

Table 1: Total Population and Land Area by Island

Census Year	Cook Islands	Rarotonga	Aitutaki	Mangaia	Atiu	Mauke	Mitiaro	Manuae	Manihiki	Penrhyn	Rakahanga	Pukapuka	Nassau	Palmerston	Suvarrow
	Land area in square kilometre														
	236.7	67.1	18.3	51.8	26.9	18.4	22.3	6.2	5.4	9.8	4.1	1.3	1.3	2.1	0.4
	Population														
1902	8,213	2,060	1,170	1,541	918	370	165	10	484	445	400	505	0	115	30
1906	8,518	2,441	1,162	1,531	918	446	210	0	521	420	352	435	0	82	0
1911	8,655	2,759	1,237	1,471	812	457	199	29	444	335	315	490	0	107	0
1916	8,805	3,064	1,302	1,245	759	490	237	23	493	326	295	474	0	90	7
1921	9,459	3,503	1,373	1,230	837	578	207	0	432	376	310	530	0	83	0
1926	10,082	3,936	1,431	1,249	933	511	238	23	416	395	327	526	0	97	0
1936	12,246	5,054	1,719	1,459	1,086	652	265	8	487	467	290	651	18	90	0
1945	14,088	5,573	2,356	1,845	1,114	804	229	28	435	654	318	662	0	65	5
1951	15,079	6,048	2,396	1,830	1,270	836	305	20	816	527	261	559	124	87	0
1956	16,680	7,212	2,565	1,970	1,307	815	275	32	661	619	341	638	110	77	58
1961	18,378	8,676	2,582	1,877	1,266	785	307	18	1,006	628	319	718	109	86	1
1966	19,247	9,971	2,579	2,002	1,327	671	293	15	584	545	323	684	167	86	0
1971	21,322	11,478	2,855	2,081	1,455	763	331	2	452	612	339	732	160	62	0
1976	18,126	9,802	2,423	1,530	1,312	710	305	0	266	531	283	785	123	56	0
1981	17,743	9,530	2,335	1,364	1,225	681	256	0	405	608	269	797	137	51	0
1986	17,614	9,826	2,390	1,229	957	692	273	0	508	497	282	761	119	66	6
1991	18,617	10,886	2,357	1,214	1,006	639	247	0	663	503	262	670	102	49	10
1996	19,103	11,225	2,389	1,108	956	652	319	0	668	606	249	779	99	49	4
2001	18,027	12,188	1,946	744	623	470	230	0	515	357	169	664	72	48	1
2006 ⁽¹⁾	19,569	14,153	2,194	654	572	393	219	0	351	251	141	507	71	63	0

NOTE: ⁽¹⁾ Preliminary results and is likely to change

Table 2: Total Population by Island

ISLAND/REGION	1996		2001		2006		Percentage Change over 2001-2006
	Total Population	Percentage Distribution	Total Population	Percentage Distribution	Total Population	Percentage Distribution	
COOK ISLANDS	19,103	100.0	18,027	100.0	19,569	100.0	8.6
RAROTONGA	11,225	58.8	12,188	67.6	14,153	72.3	16.1
SOUTHERN GROUP (excluding Rarotonga)	5,424	28.4	4,013	22.3	4,032	20.6	0.5
Aitutaki	2,389	12.5	1,946	10.8	2,194	11.2	12.7
Mangaia	1,108	5.8	744	4.1	654	3.3	-12.1
Atiu	956	5.0	623	3.5	572	2.9	-8.2
Mauke	652	3.4	470	2.6	393	2.0	-16.4
Mitiaro	319	1.7	230	1.3	219	1.1	-4.8
NORTHERN GROUP	2,454	12.8	1,826	10.1	1,384	7.1	-24.2
Manihiki	668	3.5	515	2.9	351	1.8	-31.8
Penrhyn	606	3.2	357	2.0	251	1.3	-29.7
Rakahanga	249	1.3	169	0.9	141	0.7	-16.6
Pukapuka	779	4.1	664	3.7	507	2.6	-23.6
Nassau	99	0.5	72	0.4	71	0.4	-1.4
Palmerston	49	0.3	48	0.3	63	0.3	31.3
Suvarrow	4	0.0	1	0.0	-	0.0	-100.0

Table 3: Total Population by Sex

Census Year	Cook Islands			Rarotonga		
	Male	Female	Total	Male	Female	Total
1936	6,376	5,870	12,246	2,649	2,405	5,054
1945	7,185	6,903	14,088	2,879	2,694	5,573
1951	7,827	7,252	15,079	3,211	2,837	6,048
1956	8,695	7,985	16,680	3,805	3,407	7,212
1961	9,454	8,924	18,378	4,470	4,206	8,676
1966	9,749	9,498	19,247	5,047	4,924	9,971
1971	10,910	10,413	21,323	5,917	5,561	11,478
1976	9,292	8,834	18,126	5,080	4,722	9,802
1981	9,109	8,564	17,673	4,933	4,597	9,530
1986	9,188	8,426	17,614	5,143	4,683	9,826
1991	9,697	8,920	18,617	5,619	5,267	10,886
1996	9,842	9,261	19,103	5,730	5,495	11,225
2001	9,302	8,725	18,027	6,259	5,929	12,188
2006 ⁽¹⁾	9,932	9,637	19,569	7,165	6,988	14,153

Table 4: Private (occupied) Dwellings and Total Non Private Dwellings

Island	1996		2001		2006		% Change over 2001	
	Private	Non Private	Private	Non-Private	Private	Non-Private	Private	Non Private
COOK ISLANDS	4,153	42	3,880	162	4,308	201	11.0	24.1
RAROTONGA	2,569	33	2,531	138	2,964	159	17.1	15.2
SOUTHERN GROUP (excluding Rarotonga)	1,127	9	965	22	1,018	39	5.5	77.3
Aitutaki	496	6	435	17	511	25	17.5	47.1
Mangaia	237	0	197	2	180	4	-8.6	100.0
Atiu	197	1	161	2	158	6	-1.9	200.0
Mauke	133	2	110	0	105	2	-4.5	0.0
Mitiaro	64	0	62	1	64	2	3.2	100.0
NORTHERN GROUP	457	0	384	2	326	3	-15.1	50.0
Manihiki	149	0	117	1	95	1	-18.8	0.0
Penrhyn	113	0	83	1	71	2	-14.5	100.0
Rakahanga	42	0	32	0	31	0	-3.1	0.0
Pukapuka	120	0	124	0	96	0	-22.6	0.0
Nassau	21	0	15	0	15	0	0.0	0.0
Palmerston	11	0	12	0	18	0	50.0	0.0
Suvarrow	1	0	1	0	0	0	-100.0	0.0

Table 6: Rarotonga Total Population by Census Districts and Age Groups

Census Areas	Total Persons	Total		0-14		15-44		45-59		60 & over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Pue-Matavera	1,490	761	729	204	182	333	368	144	110	80	69
Tupapa-Maraerenga	531	270	261	80	67	123	118	43	45	24	31
Takuvaine-Parekura	786	430	356	109	99	216	159	72	57	33	41
Tutakimoa-Teotue	314	158	156	52	42	67	69	25	28	14	17
Avatiu-Ruatonga	951	477	474	131	135	225	211	71	71	50	57
Nikao-Panama	1,373	681	692	181	204	329	331	111	105	60	52
Ruaau	1,974	1,010	964	216	193	469	482	188	180	137	109
Akhoa	955	474	481	120	116	233	260	70	58	51	47
Murienua	1,414	717	697	141	125	345	360	141	131	90	81
Titikaveka	1,645	821	824	183	164	356	371	169	176	113	113
Ngatangia-Muri	1,815	903	912	146	152	417	458	196	176	144	126
Matavera	905	463	442	152	125	210	215	54	67	47	35
RAROTONGA	14,153	7,165	6,988	1,715	1,604	3,323	3,402	1,284	1,204	843	778

Table 7: Average Household Size of Private Occupied Dwellings by island, 1991, 1996, 2001 and 2006

Region and Island	1991		1996		2001		2006 ^P	
	Private Households	Average Household Size	Private Households	Average Household Size	Private Household	Average Household Size	Private Household	Average Household Size
COOK ISLANDS	3,677	4.9	4,153	4.4	3,880	4.0	4,308	3.7
RAROTONGA	2,222	4.6	2,569	4.1	2,531	3.9	2,964	3.6
SOUTHERN GROUP excluding Rarotonga	1,035	5.2	1,127	4.7	965	4.0	1,018	3.8
Aitutaki	440	5.2	496	4.6	435	4.1	511	4.0
Mangaia	228	5.3	237	4.7	197	3.8	180	3.6
Atiu	192	5.2	197	4.8	161	3.9	158	3.6
Mauke	120	5.3	133	4.9	110	4.3	105	3.7
Mitiaro	55	4.5	64	5.0	62	3.7	64	3.4
NORTHERN GROUP	420	5.4	457	5.4	384	4.8	326	4.2
Manihiki	134	4.9	149	4.5	117	4.4	95	3.7
Penrhyn	101	5.0	113	5.4	83	4.3	71	3.5
Rakahanga	44	6.0	42	5.9	32	5.3	31	4.5
Pukapuka	112	6.0	120	6.5	124	5.4	96	5.3
Nassau	18	5.7	21	4.7	15	4.8	15	4.7
Palmerston	10	4.9	11	4.5	12	4.0	18	3.5
Suvarrow	1	10.0	1	4.0	1	1.0	-	-