CHAPTER 12

Population Growth and Aging

LEARNING OBJECTIVES

After reading this chapter, students should be able to:

2. Explain the theory of demographic transition and functions and dysfunctions of population changes from the structural-functionalist perspective.
3. Explain conflict theories of how power and wealth are related to population growth.
4. From the symbolic interactionist perspective, explain how meanings attributed to having children affect population growth.
5. Describe and explain social problems related to population growth and ageing, including below-replacement fertility, environmental problems and resource scarcity and ageism.
6. Describe efforts to maintain or increase population in low-fertility countries.
7. Describe strategies to reduce fertility by family planning services, involvement of men in family planning, China’s one-child policy, improving the status of women through education and employment, and economic development and improved health in poor countries.
8. Describe strategies to combat ageism.
9. Describe the Social Security system in the U.S. and potential areas for reform.

KEY TERMS

ageism 385
ageism by Invisibility 385
baby boomers 381
demographic transition theory 381
doubling time 378
elderly support ratio 381
environmental footprint 384
Family Support Agreement 388
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LECTURE OUTLINE

I. THE GLOBAL CONTEXT: A WORLD VIEW OF POPULATION GROWTH AND AGING

A. World Population: History, Current Trends, and Future Projections
   1. World population reached 1 billion in 1800, after thousands of years.
      a. Only 300 years to get from 1 billion to 6 billion
   2. For 99% of human history population growth was limited by disease and food supplies.
      a. Development of agriculture and domestication of animals around 8000 B.C. led to
         increased food supplies and population growth.
      b. In the mid-18th century, when the Industrial Revolution improved the standard of living
         for much of the world’s population, rapid increases in population occurred.
   3. Population doubling time is the time required for a population to double from a given base year if the current rate of growth continues.
      a. It took the world’s population several thousand years to double from 4 million to 8
         million, a few thousand years to double from 8 million to 16 million, about a thousand to
         double from 16 million to 32 million, and less than a thousand to double to 64 million.
      b. The most recent doubling from 3 billion in 1960 to 6 billion in 1999 took only about 40
         years.
      c. Current population trends and future projections suggest that, although the world
         population will continue to grow, it may never double in size again.
      a. The world’s population is projected to grow from 6.9 billion in 2010 to 8 billion in 2025
         and then to 9.3 billion in 2050 and 10 billion in 2085.
      b. Although China is the most populated country in the world today, India will become the
         most populated by 2050.
      c. Nearly all world population growth is in developing countries, mostly Africa and Asia.
      d. As the size of a country’s population grows, so does its population density: the number
         of people per unit of land area.
      e. Higher population growth in developing countries is largely due to higher fertility
         rates—the average number of births per woman in a population.
      f. The least developed regions of the world have the highest rates of fertility.
      g. Population size is also affected by immigration; much of the population growth in the
         United States is due to high immigration rates.
      h. Other factors that affect population size are armed conflict, economic stagnation, and
         high rates of disease such as HIV/AIDS.
      i. To reach population stabilization, fertility rates throughout the world would need to
         achieve “replacement level”: births would replace, but not outnumber, deaths.
         i. Replacement-level fertility is 2.1 births per woman—slightly more than two because
            not all female children will live long enough to reach their reproductive years.
      j. Even if every country in the world achieved replacement-level fertility rates, populations
         would continue to grow for several decades because of population momentum—
         continued population growth as a result of past high fertility rates that have resulted in a
         large number of young women who are currently entering their childbearing years.
   4. The Aging of the World’s Population
      a. Between 2010 and 2050, the percentage of older individuals in the world population is
         expected to double.
      b. This growth raises questions about how societies will provide housing, medical care,
         transportation and other needs for the elderly, however, declining fertility rates may
counterbalance the shift by reducing the number of younger dependent people.

B. An Overview of Urbanization Worldwide and in the United States

1. As early as 5000 B.C., cities of 7,000 to 20,000 people existed along the Nile, Tigris-Euphrates, and Indus River valleys, but not until the Industrial Revolution in the 19th century did urbanization—the transformation of a society from a rural to an urban one—spread rapidly.

2. As population has increased, so has the proportion of people living in urban areas.
   a. Urban area: a spatial concentration of people whose lives are centered around nonagricultural activities.
   b. The U.S. census defines an “urban population” as individuals living in cities of towns of 2,500 or more inhabitants.
   c. The number of megacities—urban areas with 10 million residents or more—is also increasing.
   d. In 2008, world population reached an historic landmark: for the first time in history the urban population equaled the rural population of the world.

3. Causes of urbanization
   a. About 60 percent of the increasing urban population is the result of births that occur in urban areas.
   b. The remaining 40 percent is due to a combination of migration from rural to urban areas and the reclassification of areas from rural to urban
      i. Rural dwellers migrate to urban areas to flee war or natural disasters and to find employment.
      ii. As foreign corporate-controlled commercial agriculture displaces traditional subsistence farming in poor rural areas, peasant farmers flock to the cities to look for employment.
      iii. Some migrate to urban areas in search of a better job with higher wages and better working conditions.
      iv. Governments have stimulated urban growth by spending to improve urban infrastructures and neglecting the needs of rural areas.

4. History of Urbanization in the United States
   a. The “pull” of the city
      i. Urbanization of the U.S. began in the 1700s, when most major industries located in the most populated areas, including New York City, Philadelphia, and Boston.
      ii. As industrialization accelerated in the 19th century, unskilled laborers moved into urban areas seeking manufacturing jobs.
   b. “Push” factors
      i. Technological advances enabled fewer workers to work the same amount of land.
      ii. Making a living became more difficult for farmers, as technology replaced workers.

5. Suburbanization
   a. In the late 19th century, railroad and trolley lines allowed workers to commute into the city to work.
   b. As more and more people moved to the suburbs—urban areas surrounding central cities—the U.S. underwent suburbanization.
   c. As city residents left the city to live in the suburbs, cities lost population and experienced deconcentration—the redistribution of the population from cities to suburbs and surrounding areas.
   d. Factors that contributed to suburbanization and deconcentration:
      i. After WWII, many city dwellers moved to the suburbs out of concern for the declining quality of life in city and the desire for a home on a spacious lot.
ii. Suburbanization was also spurred by racial and ethnic prejudice, as the white majority moved away from cities that, because of immigration, were becoming increasingly diverse.

iii. The federal interstate highway system, affordability of the automobile, and dismantling of metropolitan mass transit systems encouraged mass movement to suburbia.

iv. In the 1950s, VA and FHA housing loans made housing more affordable, enabling many city dwellers to move to the suburbs.

v. Suburb dwellers who worked in the central city could commute to work or work in a satellite branch in suburbia that was connected to the main downtown office.

vi. As increasing numbers of people moved to the suburbs, so did businesses and jobs, which weakened the economic base of the city.

6. U.S. Metropolitan Growth and Urban Sprawl
   a. Metropolitan area (or metropolis): densely populated core area together with adjacent communities.
   b. Most Americans (84%) live in one of the more than 366 metropolitan areas in the nation.
   c. The growth of metropolitan areas is often referred to as urban sprawl—the ever-increasing outward growth of urban areas.
   d. Those who enjoy the conveniences and amenities of urban life but who find large metropolitan areas undesirable may choose to live in a micropolitan area—a small city (between 10,000 and 20,000 people) located beyond congested metropolitan areas.

II. SOCIOLOGICAL THEORIES OF POPULATION GROWTH AND AGING
   A. Structural-Functionalist Perspective
      1. Demographic transition theory of population describes how industrialization has affected population growth.
         a. As a society becomes industrialized and urbanized, improved sanitation, health, and education lead to a decline in mortality; increased survival rate of infants and children, along with declining economic value of children, leads to a decline in fertility rates.
         b. About one-third of the world’s countries have completed the demographic transition—the progression from a population with short lives and large families to one in which people live longer and have smaller families.
         c. Many low-fertility countries have entered a “second demographic transition,” in which fertility falls below the two-child replacement level.
      2. The growing elderly population has led to other social impacts (e.g., workforce)
      3. Latent consequences of population growth
         a. Contraception has improved economic and social conditions of women
         b. Social security reduces births
      2. Urbanization impacts demographic transition because health care delivery is more cost-effective in cities than in rural areas, so urban dwellers are the first to experience declines in infant mortality and fertility.
      3. Urban development is functional for societal development.
         a. Cities initially served as centers of production and distribution.
         b. Today cities are centers of finance, administration, education, health care, and information.
      4. Urbanization is also dysfunctional.
         a. It leads to anomie (normlessness), as bonds between individuals and social groups become weak, which is linked to higher rates of deviant behavior, including crime, drug addiction, and alcoholism.
b. Other dysfunctions of urbanization are overcrowding, poverty, rapid spread of infectious disease, and environmental destruction

**B. Conflict Perspective**

1. Focuses on how wealth and power, or the lack thereof, affect population problems.
   a. In 1798, Thomas Malthus predicted that the population would grow faster than the food supply and that food shortages would lead to war, disease, and starvation.
   b. Conflict theorists argue food shortages result from inequitable distribution of power and resources.
2. Population growth results from pervasive poverty and the subordinate position of women in many less-developed countries.
   a. Poor countries have high infant and child mortality rates, thus women feel compelled to have many children to increase the chances that some will survive into adulthood.
   b. The subordinate position of women prevents them from limiting their fertility because in many developing countries, a woman must get her husband’s consent before she can receive any contraceptive services.
   c. Thus, population problems result from continued economic and gender inequality.
3. The elderly are a special interest group who collectively wield significant power.
4. The capitalistic pursuit of wealth contributed to the development of cities, because capitalism requires production and distribution of goods and services be centrally located, which leads to urbanization.
   a. Today, global capitalism and corporate multinationalism have largely spurred urbanization in developing world as corporations move abroad in search of new markets, cheap labor, and raw materials.
   b. Capitalism contributes to migration of rural inhabitants to cities—peasant farmers displaced by commercial agriculture migrate to cities looking for employment.
4. Those with wealth and power influence decisions that affect urban populations.

**C. Symbolic Interactionist Perspective**

1. Pronatalism: a cultural value that promotes having children
   a. Many religions are promote childbearing through worshiping fertility (historically) and prohibiting or discouraging birth control, contraceptives, and abortion.
   b. As some women learn new definitions of fertility control, they become role models and influence the attitudes and behaviors of others in their personal networks.
2. “Old Age” is a social construct that varies over time.
   a. Some positive and negative associations with old age.
   b. The experiences of the elderly are subjective.

**III. SOCIAL PROBLEMS RELATED TO POPULATION GROWTH AND AGING**

**A. Problems Associated with Below-Replacement Fertility**

1. In more than one-third of countries, fertility rates have fallen below the 2.1 replacement level.
2. These low fertility levels will lead to population decline, and some are concerned about a birth dearth.
   a. Low fertility levels will increase the proportion of elderly in the population.
   b. A birth dearth results in fewer workers to support the pension, social security, and health care systems for the elderly, and to maintain a productive economy.

**A. Environmental Problems and Resource Scarcity**

1. According to a survey of faculty at SUNY College of Environmental Science and Forestry, overpopulation is the world’s top environmental problem, followed closely by climate change and the need to replace fossil fuels with renewable energy sources.
2. The countries that suffer most from shortages of water, farmland, and food are developing countries with the highest population growth rates.
3. Half of the planet’s forests have been cleared for human land use.
4. Countries with the largest populations do not necessarily have the largest impact on the environment.
   a. The impact that each person makes on the environment—each person’s environmental footprint—is determined by the patterns of production and consumption in that person’s culture.
5. Patterns of production and consumption are at least as important in influencing the effects of population on the environment.

B. Poverty and Unemployment and Global Insecurity
1. Less developed countries with high birthrates do not have enough jobs for a rapidly growing population, and land for subsistence farming becomes increasingly scarce as populations grow.
   a. Poverty leads to high fertility, because poor women are less likely to have access to contraception and are more likely to have large families in the hope that some children will survive to adulthood and support them in their old age.
   b. High fertility also exacerbates poverty, because families have more children to support and national budgets for education and health care are stretched thin.
2. A Population Institute report warns that rapid population growth is a contributing factor to global insecurity, including civil unrest, war, and terrorism.
3. Many developing countries are characterized by a “youth bulge”—a high proportion of 15- to 29-year-olds relative to the adult population.
   a. Youth bulges result from high fertility rates and declining infant mortality rates, a common pattern in many developing countries today.
   b. The combination of a youth bulge with other characteristics of rapidly growing populations, such as resource scarcity, high unemployment rates, poverty, and rapid urbanization, sets the stage of political unrest.
2. Until recently, poverty was deeper and more widespread in rural areas than in cities; however, poverty today is increasing more rapidly in urban areas than in rural areas.
3. In the United States, the highest rates of poverty are in the central cities, in part because many central cities face unemployment rates that are much higher than the national average.
   a. Urban unemployment and poverty are partly the results of deindustrialization—the loss or relocation of manufacturing industries.
   b. When prospects of finding decent employment are low, resulting feelings of frustration and worthlessness can lead to drug use, crime, and violence.
4. Urban Housing and Sanitation Problems
   a. Slums: concentrated areas of poverty and poor housing in urban neighborhoods.
      i. Ghettos: slums primarily occupied by African Americans in the U.S.
      ii. Barrios: slums occupied primarily by Latinos in the U.S.
      iii. Nearly 1 billion people live in slums characterized by overcrowding, little employment, and poor water, sanitation, and health care services.
      iv. In sub-Saharan Africa, urbanization has become virtually synonymous with slum growth; nearly three-quarters (72%) of the urban population in sub-Saharan Africa lives in slum conditions.
   v. Worldwide, the growth of slums is outpacing the growth of urbanization.

C. Poor Maternal Infant, and Child Health
1. Maternal deaths (deaths related to pregnancy and childbirth) are the leading cause of mortality for reproductive-age women in the developing world.
2. Having several children at short intervals increases the chances of premature birth, infectious
disease, and death for the mother or the baby; childbearing at young ages also increases the
risks of health problems.
3. The more children a woman has, the fewer parental resources (income, time, maternal
nutrition) and social resources (health care, education) are available to each child.

F. Transportation and Traffic Problems
1. A study found that in 2005 U.S. urban drivers experienced 38 hours of delays—up from 14
hours in 1982.
2. This study found that 2.9 billion gallons of fuel were wasted in 2005 due to congestion.
3. Health problems associated with congested traffic include stress, respiratory problems, and
death.
   a. Despite higher crime rates in the inner city, the suburbs may be the more dangerous place
to live, because suburbanites drive three times as much and twice as fast as urban
dwellers.

G. Effects of Sprawl on Wildlife and Human Health
1. Urban sprawl is replacing natural habitats with pavement, buildings, and human
   communities.
2. Habitat loss resulting from urban and suburban sprawl that destroys open green space, trees,
   and plant life is the number one reason that wildlife species are becoming increasingly
   endangered.
3. Sprawl also causes health hazards to humans, such as vehicle accidents caused by deer,
diseases carried by ticks and lack of physical activity and obesity.

D. Ageism: Prejudice and Discrimination toward the Elderly
1. Ageism refers to negative stereotyping, prejudice and discrimination based on a person or
group’s chronological age.
   a. negative stereotypes of elderly
   b. differential treatment
   c. ageism by invisibility-when older adults are not included in advertisements and
      educational materials
2. Old age is often accompanied by loss of identity and status.
3. Ageism is embedded in our society and accepted to a large extent.
4. Modern societies do not celebrate and respect elderly like traditional societies.
5. Employment Age Discrimination
   a. Most Americans think they will continue working past retirement age out of need or
desire.
   b. Older workers face challenges
      i. Higher salaries make them prime candidates for cuts.
      ii. Higher insurance costs for companies make it harder to find work.
6. Family Caregiving for Our Elders
   a. Sandwich generation-adults who care for their aging parents while also taking care of
their own children
   b. Caring for elderly has traditionally been the role of the family.
   c. Modern societies entice families to care for aging relatives.
      i. Chinese have Family Support Agreements
7. Retirement Concerns of Older Americans and the Role of Social Security
   a. A majority of U.S. adults do not think they will have enough money to live comfortably
in retirement.
      i. More than half of households are at risk of a significant drop in life style upon
retirement.
      ii. Only 57% of Americans have enough saving to replace one year’s worth of salary.
      iii. Only 11% have more than 4 years salary saved.
8. Types of Retirement Plans
   a. Traditional Pensions—retirees receive a specified annual amount until their death
   b. Defined Contribution—workers contribute money to retirement accounts without any
      guarantee of what future benefits will be.
   c. These provide limited security.
      i. Fewer employers offer pensions
      ii. Shortfalls threaten payments
      iii. Stock market fluctuations can threaten IRAs and 401k accounts.

9. The Role of Social Security in Retirement
   a. Established in 1935 to protect against loss of income for retirement, disability or death.
   b. More than 2/3 of benefits are for retirement.
   c. The amount a person receives is based on how much that person earned and age of
      retirement.
   d. Age for full retirement benefits is 67 and larger benefits come at 70.
   e. Average Social Security benefit was $1,180.80 in June 2011 which comes to about $14,000
      per year.
      i. Not intended to be the sole source of income in retirement.
      ii. Without Social Security, more than half of Americans over 65 would be in poverty.

10. How is Social Security Funded?
    a. Social Security is funded by workers through a payroll tax that comprises 12.4% of wages up
        to $106,800.
    b. Taxes on higher-income beneficiaries.
    c. Funds are held in a trust.

11. Is Social Security in Crisis?
    a. In 2010 income exceeded expenses
    b. However, problems loom.
       i. Baby boomers retiring
       ii. Longer life-spans
       iii. High unemployment
       iv. Wage stagnation and inequality
    c. Since 1984 surpluses have been accumulating.
       i. Enough for full funding until 2036
       ii. ¾ funding through 2085

IV. STRATEGIES FOR ACTION: RESPONDING TO PROBLEMS OF POPULATION GROWTH AND POPULATION AGING

A. Efforts to Maintain or Increase Population in Low-Fertility Countries
   1. In some countries with below-replacement fertility levels, population strategies focus on
      increasing the population.
   2. Many countries encourage childbearing by implementing policies designed to help women
      combine child rearing with employment—e.g., many European countries have generous
      family leave policies and universal child care.
   3. Another way to increase population is to increase immigration—e.g., Spain has eased
      restrictions on immigration as a way to gain population.

B. Efforts to Curb Population Growth: Reducing Fertility
   1. Family Planning and Contraception
      a. Such programs, along with developments in contraceptive technology, have achieved the
         desired result.
         i. Today, more than half of married women worldwide use some form of modern
            contraception.
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ii. In the United States, 73% of women use some form of contraception.

b. Although access to contraceptives has increased worldwide since the 1950s, there is still a significant unmet need for contraception.

c. Lack of access is not the only reason for lack of family planning. Other reasons include:
   i. belief that modern methods are dangerous
   ii. male partners opposed
   iii. religious beliefs
   iv. belief that God should determine number of children

d. Education is needed

2. Economic Development
   a. Economic development may play an important role in slowing population growth
      i. development decreases the economic value of children
   ii. associated with higher education for women
   iii. improved health

C. Improve the Status of Women: The Importance of Education and Employment

1. Educated women tend to marry later, want smaller families, and use contraception.
   a. Better-educated women tend to delay marriage and exercise more control over their reproductive lives, including decisions about childbearing.
   b. Providing employment is important, because high levels of female labor force participation and higher wages for women are associated with smaller family size.

2. Involvement of Men in Family Planning
   a. Although men play a central role in family planning decisions, they often do not have access to information and services that would empower them to make informed decisions about contraceptive use; family planning programs need to direct educational programs and health services to men.
   b. Another important component of family planning and reproductive health programs involves changing traditional male attitudes toward women.

3. Increase Economic Development and Improve Health
   a. Families in poor countries often rely on having children to provide labor and income; economic development decreases the economic value of children and is also associated with more education for women and greater gender equality.
   b. Economic development tends to result in improved health status of populations.
   c. The more developed a country is, the more likely women are to be exposed to meanings and values that promote fertility control through their interaction in educational settings and through media and information technologies.

3. Access to Safe Abortion
   a. Worldwide 1 in 5 pregnancies ends in abortion (1 in 10 pregnancies end in unsafe abortions).
      i. 47,000 women and girls die each year because of unsafe abortions.
   b. Legality of abortion determines safety of abortion, not probability.

4. China’s One-Child Policy
   a. In 1979, China initiated a national family planning policy that encourages families to have only one child by imposing a monetary fine on couples that have more than one child.
   b. China has been criticized for using extreme measures to enforce its one-child policy, including steep fines, seizure of property and forced sterilizations and abortions; traditional preference for male heirs results in disproportionate abortion of female fetuses.

5. Voluntary Childlessness
   a. Norm is for people to have children, but increasingly some people are opting not to have
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kids.
b. In the U.S. 7% of women 35-44 are voluntarily childless.
c. Childfree couples are more educated, live in urban areas, are less religious and do not adhere to traditional gender ideology.
d. Top reason for not wanting children is to avoid changing lifestyle.
e. Often criticized for being selfish and individualistic.

D. Combating Ageism and Age Discrimination in the Workplace

1. Incorporate positive attitudes of ageing in educational lessons and media.
2. ADEA was passed in 1967 to ensure continued employment for people 40-65.
   a. Illegal to discriminate against people because of their age.
   b. Difficult to prove.
   c. Thousands of complaints are filed each year.

E. Options for Reforming Social Security

1. Social Security is most solvent part of the U.S. government.
   a. Funded through its own tax and interest.
   b. Very efficient—spends less than 1% on administration.
2. Options for reform include:
   a. Cut benefits or increase retirement age
   b. Increase revenue
      i. Raise taxes
      ii. Raise or eliminate the tax cap
      iii. Increase employment
3. Expand Social Security Benefits
   a. People need more support now than ever before.

V. UNDERSTANDING PROBLEMS OF POPULATION GROWTH AND AGEING

A. Population Growth Will Continue Without Cultural and Structural Interventions

1. Birth control is needed
2. The status of women must be addressed
3. Wealthy countries must commit funds to reproductive health

B. Population Ageing Must Not be Ignored

1. Reforms need to be made now for future generations.

D. Efforts to Restore Urban Prosperity

1. Empowerment Zone/Enterprise Community Program (EZ/EC)
   a. A federal program that provides tax incentives and performance grants and loans to create jobs for residents of a selected zone or community, many of which are in urban areas.
   b. Federal money provided to these programs is also used to train and educate youth and families and to improve child care, health care, and transportation.
   c. EZ/EC provides grant funding so communities can design local solutions that empower residents to participate in the revitalization of their neighborhoods.

2. Infrastructure Improvements
   a. Infrastructure: the underlying foundation that enables a city to function.
   b. Infrastructure includes water and sewer lines, phone lines, electricity cables, sidewalks, streets, curbs, lighting, and storm drainage systems.
   c. Maintaining infrastructure is a public health and safety issue.
   d. Improving infrastructure also helps to attract business to an area, and renews residents’ sense of pride in their neighborhood.

3. Brownfield Redevelopment
a. Brownfields are abandoned or undeveloped sites located on contaminated land.
b. The redevelopment of brownfields can provide jobs, increase tax revenues, attract more businesses, residents, and tourists, and help to curb urban sprawl.

4. Gentrification and Incumbent Upgrading
   a. Gentrification: a type of neighborhood revitalization in which middle- and upper-income individuals buy and rehabilitate older homes in depressed neighborhoods
      i. The city provides tax incentives for such investments, hoping to attract wealthier residents back into neighborhood and increasing the tax base.
      ii. A downside is that gentrification often forces low-income residents into substandard housing, because less affordable housing is unavailable.
   b. Incumbent upgrading is aid programs that help residents of depressed neighborhoods buy or improve their homes and stay in the community.

5. Community Development Corporations
   a. Are nonprofit groups formed by residents, small business owners, congregations, and other local stakeholders in many low- and moderate-income urban neighborhoods.
   b. These organizations work to create jobs and affordable housing and renovate parks and other community facilities, such as child care centers, senior centers, arts/cultural centers, and health care centers.
   c. Most CDCs augment their housing and economic development projects with other community building activities, such as budget/credit counseling, immigration services, prisoner re-entry services, education/training, and homeless services.
   d. A major strength of CDCs is that they involve community residents in planning and implementing urban renewal projects, giving residents a sense of empowerment in their communities.

6. De-urbanization
   a. De-urbanization is an urban renewal strategy that involves completely leveling entire urban districts and returning the land to nature.
   b. An example is Flint, Michigan.

E. Improve Transportation and Alleviate Traffic Congestion
   1. An important strategy for reducing traffic congestion is to increase use of public transportation.
   2. Another way to ease transportation is to encourage means of transportation other than motor vehicles.
      a. In some cities, motorists must pay a “congestion charge” for driving in a “congestion charge zone” during weekday high-traffic periods.
      b. The development of communities that enable residents to walk or ride a bicycle to schools, shops, and other locations can help relieve traffic congestion, as well as alleviate air pollution associated with motor vehicles.

F. Responding to Urban Sprawl: Growth Boundaries, Smart Growth, and New Urbanism
   1. An approach to managing urban sprawl is to develop land according to “smart growth” principles, which is a strategy for managing urban sprawl that serves the economic, environmental, and social needs of communities.
   2. A similar movement is New Urbanism, in which the goal is to raise the quality of life for all those in the community by creating compact communities with a sustainable infrastructure.
   3. Smart growth and New Urbanism are often impeded by most local zoning codes that mandate large housing setbacks, wide streets, and separation of residential and commercial areas.

G. Regionalism
   1. Regionalism is a form of collaboration among central cities and suburbs that encourages local governments to share common responsibilities for common problems.
   2. Suburban officials resist regionalization because they believe it will hurt their neighborhoods
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H. Strategies for Reducing Urban Growth in Developing Countries
1. Limit population growth
2. Redistribute the population from urban to rural areas by promoting agricultural development, providing business incentives for locating in rural areas and developing infrastructure.
3. These strategies require economic and material resources, which are in short supply in less-developed countries.

ACTIVITIES AND ASSIGNMENTS

STUDENT PROJECTS

Population Trends and Urbanization in Developing Countries

Request each student to choose a developing country, then to find information regarding population change in the country in the last decade, including changes in total population. Instruct the students to search for and report on reasons for these changes and social problems in the country that have occurred or increased because of these changes.

Youth Bulge

Request the students to search for a country that is experiencing a “youth bulge.” Instruct the students to find information about the problems that this might be causing in the country, such as unemployment, and whether this country is experiencing conflict related to these problems. Have the students share their information with the class.

Global Food Budgets

Understanding that one of the major issues with population growth is the strain put on the environment is a key objective for this chapter. Have students navigate to http://www.ers.usda.gov/Data/InternationalFoodDemand/ in order to learn something about global food demand. Then, working in groups of three have members profile one person’s weekly food consumption in a photograph similar to the ones by Menzel here: http://www.time.com/time/photogallery/0,29307,1626519,00.html

Have students make comparisons between their food consumption and other places around the world. What kind of environment would it take to sustain your level of consumption?

CLASSROOM ACTIVITIES

How Many Earths?

As a class, navigate to http://sustainability.publicradio.org/consumerconsequences/ and play the Consumer Consequences game. Use this to lead into a discussion about what is an appropriate amount of consumption and what can be done about the disparity in consumption levels.

Population Clocks

When class starts, point a computer (or smartphone) to http://www.worldometers.info/world-population/
or any other similar population clock that updates continuously. As you have a class discussion about the
impact of population growth around the world including those countries that have population decline,
check back in periodically with the clock to illustrate how fast populations are growing. Use this as a
way to discuss how big social problems require a number of different solutions and are not uniform
around the world even if we often talk about them in that way.

**Inequality in Aging**
During the course of the 20th century, average life expectancy went from around 49 to nearly 80 years.
However, life expectancy is not the same for all groups. Have students research the disparity in life
expectancy for different genders, incomes and racial groups. Come to class prepared to have a discussion
about the social consequences of an aging population that is disproportionately upper class, white, and
female.

**Age-Related Impairments**
In order to help undergraduates grasp ageism and discrimination, it helps if they can understand, to some
extent, the experiences of older people. Monika Deppen Wood at Rutgers University-Camden has a
fantastic exercise available online at [http://crab.rutgers.edu/~deppen/teach.htm](http://crab.rutgers.edu/~deppen/teach.htm) that can be used as is or modified to fit your needs.

**Voluntary and Involuntary Methods of Reducing Population Growth**
Engage students in a discussion or debate regarding voluntary and involuntary methods of reducing
population growth. In particular, students should discuss the advantages and disadvantages of China’s
one-child policy, and the advantages and disadvantages of voluntary methods such as providing family
planning services and birth control. If students disagree on which methods (voluntary or involuntary) are
most appropriate, facilitate a debate on the issue.

**INTERNET ASSIGNMENTS**

**Become Carbon Neutral?**
What would it take for you to become carbon neutral? Visit [http://climatecrisis.net/take_action/become_carbon_neutral.php](http://climatecrisis.net/take_action/become_carbon_neutral.php) and fill in the form. Read about how they calculate your score. Are there things you could do immediately to reduce your carbon footprint?

**World Population Data Sheet**
Instruct students to look up the most recent World Population Data Sheet. Request that each student
select five countries and look up the following information for each country: fertility rate, maternal
mortality, infant mortality. Students can then report their findings to the class and engage in a discussion
of the differences between countries.

**Perspectives on Population Growth**
Many scholars argue that measures should be taken to try to reduce world population growth, however
others argue that such measures are not necessary and may even be harmful to traditional cultures.
Request students to look up arguments from both sides of the debate. Instruct them to write a short essay
that summarizes both sides and explains which side they agree with more. Students should bring their
essays to class, and engage in a class discussion or debate.

**Ageism in the Media**

Have students check out this group interview with comediennes including Sarah Silverman, Amy Pohler and others about issues of age and gender in the media:
http://www.youtube.com/watch?v=pI3IYnxTbbw. Even though these women are not objectively elderly or old, it illustrates how we have different standards for different groups of people and how age is socially constructed.

**Dealing with Global Population Growth**

Hans Rosling presents a distinct argument that development is necessary to deal with population growth. Watch his TED talk about the issue here:
What do you think? Do you agree with Mr. Rosling? Do you think it is feasible to deal with population growth this way?

**Coal**

Coal powers much of what we do here in the United States. Have students visit
http://college.cengage.com/sociology/shared/videos/template158.html to learn more about this industry. What do you think should be done to regulate this industry?

**Border Factories**

What are environmental impacts of these maquiladoras? Who pays the price for these environmental problems? Who reaps the benefits?

**VIDEO SUGGESTIONS**

**World Population**

This is a seven-minute program that demonstrates world population growth from 1 A.D. to the projected population in 2030. The video provides a visual illustration of population growth.

Discussion Questions:

1) Why does the population grow so fast in the more recent decades?
2) Should we try to slow population growth? If so, by what means?

**Rise and Fall: Population, Urbanization, and the Environment**

This video examines the impact of population growth and urbanization on the environment, and covers related issues including fertility, mortality and migration.

Discussion Questions:
Population Growth and Urbanization

1) What is the impact of population growth on the environment? Are there ways we could minimize this impact?
2) What are some of the issues related to urbanization?

Abuse: The Resident’s Perspective

This video does a good job of illustrating the various dimensions of elder abuse from the resident’s perspective.

1) How would you feel if someone in your family was being abused?
2) How can we use our sociological theories to understand why, as a society, we might be prone to elder abuse?

Related Social Movements

Elder Abuse: The National Committee to Prevent Elder Abuse (http://www.preventelderabuse.org/) has a variety of resources and way to get involved with elder abuse prevention.

Senior Advocacy: The American Association for Retired People (http://www.aarp.org/) is one of the largest advocacy groups in the country for any issue and wields a tremendous amount of power.

Pet Overpopulation: The ASPCA (http://www.aspca.org/) is the country’s leading organization that deals with animal cruelty and pet overpopulation.

Solving Social Problems

There are a number of things you can do to get involved with these issues in your local area. The ASPCA website above has a directory of local shelters where you can volunteer. Additionally, many local nursing homes have auxiliary boards or volunteer groups that interact with residents in a variety of activities from playing games to gardening and providing live entertainment. On a global scale, we have learned that education is the key, especially for women and girls, for controlling population growth. The One Laptop Per Child movement (http://one.laptop.org/) is an innovative initiative that you can support which seeks to impact global education.