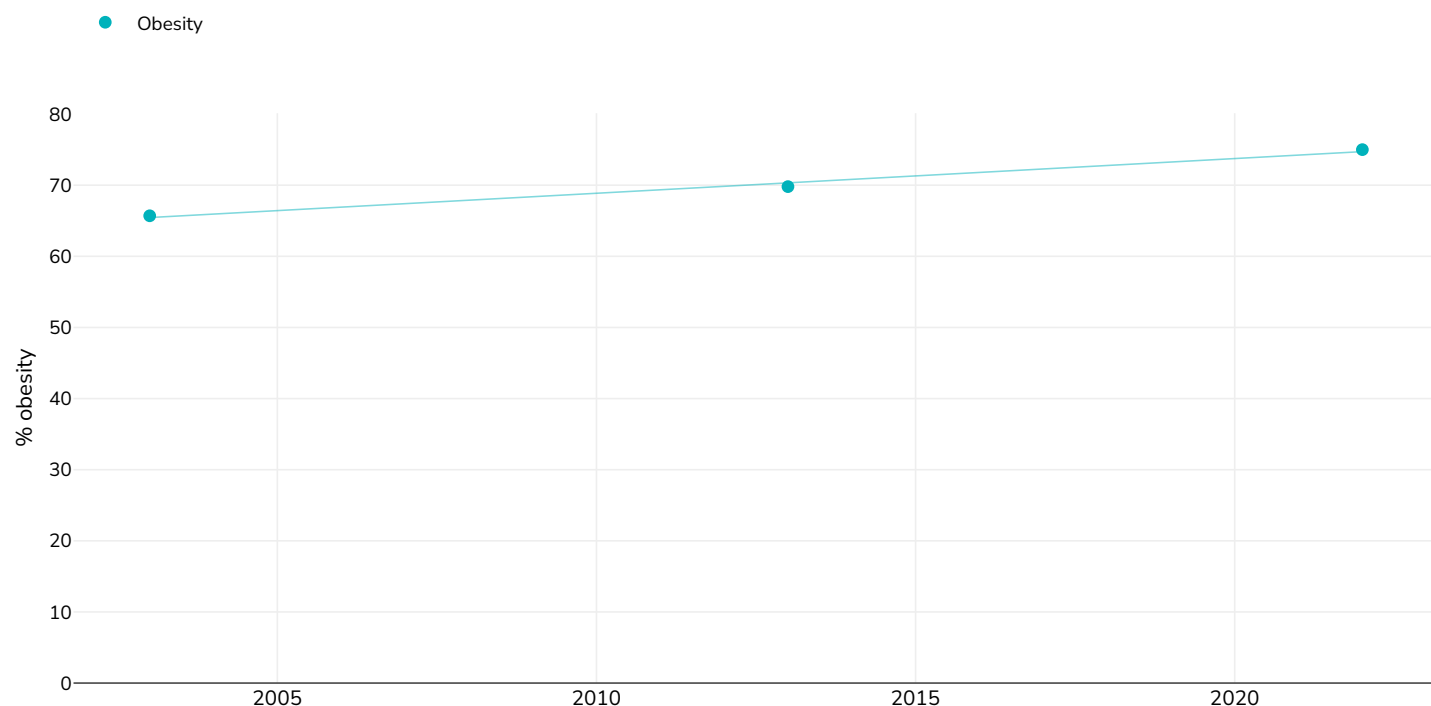
Survey type:	Measured
Age:	18-69
Sample size:	1,438
Area covered:	National
References:	The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf [Accessed 26.08.25]

Notes: Of the 12 inhabited islands of the Cook Islands, six islands (Mitiaro, Mauke, Palmerston, Nassau, Rakahanga, and Penrhyn) were excluded from the sampling frame. A representative sample of islands in the northern and southern groups were selected (Rarotonga, Aitutaki, Mangaia, Atiu, Manihiki, Pukapuka).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

% Adults living with obesity in the Cook Islands, 2003-2022

Men and women



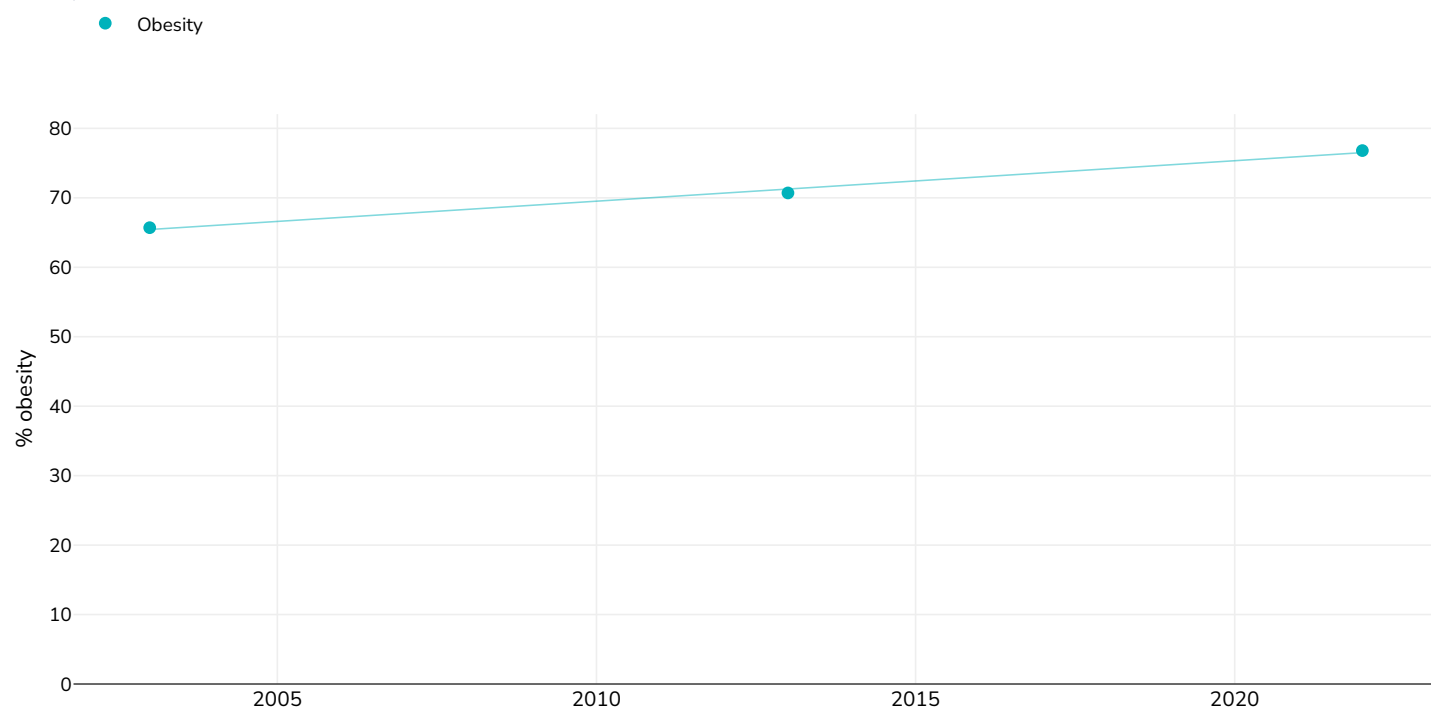
Survey type: Measured

References: 2003: Cook Islands STEP Survey 2004, available at https://www.who.int/ncds/surveillance/steps/cook_islands/en/ (last accessed 05.10.20)
2013: STEPS Survey Cook Islands 2013-15, available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/611> (last accessed 16.10.20)
2022: The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. <https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf> [Accessed 26.08.25]

Notes: 2003-04 Age range: 25-64, 2013-15 Age range: 18-64, 2022 Age range 18-69

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



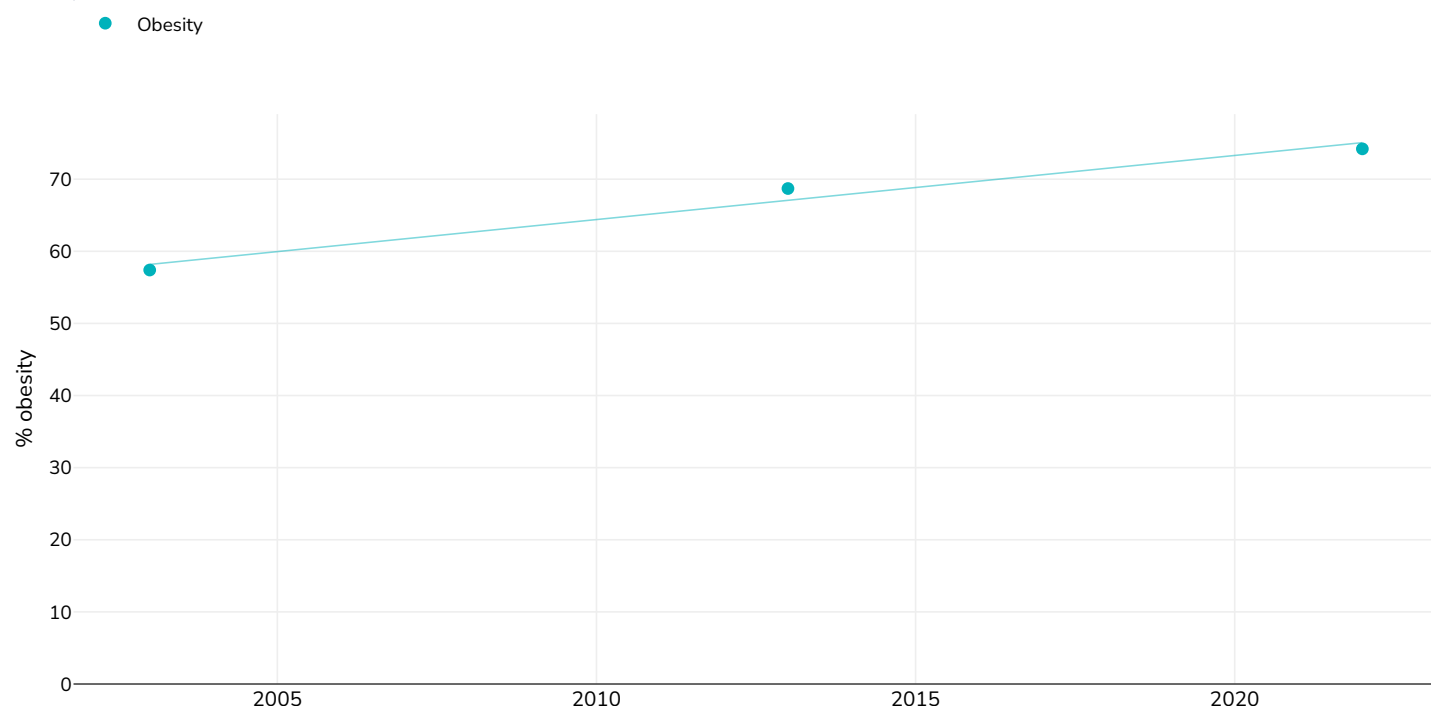
Survey type: Measured

References: 2003: Cook Islands STEP Survey 2004, available at https://www.who.int/ncds/surveillance/steps/cook_islands/en/ (last accessed 05.10.20)
2013: STEPS Survey Cook Islands 2013-15, available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/611> (last accessed 16.10.20)
2022: The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. <https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf> [Accessed 26.08.25]

Notes: 2003-04 Age range: 25-64, 2013-15 Age range: 18-64, 2022 Age range 18-69

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Men



Survey type: Measured

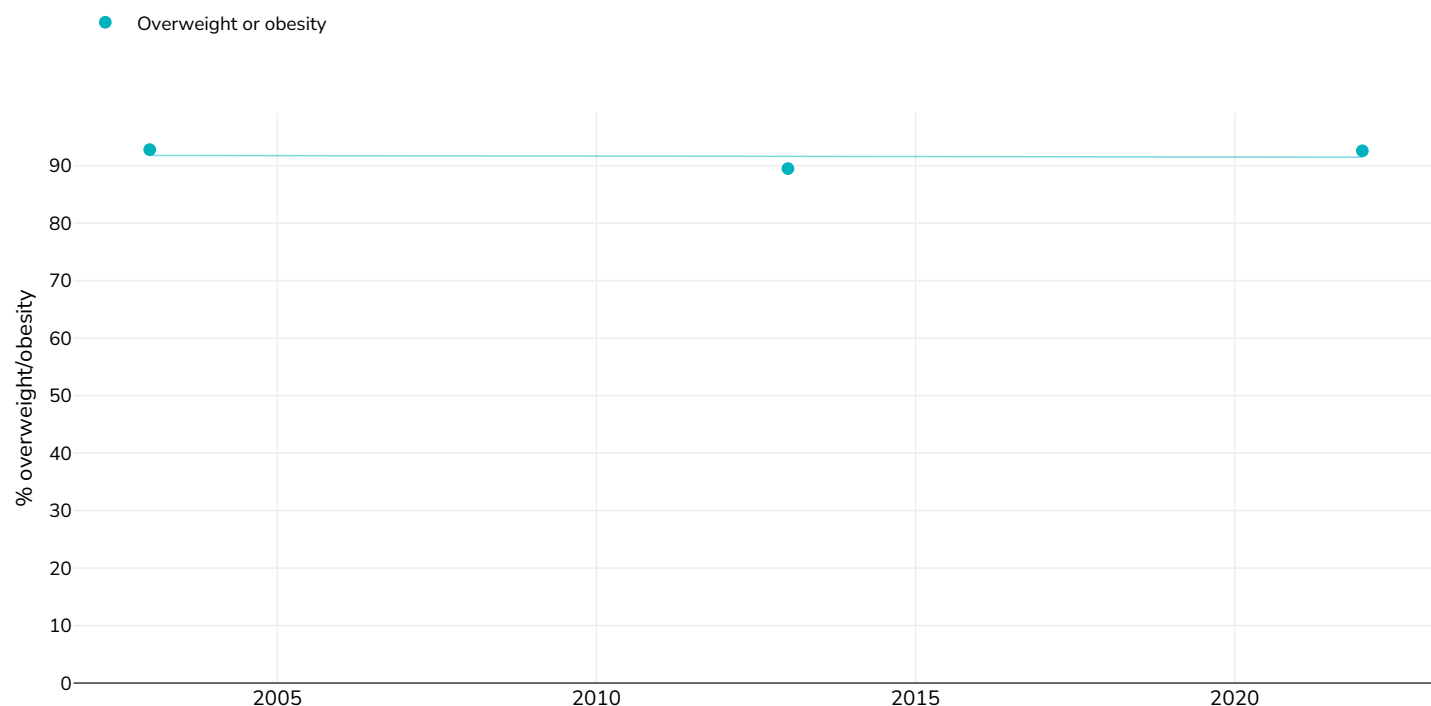
References: 2003: Cook Islands STEP Survey 2004, available at https://www.who.int/ncds/surveillance/steps/cook_islands/en/ (last accessed 05.10.20)
2013: STEPS Survey Cook Islands 2013-15, available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/611> (last accessed 16.10.20)
2022: The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. <https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf> [Accessed 26.08.25]

Notes: 2003-04 Age range: 25-64, 2013-15 Age range: 18-64, 2022 Age range 18-69

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

% Adults living with overweight or obesity in the Cook Islands, 2003-2022

Men and women



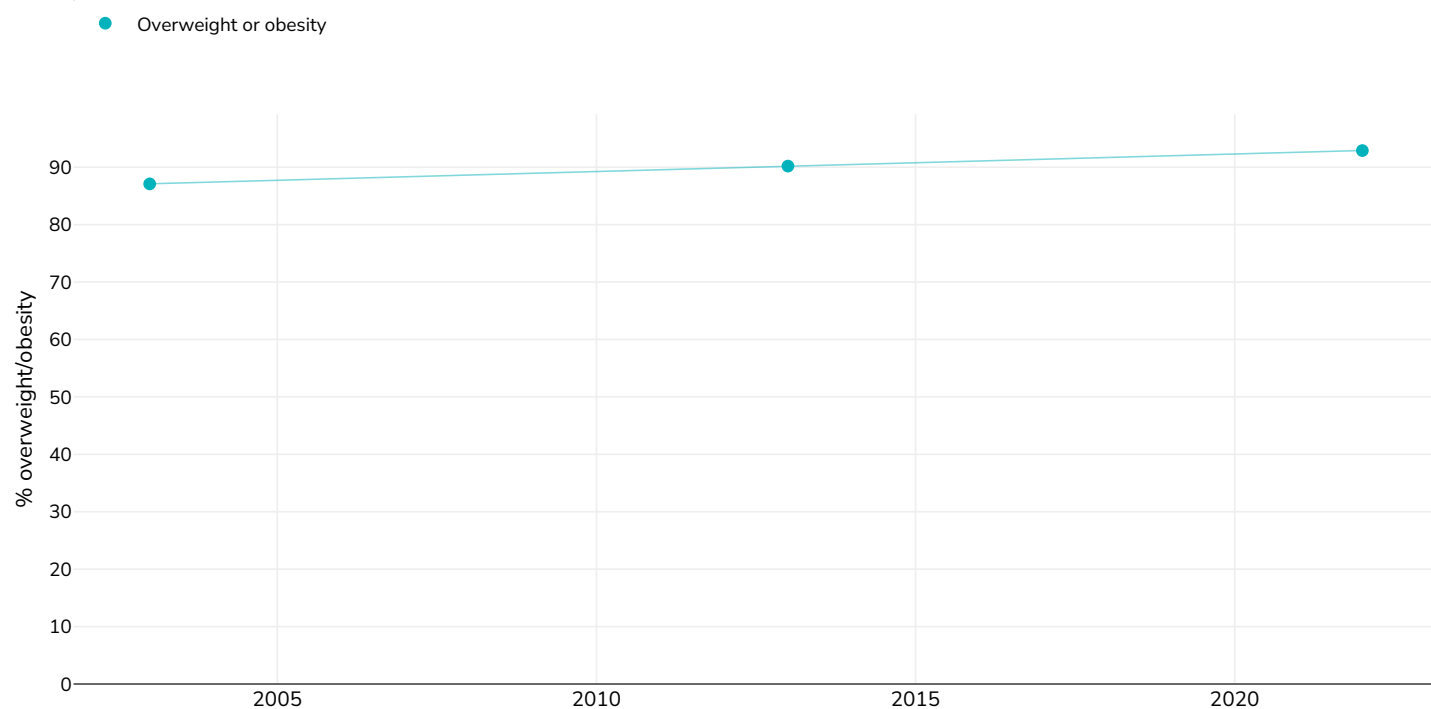
Survey type: Measured

References: 2003: Cook Islands STEP Survey 2004, available at https://www.who.int/ncds/surveillance/steps/cook_islands/en/ (last accessed 05.10.20)
2013: STEPS Survey Cook Islands 2013-15, available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/611> (last accessed 16.10.20)
2022: The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. <https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf> [Accessed 26.08.25]

Notes: 2003-04 Age range: 25-64, 2013-15 Age range: 18-64, 2022 Age range: 18-69

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women



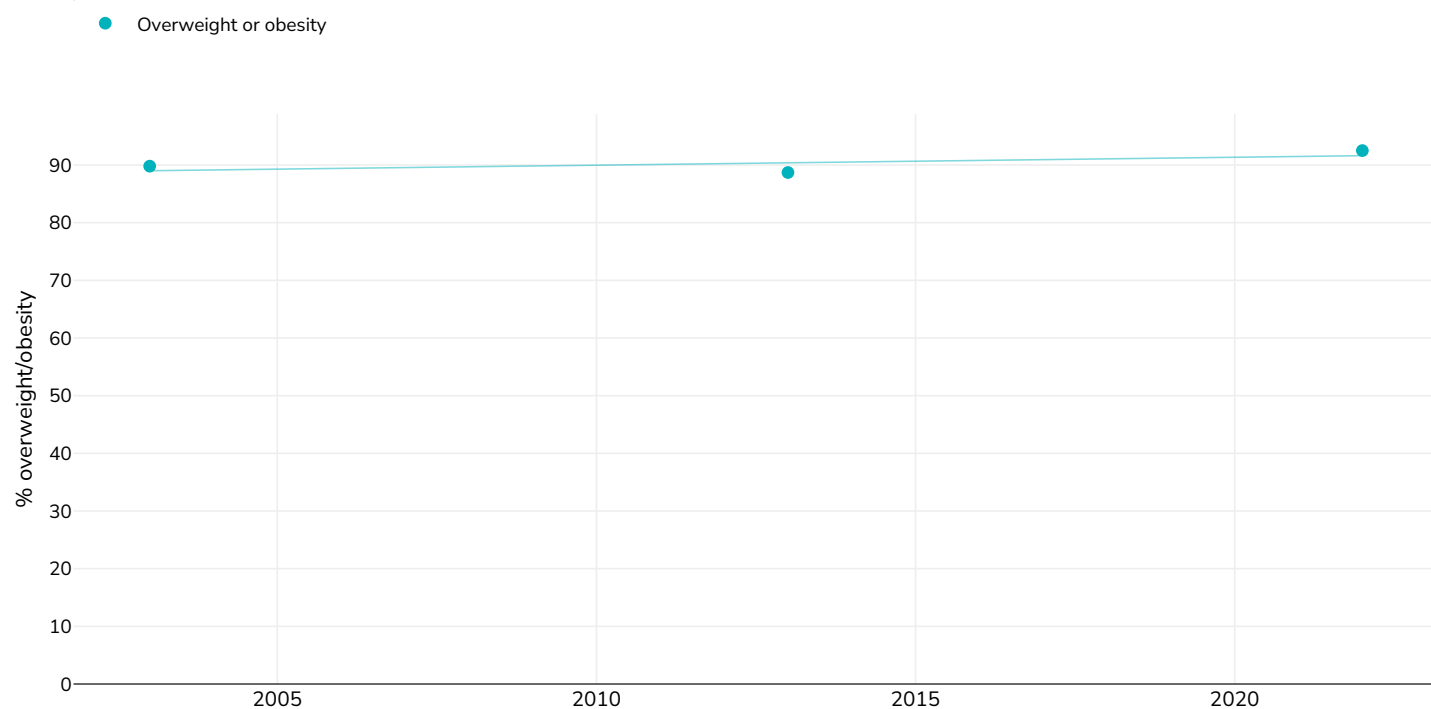
Survey type: Measured

References: 2003: Cook Islands STEP Survey 2004, available at https://www.who.int/ncds/surveillance/steps/cook_islands/en/ (last accessed 05.10.20)
2013: STEPS Survey Cook Islands 2013-15, available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/611> (last accessed 16.10.20)
2022: The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. <https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf> [Accessed 26.08.25]

Notes: 2003-04 Age range: 25-64, 2013-15 Age range: 18-64, 2022 Age range: 18-69

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Men



Survey type: Measured

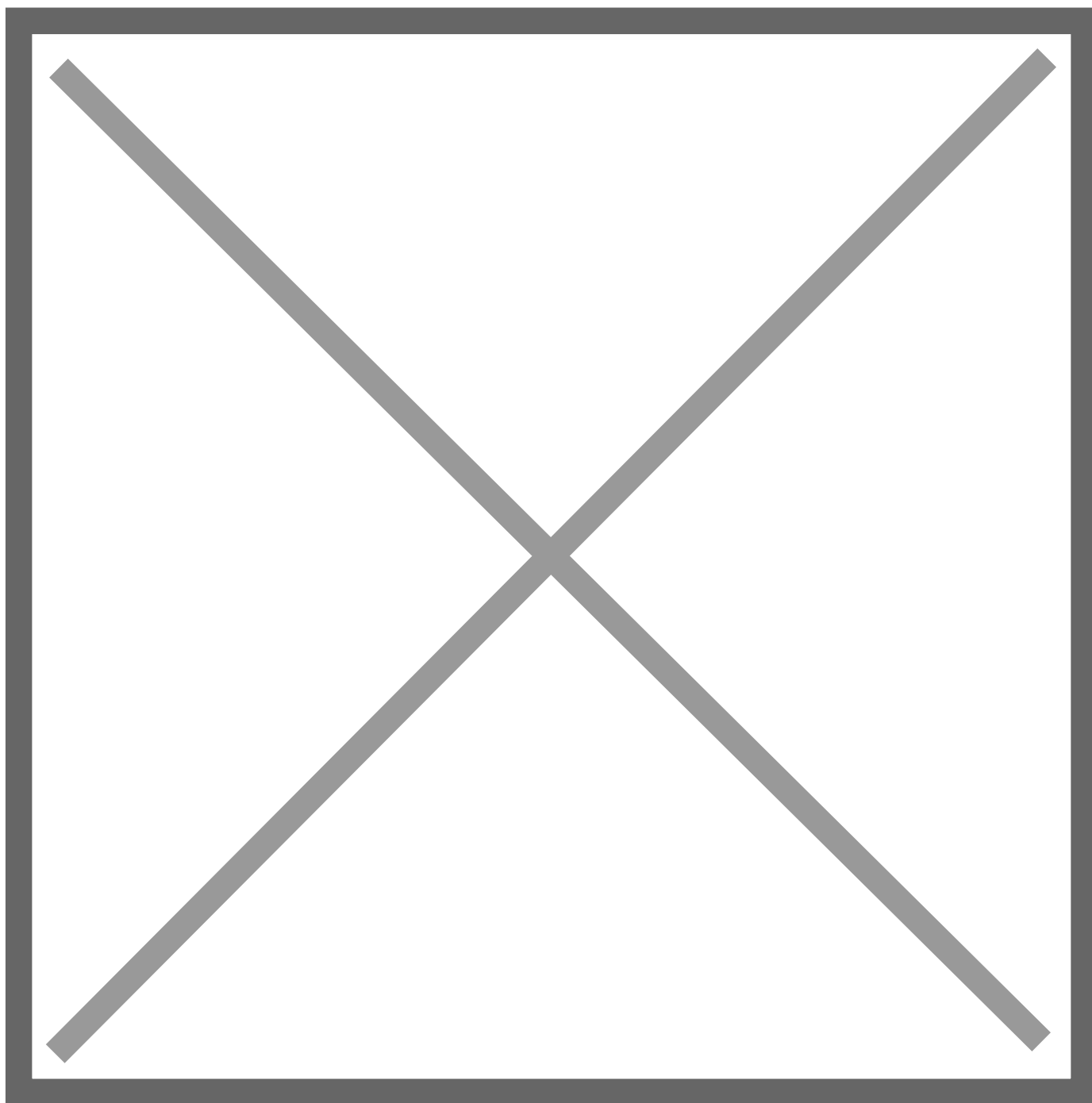
References: 2003: Cook Islands STEP Survey 2004, available at https://www.who.int/ncds/surveillance/steps/cook_islands/en/ (last accessed 05.10.20)
2013: STEPS Survey Cook Islands 2013-15, available at <https://extranet.who.int/ncdsmicrodata/index.php/catalog/611> (last accessed 16.10.20)
2022: The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. <https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf> [Accessed 26.08.25]

Notes: 2003-04 Age range: 25-64, 2013-15 Age range: 18-64, 2022 Age range: 18-69

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by age

Adults, 2022



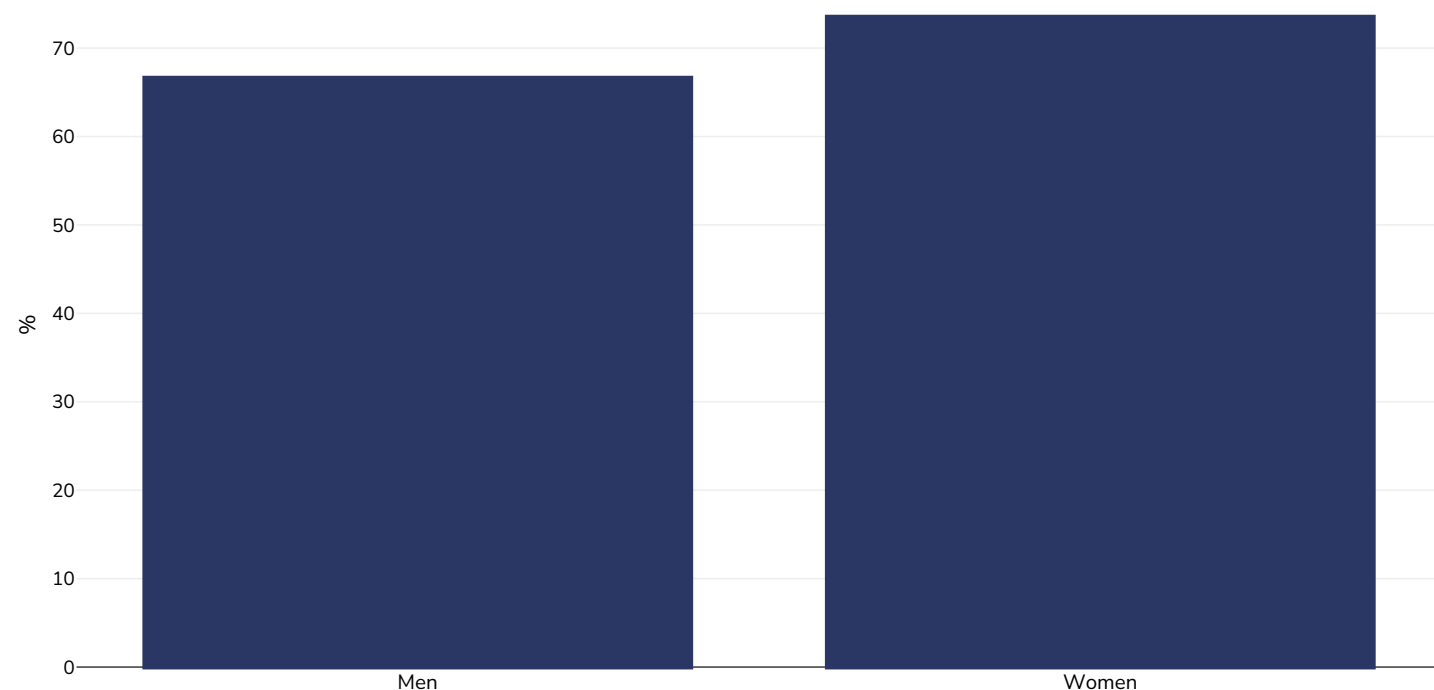
Survey type:	Measured
Sample size:	1,438
Area covered:	National
References:	The Cook Islands Non-communicable Diseases Risk Factors STEPS Report 2022. https://www.health.gov.ck/wp-content/uploads/2024/07/Cook-Islands-STEPS-Report-2022.pdf [Accessed 26.08.25]

Notes: Of the 12 inhabited islands of the Cook Islands, six islands (Mitiaro, Mauke, Palmerston, Nassau, Rakahanga, and Penrhyn) were excluded from the sampling frame. A representative sample of islands in the northern and southern groups were selected (Rarotonga, Aitutaki, Mangaia, Atiu, Manihiki, Pukapuka).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Double burden of underweight & overweight

Adults, 2022



Survey type:	Measured
Age:	20+
References:	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population representative studies with 222 million children, adolescents, and adults. Lancet 2024; published online Feb 29. https://doi.org/10.1016/S0140-6736(23)02750-2 .
Notes:	Age Standardised estimates
Definitions:	Combined prevalence of BMI<18.5 kg/m ² and BMI≥30 kg/m ² (double burden of underweight and obesity)

Insufficient physical activity

Adults, 2022

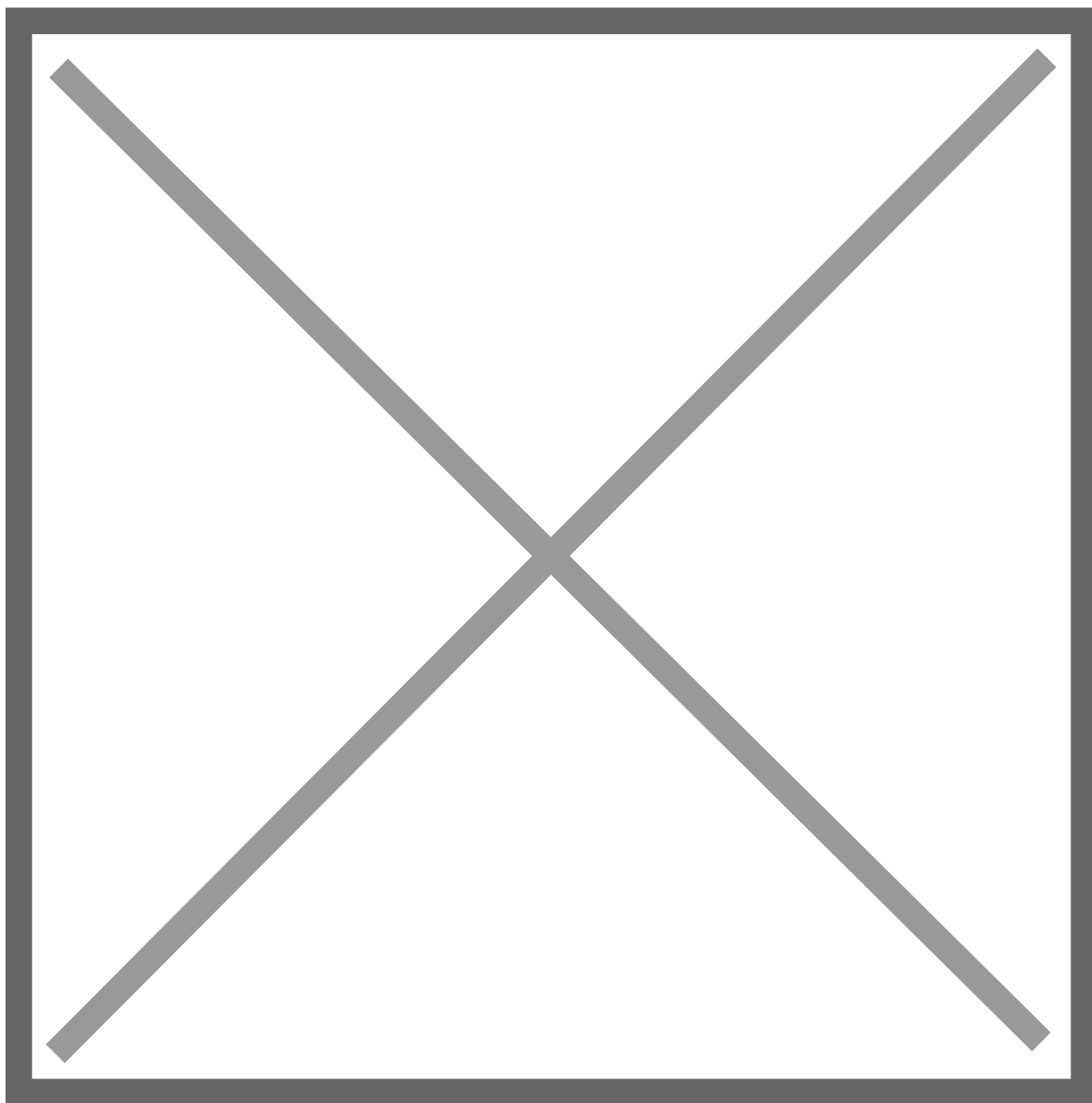


Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions:

Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

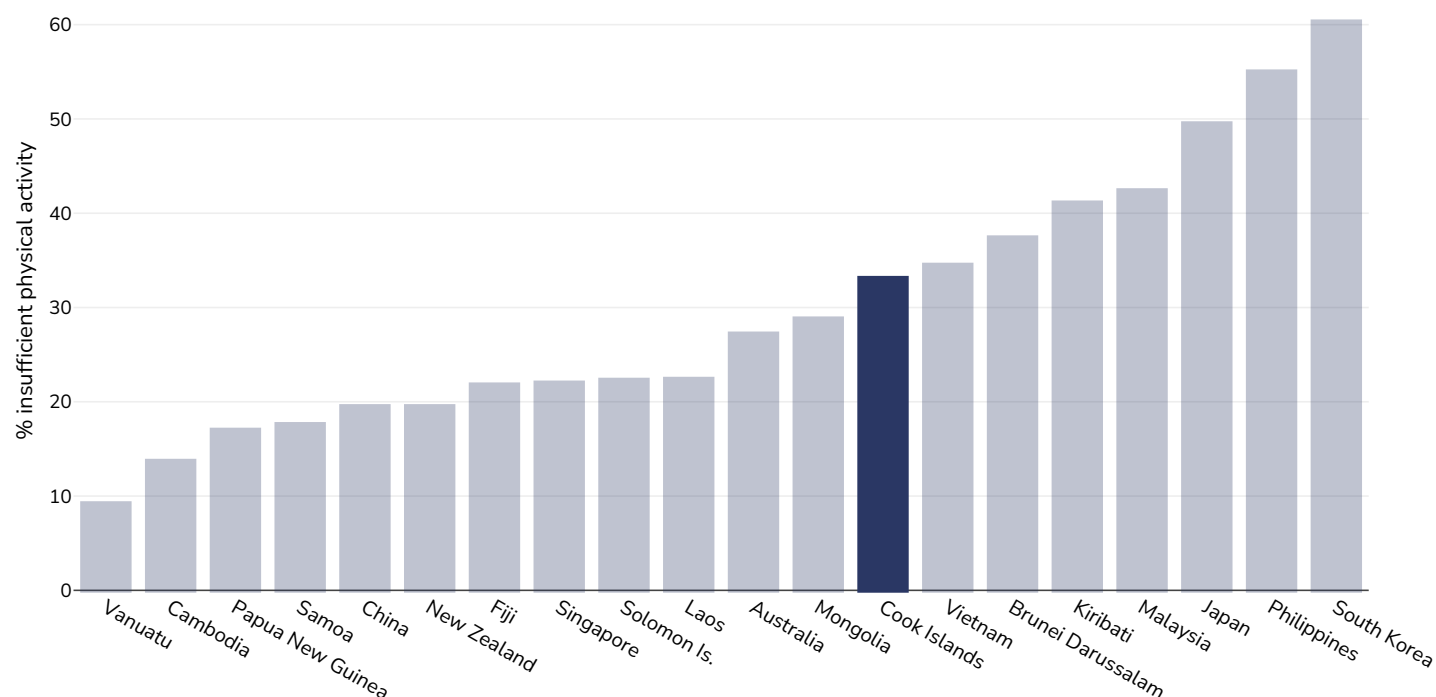
Men, 2022



Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022



Survey type: Self-reported

Age: 18+

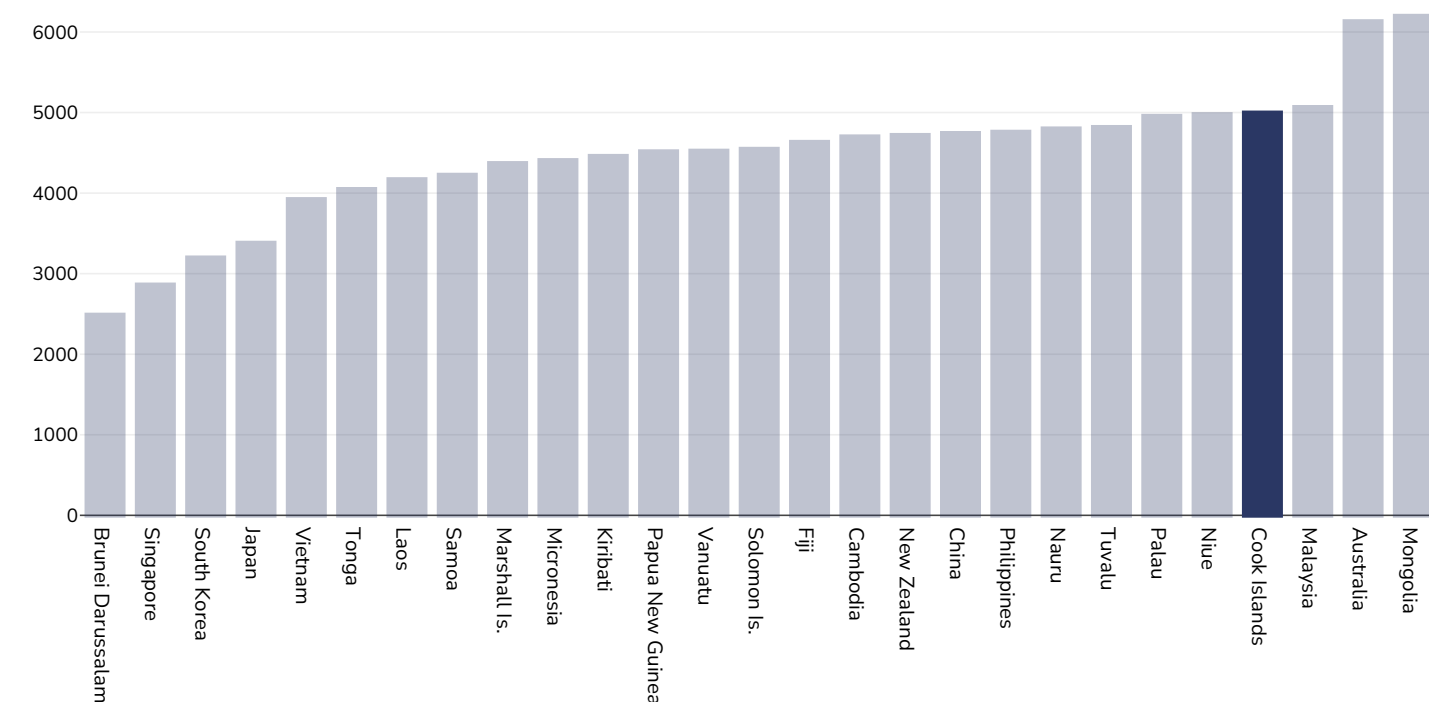
Area covered: National

References: WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-))

Definitions: Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Mental health - depression disorders

Adults, 2021



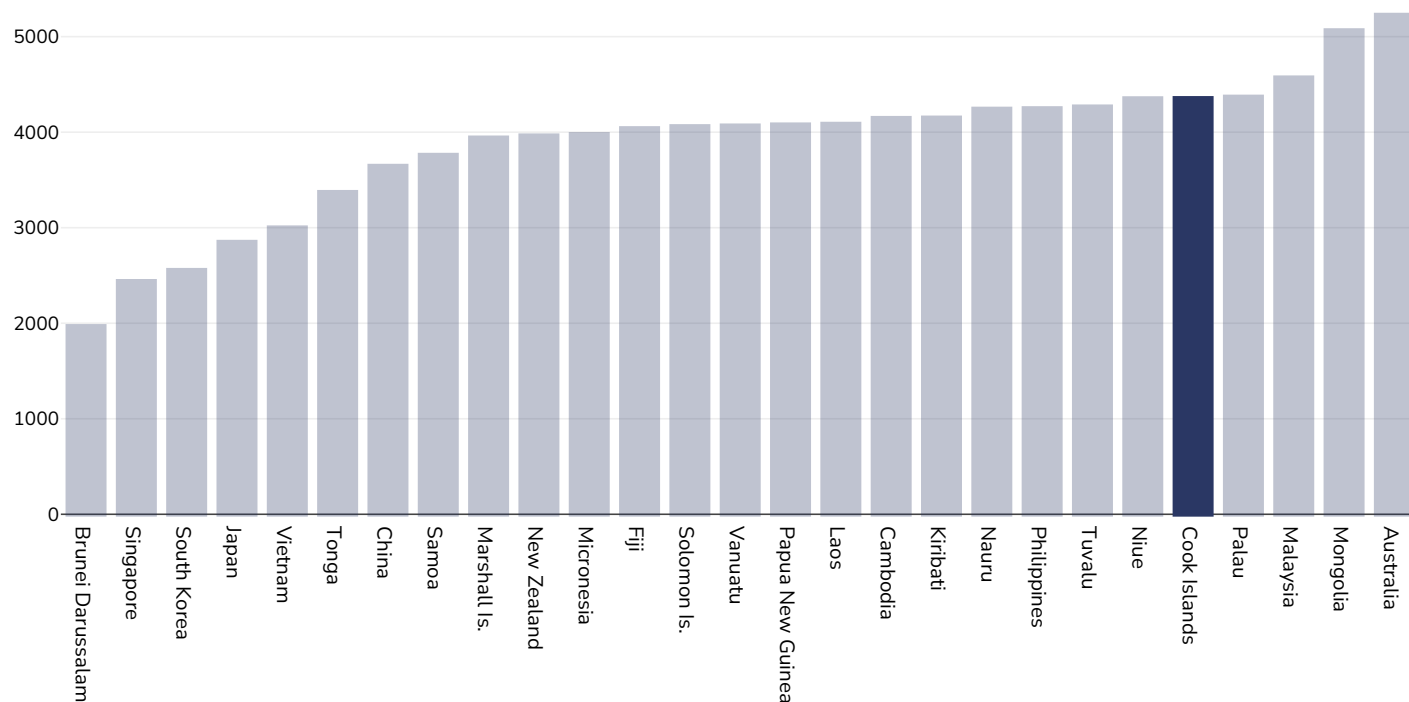
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Men, 2021



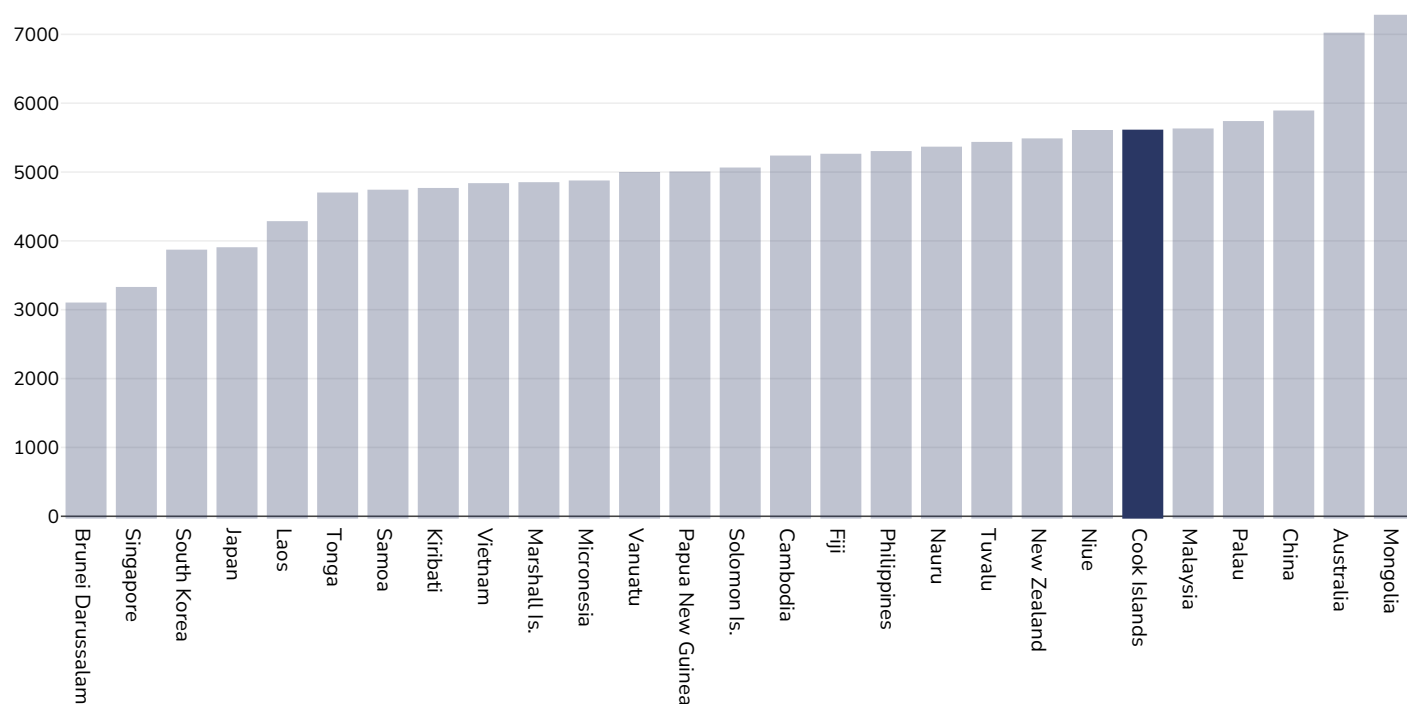
Age: 20+

Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Women, 2021



Age: 20+

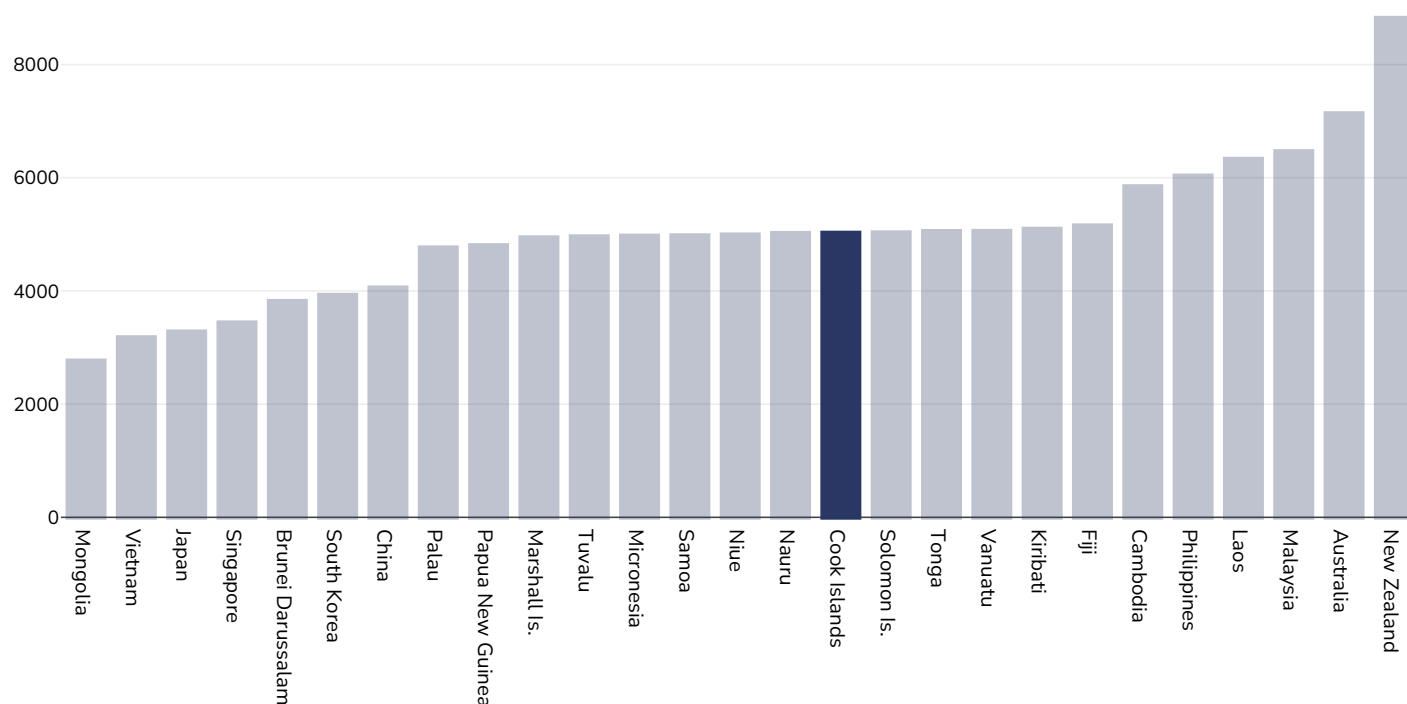
Area covered: National

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25)

Definitions: Number living with depression per 100,000 population (adults 20+ years)

Mental health - anxiety disorders

Adults, 2021

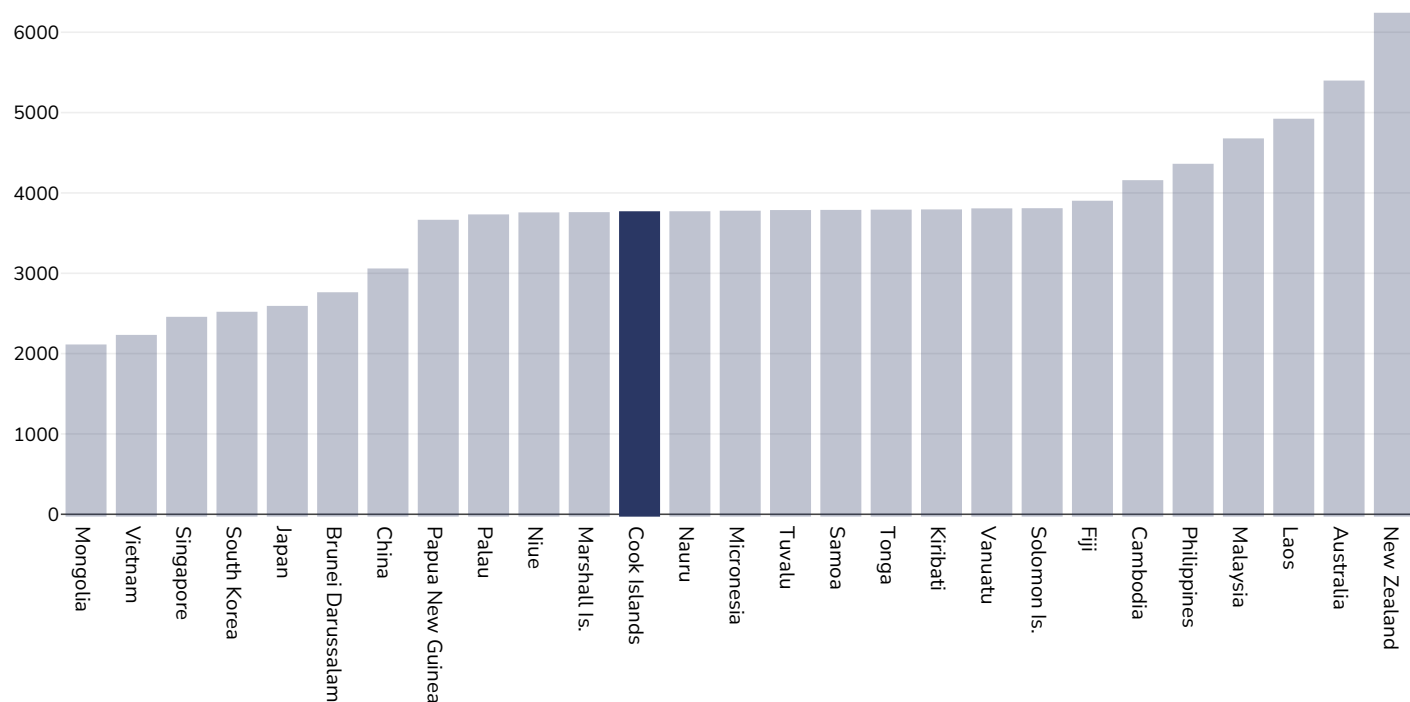


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Men, 2021

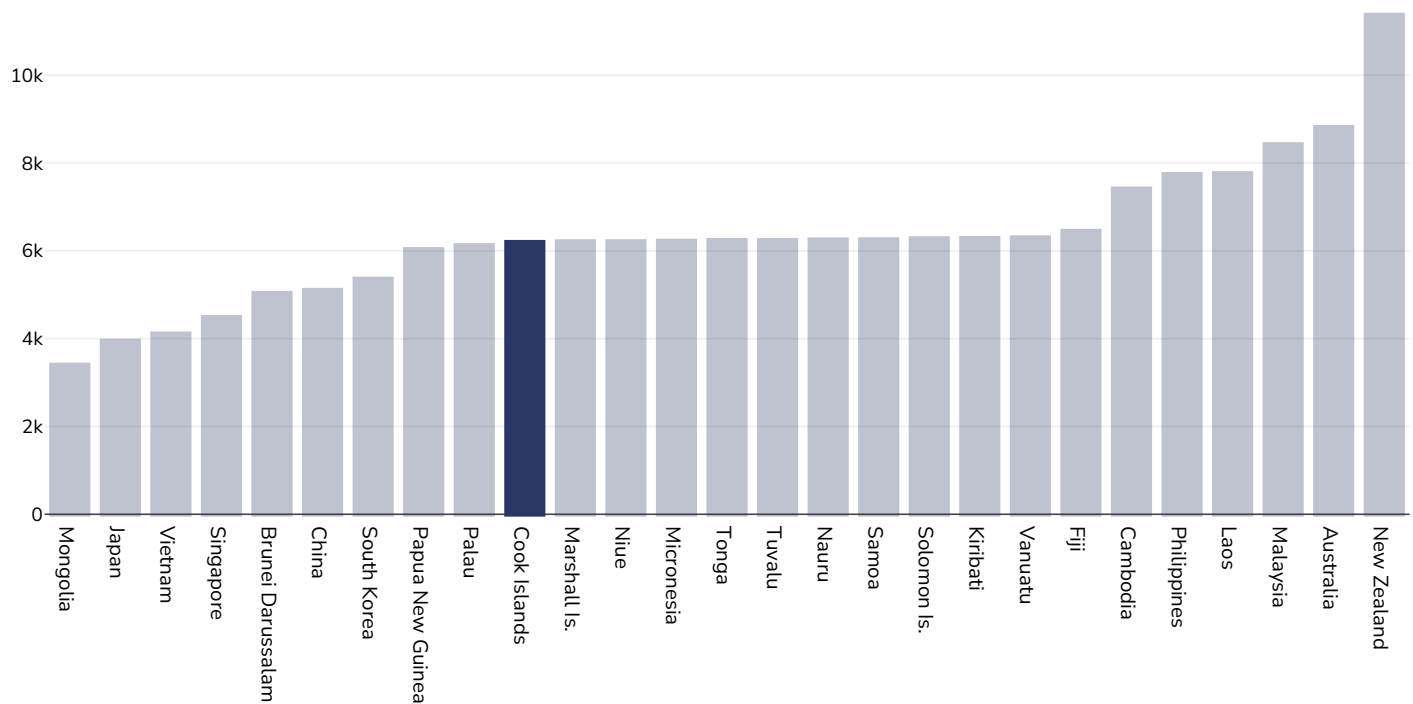


Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Women, 2021



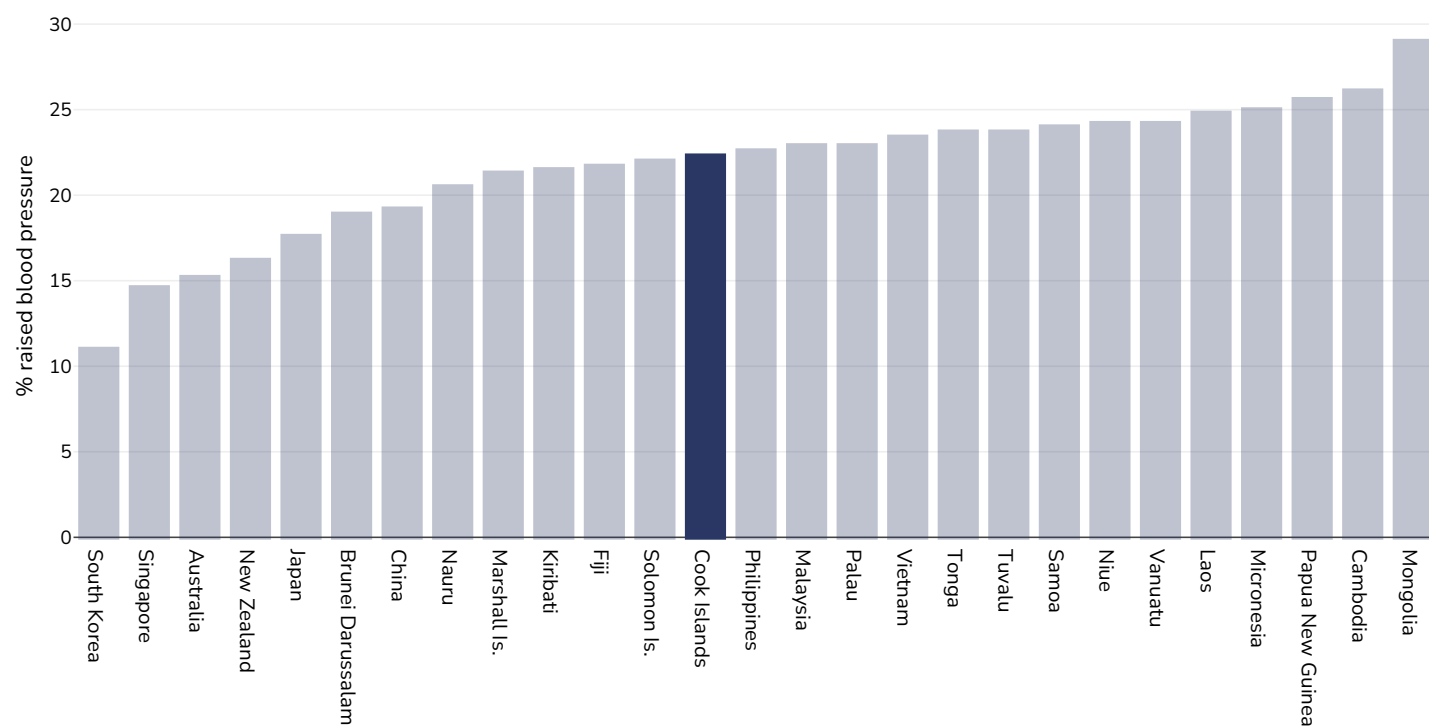
Age: 20+

References: Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. Global Burden of Disease (GBD) Study 2021. Seattle, WA: IHME, University of Washington, 2023. Available from <http://vizhub.healthdata.org/gbd-compare>. (Last accessed 23.04.25).

Definitions: Number living with anxiety per 100,000 population

Raised blood pressure

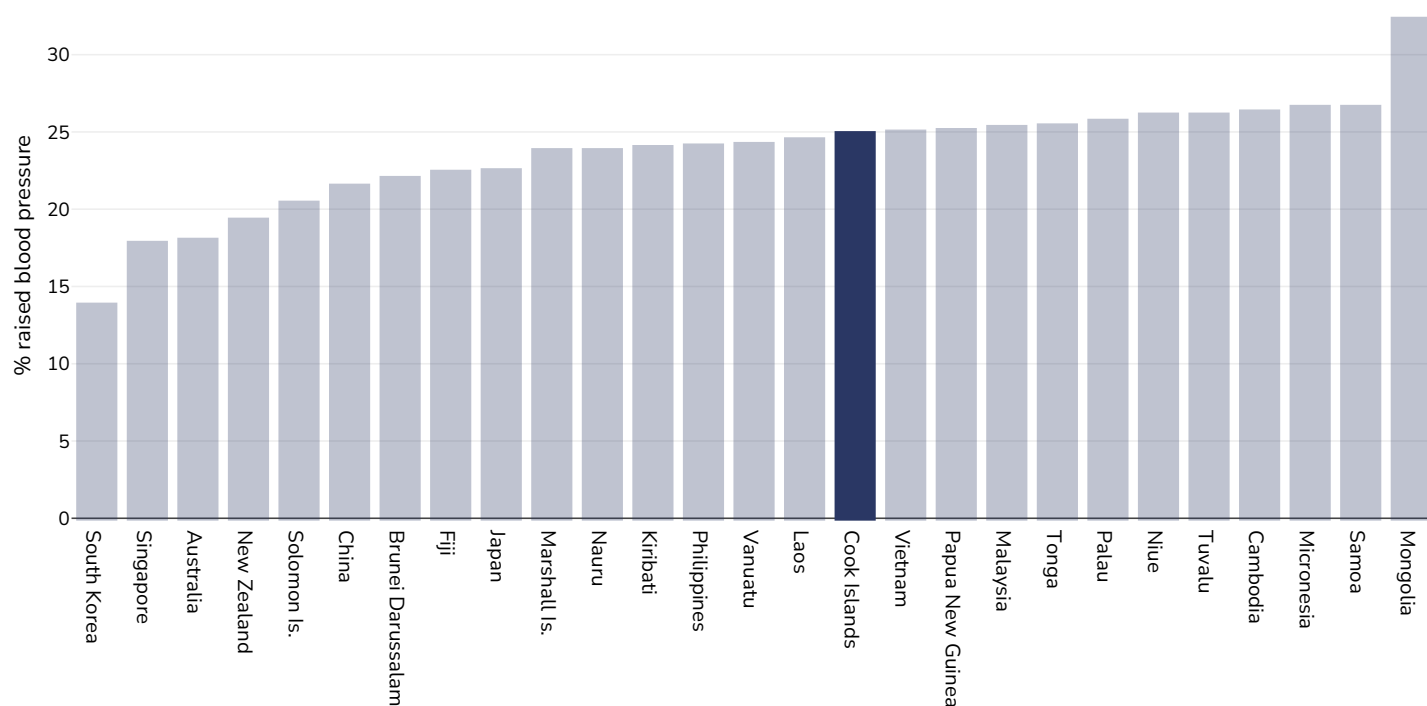
Adults, 2015



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

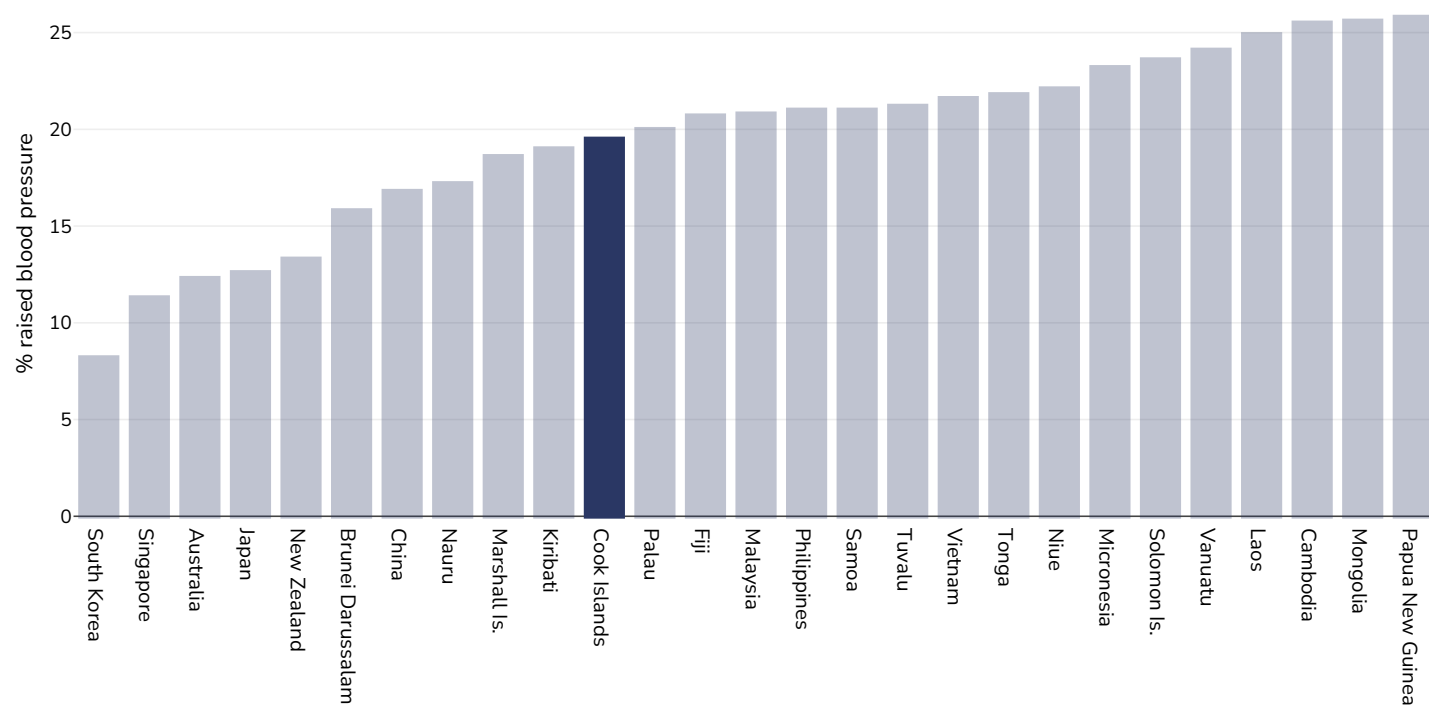
Men, 2015



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Women, 2015

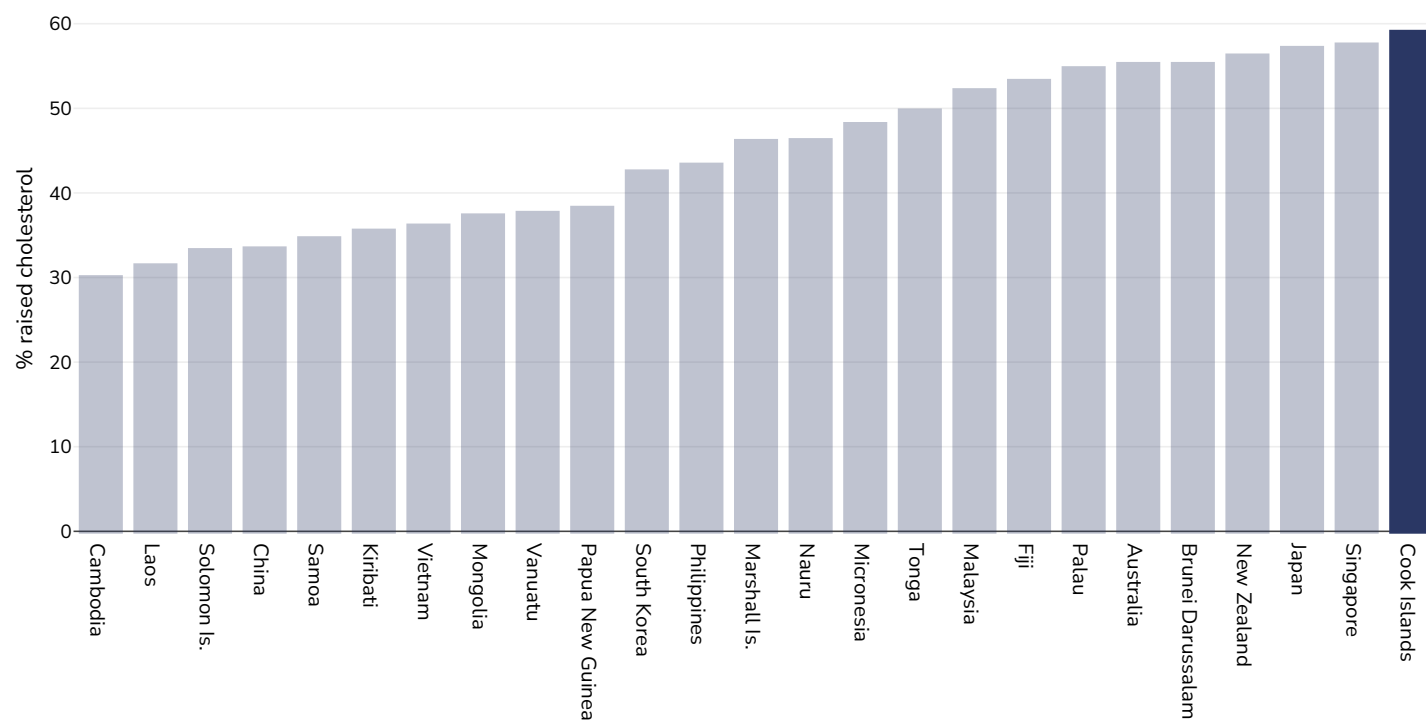


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

Raised cholesterol

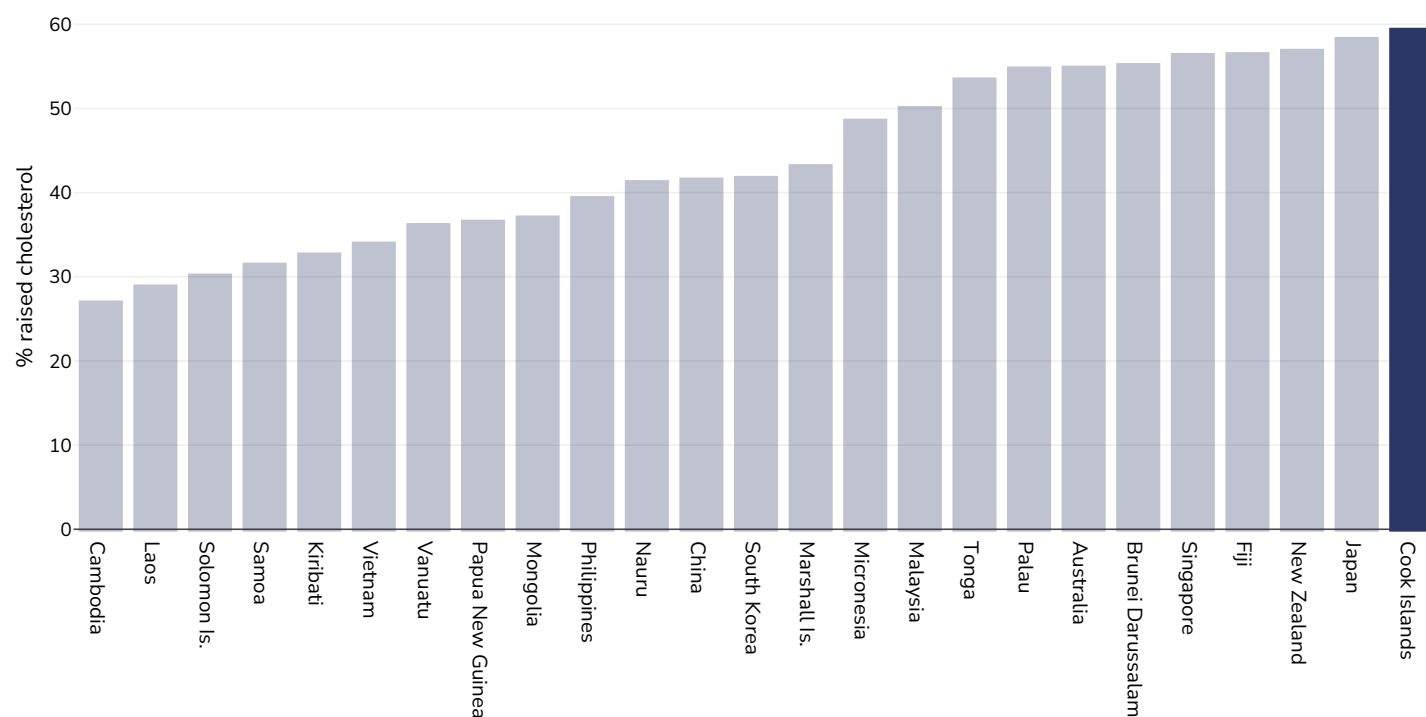
Adults, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

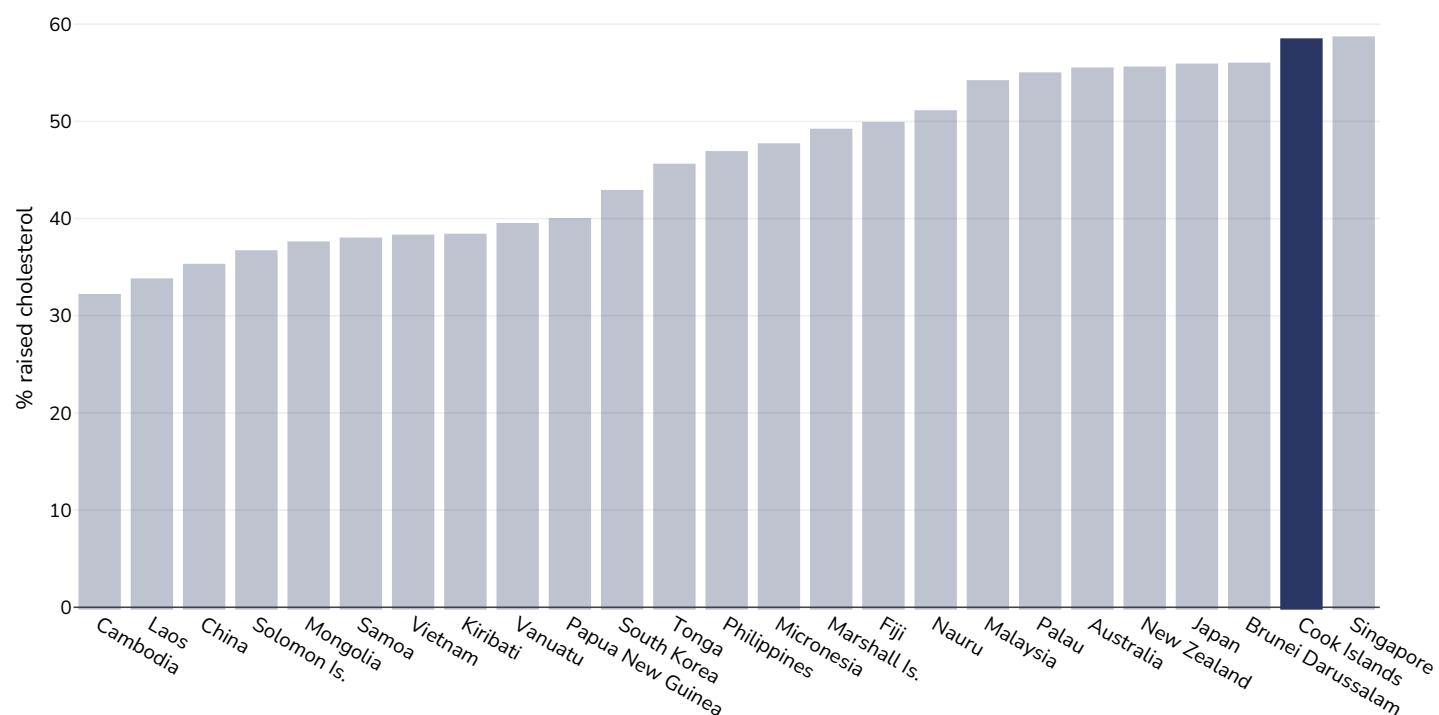
Men, 2008



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Women, 2008

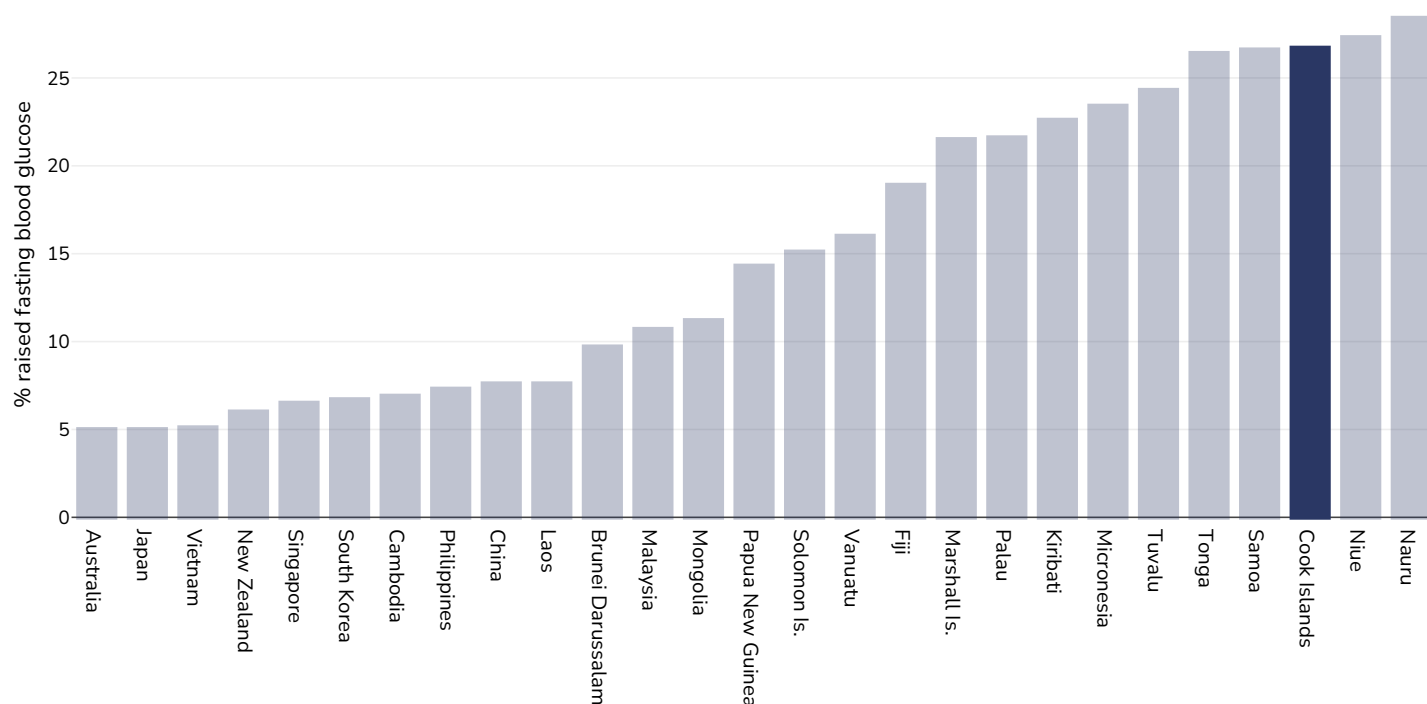


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

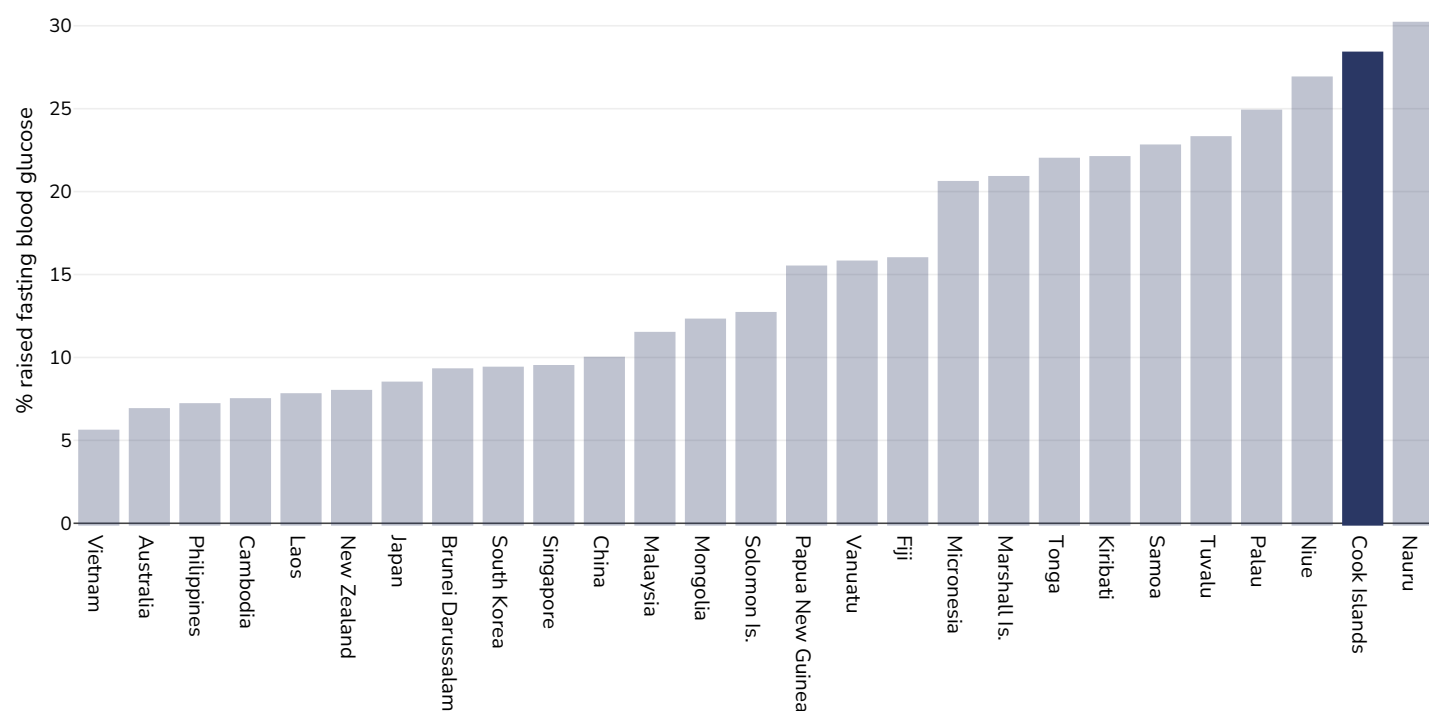
Men, 2014



References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Women, 2014

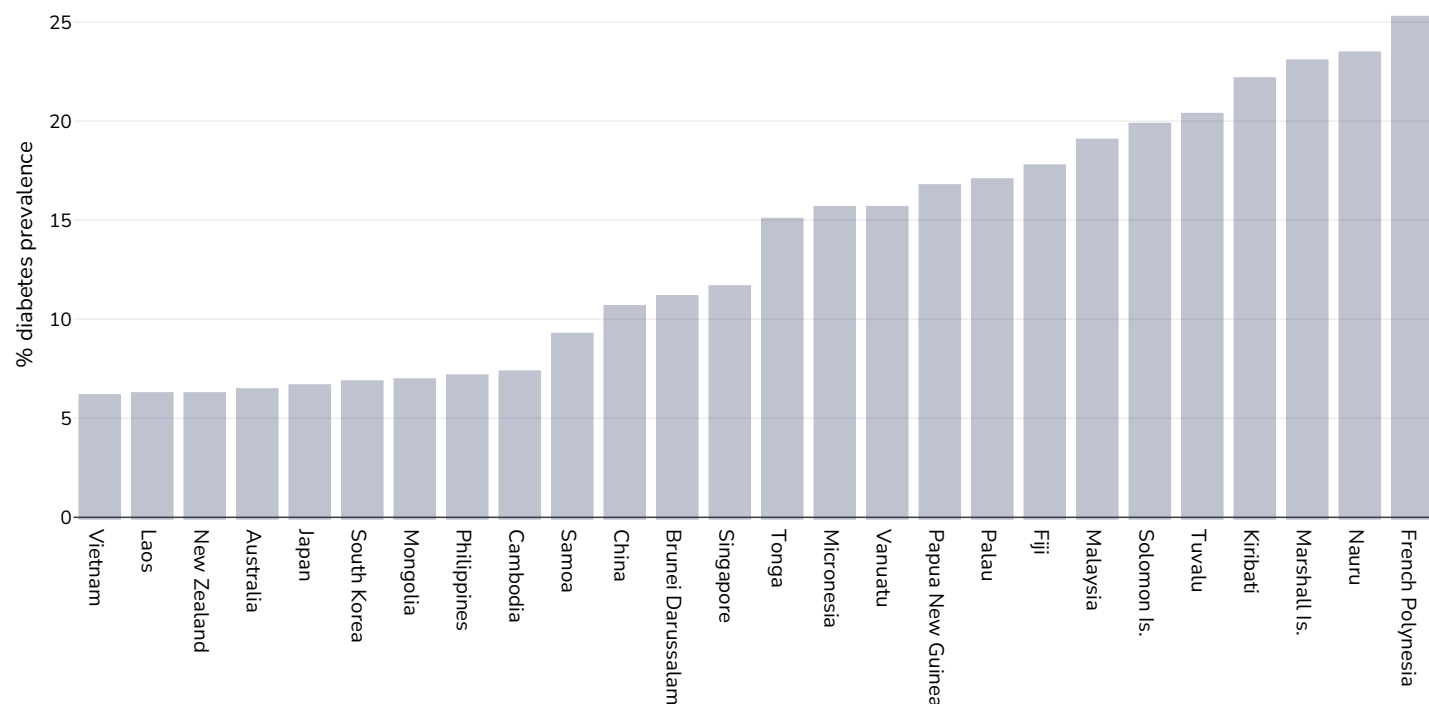


References: Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions: Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

PDF created on September 9, 2025