

# **Population in Sustainable Development\***

*If we do not put the human population at the core of the sustainable development agenda, our efforts to improve human well-being and preserve the quality of the environment will fail. The Johannesburg Summit must heed the first principle of the 1992 Rio Declaration – that “human beings are at the centre of concern for sustainable development” – by taking full account of how population and society interact with the natural environment.*

Sustainable development aims at improving human well-being, particularly by alleviating poverty, increasing gender equality, and improving health, human resources, and stewardship of the natural environment. Because demographic factors are closely linked to these goals, strategies that consider population have a better chance of success.

The International Conference on Population and Development in Cairo in 1994 recognized that population policy should be oriented toward improving social conditions and expanding choices for individuals. The key recognition was that focusing on people – their rights, capabilities, and opportunities – would have multiple benefits for individuals, for society, and for their sustainable relationship with the environment.

Hence in Johannesburg, consideration of sustainable development policies must include population growth and distribution, mobility, differential vulnerability, and the empowerment of the people, especially women.

## **A Demographically Diverse World**

We live in a world of unprecedented demographic change. Global population increased by 2 billion during the last quarter of the 20th century, reaching 6 billion in 2000. Despite declining fertility rates, population is expected to increase by another 2 billion during the first decades of the 21st century. Nearly all of this growth will occur in developing countries and will be concentrated among the poorest communities and in urban areas.

We also live in a world of unprecedented demographic diversity. Traditional demographic groupings of countries are breaking down. Over the next 25 years increases in population in sub-Saharan Africa, South Asia, and the Middle East are expected to be larger than in the past quarter century, and growth in North America will be substantial as well. In contrast, in most European countries and in East Asia, population growth has slowed or stopped, and rapid population aging has become a serious concern. Mortality also varies widely across regions, with the burden of infectious disease, including HIV/AIDS, being particularly heavy in Africa. In addition, levels of mobility, urbanization, and education differ substantially among and within regions, affecting economic and health outlooks.

This diversity presents different challenges requiring differentiated responses. The most urgent of these occur where rapid population growth, high levels of poverty, and environmental degradation coincide.

## **Population Matters to Development and Environment**

Research has shown that changes in population growth, age structure, and spatial distribution interact closely with the environment and with development. Rapid population growth has exacerbated freshwater depletion, climate change, biodiversity loss, depletion of fisheries and other coastal resources, and degradation of agricultural lands. Fertility decline in high-fertility countries, by slowing population growth, can make many environmental problems easier to solve. It can also have important economic benefits by reducing the number of children relative to the working-age population, and creating a unique opportunity to increase investments in health, education, infrastructure, and environmental protection.

In high-income countries, the environmental impact of population growth and distribution must be considered jointly with high consumption rates. Even in countries where little growth is envisioned, unsustainable patterns of consumption have global implications for the environment and human well-being, and must be addressed with appropriate policies.

Before the end of this decade, the majority of the world's population will live in urban areas. Urbanization can improve people's access to education, health, and other services. But it also creates environmental health hazards, such as water and air pollution, and by increasing consumption levels, can have environmental impacts in distant rural areas as well.

The mobility and spatial distribution of populations, especially at local and regional scales, is a significant determinant of sustainability. Where the population lives and works relative to the location of natural resources affects environmental quality. The expansion of the agricultural frontier and other human activity is encroaching on fragile ecosystems in many parts of the world.

## **Policy Must Account for Differential Vulnerability Within Populations**

Deteriorating environmental conditions and extreme events do not affect all countries, populations, or households in the same way. Even within a household, the effects may differ by age and gender. Consideration of vulnerability must therefore focus not only on countries but also on the most vulnerable segments of the population within countries.

Many factors contribute to vulnerability, including poverty, poor health, low levels of education, gender inequality, lack of access to resources and services, and unfavorable geographic location. Populations that are socially disadvantaged or lack political voice are also at greater risk. Particularly vulnerable populations include the poorest, least empowered segments, especially women and children. Vulnerable populations have limited capacity to protect themselves from current and future environmental hazards, such as polluted air and water and catastrophes, and the adverse consequences of large-scale environmental change, such as land degradation, biodiversity loss, and climate change.

Vulnerability can be reduced by promoting empowerment, investing in human resources, and fostering participation in public affairs and decision-making.

## **Empowerment Through Education and Reproductive Health Benefits People and the Environment**

Two policies have multiple benefits for individual welfare, for social and economic development, and for the environment. One is investment in voluntary family planning and reproductive health programs. Since research has shown that many women in high-fertility countries have more children than they actually want, these programs allow couples to have the number of children they desire, thus reducing unwanted childbearing and lowering fertility rates. Lower fertility leads to slower population growth, allowing more time for coping with the adverse effects of that growth, and easing stress on the environment.

The other top policy priority is education. Education enhances individual choice, fosters women's empowerment, and improves gender equality. Better-educated people are in better health, and often contribute to greater environmental awareness. The increased economic productivity and technological advance that education induces can lead to less pollution-intensive production. It may also reduce vulnerability to environmental change by facilitating access to information and the means to protect oneself. Furthermore, in countries with rapid population growth, the fertility-depressing effect of education contributes to reducing the scale of human impact on the environment.

These two policies – education and reproductive health programs – are in high demand by individuals almost universally because their multiple benefits are clear. They also empower individuals to make informed choices. Efforts to achieve sustainable development should give them the highest priority.

## **Strengthening Interdisciplinary Training and Research**

To facilitate the joint consideration of population, development, and environment, more interdisciplinary research and education addressing these topics is necessary at all levels. The different disciplines should also conduct their studies in ways that make the results mutually accessible. Training about the nature of these interactions is a priority issue for the policy-making community, media, and scientists.

**\*Note:** This statement on Population in Sustainable Development reflects the views of the Global Science Panel and does not necessarily reflect those of the institutions that have co-sponsored the process leading to this statement.

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