

1. Population Demographic Characteristics

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Table 1.1 - Total Population and Land Area by Island, 1902-2016

| Census Years | Cook | Rarotonga | Aitutaki | Mangaia | Atiu | Mauke | Mitiaro | Manuae | Palmerston | Pukapuka | Nassau | Manihiki | Rakahanga | Penrhyn | Suvarrow | |
|--------------|--------------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|------------|------------|------------|------------|------------|------------|------------|--|
| | Land area in square kilometre | | | | | | | | | | | | | | | |
| | 236.7 | 67.1 | 18.3 | 51.8 | 26.9 | 18.4 | 22.3 | 6.2 | 2.1 | 1.3 | 1.3 | 5.4 | 4.1 | 9.8 | 0.4 | |
| | Population | | | | | | | | | | | | | | | |
| 1902 | 8,213 | 2,060 | 1,170 | 1,541 | 918 | 370 | 165 | 10 | 115 | 505 | - | 484 | 400 | 445 | 30 | |
| 1906 | 8,518 | 2,441 | 1,162 | 1,531 | 918 | 446 | 210 | - | 82 | 435 | - | 521 | 352 | 420 | - | |
| 1911 | 8,655 | 2,759 | 1,237 | 1,471 | 812 | 457 | 199 | 29 | 107 | 490 | - | 444 | 315 | 335 | - | |
| 1916 | 8,805 | 3,064 | 1,302 | 1,245 | 759 | 490 | 237 | 23 | 90 | 474 | - | 493 | 295 | 326 | 7 | |
| 1921 | 9,459 | 3,503 | 1,373 | 1,230 | 837 | 578 | 207 | - | 83 | 530 | - | 432 | 310 | 376 | - | |
| 1926 | 10,082 | 3,936 | 1,431 | 1,249 | 933 | 511 | 238 | 23 | 97 | 526 | - | 416 | 327 | 395 | - | |
| 1936 | 12,246 | 5,054 | 1,719 | 1,459 | 1,086 | 652 | 265 | 8 | 90 | 651 | 18 | 487 | 290 | 467 | - | |
| 1945 | 14,088 | 5,573 | 2,356 | 1,845 | 1,114 | 804 | 229 | 28 | 65 | 662 | - | 435 | 318 | 654 | 5 | |
| 1951 | 15,079 | 6,048 | 2,396 | 1,830 | 1,270 | 836 | 305 | 20 | 87 | 559 | 124 | 816 | 261 | 527 | - | |
| 1961 | 18,378 | 8,676 | 2,582 | 1,877 | 1,266 | 785 | 307 | 18 | 86 | 718 | 109 | 1,006 | 319 | 628 | 1 | |
| 1966 | 19,247 | 9,971 | 2,579 | 2,002 | 1,327 | 671 | 293 | 15 | 86 | 684 | 167 | 584 | 323 | 545 | - | |
| 1971 | 21,322 | 11,478 | 2,855 | 2,081 | 1,455 | 763 | 331 | 2 | 62 | 732 | 160 | 452 | 339 | 612 | - | |
| 1976 | 18,126 | 9,802 | 2,423 | 1,530 | 1,312 | 710 | 305 | - | 56 | 785 | 123 | 266 | 283 | 531 | - | |
| 1981 | 17,743 | 9,530 | 2,335 | 1,364 | 1,225 | 681 | 256 | - | 51 | 797 | 137 | 405 | 269 | 608 | - | |
| 1986 | 17,614 | 9,826 | 2,390 | 1,229 | 957 | 692 | 273 | - | 66 | 761 | 119 | 508 | 282 | 497 | 6 | |
| 1996 | 19,103 | 11,225 | 2,389 | 1,108 | 956 | 652 | 319 | - | 49 | 779 | 99 | 668 | 249 | 606 | 4 | |
| 2001 | 18,027 | 12,188 | 1,946 | 744 | 623 | 470 | 230 | - | 48 | 664 | 72 | 515 | 169 | 357 | 1 | |
| 2006 | 19,342 | 13,890 | 2,235 | 640 | 570 | 391 | 219 | - | 63 | 507 | 75 | 356 | 141 | 255 | - | |
| 2011 | 17,794 | 13,095 | 2,038 | 572 | 480 | 307 | 189 | - | 60 | 451 | 73 | 239 | 77 | 213 | - | |
| 2016 | 17,434 | 13,007 | 1,941 | 499 | 434 | 297 | 155 | - | 58 | 444 | 78 | 212 | 83 | 226 | - | |

Table 1.02 - Total Population by 5 year age groups, Sex, and Usual Residence - Both Sex

| Location | Total | <5 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|-------------------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|------------|------------|------------|------------|------------|
| RAROTONGA | 13,007 | 936 | 1,023 | 963 | 1,024 | 1,019 | 939 | 853 | 813 | 874 | 932 | 936 | 791 | 627 | 507 | 340 | 252 | 178 |
| Kiikii-Ooa-Pue-Tupapa | 2,007 | 154 | 154 | 156 | 174 | 176 | 149 | 140 | 122 | 124 | 140 | 126 | 111 | 107 | 68 | 46 | 33 | 27 |
| Takuvaine | 736 | 59 | 66 | 61 | 63 | 64 | 40 | 53 | 46 | 52 | 51 | 56 | 44 | 31 | 16 | 11 | 8 | 15 |
| Tutakimoa-Teotue | 296 | 38 | 27 | 23 | 15 | 25 | 15 | 18 | 18 | 20 | 18 | 19 | 15 | 17 | 15 | 4 | 6 | 3 |
| Avatiu-Ruatonga-Atupa | 941 | 64 | 90 | 67 | 68 | 69 | 69 | 62 | 44 | 65 | 67 | 64 | 57 | 57 | 31 | 22 | 26 | 19 |
| Nikao-Panama | 1,412 | 117 | 133 | 125 | 128 | 94 | 82 | 91 | 94 | 116 | 108 | 89 | 66 | 62 | 58 | 21 | 16 | 12 |
| Ruaau-Arerenga | 1,848 | 101 | 99 | 106 | 117 | 177 | 155 | 146 | 133 | 115 | 135 | 143 | 130 | 89 | 85 | 49 | 44 | 24 |
| Akaoa-Betela | 847 | 62 | 75 | 60 | 88 | 72 | 59 | 41 | 56 | 43 | 79 | 54 | 52 | 37 | 25 | 23 | 12 | 9 |
| Murienua | 1,050 | 79 | 72 | 78 | 74 | 93 | 85 | 64 | 81 | 68 | 75 | 78 | 54 | 45 | 35 | 35 | 21 | 13 |
| Titikaveka | 1,497 | 97 | 119 | 99 | 119 | 87 | 104 | 89 | 90 | 93 | 100 | 138 | 115 | 67 | 70 | 51 | 36 | 23 |
| Ngatangia | 1,336 | 81 | 91 | 92 | 97 | 93 | 104 | 85 | 75 | 91 | 108 | 94 | 100 | 61 | 71 | 45 | 29 | 19 |
| Matavera | 1,037 | 84 | 97 | 96 | 81 | 69 | 77 | 64 | 54 | 87 | 51 | 75 | 47 | 54 | 33 | 33 | 21 | 14 |
| SOUTHERN ISLANDS | 3,326 | 281 | 334 | 338 | 240 | 155 | 158 | 162 | 151 | 192 | 231 | 256 | 195 | 175 | 168 | 123 | 92 | 75 |
| Aitutaki | 1,941 | 173 | 188 | 185 | 124 | 106 | 112 | 118 | 109 | 105 | 129 | 147 | 107 | 93 | 92 | 73 | 49 | 31 |
| Mangaia | 499 | 34 | 47 | 69 | 45 | 21 | 6 | 9 | 19 | 27 | 40 | 37 | 37 | 27 | 26 | 25 | 16 | 14 |
| Atiu | 434 | 38 | 52 | 46 | 30 | 10 | 25 | 18 | 14 | 27 | 38 | 29 | 22 | 24 | 24 | 13 | 13 | 11 |
| Mauke | 297 | 23 | 23 | 28 | 28 | 10 | 12 | 13 | 6 | 24 | 9 | 27 | 24 | 20 | 16 | 11 | 9 | 14 |
| Mitiaro | 155 | 13 | 24 | 10 | 13 | 8 | 3 | 4 | 3 | 9 | 15 | 16 | 5 | 11 | 10 | 1 | 5 | 5 |
| NORTHERN ISLANDS | 1,101 | 137 | 144 | 140 | 111 | 51 | 56 | 62 | 52 | 55 | 61 | 73 | 57 | 32 | 21 | 19 | 9 | 21 |
| Palmerston | 58 | 6 | 5 | 9 | 8 | 3 | 1 | 3 | 4 | 3 | 3 | 1 | 1 | 2 | 3 | 1 | 1 | 4 |
| Pukapuka | 444 | 63 | 67 | 60 | 49 | 22 | 26 | 20 | 11 | 17 | 20 | 32 | 20 | 13 | 4 | 8 | 2 | 10 |
| Nassau | 78 | 12 | 12 | 10 | 13 | 4 | 2 | 4 | 1 | 5 | 3 | 5 | 4 | - | - | 2 | 1 | - |
| Manihiki | 212 | 24 | 21 | 21 | 13 | 5 | 14 | 10 | 10 | 12 | 18 | 23 | 19 | 8 | 8 | 4 | - | 2 |
| Rakahanga | 83 | 6 | 8 | 6 | 7 | 4 | 2 | 9 | 6 | 8 | 7 | 1 | 5 | 5 | 3 | 2 | 2 | 2 |
| Penrhyn | 226 | 26 | 31 | 34 | 21 | 13 | 11 | 16 | 20 | 10 | 10 | 11 | 8 | 4 | 3 | 2 | 3 | 3 |
| COOK ISLANDS | 17,434 | 1,354 | 1,501 | 1,441 | 1,375 | 1,225 | 1,153 | 1,077 | 1,016 | 1,121 | 1,224 | 1,265 | 1,043 | 834 | 696 | 482 | 353 | 274 |

Table 1.02 - Total Population by 5 year age groups, Sex, and Usual Residence - Male

| Location | Total | <5 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|-------------------------|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| RAROTONGA | 6,289 | 484 | 523 | 487 | 485 | 464 | 437 | 381 | 385 | 403 | 451 | 463 | 398 | 309 | 265 | 169 | 111 | 74 |
| Kiikii-Ooa-Pue-Tupapa | 994 | 76 | 85 | 87 | 80 | 85 | 64 | 59 | 63 | 52 | 75 | 59 | 62 | 59 | 40 | 18 | 17 | 13 |
| Takuvaine | 362 | 29 | 32 | 27 | 36 | 35 | 23 | 25 | 19 | 24 | 27 | 31 | 19 | 15 | 9 | 5 | 2 | 4 |
| Tutakimoa-Teotue | 148 | 22 | 13 | 13 | 5 | 16 | 6 | 6 | 10 | 10 | 8 | 8 | 8 | 7 | 10 | 2 | 4 | - |
| Avatiu-Ruatonga-Atupa | 450 | 32 | 37 | 32 | 37 | 31 | 36 | 26 | 21 | 28 | 37 | 35 | 21 | 32 | 16 | 9 | 10 | 10 |
| Nikao-Panama | 663 | 59 | 67 | 49 | 62 | 38 | 43 | 40 | 44 | 54 | 53 | 44 | 33 | 27 | 28 | 10 | 8 | 4 |
| Ruaau-Arerenga | 909 | 54 | 54 | 60 | 62 | 81 | 72 | 55 | 63 | 59 | 60 | 80 | 57 | 56 | 43 | 25 | 17 | 11 |
| Akaoa-Betela | 408 | 36 | 35 | 34 | 39 | 30 | 27 | 19 | 28 | 19 | 33 | 28 | 29 | 20 | 13 | 13 | 3 | 2 |
| Murienua | 505 | 39 | 38 | 43 | 28 | 40 | 42 | 38 | 30 | 34 | 38 | 34 | 29 | 23 | 16 | 18 | 10 | 5 |
| Titikaveka | 711 | 55 | 62 | 47 | 60 | 37 | 47 | 39 | 46 | 42 | 41 | 67 | 59 | 21 | 38 | 25 | 16 | 9 |
| Ngatangia | 632 | 40 | 48 | 43 | 36 | 37 | 47 | 43 | 35 | 36 | 56 | 44 | 54 | 29 | 37 | 25 | 13 | 9 |
| Matavera | 507 | 42 | 52 | 52 | 40 | 34 | 30 | 31 | 26 | 45 | 23 | 33 | 27 | 20 | 15 | 19 | 11 | 7 |
| SOUTHERN ISLANDS | 1,652 | 149 | 176 | 181 | 115 | 78 | 73 | 76 | 72 | 87 | 116 | 136 | 96 | 78 | 85 | 57 | 43 | 34 |
| Aitutaki | 975 | 100 | 102 | 99 | 57 | 50 | 51 | 56 | 52 | 51 | 60 | 79 | 49 | 42 | 46 | 37 | 28 | 16 |
| Mangaia | 256 | 18 | 29 | 38 | 20 | 15 | 1 | 4 | 10 | 10 | 24 | 17 | 22 | 14 | 14 | 11 | 4 | 5 |
| Atiu | 207 | 17 | 22 | 21 | 17 | 4 | 11 | 11 | 5 | 14 | 19 | 17 | 9 | 12 | 11 | 6 | 7 | 4 |
| Mauke | 141 | 11 | 14 | 18 | 17 | 5 | 7 | 3 | 4 | 9 | 3 | 12 | 12 | 5 | 10 | 3 | 2 | 6 |
| Mitiaro | 73 | 3 | 9 | 5 | 4 | 4 | 3 | 2 | 1 | 3 | 10 | 11 | 4 | 5 | 4 | - | 2 | 3 |
| NORTHERN ISLANDS | 579 | 77 | 69 | 77 | 64 | 27 | 31 | 25 | 26 | 30 | 32 | 43 | 27 | 18 | 13 | 8 | 5 | 7 |
| Palmerston | 28 | 4 | 2 | 4 | 5 | 2 | 1 | 1 | 1 | 2 | 1 | - | - | 2 | 3 | - | - | - |
| Pukapuka | 231 | 39 | 36 | 29 | 29 | 13 | 11 | 6 | 6 | 9 | 11 | 19 | 9 | 5 | 1 | 3 | 2 | 3 |
| Nassau | 36 | 5 | 3 | 8 | 6 | 3 | 1 | 2 | 1 | 1 | - | 5 | - | - | - | 1 | - | - |
| Manihiki | 120 | 13 | 10 | 13 | 8 | 1 | 9 | 4 | 6 | 7 | 9 | 13 | 11 | 7 | 5 | 2 | - | 2 |
| Rakahanga | 41 | 3 | 3 | 3 | 2 | 2 | 1 | 6 | 2 | 5 | 4 | 1 | 2 | 2 | 2 | 1 | 1 | 1 |
| Penrhyn | 123 | 13 | 15 | 20 | 14 | 6 | 8 | 6 | 10 | 6 | 7 | 5 | 5 | 2 | 2 | 1 | 2 | 1 |
| COOK ISLANDS | 8,520 | 710 | 768 | 745 | 664 | 569 | 541 | 482 | 483 | 520 | 599 | 642 | 521 | 405 | 363 | 234 | 159 | 115 |

Table 1.02 - Total Population by 5 year age groups, Sex, and Usual Residence - Female

| Location | Total | <5 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|-------------------------|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| RAROTONGA | 6,718 | 452 | 500 | 476 | 539 | 555 | 502 | 472 | 428 | 471 | 481 | 473 | 393 | 318 | 242 | 171 | 141 | 104 |
| Kiikii-Ooa-Pue-Tupapa | 1,013 | 78 | 69 | 69 | 94 | 91 | 85 | 81 | 59 | 72 | 65 | 67 | 49 | 48 | 28 | 28 | 16 | 14 |
| Takuvaine | 374 | 30 | 34 | 34 | 27 | 29 | 17 | 28 | 27 | 28 | 24 | 25 | 25 | 16 | 7 | 6 | 6 | 11 |
| Tutakimoa-Teotue | 148 | 16 | 14 | 10 | 10 | 9 | 9 | 12 | 8 | 10 | 10 | 11 | 7 | 10 | 5 | 2 | 2 | 3 |
| Avatiu-Ruatonga-Atupa | 491 | 32 | 53 | 35 | 31 | 38 | 33 | 36 | 23 | 37 | 30 | 29 | 36 | 25 | 15 | 13 | 16 | 9 |
| Nikao-Panama | 749 | 58 | 66 | 76 | 66 | 56 | 39 | 51 | 50 | 62 | 55 | 45 | 33 | 35 | 30 | 11 | 8 | 8 |
| Ruaau-Arerenga | 939 | 47 | 45 | 46 | 55 | 96 | 83 | 91 | 70 | 56 | 75 | 63 | 73 | 33 | 42 | 24 | 27 | 13 |
| Akaoa-Betela | 439 | 26 | 40 | 26 | 49 | 42 | 32 | 22 | 28 | 24 | 46 | 26 | 23 | 17 | 12 | 10 | 9 | 7 |
| Murienua | 545 | 40 | 34 | 35 | 46 | 53 | 43 | 26 | 51 | 34 | 37 | 44 | 25 | 22 | 19 | 17 | 11 | 8 |
| Titikaveka | 786 | 42 | 57 | 52 | 59 | 50 | 57 | 50 | 44 | 51 | 59 | 71 | 56 | 46 | 32 | 26 | 20 | 14 |
| Ngatangia | 704 | 41 | 43 | 49 | 61 | 56 | 57 | 42 | 40 | 55 | 52 | 50 | 46 | 32 | 34 | 20 | 16 | 10 |
| Matavera | 530 | 42 | 45 | 44 | 41 | 35 | 47 | 33 | 28 | 42 | 28 | 42 | 20 | 34 | 18 | 14 | 10 | 7 |
| SOUTHERN ISLANDS | 1,674 | 132 | 158 | 157 | 125 | 77 | 85 | 86 | 79 | 105 | 115 | 120 | 99 | 97 | 83 | 66 | 49 | 41 |
| Aitutaki | 966 | 73 | 86 | 86 | 67 | 56 | 61 | 62 | 57 | 54 | 69 | 68 | 58 | 51 | 46 | 36 | 21 | 15 |
| Mangaia | 243 | 16 | 18 | 31 | 25 | 6 | 5 | 5 | 9 | 17 | 16 | 20 | 15 | 13 | 12 | 14 | 12 | 9 |
| Atiu | 227 | 21 | 30 | 25 | 13 | 6 | 14 | 7 | 9 | 13 | 19 | 12 | 13 | 12 | 13 | 7 | 6 | 7 |
| Mauke | 156 | 12 | 9 | 10 | 11 | 5 | 5 | 10 | 2 | 15 | 6 | 15 | 12 | 15 | 6 | 8 | 7 | 8 |
| Mitiaro | 82 | 10 | 15 | 5 | 9 | 4 | - | 2 | 2 | 6 | 5 | 5 | 1 | 6 | 6 | 1 | 3 | 2 |
| NORTHERN ISLANDS | 522 | 60 | 75 | 63 | 47 | 24 | 25 | 37 | 26 | 25 | 29 | 30 | 30 | 14 | 8 | 11 | 4 | 14 |
| Palmerston | 30 | 2 | 3 | 5 | 3 | 1 | - | 2 | 3 | 1 | 2 | 1 | 1 | - | - | 1 | 1 | 4 |
| Pukapuka | 213 | 24 | 31 | 31 | 20 | 9 | 15 | 14 | 5 | 8 | 9 | 13 | 11 | 8 | 3 | 5 | - | 7 |
| Nassau | 42 | 7 | 9 | 2 | 7 | 1 | 1 | 2 | - | 4 | 3 | - | 4 | - | - | 1 | 1 | - |
| Manihiki | 92 | 11 | 11 | 8 | 5 | 4 | 5 | 6 | 4 | 5 | 9 | 10 | 8 | 1 | 3 | 2 | - | - |
| Rakahanga | 42 | 3 | 5 | 3 | 5 | 2 | 1 | 3 | 4 | 3 | 3 | - | 3 | 3 | 1 | 1 | 1 | 1 |
| Penrhyn | 103 | 13 | 16 | 14 | 7 | 7 | 3 | 10 | 10 | 4 | 3 | 6 | 3 | 2 | 1 | 1 | 1 | 2 |
| COOK ISLANDS | 8,914 | 644 | 733 | 696 | 711 | 656 | 612 | 595 | 533 | 601 | 625 | 623 | 522 | 429 | 333 | 248 | 194 | 159 |

Table 1.03 - Resident Population by 5 year age groups, Sex, and Usual Residence - Both Sex

| Location | Total | <5 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|-------------------------|---------------|--------------|--------------|--------------|--------------|------------|------------|------------|------------|------------|--------------|--------------|------------|------------|------------|------------|------------|------------|
| RAROTONGA | 10,649 | 850 | 939 | 863 | 822 | 743 | 700 | 683 | 644 | 742 | 769 | 745 | 604 | 488 | 384 | 292 | 222 | 159 |
| Kiikii-Ooa-Pue-Tupapa | 1,716 | 139 | 142 | 141 | 146 | 125 | 115 | 113 | 112 | 114 | 121 | 114 | 84 | 92 | 59 | 45 | 29 | 25 |
| Takuvaine | 702 | 57 | 63 | 60 | 61 | 61 | 39 | 50 | 42 | 47 | 47 | 50 | 44 | 31 | 16 | 11 | 8 | 15 |
| Tutakimoa-Teotue | 286 | 35 | 24 | 22 | 15 | 24 | 15 | 17 | 17 | 20 | 18 | 19 | 15 | 17 | 15 | 4 | 6 | 3 |
| Avatiu-Ruatonga-Atupa | 891 | 61 | 85 | 65 | 61 | 65 | 63 | 61 | 43 | 63 | 66 | 60 | 52 | 52 | 30 | 22 | 23 | 19 |
| Nikao-Panama | 1,311 | 113 | 128 | 115 | 118 | 88 | 66 | 87 | 89 | 106 | 104 | 84 | 62 | 52 | 55 | 20 | 13 | 11 |
| Ruaau-Arerenga | 1,158 | 81 | 82 | 93 | 74 | 95 | 87 | 85 | 77 | 79 | 75 | 77 | 74 | 47 | 42 | 36 | 35 | 19 |
| Akaoa-Betela | 730 | 61 | 73 | 53 | 67 | 54 | 47 | 35 | 44 | 39 | 69 | 48 | 45 | 33 | 23 | 20 | 11 | 8 |
| Murienua | 813 | 74 | 62 | 65 | 54 | 68 | 59 | 45 | 52 | 53 | 61 | 56 | 42 | 36 | 25 | 29 | 19 | 13 |
| Titikaveka | 1,167 | 84 | 111 | 90 | 85 | 51 | 74 | 67 | 69 | 78 | 82 | 102 | 79 | 47 | 51 | 44 | 34 | 19 |
| Ngatangia | 896 | 64 | 74 | 64 | 68 | 56 | 60 | 63 | 47 | 60 | 78 | 62 | 64 | 34 | 38 | 28 | 23 | 13 |
| Matavera | 979 | 81 | 95 | 95 | 73 | 56 | 75 | 60 | 52 | 83 | 48 | 73 | 43 | 47 | 30 | 33 | 21 | 14 |
| SOUTHERN ISLANDS | 3,072 | 275 | 327 | 331 | 222 | 141 | 137 | 143 | 139 | 171 | 214 | 223 | 177 | 154 | 144 | 116 | 87 | 71 |
| Aitutaki | 1,712 | 168 | 184 | 179 | 108 | 93 | 93 | 102 | 97 | 88 | 115 | 116 | 89 | 73 | 70 | 66 | 44 | 27 |
| Mangaia | 493 | 34 | 46 | 69 | 45 | 21 | 5 | 9 | 19 | 25 | 38 | 37 | 37 | 27 | 26 | 25 | 16 | 14 |
| Atiu | 423 | 37 | 51 | 45 | 29 | 9 | 25 | 15 | 14 | 26 | 37 | 29 | 22 | 24 | 23 | 13 | 13 | 11 |
| Mauke | 289 | 23 | 22 | 28 | 27 | 10 | 11 | 13 | 6 | 23 | 9 | 25 | 24 | 19 | 15 | 11 | 9 | 14 |
| Mitiaro | 155 | 13 | 24 | 10 | 13 | 8 | 3 | 4 | 3 | 9 | 15 | 16 | 5 | 11 | 10 | 1 | 5 | 5 |
| NORTHERN ISLANDS | 1,081 | 136 | 138 | 138 | 108 | 51 | 56 | 61 | 52 | 53 | 61 | 70 | 56 | 32 | 21 | 18 | 9 | 21 |
| Palmerston | 57 | 6 | 5 | 9 | 8 | 3 | 1 | 3 | 4 | 3 | 3 | - | 1 | 2 | 3 | 1 | 1 | 4 |
| Pukapuka | 425 | 62 | 61 | 58 | 46 | 22 | 26 | 19 | 11 | 15 | 20 | 30 | 19 | 13 | 4 | 7 | 2 | 10 |
| Nassau | 78 | 12 | 12 | 10 | 13 | 4 | 2 | 4 | 1 | 5 | 3 | 5 | 4 | - | - | 2 | 1 | - |
| Manihiki | 212 | 24 | 21 | 21 | 13 | 5 | 14 | 10 | 10 | 12 | 18 | 23 | 19 | 8 | 8 | 4 | - | 2 |
| Rakahanga | 83 | 6 | 8 | 6 | 7 | 4 | 2 | 9 | 6 | 8 | 7 | 1 | 5 | 5 | 3 | 2 | 2 | 2 |
| Penrhyn | 226 | 26 | 31 | 34 | 21 | 13 | 11 | 16 | 20 | 10 | 10 | 11 | 8 | 4 | 3 | 2 | 3 | 3 |
| COOK ISLANDS | 14,802 | 1,261 | 1,404 | 1,332 | 1,152 | 935 | 893 | 887 | 835 | 966 | 1,044 | 1,038 | 837 | 674 | 549 | 426 | 318 | 251 |

Table 1.03 - Resident Population by 5 year age groups, Sex, and Usual Residence - Male

| Location | Total | <5 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|-------------------------|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| RAROTONGA | 5,199 | 438 | 474 | 439 | 407 | 342 | 330 | 309 | 309 | 351 | 382 | 365 | 305 | 242 | 198 | 144 | 96 | 68 |
| Kiikii-Ooa-Pue-Tupapa | 857 | 68 | 80 | 78 | 70 | 61 | 48 | 47 | 59 | 50 | 67 | 54 | 48 | 49 | 34 | 18 | 14 | 12 |
| Takuvaine | 341 | 28 | 30 | 27 | 34 | 33 | 22 | 23 | 17 | 21 | 25 | 27 | 19 | 15 | 9 | 5 | 2 | 4 |
| Tutakimoa-Teotue | 144 | 21 | 12 | 13 | 5 | 15 | 6 | 6 | 9 | 10 | 8 | 8 | 8 | 7 | 10 | 2 | 4 | - |
| Avatiu-Ruatonga-Atupa | 431 | 31 | 34 | 32 | 34 | 28 | 34 | 26 | 21 | 28 | 36 | 33 | 21 | 30 | 16 | 9 | 8 | 10 |
| Nikao-Panama | 612 | 56 | 65 | 45 | 57 | 35 | 37 | 38 | 41 | 48 | 50 | 41 | 30 | 23 | 25 | 10 | 7 | 4 |
| Ruaau-Arerenga | 565 | 42 | 43 | 50 | 40 | 42 | 37 | 35 | 34 | 43 | 37 | 40 | 29 | 30 | 20 | 20 | 13 | 10 |
| Akaoa-Betela | 363 | 35 | 34 | 30 | 32 | 24 | 24 | 17 | 21 | 17 | 29 | 25 | 27 | 18 | 13 | 12 | 3 | 2 |
| Murienua | 400 | 36 | 30 | 37 | 26 | 27 | 30 | 26 | 21 | 29 | 32 | 25 | 22 | 19 | 11 | 14 | 10 | 5 |
| Titikaveka | 564 | 48 | 57 | 42 | 44 | 23 | 33 | 30 | 38 | 37 | 34 | 50 | 43 | 16 | 26 | 20 | 15 | 8 |
| Ngatangia | 438 | 32 | 39 | 33 | 27 | 26 | 29 | 32 | 23 | 23 | 44 | 30 | 33 | 17 | 20 | 15 | 9 | 6 |
| Matavera | 484 | 41 | 50 | 52 | 38 | 28 | 30 | 29 | 25 | 45 | 20 | 32 | 25 | 18 | 14 | 19 | 11 | 7 |
| SOUTHERN ISLANDS | 1,524 | 145 | 174 | 176 | 108 | 72 | 62 | 70 | 67 | 73 | 106 | 117 | 89 | 69 | 72 | 52 | 40 | 32 |
| Aitutaki | 860 | 97 | 101 | 95 | 50 | 44 | 41 | 51 | 47 | 40 | 52 | 62 | 42 | 33 | 34 | 32 | 25 | 14 |
| Mangaia | 253 | 18 | 29 | 38 | 20 | 15 | 1 | 4 | 10 | 8 | 23 | 17 | 22 | 14 | 14 | 11 | 4 | 5 |
| Atiu | 202 | 16 | 22 | 20 | 17 | 4 | 11 | 10 | 5 | 14 | 18 | 17 | 9 | 12 | 10 | 6 | 7 | 4 |
| Mauke | 136 | 11 | 13 | 18 | 17 | 5 | 6 | 3 | 4 | 8 | 3 | 10 | 12 | 5 | 10 | 3 | 2 | 6 |
| Mitiaro | 73 | 3 | 9 | 5 | 4 | 4 | 3 | 2 | 1 | 3 | 10 | 11 | 4 | 5 | 4 | - | 2 | 3 |
| NORTHERN ISLANDS | 569 | 76 | 65 | 77 | 61 | 27 | 31 | 25 | 26 | 29 | 32 | 43 | 26 | 18 | 13 | 8 | 5 | 7 |
| Palmerston | 28 | 4 | 2 | 4 | 5 | 2 | 1 | 1 | 1 | 2 | 1 | - | - | 2 | 3 | - | - | - |
| Pukapuka | 221 | 38 | 32 | 29 | 26 | 13 | 11 | 6 | 6 | 8 | 11 | 19 | 8 | 5 | 1 | 3 | 2 | 3 |
| Nassau | 36 | 5 | 3 | 8 | 6 | 3 | 1 | 2 | 1 | 1 | - | 5 | - | - | - | 1 | - | - |
| Manihiki | 120 | 13 | 10 | 13 | 8 | 1 | 9 | 4 | 6 | 7 | 9 | 13 | 11 | 7 | 5 | 2 | - | 2 |
| Rakahanga | 41 | 3 | 3 | 3 | 2 | 2 | 1 | 6 | 2 | 5 | 4 | 1 | 2 | 2 | 2 | 1 | 1 | 1 |
| Penrhyn | 123 | 13 | 15 | 20 | 14 | 6 | 8 | 6 | 10 | 6 | 7 | 5 | 5 | 2 | 2 | 1 | 2 | 1 |
| COOK ISLANDS | 7,292 | 659 | 713 | 692 | 576 | 441 | 423 | 404 | 402 | 453 | 520 | 525 | 420 | 329 | 283 | 204 | 141 | 107 |

Table 1.03 - Resident Population by 5 year age groups, Sex, and Usual Residence - Female

| Location | Total | <5 | 5-9 | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
|-------------------------|--------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| RAROTONGA | 5,450 | 412 | 465 | 424 | 415 | 401 | 370 | 374 | 335 | 391 | 387 | 380 | 299 | 246 | 186 | 148 | 126 | 91 |
| Kiikii-Ooa-Pue-Tupapa | 859 | 71 | 62 | 63 | 76 | 64 | 67 | 66 | 53 | 64 | 54 | 60 | 36 | 43 | 25 | 27 | 15 | 13 |
| Takuvaine | 361 | 29 | 33 | 33 | 27 | 28 | 17 | 27 | 25 | 26 | 22 | 23 | 25 | 16 | 7 | 6 | 6 | 11 |
| Tutakimoa-Teotue | 142 | 14 | 12 | 9 | 10 | 9 | 9 | 11 | 8 | 10 | 10 | 11 | 7 | 10 | 5 | 2 | 2 | 3 |
| Avatiu-Ruatonga-Atupa | 460 | 30 | 51 | 33 | 27 | 37 | 29 | 35 | 22 | 35 | 30 | 27 | 31 | 22 | 14 | 13 | 15 | 9 |
| Nikao-Panama | 699 | 57 | 63 | 70 | 61 | 53 | 29 | 49 | 48 | 58 | 54 | 43 | 32 | 29 | 30 | 10 | 6 | 7 |
| Ruaau-Arerenga | 593 | 39 | 39 | 43 | 34 | 53 | 50 | 50 | 43 | 36 | 38 | 37 | 45 | 17 | 22 | 16 | 22 | 9 |
| Akaoa-Betela | 367 | 26 | 39 | 23 | 35 | 30 | 23 | 18 | 23 | 22 | 40 | 23 | 18 | 15 | 10 | 8 | 8 | 6 |
| Murienua | 413 | 38 | 32 | 28 | 28 | 41 | 29 | 19 | 31 | 24 | 29 | 31 | 20 | 17 | 14 | 15 | 9 | 8 |
| Titikaveka | 603 | 36 | 54 | 48 | 41 | 28 | 41 | 37 | 31 | 41 | 48 | 52 | 36 | 31 | 25 | 24 | 19 | 11 |
| Ngatangia | 458 | 32 | 35 | 31 | 41 | 30 | 31 | 31 | 24 | 37 | 34 | 32 | 31 | 17 | 18 | 13 | 14 | 7 |
| Matavera | 495 | 40 | 45 | 43 | 35 | 28 | 45 | 31 | 27 | 38 | 28 | 41 | 18 | 29 | 16 | 14 | 10 | 7 |
| SOUTHERN ISLANDS | 1,548 | 130 | 153 | 155 | 114 | 69 | 75 | 73 | 72 | 98 | 108 | 106 | 88 | 85 | 72 | 64 | 47 | 39 |
| Aitutaki | 852 | 71 | 83 | 84 | 58 | 49 | 52 | 51 | 50 | 48 | 63 | 54 | 47 | 40 | 36 | 34 | 19 | 13 |
| Mangaia | 240 | 16 | 17 | 31 | 25 | 6 | 4 | 5 | 9 | 17 | 15 | 20 | 15 | 13 | 12 | 14 | 12 | 9 |
| Atiu | 221 | 21 | 29 | 25 | 12 | 5 | 14 | 5 | 9 | 12 | 19 | 12 | 13 | 12 | 13 | 7 | 6 | 7 |
| Mauke | 153 | 12 | 9 | 10 | 10 | 5 | 5 | 10 | 2 | 15 | 6 | 15 | 12 | 14 | 5 | 8 | 7 | 8 |
| Mitiaro | 82 | 10 | 15 | 5 | 9 | 4 | - | 2 | 2 | 6 | 5 | 5 | 1 | 6 | 6 | 1 | 3 | 2 |
| NORTHERN ISLANDS | 512 | 60 | 73 | 61 | 47 | 24 | 25 | 36 | 26 | 24 | 29 | 27 | 30 | 14 | 8 | 10 | 4 | 14 |
| Palmerston | 29 | 2 | 3 | 5 | 3 | 1 | - | 2 | 3 | 1 | 2 | - | 1 | - | - | 1 | 1 | 4 |
| Pukapuka | 204 | 24 | 29 | 29 | 20 | 9 | 15 | 13 | 5 | 7 | 9 | 11 | 11 | 8 | 3 | 4 | - | 7 |
| Nassau | 42 | 7 | 9 | 2 | 7 | 1 | 1 | 2 | - | 4 | 3 | - | 4 | - | - | 1 | 1 | - |
| Manihiki | 92 | 11 | 11 | 8 | 5 | 4 | 5 | 6 | 4 | 5 | 9 | 10 | 8 | 1 | 3 | 2 | - | - |
| Rakahanga | 42 | 3 | 5 | 3 | 5 | 2 | 1 | 3 | 4 | 3 | 3 | - | 3 | 3 | 1 | 1 | 1 | 1 |
| Penrhyn | 103 | 13 | 16 | 14 | 7 | 7 | 3 | 10 | 10 | 4 | 3 | 6 | 3 | 2 | 1 | 1 | 1 | 2 |
| COOK ISLANDS | 7,510 | 602 | 691 | 640 | 576 | 494 | 470 | 483 | 433 | 513 | 524 | 513 | 417 | 345 | 266 | 222 | 177 | 144 |

Table 1.04 - Resident Population by Usual Residence and Male to Female Ratio

| Location | TOTAL | Male | Female | Sex Ratio* |
|-------------------------|---------------|--------------|---------------|-------------------|
| RAROTONGA | 10,649 | 5,199 | 5,450 | 104.83 |
| Kiikii-Ooa-Pue-Tupapa | 1,716 | 857 | 859 | 100.23 |
| Takuvaine | 702 | 341 | 361 | 105.87 |
| Tutakimoo-Teotue | 286 | 144 | 142 | 98.61 |
| Avatiu-Ruatonga-Atupa | 891 | 431 | 460 | 106.73 |
| Nikao-Panama | 1,311 | 612 | 699 | 114.22 |
| Ruaau-Arerenga | 1,158 | 565 | 593 | 104.96 |
| Akooa-Betela | 730 | 363 | 367 | 101.10 |
| Murienua | 813 | 400 | 413 | 103.25 |
| Titikaveka | 1,167 | 564 | 603 | 106.91 |
| Ngatangia | 896 | 438 | 458 | 104.57 |
| Matavera | 979 | 484 | 495 | 102.27 |
| SOUTHERN ISLANDS | 3,072 | 1,524 | 1,548 | 101.57 |
| Aitutaki | 1,712 | 860 | 852 | 99.07 |
| Mangaia | 493 | 253 | 240 | 94.86 |
| Atiu | 423 | 202 | 221 | 109.41 |
| Mauke | 289 | 136 | 153 | 112.50 |
| Mitiaro | 155 | 73 | 82 | 112.33 |
| NORTHERN ISLANDS | 1,081 | 569 | 512 | 89.98 |
| Palmerston | 57 | 28 | 29 | 103.57 |
| Pukapuka | 425 | 221 | 204 | 92.31 |
| Nassau | 78 | 36 | 42 | 116.67 |
| Manihiki | 212 | 120 | 92 | 76.67 |
| Rakahanga | 83 | 41 | 42 | 102.44 |
| Penrhyn | 226 | 123 | 103 | 83.74 |
| COOK ISLANDS | 14,802 | 7,292 | 7,510 | 102.99 |

*Females per 100 Males

Table 1.05 - Private households and their Living Arrangements by Usual Residence - Both Sex

| Location | Living Alone | Head of Household | Living with husband or wife | Living with defacto partner | Living with children | Living with parents | Living with siblings | Living with grand children | Living with grand parents | Living with mother/ father In law | Living with childrens partners | Living with boarder or flatmate | Other arrangements |
|-------------------------|--------------|-------------------|-----------------------------|-----------------------------|----------------------|---------------------|----------------------|----------------------------|---------------------------|-----------------------------------|--------------------------------|---------------------------------|--------------------|
| RAROTONGA | 531 | 3,149 | 3,054 | 1,489 | 3,201 | 3,939 | 2,817 | 797 | 1,142 | 300 | 366 | 389 | 1,379 |
| Kiikii-Ooa-Pue-Tupapa | 90 | 497 | 461 | 258 | 508 | 636 | 480 | 127 | 171 | 41 | 60 | 61 | 299 |
| Takuvaine | 26 | 192 | 171 | 101 | 214 | 280 | 176 | 52 | 69 | 19 | 9 | 37 | 112 |
| Tutakimoa-Teotue | 14 | 78 | 64 | 41 | 83 | 111 | 83 | 31 | 48 | 13 | 9 | 14 | 43 |
| Avatiu-Ruatonga-Atupa | 50 | 268 | 240 | 166 | 287 | 315 | 240 | 77 | 108 | 32 | 32 | 22 | 197 |
| Nikao-Panama | 49 | 366 | 378 | 165 | 394 | 491 | 374 | 101 | 146 | 29 | 42 | 36 | 145 |
| Ruaau-Arerenga | 64 | 355 | 338 | 168 | 302 | 393 | 251 | 85 | 111 | 41 | 42 | 65 | 105 |
| Akooa-Betela | 37 | 213 | 181 | 106 | 221 | 291 | 204 | 53 | 111 | 26 | 18 | 14 | 58 |
| Murienua | 43 | 241 | 251 | 104 | 259 | 315 | 230 | 61 | 99 | 31 | 34 | 20 | 72 |
| Titikaveka | 82 | 380 | 408 | 130 | 356 | 410 | 284 | 78 | 103 | 22 | 43 | 35 | 117 |
| Ngatangiiia | 45 | 280 | 273 | 127 | 268 | 301 | 200 | 69 | 96 | 24 | 34 | 48 | 104 |
| Matavera | 31 | 279 | 289 | 123 | 309 | 396 | 295 | 63 | 80 | 22 | 43 | 37 | 127 |
| SOUTHERN ISLANDS | 185 | 931 | 962 | 272 | 810 | 998 | 682 | 445 | 537 | 57 | 79 | 38 | 387 |
| Aitutaki | 78 | 496 | 552 | 159 | 467 | 604 | 399 | 206 | 274 | 35 | 60 | 31 | 147 |
| Mangaia | 38 | 157 | 138 | 42 | 130 | 146 | 103 | 81 | 90 | 9 | 7 | 7 | 40 |
| Atiu | 30 | 130 | 132 | 36 | 114 | 121 | 103 | 78 | 84 | 7 | 4 | - | 109 |
| Mauke | 21 | 96 | 95 | 21 | 69 | 82 | 66 | 61 | 61 | 5 | 7 | - | 77 |
| Mitiaro | 18 | 52 | 45 | 14 | 30 | 45 | 11 | 19 | 28 | 1 | 1 | - | 14 |
| NORTHERN ISLANDS | 54 | 261 | 250 | 72 | 288 | 467 | 396 | 137 | 255 | 18 | 28 | 2 | 131 |
| Palmerston | 3 | 13 | 14 | 3 | 11 | 30 | 16 | 4 | 22 | 3 | 2 | - | 9 |
| Pukapuka | 17 | 94 | 83 | 26 | 122 | 200 | 210 | 67 | 111 | 3 | 7 | - | 48 |
| Nassau | - | 11 | 8 | 8 | 18 | 44 | 38 | 7 | 32 | 2 | 4 | - | 12 |
| Manihiki | 22 | 71 | 62 | 18 | 56 | 70 | 54 | 24 | 28 | 3 | 5 | 1 | 21 |
| Rakahanga | 9 | 25 | 20 | 9 | 25 | 35 | 29 | 9 | 12 | 3 | 3 | - | 20 |
| Penrhyn | 3 | 47 | 63 | 8 | 56 | 88 | 49 | 26 | 50 | 4 | 7 | 1 | 21 |
| COOK ISLANDS | 770 | 4,341 | 4,266 | 1,833 | 4,299 | 5,404 | 3,895 | 1,379 | 1,934 | 375 | 473 | 429 | 1,897 |

Table 1.05 - Private households and their Living Arrangements by Usual Residence - Male

| Location | Living Alone | Head of Household | Living with husband or wife | Living with defacto partner | Living with children | Living with parents | Living with siblings | Living with grand children | Living with grand parents | Living with mother/ father In law | Living with childrens partners | Living with boarder or flatmate | Other arrangements |
|-------------------------|--------------|-------------------|-----------------------------|-----------------------------|----------------------|---------------------|----------------------|----------------------------|---------------------------|-----------------------------------|--------------------------------|---------------------------------|--------------------|
| RAROTONGA | 285 | 2,072 | 1,499 | 726 | 1,408 | 1,946 | 1,411 | 329 | 585 | 150 | 143 | 210 | 681 |
| Kiikii-Ooa-Pue-Tupapa | 55 | 338 | 223 | 128 | 226 | 321 | 246 | 57 | 95 | 23 | 25 | 28 | 161 |
| Takuvaine | 16 | 137 | 84 | 48 | 90 | 137 | 91 | 17 | 26 | 8 | - | 23 | 59 |
| Tutakimoa-Teotue | 7 | 50 | 30 | 18 | 32 | 59 | 43 | 11 | 20 | 6 | 3 | 7 | 19 |
| Avatiu-Ruatonga-Atupa | 28 | 176 | 119 | 82 | 121 | 142 | 109 | 35 | 56 | 18 | 14 | 16 | 102 |
| Nikao-Panama | 22 | 237 | 184 | 81 | 171 | 226 | 182 | 38 | 68 | 18 | 15 | 21 | 61 |
| Ruaau-Arerenga | 31 | 221 | 166 | 84 | 139 | 197 | 125 | 36 | 63 | 19 | 18 | 37 | 50 |
| Akooa-Betela | 20 | 130 | 88 | 53 | 94 | 145 | 100 | 20 | 55 | 17 | 7 | 6 | 34 |
| Murienua | 21 | 161 | 126 | 50 | 115 | 159 | 111 | 26 | 52 | 12 | 15 | 13 | 31 |
| Titikaveka | 39 | 258 | 202 | 62 | 162 | 214 | 153 | 31 | 53 | 6 | 16 | 14 | 55 |
| Ngatangiiia | 28 | 170 | 134 | 58 | 120 | 148 | 99 | 32 | 52 | 13 | 13 | 26 | 50 |
| Matavera | 18 | 194 | 143 | 62 | 138 | 198 | 152 | 26 | 45 | 10 | 17 | 19 | 59 |
| SOUTHERN ISLANDS | 104 | 629 | 469 | 131 | 342 | 485 | 346 | 188 | 289 | 36 | 30 | 25 | 205 |
| Aitutaki | 46 | 338 | 272 | 77 | 199 | 297 | 205 | 88 | 145 | 23 | 22 | 20 | 80 |
| Mangaia | 20 | 114 | 64 | 20 | 58 | 74 | 55 | 36 | 58 | 5 | 4 | 5 | 26 |
| Atiu | 16 | 90 | 65 | 18 | 49 | 54 | 44 | 34 | 41 | 5 | 1 | - | 48 |
| Mauke | 8 | 51 | 45 | 10 | 26 | 45 | 37 | 23 | 31 | 2 | 3 | - | 44 |
| Mitiaro | 14 | 36 | 23 | 6 | 10 | 15 | 5 | 7 | 14 | 1 | - | - | 7 |
| NORTHERN ISLANDS | 39 | 194 | 122 | 37 | 135 | 246 | 204 | 59 | 139 | 11 | 10 | 2 | 86 |
| Palmerston | 1 | 6 | 8 | 1 | 6 | 17 | 7 | 1 | 12 | 2 | - | - | 8 |
| Pukapuka | 11 | 60 | 40 | 14 | 55 | 113 | 117 | 29 | 59 | 1 | 2 | - | 32 |
| Nassau | - | 8 | 4 | 4 | 9 | 20 | 17 | 1 | 17 | 1 | 1 | - | 9 |
| Manihiki | 17 | 58 | 31 | 9 | 27 | 39 | 27 | 13 | 16 | 2 | 1 | 1 | 13 |
| Rakahanga | 7 | 21 | 10 | 5 | 11 | 14 | 13 | 4 | 3 | 2 | 2 | - | 11 |
| Penrhyn | 3 | 41 | 29 | 4 | 27 | 43 | 23 | 11 | 32 | 3 | 4 | 1 | 13 |
| COOK ISLANDS | 428 | 2,895 | 2,090 | 894 | 1,885 | 2,677 | 1,961 | 576 | 1,013 | 197 | 183 | 237 | 972 |

Table 1.05 - Private households and their Living Arrangements by Usual Residence - Female

| Location | Living Alone | Head of Household | Living with husband or wife | Living with defacto partner | Living with children | Living with parents | Living with siblings | Living with grand children | Living with grand parents | Living with mother/ father In law | Living with childrens partners | Living with boarder or flatmate | Other arrangements |
|-------------------------|--------------|-------------------|-----------------------------|-----------------------------|----------------------|---------------------|----------------------|----------------------------|---------------------------|-----------------------------------|--------------------------------|---------------------------------|--------------------|
| RAROTONGA | 246 | 1,077 | 1,555 | 763 | 1,793 | 1,993 | 1,406 | 468 | 557 | 150 | 223 | 179 | 698 |
| Kiikii-Ooa-Pue-Tupapa | 35 | 159 | 238 | 130 | 282 | 315 | 234 | 70 | 76 | 18 | 35 | 33 | 138 |
| Takuvaine | 10 | 55 | 87 | 53 | 124 | 143 | 85 | 35 | 43 | 11 | 9 | 14 | 53 |
| Tutakimoa-Teotue | 7 | 28 | 34 | 23 | 51 | 52 | 40 | 20 | 28 | 7 | 6 | 7 | 24 |
| Avatiu-Ruatonga-Atupa | 22 | 92 | 121 | 84 | 166 | 173 | 131 | 42 | 52 | 14 | 18 | 6 | 95 |
| Nikao-Panama | 27 | 129 | 194 | 84 | 223 | 265 | 192 | 63 | 78 | 11 | 27 | 15 | 84 |
| Ruaau-Arerenga | 33 | 134 | 172 | 84 | 163 | 196 | 126 | 49 | 48 | 22 | 24 | 28 | 55 |
| Akooa-Betela | 17 | 83 | 93 | 53 | 127 | 146 | 104 | 33 | 56 | 9 | 11 | 8 | 24 |
| Murienua | 22 | 80 | 125 | 54 | 144 | 156 | 119 | 35 | 47 | 19 | 19 | 7 | 41 |
| Titikaveka | 43 | 122 | 206 | 68 | 194 | 196 | 131 | 47 | 50 | 16 | 27 | 21 | 62 |
| Ngatangiiia | 17 | 110 | 139 | 69 | 148 | 153 | 101 | 37 | 44 | 11 | 21 | 22 | 54 |
| Matavera | 13 | 85 | 146 | 61 | 171 | 198 | 143 | 37 | 35 | 12 | 26 | 18 | 68 |
| SOUTHERN ISLANDS | 81 | 302 | 493 | 141 | 468 | 513 | 336 | 257 | 248 | 21 | 49 | 13 | 182 |
| Aitutaki | 32 | 158 | 280 | 82 | 268 | 307 | 194 | 118 | 129 | 12 | 38 | 11 | 67 |
| Mangaia | 18 | 43 | 74 | 22 | 72 | 72 | 48 | 45 | 32 | 4 | 3 | 2 | 14 |
| Atiu | 14 | 40 | 67 | 18 | 65 | 67 | 59 | 44 | 43 | 2 | 3 | - | 61 |
| Mauke | 13 | 45 | 50 | 11 | 43 | 37 | 29 | 38 | 30 | 3 | 4 | - | 33 |
| Mitiaro | 4 | 16 | 22 | 8 | 20 | 30 | 6 | 12 | 14 | - | 1 | - | 7 |
| NORTHERN ISLANDS | 15 | 67 | 128 | 35 | 153 | 221 | 192 | 78 | 116 | 7 | 18 | - | 45 |
| Palmerston | 2 | 7 | 6 | 2 | 5 | 13 | 9 | 3 | 10 | 1 | 2 | - | 1 |
| Pukapuka | 6 | 34 | 43 | 12 | 67 | 87 | 93 | 38 | 52 | 2 | 5 | - | 16 |
| Nassau | - | 3 | 4 | 4 | 9 | 24 | 21 | 6 | 15 | 1 | 3 | - | 3 |
| Manihiki | 5 | 13 | 31 | 9 | 29 | 31 | 27 | 11 | 12 | 1 | 4 | - | 8 |
| Rakahanga | 2 | 4 | 10 | 4 | 14 | 21 | 16 | 5 | 9 | 1 | 1 | - | 9 |
| Penrhyn | - | 6 | 34 | 4 | 29 | 45 | 26 | 15 | 18 | 1 | 3 | - | 8 |
| COOK ISLANDS | 342 | 1,446 | 2,176 | 939 | 2,414 | 2,727 | 1,934 | 803 | 921 | 178 | 290 | 192 | 925 |

Table 1.06 - Private households and their Living Arrangements by Age Group - Both

| Location | Living Alone | Head of Household | Living with husband or wife | Living with defacto partner | Living with children | Living with parents | Living with siblings | Living with grand children | Living with grand parents | Living with mother/father In law | Living with childrens partners | Living with boarder or flatmate | Other arrangements |
|---------------------|--------------|-------------------|-----------------------------|-----------------------------|----------------------|---------------------|----------------------|----------------------------|---------------------------|----------------------------------|--------------------------------|---------------------------------|--------------------|
| <5 | - | - | - | - | - | 1,057 | 621 | - | 551 | - | - | - | 195 |
| 05-9 | - | - | - | - | - | 1,145 | 831 | - | 459 | - | - | 2 | 183 |
| 10-14 | - | - | - | - | - | 1,050 | 800 | - | 398 | - | - | 3 | 200 |
| 15-19 | 9 | 19 | - | 70 | 35 | 836 | 629 | - | 276 | 25 | 2 | 20 | 200 |
| 20-24 | 14 | 91 | 36 | 301 | 215 | 464 | 351 | - | 132 | 74 | 12 | 44 | 179 |
| 25-29 | 31 | 190 | 179 | 338 | 383 | 260 | 220 | - | 60 | 82 | 22 | 56 | 154 |
| 30-34 | 37 | 308 | 297 | 285 | 466 | 169 | 121 | 2 | 28 | 56 | 12 | 67 | 121 |
| 35-39 | 33 | 340 | 377 | 199 | 457 | 112 | 78 | 7 | 15 | 35 | 8 | 50 | 122 |
| 40-44 | 50 | 434 | 498 | 199 | 598 | 98 | 58 | 72 | 7 | 37 | 39 | 52 | 111 |
| 45-49 | 68 | 533 | 573 | 149 | 581 | 101 | 64 | 147 | 6 | 25 | 49 | 40 | 113 |
| 50-54 | 88 | 568 | 620 | 119 | 537 | 64 | 47 | 225 | 1 | 20 | 71 | 30 | 70 |
| 55-59 | 84 | 481 | 510 | 74 | 341 | 29 | 28 | 224 | - | 11 | 80 | 17 | 64 |
| 60-64 | 81 | 389 | 410 | 42 | 216 | 12 | 21 | 209 | - | 7 | 49 | 18 | 59 |
| 65-69 | 78 | 340 | 319 | 30 | 158 | 3 | 8 | 175 | 1 | 1 | 43 | 11 | 47 |
| 70-74 | 72 | 267 | 238 | 15 | 116 | 3 | 8 | 135 | - | 1 | 32 | 6 | 27 |
| 75-79 | 71 | 221 | 136 | 7 | 105 | - | 7 | 105 | - | 1 | 30 | 8 | 22 |
| > 79 | 54 | 160 | 73 | 5 | 91 | 1 | 3 | 78 | - | - | 24 | 5 | 30 |
| COOK ISLANDS | 770 | 4,341 | 4,266 | 1,833 | 4,299 | 5,404 | 3,895 | 1,379 | 1,934 | 375 | 473 | 429 | 1,897 |

Table 1.06 - Private households and their Living Arrangements by Age Group - Male

| Age Group | Living Alone | Head of Household | Living with husband or wife | Living with defacto partner | Living with children | Living with parents | Living with siblings | Living with grand children | Living with grand parents | Living with mother/ father In law | Living with childrens partners | Living with boarder or flatmate | Other arrangements |
|---------------------|--------------|-------------------|-----------------------------|-----------------------------|----------------------|---------------------|----------------------|----------------------------|---------------------------|-----------------------------------|--------------------------------|---------------------------------|--------------------|
| <5 | - | - | - | - | - | 547 | 317 | - | 299 | - | - | - | 101 |
| 05-9 | - | - | - | - | - | 577 | 422 | - | 243 | - | - | - | 92 |
| 10-14 | - | - | - | - | - | 532 | 420 | - | 211 | - | - | 2 | 113 |
| 15-19 | 7 | 11 | - | 23 | 4 | 423 | 327 | - | 144 | 10 | 1 | 15 | 98 |
| 20-24 | 5 | 51 | 14 | 140 | 76 | 217 | 172 | - | 69 | 41 | 4 | 17 | 74 |
| 25-29 | 17 | 117 | 80 | 153 | 150 | 128 | 107 | - | 26 | 39 | 8 | 29 | 75 |
| 30-34 | 17 | 193 | 127 | 132 | 190 | 68 | 49 | 2 | 11 | 33 | 5 | 41 | 68 |
| 35-39 | 22 | 231 | 172 | 101 | 196 | 46 | 31 | - | 4 | 17 | 2 | 31 | 64 |
| 40-44 | 31 | 299 | 227 | 94 | 258 | 40 | 25 | 29 | 1 | 22 | 10 | 33 | 59 |
| 45-49 | 43 | 358 | 275 | 83 | 268 | 51 | 33 | 64 | 4 | 11 | 27 | 21 | 58 |
| 50-54 | 58 | 419 | 298 | 68 | 278 | 30 | 20 | 99 | - | 10 | 27 | 16 | 42 |
| 55-59 | 48 | 334 | 267 | 43 | 174 | 9 | 13 | 101 | - | 6 | 33 | 10 | 31 |
| 60-64 | 48 | 271 | 207 | 25 | 99 | 6 | 12 | 78 | - | 6 | 23 | 7 | 30 |
| 65-69 | 47 | 239 | 173 | 13 | 70 | 2 | 6 | 74 | 1 | 1 | 17 | 5 | 29 |
| 70-74 | 30 | 170 | 127 | 10 | 58 | - | 3 | 61 | - | 1 | 15 | 4 | 14 |
| 75-79 | 31 | 121 | 81 | 6 | 37 | - | 2 | 42 | - | - | 7 | 4 | 8 |
| > 79 | 24 | 81 | 42 | 3 | 27 | 1 | 2 | 26 | - | - | 4 | 2 | 16 |
| COOK ISLANDS | 428 | 2,895 | 2,090 | 894 | 1,885 | 2,677 | 1,961 | 576 | 1,013 | 197 | 183 | 237 | 972 |

Table 1.06 - Private households and their Living Arrangements by Age Group - Female

| Age Group | Living Alone | Head of Household | Living with husband or wife | Living with defacto partner | Living with children | Living with parents | Living with siblings | Living with grand children | Living with grand parents | Living with mother/ father In law | Living with childrens partners | Living with boarder or flatmate | Other arrangements |
|---------------------|--------------|-------------------|-----------------------------|-----------------------------|----------------------|---------------------|----------------------|----------------------------|---------------------------|-----------------------------------|--------------------------------|---------------------------------|--------------------|
| <5 | - | - | - | - | - | 510 | 304 | - | 252 | - | - | - | 94 |
| 05-9 | - | - | - | - | - | 568 | 409 | - | 216 | - | - | 2 | 91 |
| 10-14 | - | - | - | - | - | 518 | 380 | - | 187 | - | - | 1 | 87 |
| 15-19 | 2 | 8 | - | 47 | 31 | 413 | 302 | - | 132 | 15 | 1 | 5 | 102 |
| 20-24 | 9 | 40 | 22 | 161 | 139 | 247 | 179 | - | 63 | 33 | 8 | 27 | 105 |
| 25-29 | 14 | 73 | 99 | 185 | 233 | 132 | 113 | - | 34 | 43 | 14 | 27 | 79 |
| 30-34 | 20 | 115 | 170 | 153 | 276 | 101 | 72 | - | 17 | 23 | 7 | 26 | 53 |
| 35-39 | 11 | 109 | 205 | 98 | 261 | 66 | 47 | 7 | 11 | 18 | 6 | 19 | 58 |
| 40-44 | 19 | 135 | 271 | 105 | 340 | 58 | 33 | 43 | 6 | 15 | 29 | 19 | 52 |
| 45-49 | 25 | 175 | 298 | 66 | 313 | 50 | 31 | 83 | 2 | 14 | 22 | 19 | 55 |
| 50-54 | 30 | 149 | 322 | 51 | 259 | 34 | 27 | 126 | 1 | 10 | 44 | 14 | 28 |
| 55-59 | 36 | 147 | 243 | 31 | 167 | 20 | 15 | 123 | - | 5 | 47 | 7 | 33 |
| 60-64 | 33 | 118 | 203 | 17 | 117 | 6 | 9 | 131 | - | 1 | 26 | 11 | 29 |
| 65-69 | 31 | 101 | 146 | 17 | 88 | 1 | 2 | 101 | - | - | 26 | 6 | 18 |
| 70-74 | 42 | 97 | 111 | 5 | 58 | 3 | 5 | 74 | - | - | 17 | 2 | 13 |
| 75-79 | 40 | 100 | 55 | 1 | 68 | - | 5 | 63 | - | 1 | 23 | 4 | 14 |
| > 79 | 30 | 79 | 31 | 2 | 64 | - | 1 | 52 | - | - | 20 | 3 | 14 |
| COOK ISLANDS | 342 | 1,446 | 2,176 | 939 | 2,414 | 2,727 | 1,934 | 803 | 921 | 178 | 290 | 192 | 925 |

Table 1.07 - Resident Population by Usual Residence One and Five Years Ago - Both Sex

| Location | Total | Usual Place of Residence One Year Ago | | | | Usual Place of Residence Five Years Ago | | | |
|-------------------------|---------------|---------------------------------------|---------------------|-------------------------------|-----------------------------|---|---------------------|-------------------------------|-----------------------------|
| | | Not born one Year Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands | Not born five Years Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands |
| RAROTONGA | 10,649 | 162 | 9,016 | 795 | 676 | 850 | 6,624 | 1,513 | 1,662 |
| Kiikii-Ooa-Pue | 1,716 | 24 | 1,453 | 140 | 99 | 139 | 1,059 | 265 | 253 |
| Takuvaine | 702 | 13 | 582 | 47 | 60 | 57 | 427 | 111 | 107 |
| Tutakimoo-Teotue | 286 | 5 | 245 | 18 | 18 | 35 | 182 | 36 | 33 |
| Avatiu-Ruatonga-Atupa | 891 | 13 | 763 | 65 | 50 | 61 | 564 | 128 | 138 |
| Nikao-Panama | 1,311 | 27 | 1,112 | 120 | 52 | 113 | 793 | 229 | 176 |
| Ruaau-Arerenga | 1,158 | 19 | 950 | 100 | 89 | 81 | 709 | 176 | 192 |
| Akooa-Betela | 730 | 8 | 623 | 52 | 47 | 61 | 478 | 79 | 112 |
| Murienua | 813 | 15 | 672 | 71 | 55 | 74 | 484 | 99 | 156 |
| Titikaveka | 1,167 | 16 | 1,009 | 72 | 70 | 84 | 755 | 139 | 189 |
| Ngatangia | 896 | 7 | 787 | 41 | 61 | 64 | 554 | 123 | 155 |
| Matavera | 979 | 15 | 820 | 69 | 75 | 81 | 619 | 128 | 151 |
| SOUTHERN ISLANDS | 3,072 | 49 | 2,729 | 150 | 144 | 275 | 2,211 | 286 | 300 |
| Aitutaki | 1,712 | 32 | 1,502 | 87 | 91 | 168 | 1,190 | 164 | 190 |
| Mangaia | 493 | 5 | 437 | 16 | 35 | 34 | 377 | 32 | 50 |
| Atiu | 423 | 8 | 386 | 19 | 10 | 37 | 329 | 26 | 31 |
| Mauke | 289 | 3 | 266 | 12 | 8 | 23 | 200 | 44 | 22 |
| Mitiaro | 155 | 1 | 138 | 16 | - | 13 | 115 | 20 | 7 |
| NORTHERN ISLANDS | 1,081 | 25 | 995 | 25 | 36 | 136 | 758 | 86 | 101 |
| Palmerston | 57 | 2 | 50 | 2 | 3 | 6 | 37 | 1 | 13 |
| Pukapuka | 425 | 10 | 397 | 9 | 9 | 62 | 310 | 20 | 33 |
| Nassau | 78 | 3 | 74 | - | 1 | 12 | 57 | 5 | 4 |
| Manihiki | 212 | 3 | 191 | 8 | 10 | 24 | 147 | 27 | 14 |
| Rakahanga | 83 | - | 78 | 3 | 2 | 6 | 54 | 7 | 16 |
| Penrhyn | 226 | 7 | 205 | 3 | 11 | 26 | 153 | 26 | 21 |
| COOK ISLANDS | 14,802 | 236 | 12,740 | 970 | 856 | 1,261 | 9,593 | 1,885 | 2,063 |

Table 1.07 - Resident Population by Usual Residence One and Five Years Ago - Male

| Location | Total | Usual Place of Residence One Year Ago | | | | Usual Place of Residence Five Years Ago | | | |
|-------------------------|--------------|---------------------------------------|---------------------|-------------------------------|-----------------------------|---|---------------------|-------------------------------|-----------------------------|
| | | Not born one Year Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands | Not born five Years Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands |
| RAROTONGA | 5,199 | 82 | 4,392 | 377 | 348 | 438 | 3,188 | 734 | 839 |
| Kiikii-Ooa-Pue | 857 | 14 | 725 | 61 | 57 | 68 | 529 | 120 | 140 |
| Takuvaine | 341 | 5 | 283 | 25 | 28 | 28 | 207 | 54 | 52 |
| Tutakimooa-Teotue | 144 | 4 | 123 | 6 | 11 | 21 | 88 | 15 | 20 |
| Avatiu-Ruatonga-Atupa | 431 | 7 | 365 | 31 | 28 | 31 | 268 | 61 | 71 |
| Nikao-Panama | 612 | 11 | 528 | 52 | 21 | 56 | 350 | 111 | 95 |
| Ruaau-Arerenga | 565 | 8 | 460 | 52 | 45 | 42 | 345 | 88 | 90 |
| Akooa-Betela | 363 | 5 | 310 | 23 | 25 | 35 | 238 | 36 | 54 |
| Murienua | 400 | 7 | 324 | 38 | 31 | 36 | 230 | 51 | 83 |
| Titikaveka | 564 | 12 | 479 | 39 | 34 | 48 | 356 | 75 | 85 |
| Ngatangia | 438 | 4 | 380 | 19 | 35 | 32 | 266 | 60 | 80 |
| Matavera | 484 | 5 | 415 | 31 | 33 | 41 | 311 | 63 | 69 |
| SOUTHERN ISLANDS | 1,524 | 28 | 1,349 | 68 | 79 | 145 | 1,085 | 143 | 151 |
| Aitutaki | 860 | 21 | 748 | 41 | 50 | 97 | 587 | 81 | 95 |
| Mangaia | 253 | 1 | 226 | 7 | 19 | 18 | 193 | 16 | 26 |
| Atiu | 202 | 5 | 182 | 9 | 6 | 16 | 156 | 14 | 16 |
| Mauke | 136 | 1 | 125 | 6 | 4 | 11 | 91 | 23 | 11 |
| Mitiaro | 73 | - | 68 | 5 | - | 3 | 58 | 9 | 3 |
| NORTHERN ISLANDS | 569 | 11 | 526 | 14 | 18 | 76 | 389 | 50 | 54 |
| Palmerston | 28 | 1 | 26 | - | 1 | 4 | 17 | - | 7 |
| Pukapuka | 221 | 4 | 205 | 7 | 5 | 38 | 153 | 13 | 17 |
| Nassau | 36 | 1 | 34 | - | 1 | 5 | 26 | 2 | 3 |
| Manihiki | 120 | 2 | 110 | 3 | 5 | 13 | 82 | 16 | 9 |
| Rakahanga | 41 | - | 39 | 2 | - | 3 | 26 | 5 | 7 |
| Penrhyn | 123 | 3 | 112 | 2 | 6 | 13 | 85 | 14 | 11 |
| COOK ISLANDS | 7,292 | 121 | 6,267 | 459 | 445 | 659 | 4,662 | 927 | 1,044 |

Table 1.07 - Resident Population by Usual Residence One and Five Years Ago - Female

| Location | Total | Usual Place of Residence One Year Ago | | | | Usual Place of Residence Five Years Ago | | | |
|-------------------------|--------------|---------------------------------------|---------------------|-------------------------------|-----------------------------|---|---------------------|-------------------------------|-----------------------------|
| | | Not born one Year Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands | Not born five Years Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands |
| RAROTONGA | 5,450 | 80 | 4,624 | 418 | 328 | 412 | 3,436 | 779 | 823 |
| Kiikii-Ooa-Pue | 859 | 10 | 728 | 79 | 42 | 71 | 530 | 145 | 113 |
| Takuvaine | 361 | 8 | 299 | 22 | 32 | 29 | 220 | 57 | 55 |
| Tutakimooa-Teotue | 142 | 1 | 122 | 12 | 7 | 14 | 94 | 21 | 13 |
| Avatiu-Ruatonga-Atupa | 460 | 6 | 398 | 34 | 22 | 30 | 296 | 67 | 67 |
| Nikao-Panama | 699 | 16 | 584 | 68 | 31 | 57 | 443 | 118 | 81 |
| Ruaau-Arerenga | 593 | 11 | 490 | 48 | 44 | 39 | 364 | 88 | 102 |
| Akooa-Betela | 367 | 3 | 313 | 29 | 22 | 26 | 240 | 43 | 58 |
| Murienua | 413 | 8 | 348 | 33 | 24 | 38 | 254 | 48 | 73 |
| Titikaveka | 603 | 4 | 530 | 33 | 36 | 36 | 399 | 64 | 104 |
| Ngatangia | 458 | 3 | 407 | 22 | 26 | 32 | 288 | 63 | 75 |
| Matavera | 495 | 10 | 405 | 38 | 42 | 40 | 308 | 65 | 82 |
| SOUTHERN ISLANDS | 1,548 | 21 | 1,380 | 82 | 65 | 130 | 1,126 | 143 | 149 |
| Aitutaki | 852 | 11 | 754 | 46 | 41 | 71 | 603 | 83 | 95 |
| Mangaia | 240 | 4 | 211 | 9 | 16 | 16 | 184 | 16 | 24 |
| Atiu | 221 | 3 | 204 | 10 | 4 | 21 | 173 | 12 | 15 |
| Mauke | 153 | 2 | 141 | 6 | 4 | 12 | 109 | 21 | 11 |
| Mitiaro | 82 | 1 | 70 | 11 | - | 10 | 57 | 11 | 4 |
| NORTHERN ISLANDS | 512 | 14 | 469 | 11 | 18 | 60 | 369 | 36 | 47 |
| Palmerston | 29 | 1 | 24 | 2 | 2 | 2 | 20 | 1 | 6 |
| Pukapuka | 204 | 6 | 192 | 2 | 4 | 24 | 157 | 7 | 16 |
| Nassau | 42 | 2 | 40 | - | - | 7 | 31 | 3 | 1 |
| Manihiki | 92 | 1 | 81 | 5 | 5 | 11 | 65 | 11 | 5 |
| Rakahanga | 42 | - | 39 | 1 | 2 | 3 | 28 | 2 | 9 |
| Penrhyn | 103 | 4 | 93 | 1 | 5 | 13 | 68 | 12 | 10 |
| COOK ISLANDS | 7,510 | 115 | 6,473 | 511 | 411 | 602 | 4,931 | 958 | 1,019 |

Table 1.08 - Resident Population by Age Group and Usual Residence One and Five Years Ago - Both Sex

| Location | Total | Usual Place of Residence One Year Ago | | | | Usual Place of Residence Five Years Ago | | | |
|---------------------|---------------|---------------------------------------|---------------------|-------------------------------|-----------------------------|---|---------------------|-------------------------------|-----------------------------|
| | | Not born one Year Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands | Not born five Years Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands |
| <5 | 1,261 | 236 | 881 | 86 | 58 | 1,261 | - | - | - |
| 05-9 | 1,404 | - | 1,265 | 74 | 65 | - | 1,007 | 218 | 179 |
| 10-14 | 1,332 | - | 1,203 | 58 | 71 | - | 1,021 | 154 | 157 |
| 15-19 | 1,152 | - | 989 | 100 | 63 | - | 819 | 189 | 144 |
| 20-24 | 935 | - | 746 | 110 | 79 | - | 568 | 214 | 153 |
| 25-29 | 893 | - | 696 | 104 | 93 | - | 514 | 156 | 223 |
| 30-34 | 887 | - | 711 | 93 | 83 | - | 492 | 159 | 236 |
| 35-39 | 835 | - | 705 | 69 | 61 | - | 503 | 164 | 168 |
| 40-44 | 966 | - | 816 | 78 | 72 | - | 645 | 148 | 173 |
| 45-49 | 1,044 | - | 945 | 41 | 58 | - | 774 | 114 | 156 |
| 50-54 | 1,038 | - | 941 | 51 | 46 | - | 790 | 122 | 126 |
| 55-59 | 837 | - | 762 | 47 | 28 | - | 630 | 100 | 107 |
| 60-64 | 674 | - | 627 | 24 | 23 | - | 522 | 56 | 96 |
| 65-69 | 549 | - | 506 | 15 | 28 | - | 437 | 41 | 71 |
| 70-74 | 426 | - | 407 | 9 | 10 | - | 366 | 22 | 38 |
| 75-79 | 318 | - | 306 | 3 | 9 | - | 283 | 15 | 20 |
| 80+ | 251 | - | 234 | 8 | 9 | - | 222 | 13 | 16 |
| COOK ISLANDS | 14,802 | 236 | 12,740 | 970 | 856 | 1,261 | 9,593 | 1,885 | 2,063 |

Table 1.08 - Resident Population by Age Group and Usual Residence One and Five Years Ago - Male

| Location | Total | Usual Place of Residence One Year Ago | | | | Usual Place of Residence Five Years Ago | | | |
|---------------------|--------------|---------------------------------------|---------------------|-------------------------------|-----------------------------|---|---------------------|-------------------------------|-----------------------------|
| | | Not born one Year Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands | Not born five Years Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands |
| <5 | 659 | 121 | 452 | 50 | 36 | 659 | - | - | - |
| 05-9 | 713 | - | 639 | 39 | 35 | - | 491 | 122 | 100 |
| 10-14 | 692 | - | 633 | 24 | 35 | - | 525 | 77 | 90 |
| 15-19 | 576 | - | 503 | 36 | 37 | - | 404 | 93 | 79 |
| 20-24 | 441 | - | 358 | 48 | 35 | - | 275 | 102 | 64 |
| 25-29 | 423 | - | 339 | 41 | 43 | - | 249 | 79 | 95 |
| 30-34 | 404 | - | 310 | 44 | 50 | - | 220 | 65 | 119 |
| 35-39 | 402 | - | 333 | 37 | 32 | - | 235 | 74 | 93 |
| 40-44 | 453 | - | 377 | 39 | 37 | - | 295 | 70 | 88 |
| 45-49 | 520 | - | 468 | 22 | 30 | - | 377 | 61 | 82 |
| 50-54 | 525 | - | 476 | 22 | 27 | - | 406 | 60 | 59 |
| 55-59 | 420 | - | 386 | 27 | 7 | - | 316 | 52 | 52 |
| 60-64 | 329 | - | 303 | 14 | 12 | - | 251 | 25 | 53 |
| 65-69 | 283 | - | 260 | 7 | 16 | - | 228 | 22 | 33 |
| 70-74 | 204 | - | 197 | 2 | 5 | - | 172 | 12 | 20 |
| 75-79 | 141 | - | 137 | 2 | 2 | - | 126 | 8 | 7 |
| 80+ | 107 | - | 96 | 5 | 6 | - | 92 | 5 | 10 |
| COOK ISLANDS | 7,292 | 121 | 6,267 | 459 | 445 | 659 | 4,662 | 927 | 1,044 |

Table 1.08 - Resident Population by Age Group and Usual Residence One and Five Years Ago - Female

| Location | Total | Usual Place of Residence One Year Ago | | | | Usual Place of Residence Five Years Ago | | | |
|---------------------|--------------|---------------------------------------|---------------------|-------------------------------|-----------------------------|---|---------------------|-------------------------------|-----------------------------|
| | | Not born one Year Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands | Not born five Years Ago | At my usual address | Elsewhere in the Cook Islands | Outside of the Cook Islands |
| <5 | 602 | 115 | 429 | 36 | 22 | 602 | - | - | - |
| 05-9 | 691 | - | 626 | 35 | 30 | - | 516 | 96 | 79 |
| 10-14 | 640 | - | 570 | 34 | 36 | - | 496 | 77 | 67 |
| 15-19 | 576 | - | 486 | 64 | 26 | - | 415 | 96 | 65 |
| 20-24 | 494 | - | 388 | 62 | 44 | - | 293 | 112 | 89 |
| 25-29 | 470 | - | 357 | 63 | 50 | - | 265 | 77 | 128 |
| 30-34 | 483 | - | 401 | 49 | 33 | - | 272 | 94 | 117 |
| 35-39 | 433 | - | 372 | 32 | 29 | - | 268 | 90 | 75 |
| 40-44 | 513 | - | 439 | 39 | 35 | - | 350 | 78 | 85 |
| 45-49 | 524 | - | 477 | 19 | 28 | - | 397 | 53 | 74 |
| 50-54 | 513 | - | 465 | 29 | 19 | - | 384 | 62 | 67 |
| 55-59 | 417 | - | 376 | 20 | 21 | - | 314 | 48 | 55 |
| 60-64 | 345 | - | 324 | 10 | 11 | - | 271 | 31 | 43 |
| 65-69 | 266 | - | 246 | 8 | 12 | - | 209 | 19 | 38 |
| 70-74 | 222 | - | 210 | 7 | 5 | - | 194 | 10 | 18 |
| 75-79 | 177 | - | 169 | 1 | 7 | - | 157 | 7 | 13 |
| 80+ | 144 | - | 138 | 3 | 3 | - | 130 | 8 | 6 |
| COOK ISLANDS | 7,510 | 115 | 6,473 | 511 | 411 | 602 | 4,931 | 958 | 1,019 |

Table 1.09 - Population by household type which have been enumerated in Private and Non-Private Households

| Location | All Dwellings | | | | Private Dwellings | | | | Non Private Dwellings | | | |
|-------------------------|-----------------|--------------|--------------|---------------|-------------------|--------------|--------------|---------------|-----------------------|------------|--------------|---------------|
| | Total Dwellings | Males | Females | Total Persons | Total Dwellings | Males | Females | Total Persons | Total Dwellings | Males | Females | Total Persons |
| RAROTONGA | 3,370 | 6,289 | 6,718 | 13,007 | 3,233 | 5,413 | 5,745 | 11,158 | 137 | 876 | 973 | 1,849 |
| Tupapa-Maraerenga | 518 | 994 | 1,013 | 2,007 | 502 | 873 | 902 | 1,775 | 16 | 121 | 111 | 232 |
| Takuvaine | 195 | 362 | 374 | 736 | 193 | 355 | 372 | 727 | 2 | 7 | 2 | 9 |
| Tutakimoa-Teotue | 79 | 148 | 148 | 296 | 79 | 148 | 148 | 296 | - | - | - | - |
| Avatiu-Ruatonga-Atupa | 271 | 450 | 491 | 941 | 270 | 449 | 490 | 939 | 1 | 1 | 1 | 2 |
| Nikao-Panama | 380 | 663 | 749 | 1,412 | 378 | 646 | 736 | 1,382 | 2 | 17 | 13 | 30 |
| Ruaau-Arerenga | 374 | 909 | 939 | 1,848 | 358 | 579 | 606 | 1,185 | 16 | 330 | 333 | 663 |
| Akooa-Betela | 224 | 408 | 439 | 847 | 217 | 377 | 386 | 763 | 7 | 31 | 53 | 84 |
| Murienua | 261 | 505 | 545 | 1,050 | 252 | 416 | 437 | 853 | 9 | 89 | 108 | 197 |
| Titikaveka | 446 | 711 | 786 | 1,497 | 410 | 615 | 664 | 1,279 | 36 | 96 | 122 | 218 |
| Ngatangia | 333 | 632 | 704 | 1,336 | 292 | 456 | 485 | 941 | 41 | 176 | 219 | 395 |
| Matavera | 289 | 507 | 530 | 1,037 | 282 | 499 | 519 | 1,018 | 7 | 8 | 11 | 19 |
| SOUTHERN ISLANDS | 961 | 1,652 | 1,674 | 3,326 | 940 | 1,571 | 1,593 | 3,164 | 21 | 81 | 81 | 162 |
| Aitutaki | 523 | 975 | 966 | 1,941 | 503 | 895 | 886 | 1,781 | 20 | 80 | 80 | 160 |
| Mangaia | 157 | 256 | 243 | 499 | 157 | 256 | 243 | 499 | - | - | - | - |
| Atiu | 132 | 207 | 227 | 434 | 131 | 206 | 226 | 432 | 1 | 1 | 1 | 2 |
| Mauke | 97 | 141 | 156 | 297 | 97 | 141 | 156 | 297 | - | - | - | - |
| Mitiaro | 52 | 73 | 82 | 155 | 52 | 73 | 82 | 155 | - | - | - | - |
| NORTHERN ISLANDS | 262 | 581 | 520 | 1,101 | 262 | 581 | 520 | 1,101 | - | - | - | - |
| Palmerston | 13 | 28 | 30 | 58 | 13 | 28 | 30 | 58 | - | - | - | - |
| Pukapuka | 95 | 233 | 211 | 444 | 95 | 233 | 211 | 444 | - | - | - | - |
| Nassau | 11 | 36 | 42 | 78 | 11 | 36 | 42 | 78 | - | - | - | - |
| Manihiki | 71 | 120 | 92 | 212 | 71 | 120 | 92 | 212 | - | - | - | - |
| Rakahanga | 25 | 41 | 42 | 83 | 25 | 41 | 42 | 83 | - | - | - | - |
| Penrhyn | 47 | 123 | 103 | 226 | 47 | 123 | 103 | 226 | - | - | - | - |
| COOK ISLANDS | 4,593 | 8,522 | 8,912 | 17,434 | 4,435 | 7,565 | 7,858 | 15,423 | 158 | 957 | 1,054 | 2,011 |