



**stage 1:** high birth rates

- no contraception
- cultural preferences for large families
- high infant mortality
- high death rates
- disease, poor sanitation, food shortages
- lack of medical care

=> slow or no population growth

**stage 2:** death rates begin to decline

early expanding

- improvements in sanitation, food supply, medical care (vaccination)

stage

- birth rates remain high

=> rapid population growth

high burden of infectious disease

niger,  
chad,  
DRC,  
Mali

**stage 3:**

late expanding

stage

- birth rates begin to decline
- increased urbanization
- better education (for women)
- access to contraception

=> population growth still +, but slows down

India, Mexico, Indonesia  
['middle-income countries']

SHIFT from infections to chronic diseases as leading cause of death.

#### Stage 4:

- low birth rates and low death rates  
... stable or very slow growing population
- ageing population
- high level of urbanisation, industrialisation and education
- chronic diseases dominate (cancer, heart disease, cognitive decline)

USA,  
Canada,  
China,  
Brazil.

#### Stage 5

- birth rates drop below death rates  
---> population decline
- ageing population; low fertility rates; high dependency ratios
- challenges: workforce shortage  
Support ageing society

Japan,  
Germany, Italy