

全球人口与消费现状 / Global Population & Consumption

World population reached 7 billion in 2011 and is projected to reach 8–11 billion by 2050.

2011 年全球人口达 70 亿，预计 2050 年将达 80–110 亿。

Per capita consumption in developed economies far exceeds sustainable levels; 1.3 billion poorest people need more consumption to escape poverty.

发达国家人均物质消费远超可持续水平；13 亿最贫困人口需要增加消费以摆脱贫困。

High fertility is concentrated in least developed countries; low fertility in developed countries and parts of Asia and Latin America.

高生育率集中在最不发达国家，低生育率出现在发达国家和部分亚洲、拉美国家。

Despite falling fertility rates, population grows by 80 million annually due to demographic momentum.

虽然生育率下降，但由于年轻人口基数大，全球人口每年仍增加 8000 万。

人口 × 消费 × 环境 / Population × Consumption × Environment

The combination of increasing global population and rising material consumption leads to feedback such as climate change, crop yield reduction, and species extinction.

全球人口增长与物质消费增加叠加，带来气候变化、农作物减产、物种灭绝等反馈。

The Earth's carrying capacity is finite, but the point at which limits are reached depends on lifestyle choices and consumption patterns.

地球的承载能力有限，但何时触及取决于生活方式和消费模式。

Age structures, migration, urbanisation, and population decline all matter.

人口年龄结构、迁移、城市化和人口减少都很重要。

By 2050, developing countries will add a million-person city every 5 days. Urbanisation can bring efficiency gains but also the risk of slums.

到 2050 年，发展中国家每 5 天将增加一座百万人口的城市。城市化可带来效率提升，但也有贫民窟化风险

三大挑战 / Three Key Challenges

Poverty eradication: Improve nutrition, healthcare, and reduce family size in high -

fertility countries.

脱贫：改善营养和医疗，降低高生育国家的家庭规模

Cut unsustainable consumption: Decouple economic growth from material throughput, adopt circular economy and renewable energy, reform economic indicators.

减少不可持续消费：推动经济与资源环境“脱钩”，采用循环经济和可再生能源，改革经济衡量指标。

Slow and stabilise population growth: Focus on voluntary family planning and education; avoid coercion.

减缓并稳定人口增长：以自愿计划生育和教育为核心，避免强制措施。 (*People and the Planet*)

科技与治理 / Science & Governance

Science can improve understanding and provide solutions but must work alongside governance and behavioural changes.

科技可以帮助理解问题并提供方案，但必须配合治理与行为变革。

九条建议 / Nine Recommendations

Lift 1.3 billion people out of extreme poverty and reduce inequality.

让 13 亿极端贫困人口脱贫，缩小不平等。

Reduce material consumption in developed and emerging economies; improve efficiency.

发达与新兴经济体应降低物质消费总量，提高资源利用效率。

Support voluntary family planning and reproductive health services.

推进自愿计划生育与生殖健康服务。

Integrate population and environment in international policy discussions.

将人口与环境作为整体议题纳入国际政策讨论。

Promote sustainable urbanisation to avoid slums.

推动可持续城市化，防止贫民窟化。

Ensure universal, gender-equal, high-quality primary and secondary education.

确保普及性别平等的高质量初中等教育。

Strengthen interdisciplinary research on consumption–population–environment links.

加强对消费–人口–环境关系的跨学科研究。

Reform national accounting to include natural assets.

改革国民核算体系，将自然资产纳入其中。

Develop socio-economic systems not reliant on continuous material growth.

构建不依赖持续物质增长的社会经济体系。