Table 5: Total Population by Island and Age Groups and Sex

Region and Island	Total Persons	Total		0-14		15-44		45-59		60 & over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
COOK ISLANDS	19,569	9,932	9,637	2,649	2,449	4,405	4,460	1,689	1,598	1,189	1,130
RAROTONGA	14,153	7,165	6,988	1,715	1,604	3,323	3,402	1,284	1,204	843	778
SOUTHERN GROUP excluding Rarotonga	4,032	2,032	2,000	645	594	795	792	308	319	284	295
Aitutaki	2,194	1,093	1,101	327	313	480	477	150	174	136	137
Mangaia	654	318	336	113	109	93	110	58	52	54	65
Atiu	572	291	281	93	87	109	113	44	43	45	38
Mauke	393	210	183	69	54	67	60	44	31	30	38
Mitiaro	219	120	99	43	31	46	32	12	19	19	17
NORTHERN GROUP	1,384	735	649	289	251	287	266	97	75	62	57
Manihiki	351	195	156	59	44	83	81	36	20	17	11
Penrhyn	251	137	114	46	45	59	49	18	9	14	11
Rakahanga	141	67	74	20	24	26	32	13	12	8	6
Pukapuka	507	259	248	125	116	90	82	24	28	20	22
Nassau	71	44	27	21	9	22	13	0	3	1	2
Palmerston	63	33	30	18	13	7	9	6	3	2	5
Suwarrow	0	0	0	0	0	0	0	0	0	0	0