**People and Planet**

Paul Nurse 指出，人类人口的快速变化和空前的消费水平，正在对健康、福祉和自然环境带来深远挑战。这些影响不仅波及当代，也影响未来世代。因此，我们必须重新审视“人类与地球”的关系。本报告不是终极结论，而是为政府、科学机构、NGO 和公众提供讨论与行动的起点。

Paul Nurse, President of the Royal Society, notes that rapid global population changes and unprecedented consumption levels pose profound challenges to health, wellbeing, and the natural environment. These impacts affect both current and future generations. The report is not a final verdict but a starting point for action by governments, scientific bodies, NGOs, and the public.

**全球人口与消费现状**

* 2011 年全球人口达 **70 亿**，预计 2050 年将达 **80–110 亿**。
* 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。
* 高生育率集中在最不发达国家，低生育率在发达国家和部分亚洲、拉美国家。
* 虽然生育率下降，但人口每年仍增 **8000 万**，原因是年轻人口基数大。

**Global Population & Consumption**

* World population reached **7 billion** in 2011 and is projected to reach **8–11 billion** by 2050.
* Per capita consumption in developed economies far exceeds sustainable levels; 1.3 billion poorest people need more consumption to escape poverty.
* High fertility is concentrated in least developed countries; low fertility in developed countries and parts of Asia and Latin America.
* Despite falling fertility rates, population grows by **80 million** annually due to demographic momentum.

**人口 × 消费 × 环境**

* 二者叠加带来气候变化、农作物减产、物种灭绝等反馈。
* 环境承载有限，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.
* By 2050, developing countries will add a million-person city every 5 days. Urbanisation can bring efficiency gains but also slum risks.

**三大挑战**

1. **脱贫**：改善营养、医疗，降低高生育国家家庭规模。
2. **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、可再生能源，重构经济衡量指标。
3. **减缓并稳定人口增长**：自愿计划生育与教育为核心，避免强制。

**Three Key Challenges**

1. **Poverty eradication**: Improve nutrition, healthcare, and reduce family size in high-fertility countries.
2. **Cut unsustainable consumption**: Decouple economic growth from material throughput, adopt circular economy and renewable energy, reform economic indicators.
3. **Slow and stabilise population growth**: Focus on voluntary family planning and education; avoid coercion.

**科技与治理**

* 科技可帮助理解问题并提供方案，但必须配合制度与行为变革。

**Role of Science & Governance**

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

**3. 九条建议**

* 让 13 亿极端贫困人口脱贫，缩小不平等。
* 发达与新兴经济体降低消费总量，提高效率。
* 推进自愿计划生育与生殖健康服务。
* 将人口与环境作为整体议题纳入国际政策。
* 规划可持续城市化，防止贫民窟化。
* 普及性别平等的高质量初中等教育。
* 增强跨学科研究，提供可信政策依据。
* 改革国民核算体系，纳入自然资产。
* 创造不依赖物质增长的经济制度。

**3. Nine Recommendations**

1. Lift 1.3 billion people out of extreme poverty and reduce inequality.
2. Reduce material consumption in developed and emerging economies; improve efficiency.
3. Support voluntary family planning and reproductive health services.
4. Integrate population and environment in international policy discussions.
5. Promote sustainable urbanisation to avoid slums.
6. Ensure universal, gender-equal, high-quality primary and secondary education.
7. Strengthen interdisciplinary research on consumption–population–environment links.
8. Reform national accounting to include natural assets.
9. Develop socio-economic systems not reliant on continuous material growth.