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## Cook Islands

### Census Results

1945-09-25 14,088  
1951-09-25 15,079  
1956-09-25 16,680  
1961-09-25 18,378  
1966-09-01 19,247  
1971-12-01 21,322  
1976-12-01 18,128  
1981-12-01 17,743  
1986-12-01 17,614  
1991-12-01 18,617  
1996-12-01 19,103  
2001-12-01 18,027  
2006-12-01 19,342  
2011-12-01 17,794

### General Information

Official name	Cook Islands
Official name [native]	Cook Islands «English» Kūki 'Āirani «Maori»
Capital	Avarua
Capital [native]	Avarua «English»
Region	Polynesia
ISO code	CK
Statistical agency	

Name in Chinese

Name in Arabic جزر كوك

Name in Spanish Islas Cook

Name in Russian Острова Кука

Name in French Îles Cook

## Administrative units

area	capital	area (sq.km.)	population 2001-12-01 census	population 2006-12-01 census	population 2011-12-01 census
Rarotonga		67.1	12,188	13,890	13,095
Southern Group		145.2	4,013	4,055	3,586
Aitutaki		18.3	1,946	2,235	2,038
Atiu		26.9	623	570	480
Mangaia		51.8	744	640	572
Manuae		6.2	0	0	0
Mauke		18.4	470	391	307
Mitiaro		22.3	230	219	189
Takutea		1.3	0	0	0
Northern Group		24.4	1,826	1,397	1,113
Manihiki		5.4	515	356	239
Nassau		1.3	72	75	73
Palmerston		2.1	48	63	60
Penrhyn		9.8	357	255	213
Pukapuka		1.3	664	507	451
Rakahanga		4.1	169	141	77
Suvarrow		0.4	1	0	0
total		236.7	18,027	19,342	17,794

source: Cook Islands Statistics Office.

note: totals refer to enumerated persons, the total residential population for the 2011 census was 14,998 (which includes 24 jailed persons).