

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