Section B

Factors Related to Nutrition Transition—Demographic, Diet, and Lifestyle
Ecological Factors

- Demographic changes
  - Urbanization
  - Increase in life expectancy
  - Reduction in infant mortality
World Population Growth, 1500–2100

Growth rate (percent) vs. Year
Projected population growth in the developing world, 2000–2025

Distribution of Urban Population, 2030

More developed countries: 21%
Less developed countries: 79%
Dietary Changes

- Changes in food type, availability, and cost
- Changes in eating behaviors
Food Commodities—Global Trends

Source: (2002). FAOSTAT.

- USDA ERS/Euromonitor, 2003 (World Bank country classification)
Food Cost: Household Budget Share

- Low = <15%, medium = 15–50%, high = >50% of U.S. median

Source: USDA ERS WRS-01-1.
Lifestyle Changes

- Reduction in energy demands at work
- Reduction in energy demands of daily survival activities
- Limited leisure physical activity
- Television
Prevalence of sedentary occupational activity

- Urban:
  - Men: 72%
  - Women: 83%

- Rural:
  - Men: 8%
  - Women: 13%