



Land area

237 km²



Gross Domestic Product (GDP) and prices

GDP (million, current NZD, 2019): 575.4 million

GDP (million, current USD, 2019): 379.2

GDP per capita (current NZD, 2019): 28486

GDP per capita (current USD, 2019): 18775

GDP growth rate (% , annual 2017-19): 6.7



Population

Total (2019): 20200

Density (per km², 2019): 85

Urban (% of total, 2016): 75

Life expectancy (years, 2016, male/female): 74/80



Human Development

Human Development Index (HDI): ...

HDI rank: ...

Population below income poverty line (%): ...

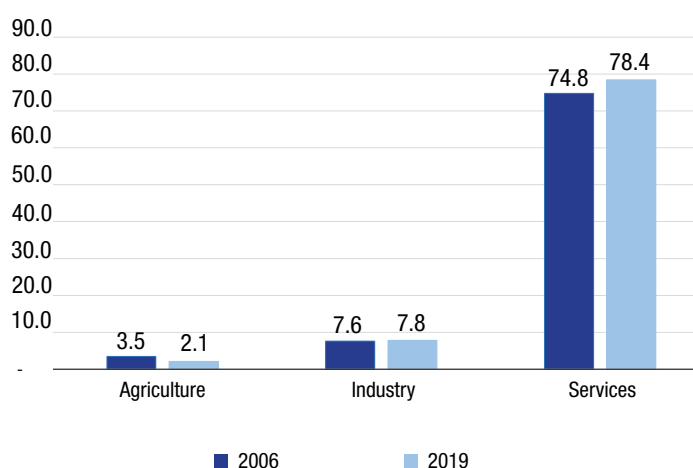
Gini Index¹ (2015): 36

UN LDC group: No

Sources: GDP and population figures are from CISO (2020a),² urban population ratio is calculated using data from the Cook Islands 2016 census, life expectancy figures are from UNFPA Pacific Subregional Office (2014), Gini index is from CISO (2018a).³

Note: The NZD to USD conversion for GDP figures is done using the 2019 annual average exchange rate retrieved from the Federal Reserve website.

The Cook Islands' sectoral structure of economic activity (percentage shares of GDP)



Source: Data from Table 4 in GDP Statistics Highlights 2019, CISO (2020)



KEY FACTS

- Services remain the main source of employment in the Cook Islands.
- As in the other 9PICs,⁴ the Cook Islands' small market prevents it from enjoying the potential benefits of economies of scale. This, combined with geographical remoteness, creates difficulties for the country to integrate into international markets.

Note:

¹ The Gini coefficient measures the deviation of the distribution of income among individuals or households from a perfectly equal distribution. A coefficient of 0 represents perfect income equality (all persons or households have the same income) and a value of 100, perfect income inequality (all income is concentrated by one person or one household).

² CISO. 2020a. Cook Islands Statistical Bulletin – Gross Domestic Product Annual 2019. Ministry of Finance and Economic Management, Cook Islands Statistics Office (CISO), April 2020.

³ CISO. 2018a. Cook Islands Household Income and Expenditure Survey 2015-2016 Report. Cook Islands Statistics Office (CISO) and The Pacific Community (SPC).

⁴ Nine Pacific Island Countries Signatories of the PACER Plus (9PICs): Kiribati, Nauru, Samoa, Solomon Islands, Tonga, Tuvalu, Vanuatu, the Cook Islands and Niue.

Trade profile

The Cook Islands' membership in trade agreements

Agreement	Scope
The Pacific Island Countries Trade Agreement (PICTA)	Progressive reduction/elimination of tariffs among member countries
PICTA Trade in Services Protocol (PICTA-TIS)	Preferential trade among the parties on a range of services
Pacific Agreement on Closer Economic Relations (PACER) Plus	Trade in goods and services, temporary movement of skilled workers, investment, development and economic cooperation
General Scheme of Preferences (GSP)	Beneficiaries have duty free or preferential access to the donor country markets

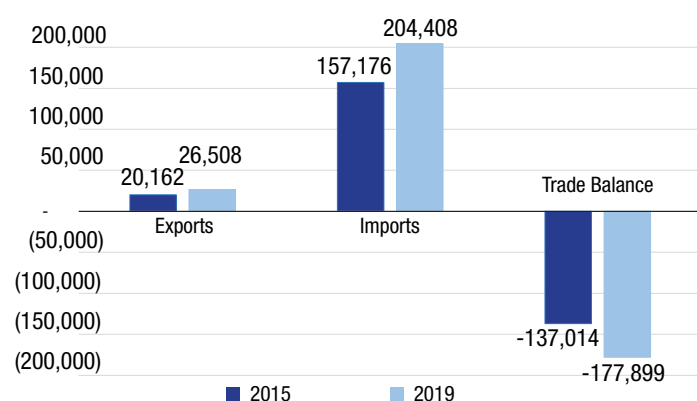
Source: UNCTAD Secretariat

- In 2019, Cook Islands had total exports of 26.5 million NZD and total imports of 204.4 million NZD. Exports corresponded to 13 percent of imports resulting in a large trade deficit as in most SIDS.
- Fresh or chilled fish dominate the exports of the Cook Islands with a total export share of 77 percent in 2019, even though it fell in share over the last five years. Noni juices were the other major export product of the Cook Islands corresponding to 19.9 percent of total exports (CISO, 2020)⁵
- The imports of Cook Islands are distributed across a wide range of products as in most SIDS. Food and live animals (24 percent), machines and transport equipment (22 percent), mineral fuels (14 percent), basic manufactured products (13

percent), miscellaneous manufactured goods (11 percent), and beverages and tobacco (7 percent) were the main import product groups in 2019.

- Export partners show differences across years in the Cook Islands. In 2019, New Zealand was the top export market (30 percent), followed by Japan (26 percent) and China (21 percent). On the contrary, origins of imported products are consistent over time. New Zealand is by far the main provider of imports to the Cook Islands corresponding to close to two-thirds of total imports in 2019.⁶
- The Cook Islands is a member of the Pacific Islands Forum (PIF).

The Cook Islands' international trade measures (thousand NZD)



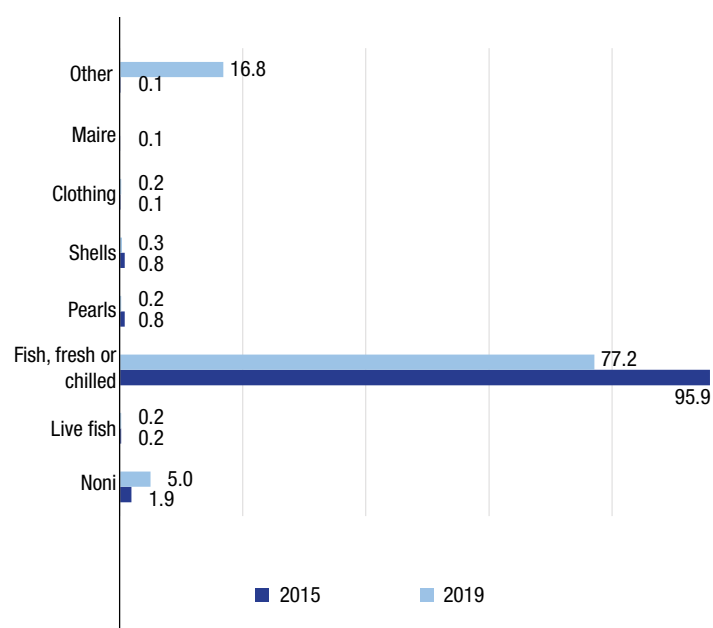
Source: CISO, Overseas Trade Statistics Table 1, April 2020

Note:

⁵ CISO. 2020b. Statistical Bulletin, Overseas Trade Bulletin, Ministry of Finance and Economic Management, Cook Islands Statistics Office (CISO), April 2020.

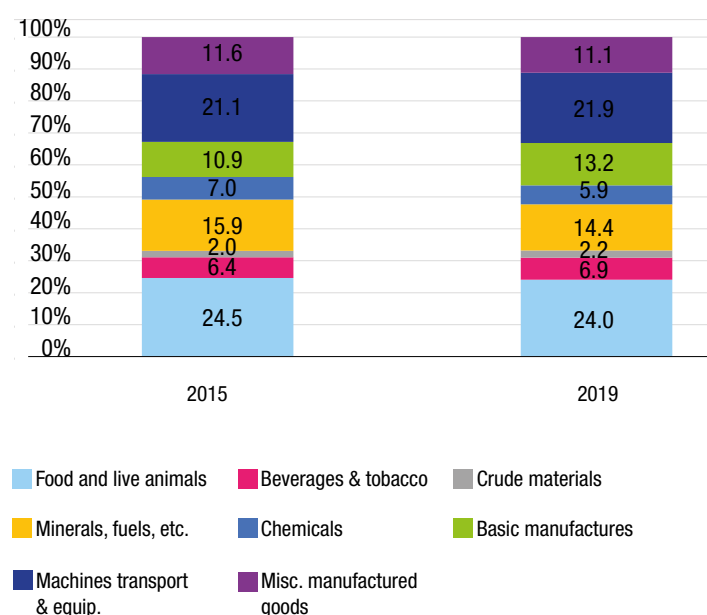
⁶ CISO (2020b)

The Cook Islands' top exports by products (percentage share)



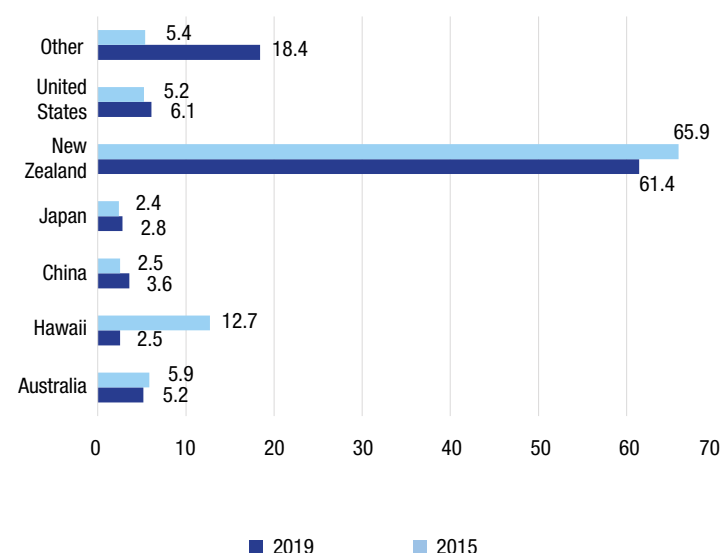
Source: UNCTAD calculations using data from CISO, Overseas Trade Statistics Table 2, April 2020.

The Cook Islands' top imports by main product groups (percentage share)



Source: UNCTAD calculations using data from CISO, Overseas Trade Statistics Table 5, April 2020.

The Cook Islands' top import origins (percentage share)



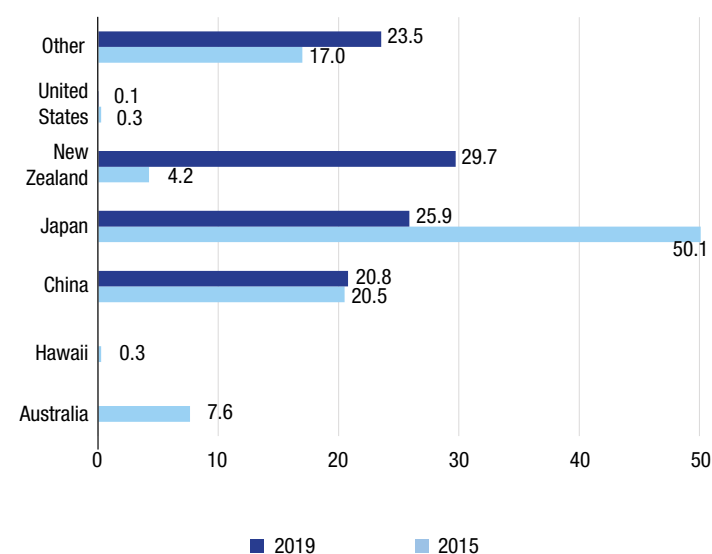
Source: UNCTAD calculations using data from CISO, Overseas Trade Statistics Table 6, April 2020.

Note:

⁷CISO. 2018b. Cook Islands Population Census 2016 Report, Cook Island Statistics Office.

⁸CISO (2018b)

The Cook Islands' top export markets (percentage share)



Source: UNCTAD calculations using data from CISO, Overseas Trade Statistics Table 4, April 2020.

Gender profile

KEY FACTS

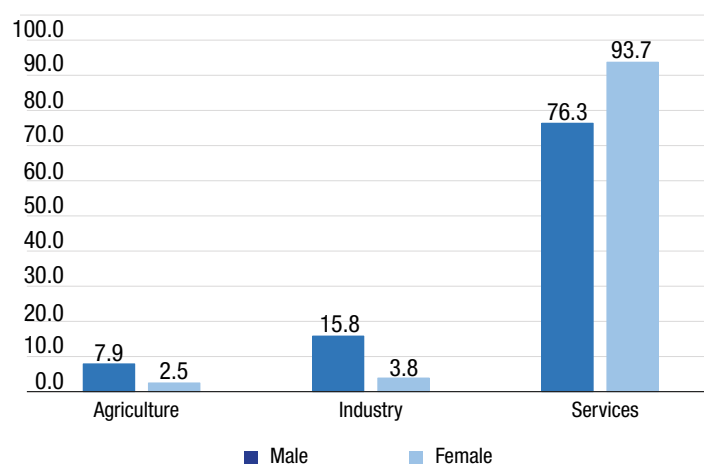
- School enrolment rate was close to 100 percent for both girls and boys at the compulsory education ages of 5-15. Among the population at ages 15 and above, around 50 percent of women and 43.8 percent of men had secondary qualifications, and 11.2 percent of women and 9.7 percent of men had tertiary qualifications.⁷ Overall, gender parity is achieved in educational outcomes in the Cook Islands.
- 77 percent of working-age men and 67 percent of women participated in the labour market in the Cook Islands; unemployment rate was higher among women (6.8 percent) than among men (5 percent) in 2016. The female average annual income from all sources was 85 percent of that of men among the adult population (ages 15 and above).⁸
- In the Cook Islands, 94 percent of employed women were in services; 4 percent in industry, and 2.5 percent in agriculture in 2016. A lower share of men was employed in services (76 percent), and higher shares of them in industry (16 percent) and agriculture (8 percent) according to the 2016 Census.
- Women were mainly employed in the following services (out of the 94 percent) according to the 2016 census: restaurants and accommodation (27 percent), wholesale, retail trade and repair (17 percent), public administration (13 percent), education (10 percent), finance (8 percent), health and

social work (7 percent), and transport and communication (5 percent), arts, recreation, other services (4 percent), and information and communication (2 percent).

- In 2016, 54 percent of women were employed as paid employees as opposed to 50 percent of men; 17 percent of women carried out home duties compared to 6 percent of men; a higher share of men (7 percent) were self-employed than women (4 percent).
- A higher share of women was engaged in unpaid domestic work and care including child care, elderly care and housework than men; men were involved in unpaid agricultural work such as gardening, livestock tending and fishing to a greater extent than women in 2016.

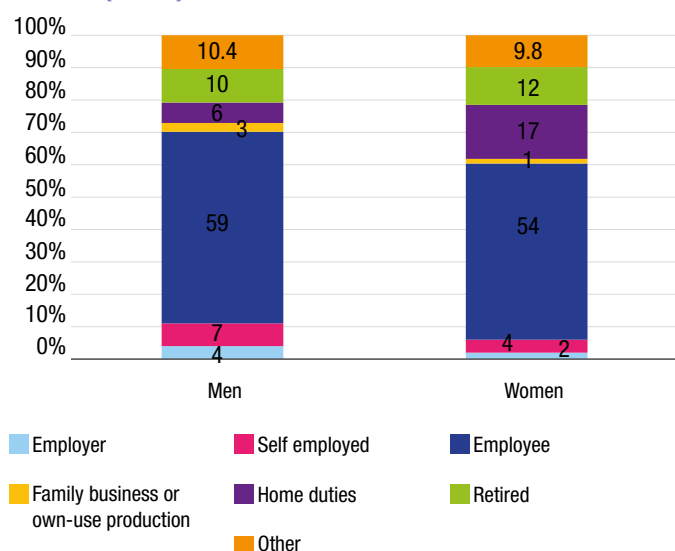
- The Cook Islands' Constitution acknowledges that all people have fundamental rights and freedoms, including the right to equality before the law and freedom from discrimination based on sex.
- The Cook Islands' National Policy on Gender Equality and Women's Empowerment and Strategic Plan of Action 2011–2016 prioritizes the following areas: gender-responsive government programmes and policies, equitable participation of women and men in decision-making and governance systems, enabling an environment for the full participation of women in economic development, improving women's capacity of women to contribute to climate change adaptation and disaster risk reduction strategies, improving the capacity of women to address health issues, and elimination of violence against women.

Distribution of employed population by economic activity (2016)



Source: UNCTAD calculations using data from Table 4.11 of the Cook Islands 2016 Census.

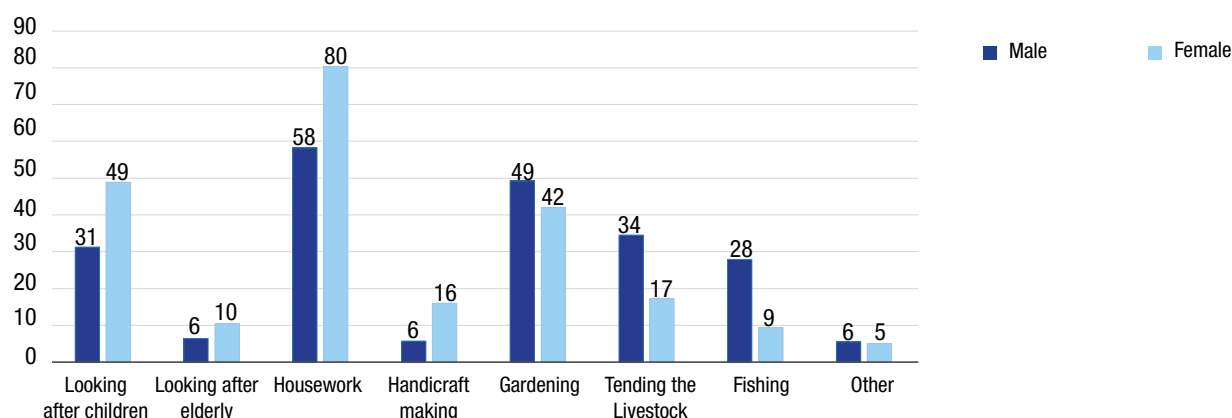
Distribution of employed population by work status (2016)



Source: UNCTAD calculations using data from Table 4.01 of the Cook Islands 2016 Census.

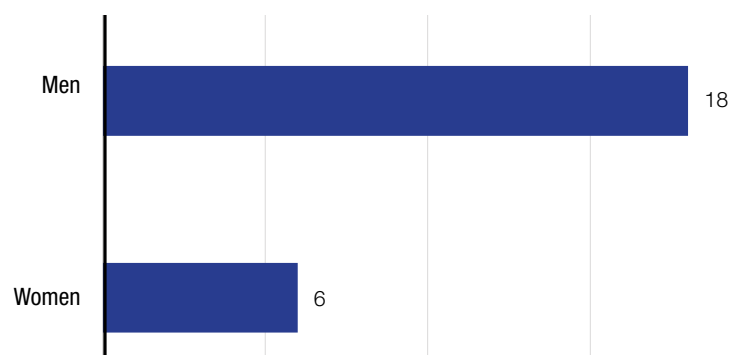
Note: The retired category includes those who are too old to work; the other category includes students, volunteer workers and the disabled.

Share of population (ages 15+) engaged in unpaid work by type of activity (2016)



Source: UNCTAD calculations using data from Table 4.13 of the Cook Islands 2016 Census.

Number of women and men in the national parliament



Source: Pacific Women in Politics Cook Islands country profile

The Cook Islands' gender inputs

Ratified International Conventions or Commitments	Gender in trade policy	Other Gender Programmes and Laws toward gender equality
Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) (2006)	The Cook Islands Trade Policy Framework - August 2015 introduces trade and gender as part of trade- related issues. ⁹	Employment Relations Act 2012
Convention on the Rights of the Child (CRC) (1997)		Workplace Gender Equality Act 2012
Convention on the Rights of Persons with Disabilities (CRPD) (2009)		National Policy on Gender Equality and Women's Empowerment and Strategic Plan of Action 2011–2016 ¹⁰
		Ministry of Finance and Economic Management, Gender Policy 2018 ¹¹
		Cook Islands Country Plan (2013–2015)
		Cook Islands National Sustainable Development Plan 2007-2010
		Family Protection and Support Act 2017

Note:

⁹See the link for the full document: https://policycookislands.files.wordpress.com/2017/05/2015_ci-trade-policy-framework_final.pdf

¹⁰See the link for full details: http://www.mfem.gov.ck/images/documents/DCD_Docs/Development-Resources/CKI_Gender_Equality_Strategic_Plan_of_Action_2011-2016.pdf

¹¹See the link for full details: http://www.mfem.gov.ck/images/Development/MFEM_Gender_Policy_and_tools.pdf