



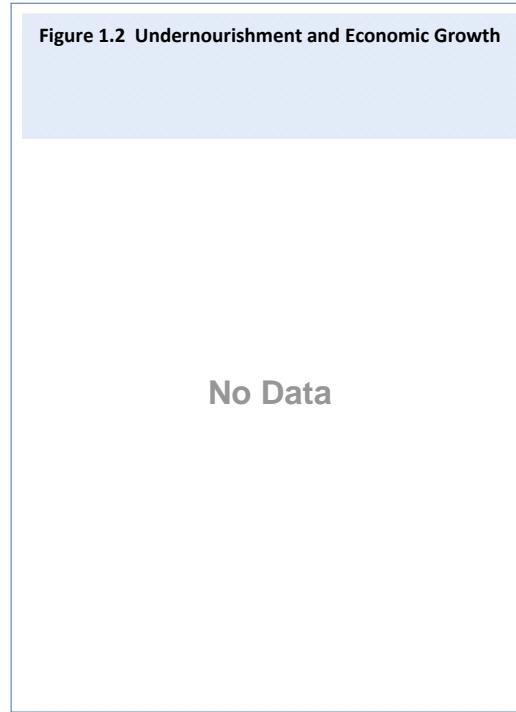
## Key Indicators

- Mortality in children has shown a constant reduction over the years, but unless further acceleration, Cook Islands will not achieve the Millennium Development Goal (MDG) in 2015. No information on nutritional indicators is available except for Low Birth Weight, anaemia, Vitamin A and breastfeeding.
- Anaemia, particularly in pregnant women, is high; at the same time, Vitamin A deficiency in preschool children and exclusive breastfeeding are low. Policies to promote breastfeeding and a supplementation programme for Vitamin A, along with iron fortification or supplementation, all are required.

**Figure 1.1 Food Availability**

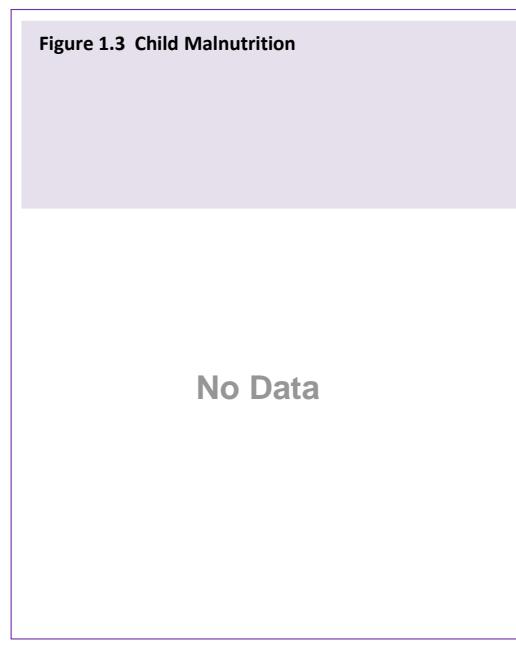


**Figure 1.2 Undernourishment and Economic Growth**



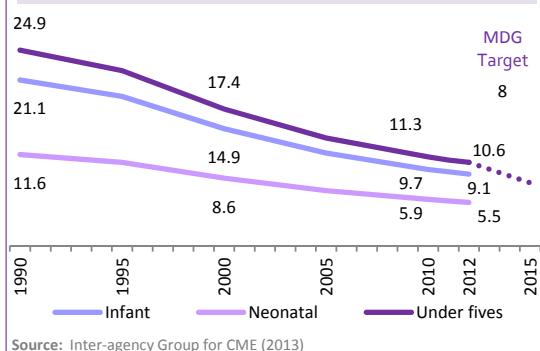
No Data

**Figure 1.3 Child Malnutrition**



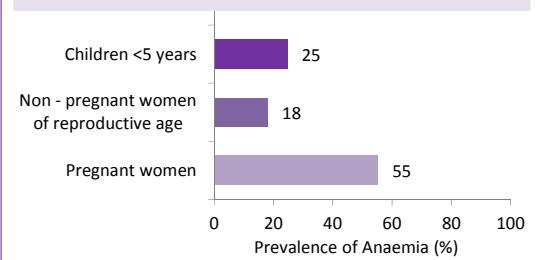
**Figure 1.4 Children Mortality From 1990 to 2012:**

- Under-5 mortality rates declined by 57%, but made insufficient progress to achieve the MDG target
- Infant mortality rate also declined 57%
- Neonatal mortality declined 53%



**Figure 1.5 Anaemia prevalence**

- Anaemia is a serious public health concern among pregnant women (55%)
- Deworming and iron supplementation can be effective for reducing anaemia in pregnant women as well as children.



**Anthropometry (Table 1.1)**

Underweight women (BMI < 18.5 kg/m <sup>2</sup> )	-	-
Overweight adults (BMI >= 25 kg/m <sup>2</sup> )	-	-
Proportion of infants with low birth weight	3 %	2000

Source: WHO/WPRO Health Information Profiles 2002

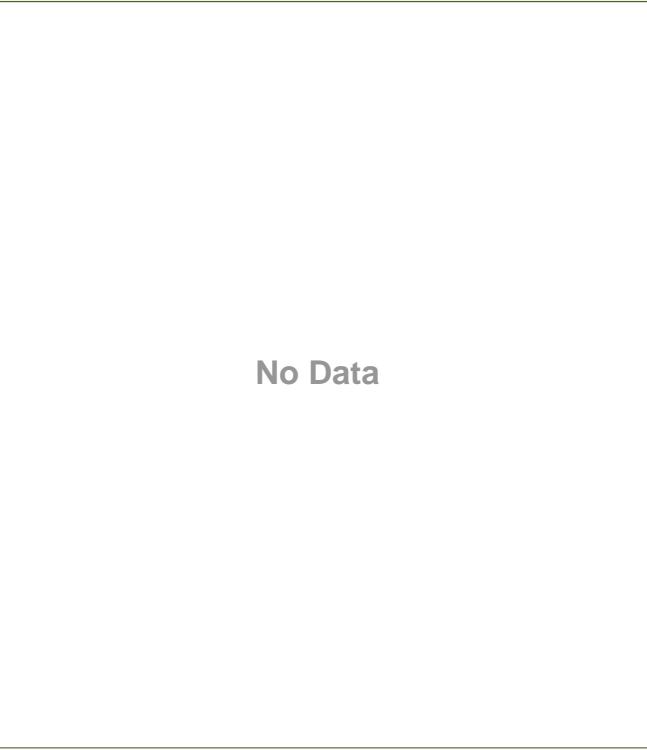


## Food Availability / Food Access



### Food Availability

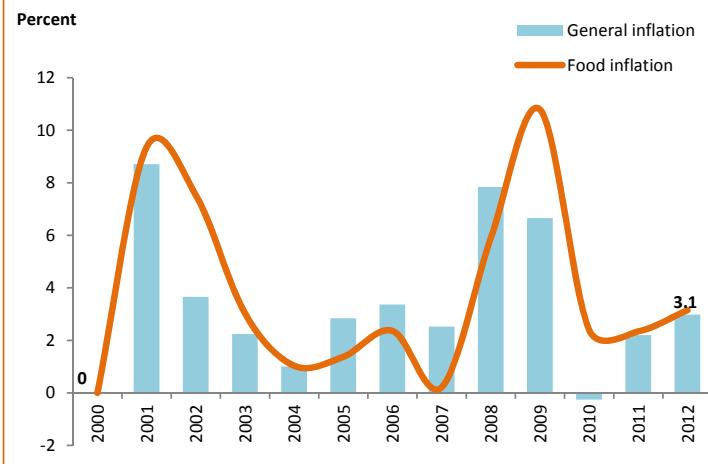
Figure 2.1 Food supply by food group



### Access to food

Figure 2.2 Economic access to food

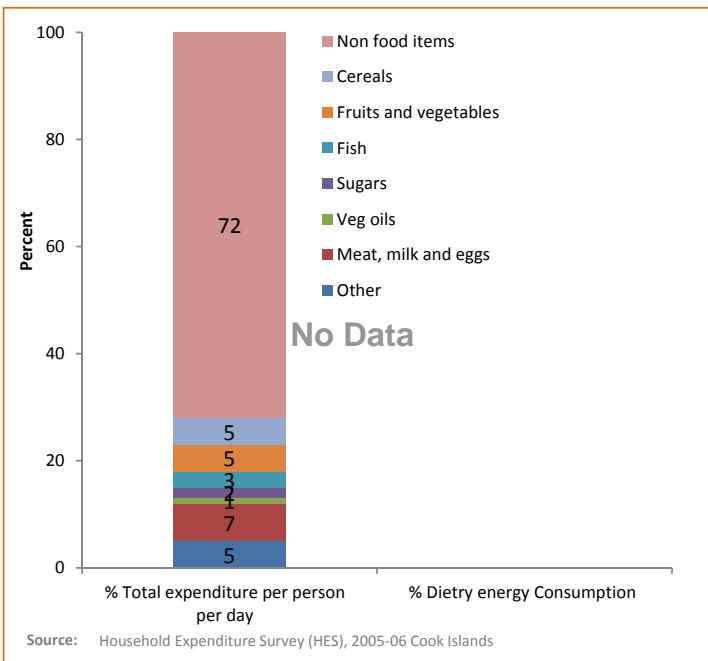
General and food inflation



Source: ILOSTAT Database Consumer Price Indices 2014

- Food inflation is correlated with general inflation
- Food represents 28% of the expenditures at household level

Figure 2.3 Share of food expenditure





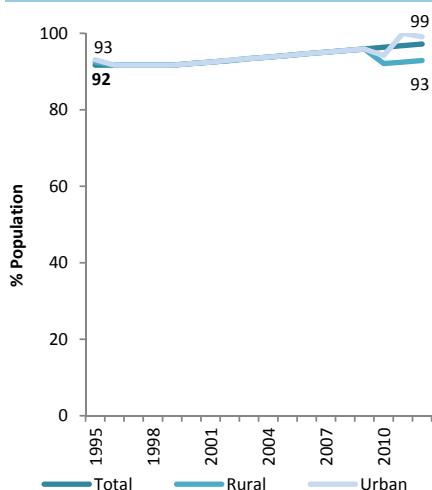
## Food Utilization

## Water and Sanitation

**Figure 3.1 Access to Improved Sanitation**

From 1990 to 2012:

- 3% of the population still does not have access to improved sanitation.

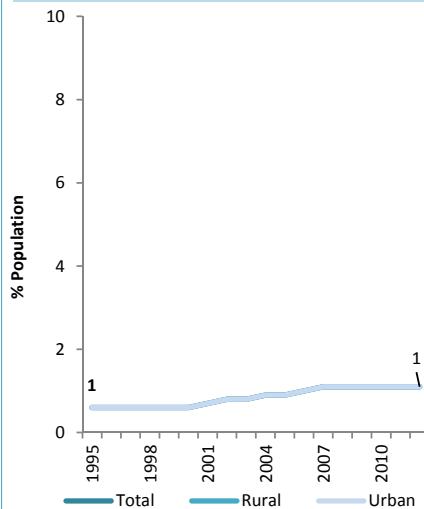


Source: WHO-UNICEF Joint Monitoring Programme, 2014

**Figure 3.2 Open Defecation**

1990 and 2012:

- 1% of the population practices open defecation

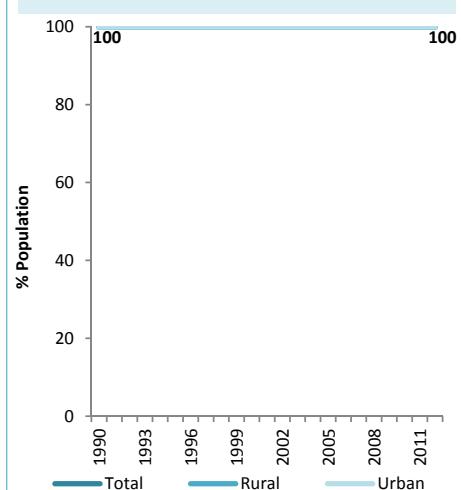


Source: WHO-UNICEF Joint Monitoring Programme, 2014

**Figure 3.3 Access to Improved Water Sources**

From 1990 to 2012:

- Almost 100% of the population has sustainable access to improved water



Source: WHO-UNICEF Joint Monitoring Programme, 2014

## Food Safety

**Figure 3.4 Diarrhoea**

No Data

**Management of Diarrhoea (Table 3.1)**

### Zinc

Share of children under age 5 with diarrhoea receiving zinc treatment

### Existing policy framework

Zinc Supplementation and Reformulated Oral Rehydration Salt in the Management of Diarrhea

Source:

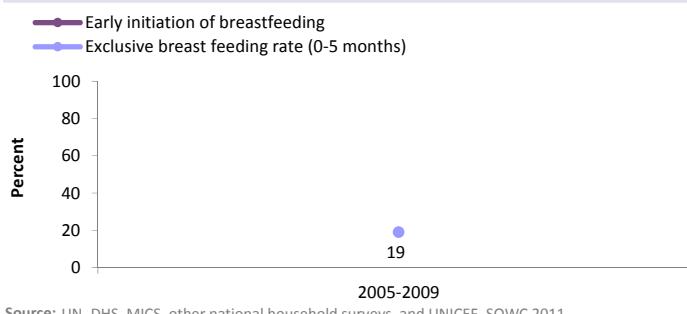


## Food Utilization

### Nutrition and Health

#### Figure 3.5 Exclusive Breastfeeding

- Exclusive breastfeeding stood at only 19% during 2005-2009



#### Figure 3.6 Complementary Feeding

No Data

#### Figure 3.7 Duration of Breastfeeding

No Data

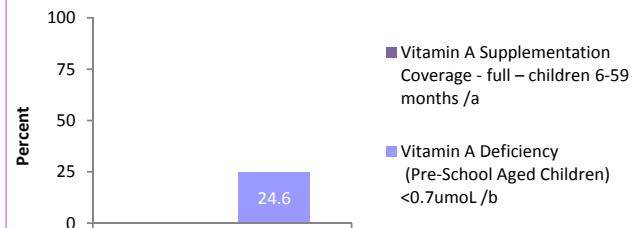
#### Figure 3.8 Child Malnutrition and Poverty

No Data

#### Micronutrient Status

##### Figure 3.9 Vitamin A

- Vitamin A deficiencies represent a severe public health issue, at 25 % among preschool-age children
- A lack of Vitamin A is the leading cause of preventable paediatric blindness and also contributes to the mortality risk of infections and



\* VAD is a severe public health problem if >20% of preschool children (6-71 months) have low serum retinol (<0.7 $\mu$ mol/L)

Source: a/ UNICEF, State of the World's Children 2014,  
b/ WHO Global prevalence of vitamin A deficiency in population at risk 1995-2005 report.

#### Iodine (Table 3.2)

Households consuming iodized salt	-
Iodine deficiency (Urinary Iodine Concentration <100 $\mu$ g/L) among school-age children	-

\*Optimal UIE 100 - 199 $\mu$ g/L

Source:



## Enabling environment for Nutrition and Food security - Policy documents addressing nutrition issues


Nutrition related issues covered in these policies		Covered	Comments
<b>Maternal and Child Undernutrition</b>	Child undernutrition Low Birth Weight Maternal undernutrition		
<b>Obesity and diet related NCDs</b>	Child obesity Adult obesity Diet related NCDs		
<b>Infant and Young Child Nutrition</b>	Breastfeeding Complementary feeding Int'l Code of Marketing of BMS		
<b>Vitamins and Minerals</b>	Supplementation: Vitamin A children/women  Iron Folate children/women Zinc children  Other vitamins & min child/women		
	Food fortification		
<b>Underlying and contextual factors</b>	Food Safety  Food security Food Aid Nutrition and Infection Gender Maternal leave		

## Social Protection policies or legislation including food or nutrition component




|--|--|--|--|

Demographic Indicators (Table - 5.1)		Year	Economic Indicators (Table - 5.3)		Year
Population size (thousands) /a	21	2012	GDP annual growth rate /c	-	-
Average annual population growth	0.43 %	2012	GDP per capita (PPP) (constant 2011 international dollars) /c	-	-
Proportion of population urbanised	73.8 %	2012	Gini index /c (100= complete inequality; 0= complete equality)	-	-
Number of children <5 years (thousand)	2	2012	Unemployment rate /c	-	-
Education level of mothers of under-fives: None (%)	-	-	Population below US \$ 1.25 (PPP) per day /c (%)	-	-
Life expectancy at birth (Years) /a	Male	-	Poverty gap ratio /e	-	-
	Female	-	Income share held by households /c	Poorest 20%	-
Agriculture population density(people/ ha of arable land /b)	-	-		Richest 20%	-
Employment in agriculture sector (% of total employment) /c	-	-			
Women employed in agriculture sector (% of total female employment) /c	-	-			
Adolescents (Table - 5.2)			Year		
Adolescent birth rate (number of births per 1,000 adolescent girls aged 15-19) /e	56	2011	Sources:		
Adolescent girls aged 15-19 currently married or in union /d	-	-	a/ UN Department of Economic and Social Affairs, World Population Prospects 2012 (for Adolescent Birth Rate: 2012 Update for the MDG database);		
Women aged 20-24 who gave birth before age 18 /d (%)	-	-	b/ FAOSTAT 2014 Update;		
			c/ World Bank, World Development Indicators Database, 2014 Update;		
			d/ UNICEF, State of the World Children 2014 (data refer to the most recent year available during the period specified);		
			e/ UN Statistics Division, MDG database 2013 Update.		

*The information included in this Food Security and Nutrition profile, is backed by recognized, validated and properly published information available until June 2014. Although updated information might be available at national level from different sources, until requirements of quality, validity and proper publication are met, it has not been included in this profile.*



Food and Agriculture Organization of the United Nations

