

Figure 4.1 Global population in long-term historical and evolutionary perspective.

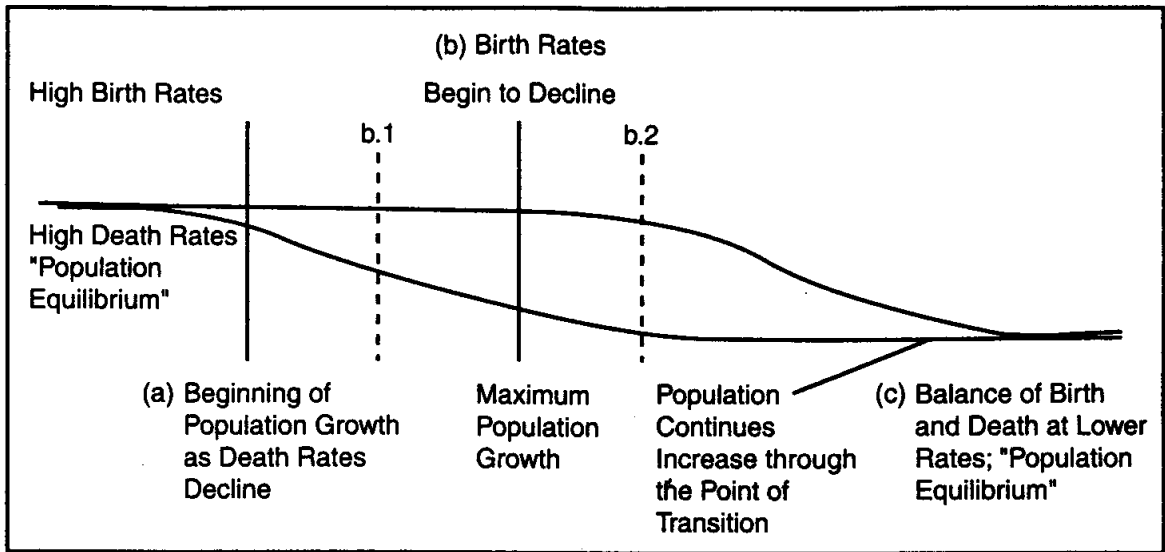
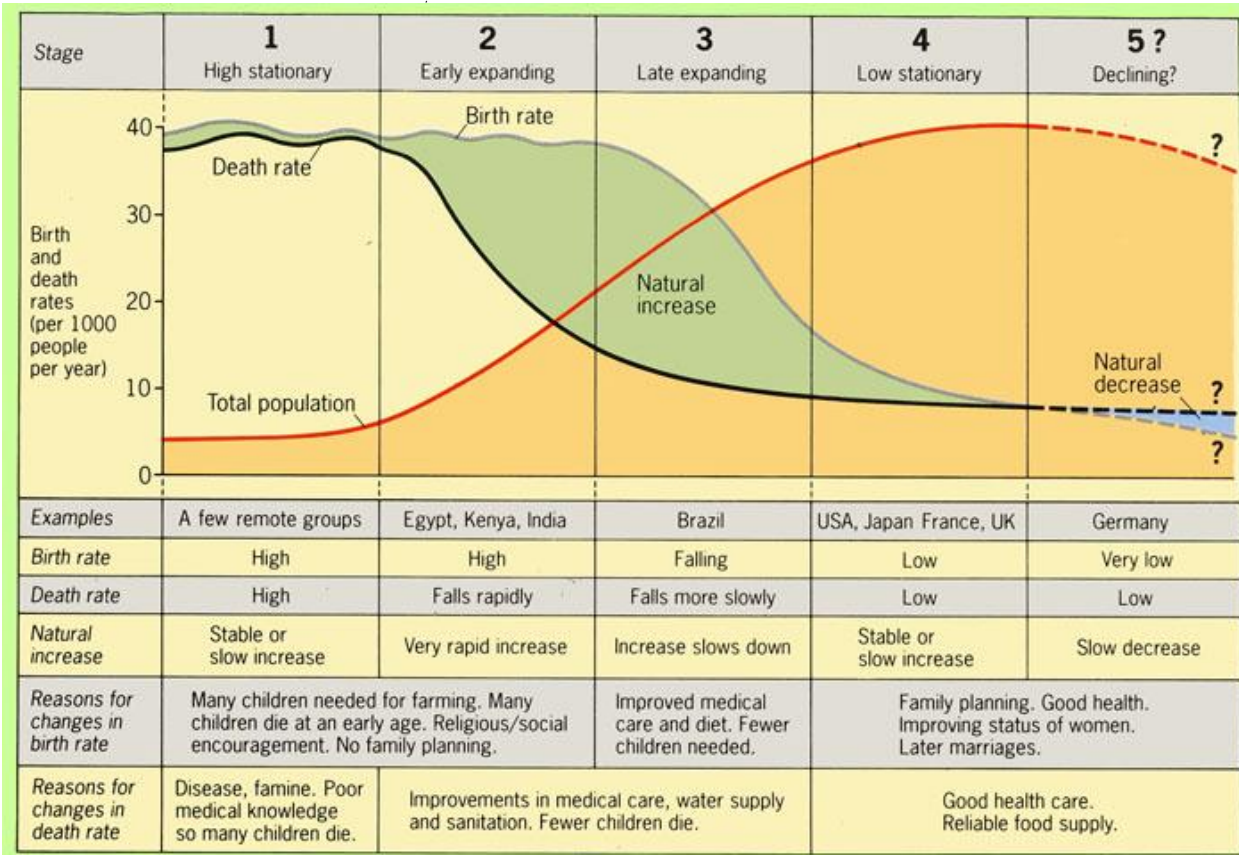


Figure 4.4 Outline of demographic transition that began with Western industrialized societies and has now reached its second phase in East Asian societies as well; sub-Saharan African societies are entering the phase of maximum growth of the transition.
 Source: Drawing by Author.



The 4 stages of the health transition

Phases	Socio-economic development	Life expectancy	Change in broad disease categories	Change within broad disease categories (proportionate mortality)
1* Age of pestilence (infection) and famine	+	~30	Infections Nutritional deficiencies	CVD: 5-10% related to nutrition/infection (e.g. RHD, Chagas)
2* Age of receding pandemics	++ (developing countries)	30-50	Improved sanitation : ↓ infections, ↑ diet (salt), ↑ aging	CVD: 10-35% Hypertensive heart disease, stroke, sequels of RHD and CHF
3* Age of degenerative and man-made diseases	+++ (countries in transition)	50-55	↑ aging, ↑ lifestyles related to high SES (diet, activity, addiction)	CVD: 35-65%. Obesity, dyslipidemias, HBP, smoking → CHD, stroke, often at early age ; PVD (first in ↑ SES)
4** Age of delayed degenerative diseases	++++ (western countries)	~70	↓ reduced risk behaviors in the population (prevention and health promotion) and ↑ new treatments	CVD <50% (delayed ↓ total CVD due to aging population & ↑ prevalence due to better treatment)

IUMSP-GCT

