# Report card
## Cook Islands

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Obesity prevalence

Adults, 2013-2015

Survey type: Measured
Age: 18-64
Sample size: 918
Area covered: National

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
**Children, 2015**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Obesity</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>Boys</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>Girls</td>
<td>30%</td>
<td>40%</td>
</tr>
</tbody>
</table>

Survey type: Self-reported  
Age: 13-17  
Sample size: 701  
References: Global School-based Student Health Survey (GSHS), available at [https://www.who.int/ncds/surveillance/gshs/gshs_fs_cook_islands_2015.pdf](https://www.who.int/ncds/surveillance/gshs/gshs_fs_cook_islands_2015.pdf) (last accessed 03.11.20)  
Notes: WHO cutoffs. NB Small Sample size  
Cutoffs: WHO
Overweight/obesity by age

Adults, 2013-2015

Survey type: Measured
Sample size: 918
Area covered: National

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

Adults, 2016

Women, 2016

% insufficient physical activity

**Children, 2010**

% insufficient physical activity

**Age:** 11-17


**Notes:** % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

**Definitions:** % Adolescents insufficiently active (age standardised estimate)
Boys, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Average daily frequency of carbonated soft drink consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17

https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system
## Prevalence of less-than-daily fruit consumption

**Children, 2010-2015**

<table>
<thead>
<tr>
<th>Country</th>
<th>% &lt; daily consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanuatu</td>
<td>0</td>
</tr>
<tr>
<td>Fiji</td>
<td>10</td>
</tr>
<tr>
<td>Vietnam</td>
<td>30</td>
</tr>
<tr>
<td>Cook Islands</td>
<td>30</td>
</tr>
<tr>
<td>Samoa</td>
<td>30</td>
</tr>
<tr>
<td>Malaysia</td>
<td>30</td>
</tr>
<tr>
<td>Solomon Is.</td>
<td>30</td>
</tr>
<tr>
<td>Laos</td>
<td>30</td>
</tr>
<tr>
<td>Philippines</td>
<td>30</td>
</tr>
<tr>
<td>Wallis &amp; Futuna</td>
<td>30</td>
</tr>
<tr>
<td>Tonga</td>
<td>30</td>
</tr>
<tr>
<td>Tuvalu</td>
<td>30</td>
</tr>
<tr>
<td>Niue</td>
<td>30</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>30</td>
</tr>
<tr>
<td>Kiribati</td>
<td>30</td>
</tr>
<tr>
<td>Cambodia</td>
<td>50</td>
</tr>
<tr>
<td>Nauru</td>
<td>50</td>
</tr>
<tr>
<td>Mongolia</td>
<td>50</td>
</tr>
</tbody>
</table>

**Survey type:** Measured

**Age:** 12-17


**Definitions:** Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2010-2015

Survey type: Measured
Age: 12-17


Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Average weekly frequency of fast food consumption

Children, 2010-2015

Age: 12-17

Raised blood pressure

Adults, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Men, 2015


Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015

References:

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=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


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Women, 2008

References:

Definitions:
% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


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, 2017


Definitions: Diabetes age-adjusted comparative prevalence (%).

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