

# Earth Overshoot Day: Is Overshoot Your Burden?

**David Lin, Ph.D.**

Chief Science Officer

Global Footprint Network

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Global Footprint Network®  
Advancing the Science of Sustainability



# Earth Overshoot Day falls on July 24<sup>th</sup>.

The date when humanity's demand for ecological resources exceeds what Earth can regenerate.



# Earth Overshoot Day falls on July 24<sup>th</sup>.

- What does it mean?
- Insights and Implications
- The way forward



- **What does it mean?**
  - Underlying science & concepts
  - Insights and Implications
  - The way forward



**We live on  
spaceship Earth.**



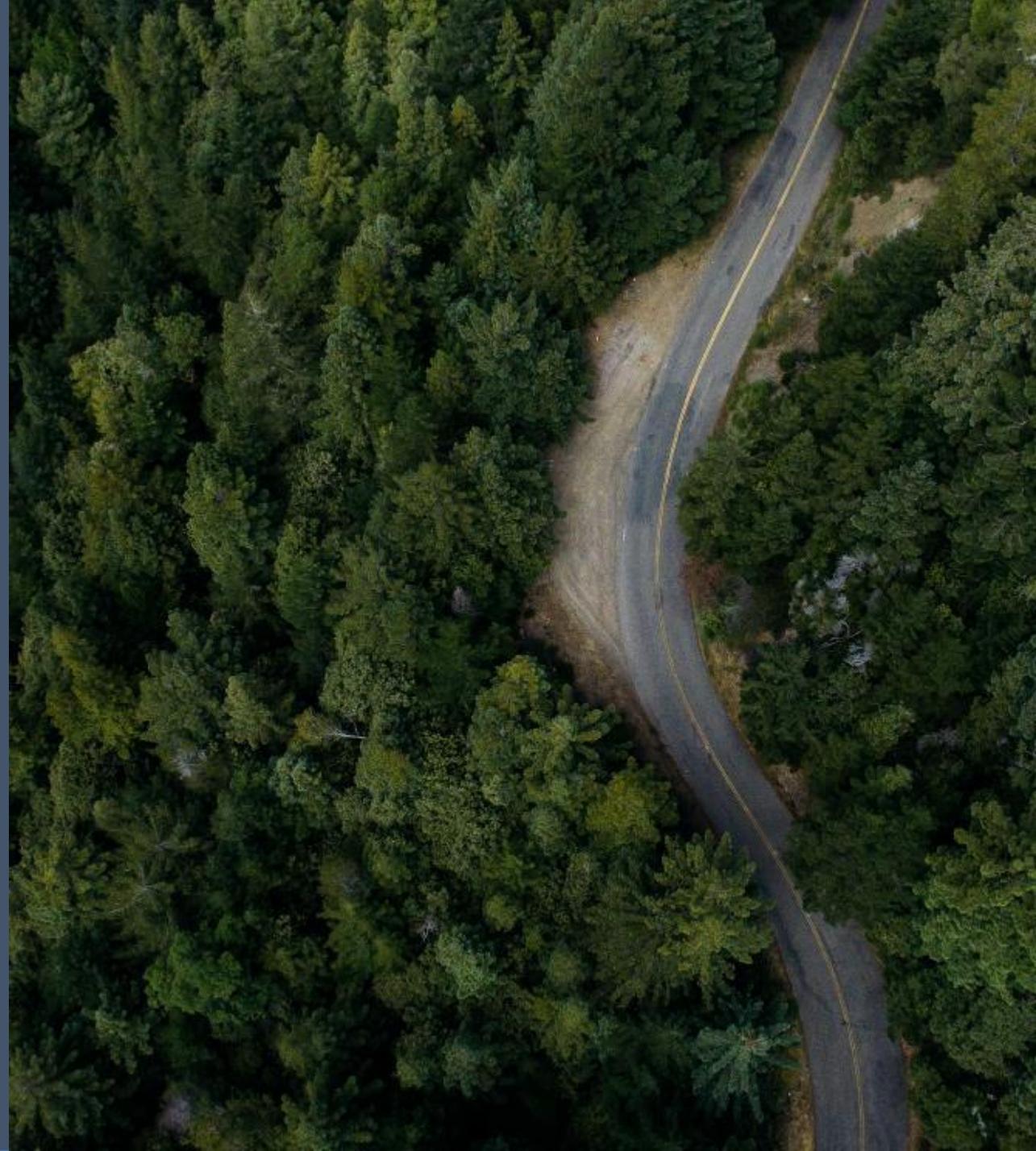
A bright sun in a blue sky with green grass in the foreground. The sun is in the upper left, casting rays across the sky. The grass is in the lower half, and a semi-transparent white circle is on the right side containing text.

**Our life support  
systems are  
solar powered.**

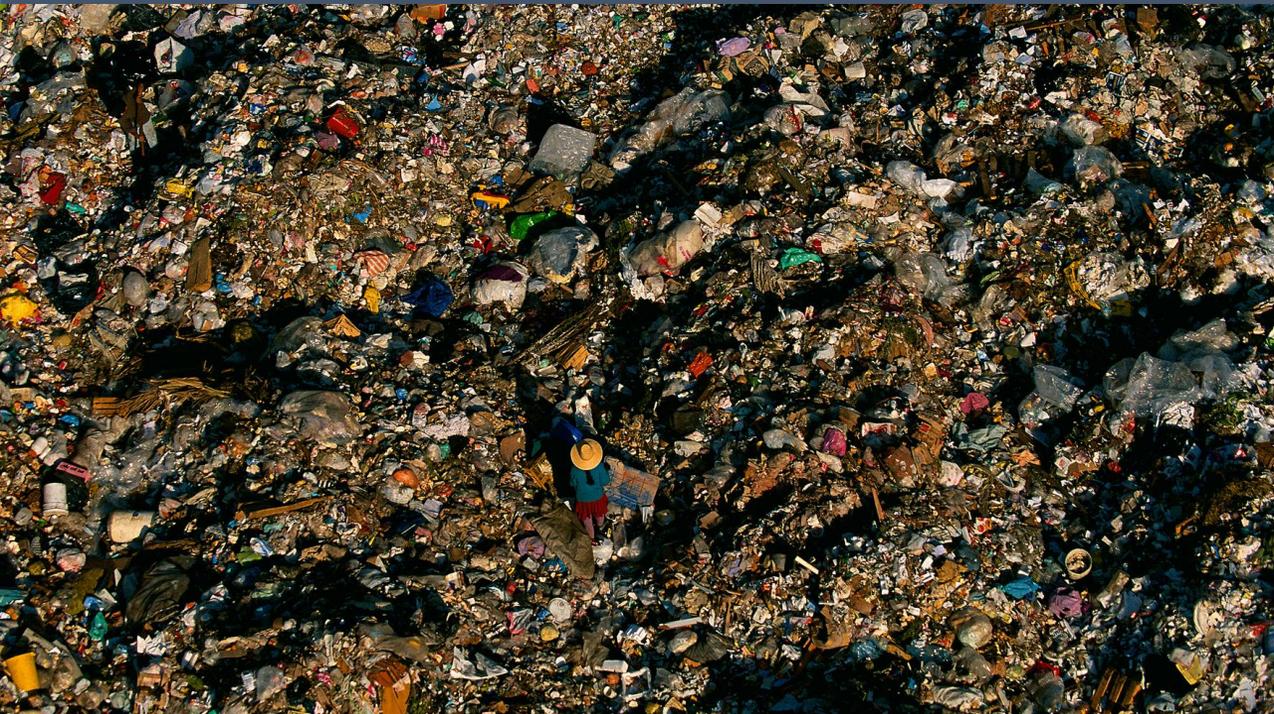
How much life support  
do we need?



If we harvest  
resources  
faster than they  
regenerate,  
  
we deplete them.



If we produce  
**waste**  
faster than it is  
assimilated,



**It accumulates.**

# How much **bio-productive area** is available on Earth?

30 billion acres

(12 billion hectares)

3.7 acres (per person)

(1.5 hectares)





How much is required to  
support humanity's demand?

53 billion acres

(21 billion hectares)

6.5 acres per person

(2.6 hectares per person)

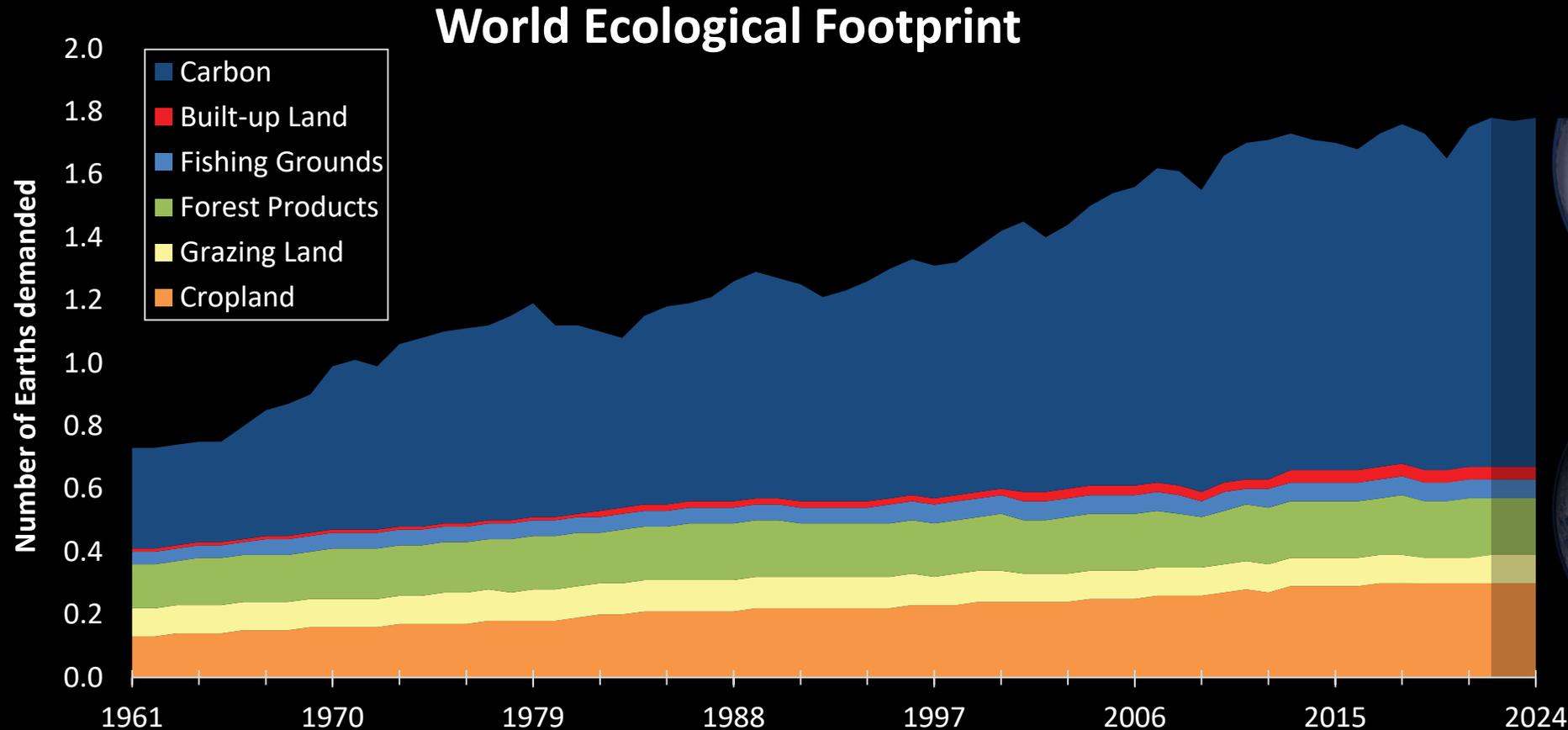
6 categories of consumption demand



# Ecological Footprint

is a measure of human consumption as demand on productive surface area

# Humanity demands 1.8 Earths worth of biocapacity



# Ecological Supply & Demand Statements

## CANADA

GDP PER PERSON \$57,334  
POPULATION 39,107,000

Biocapacity per person  
**19.2**  
gha

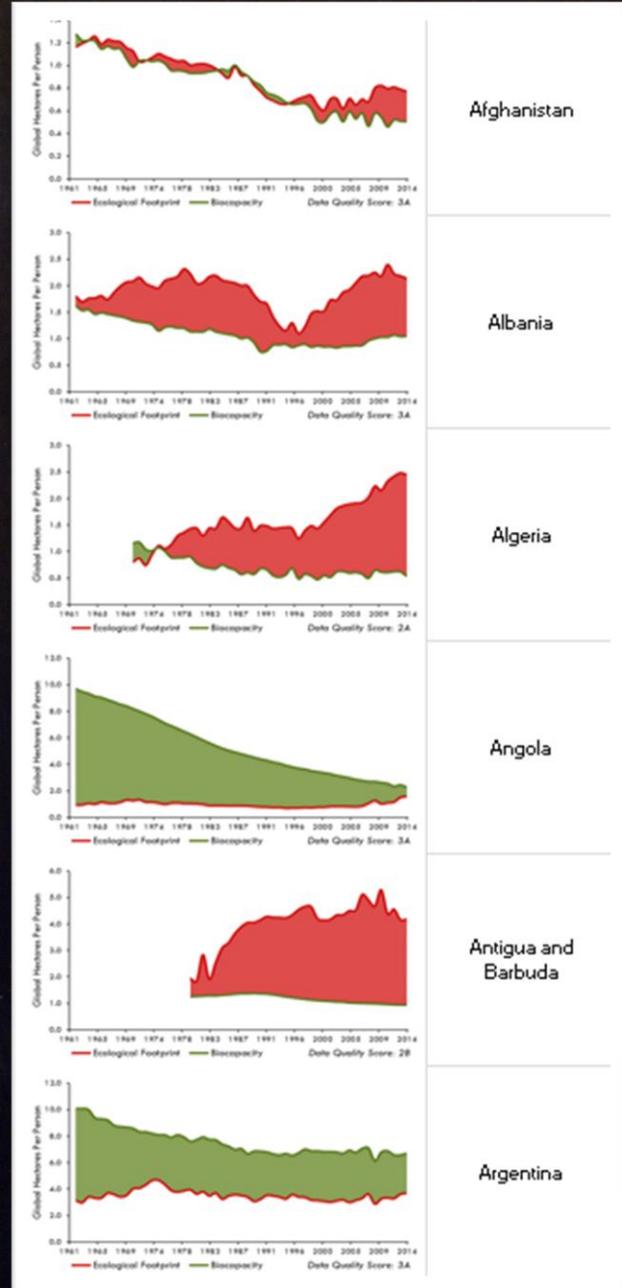
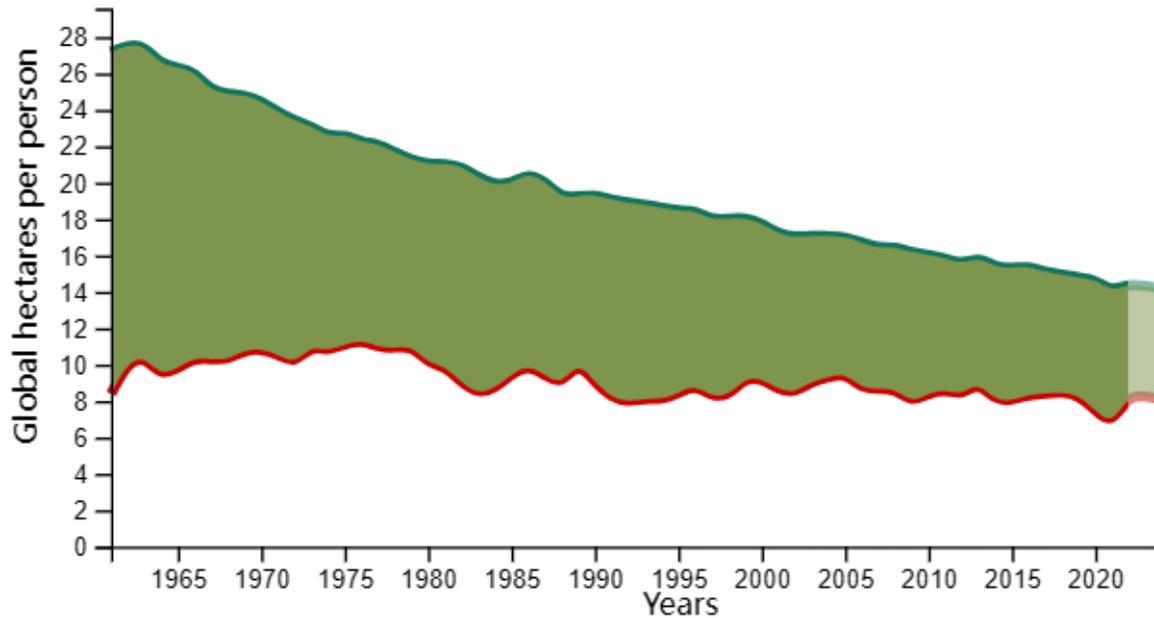
Ecological Footprint per person  
**8.9**  
gha

BIOCAPACITY RESERVE(+)/DEFICIT(-)  
**10.3**  
gha

Ecological Footprint and Biocapacity  
From 1961 to 2024  
(last 2 years are estimates)

Ecological Footprint per person  
Biocapacity per person

[Learn More](#)

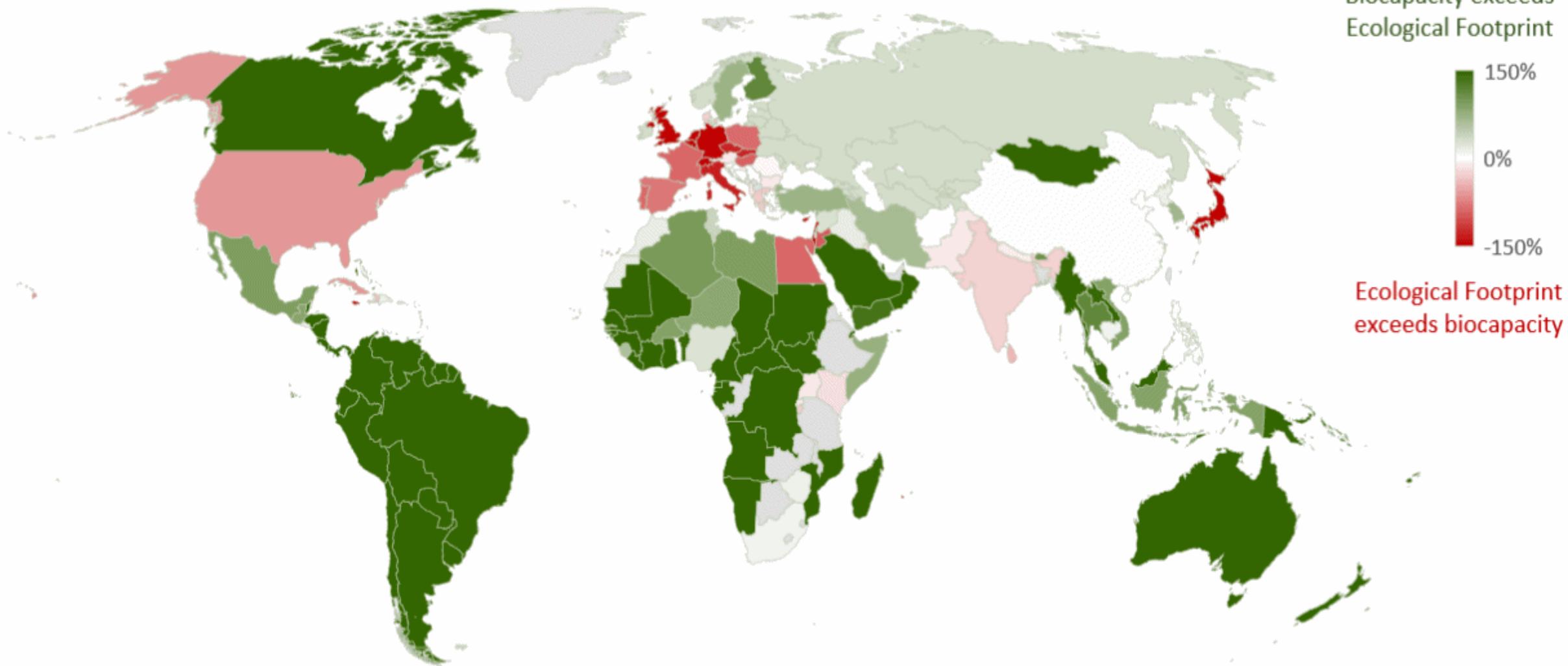


- What does it mean?
- **Insights and Implications**
  - What does the data tell us?
- The way forward

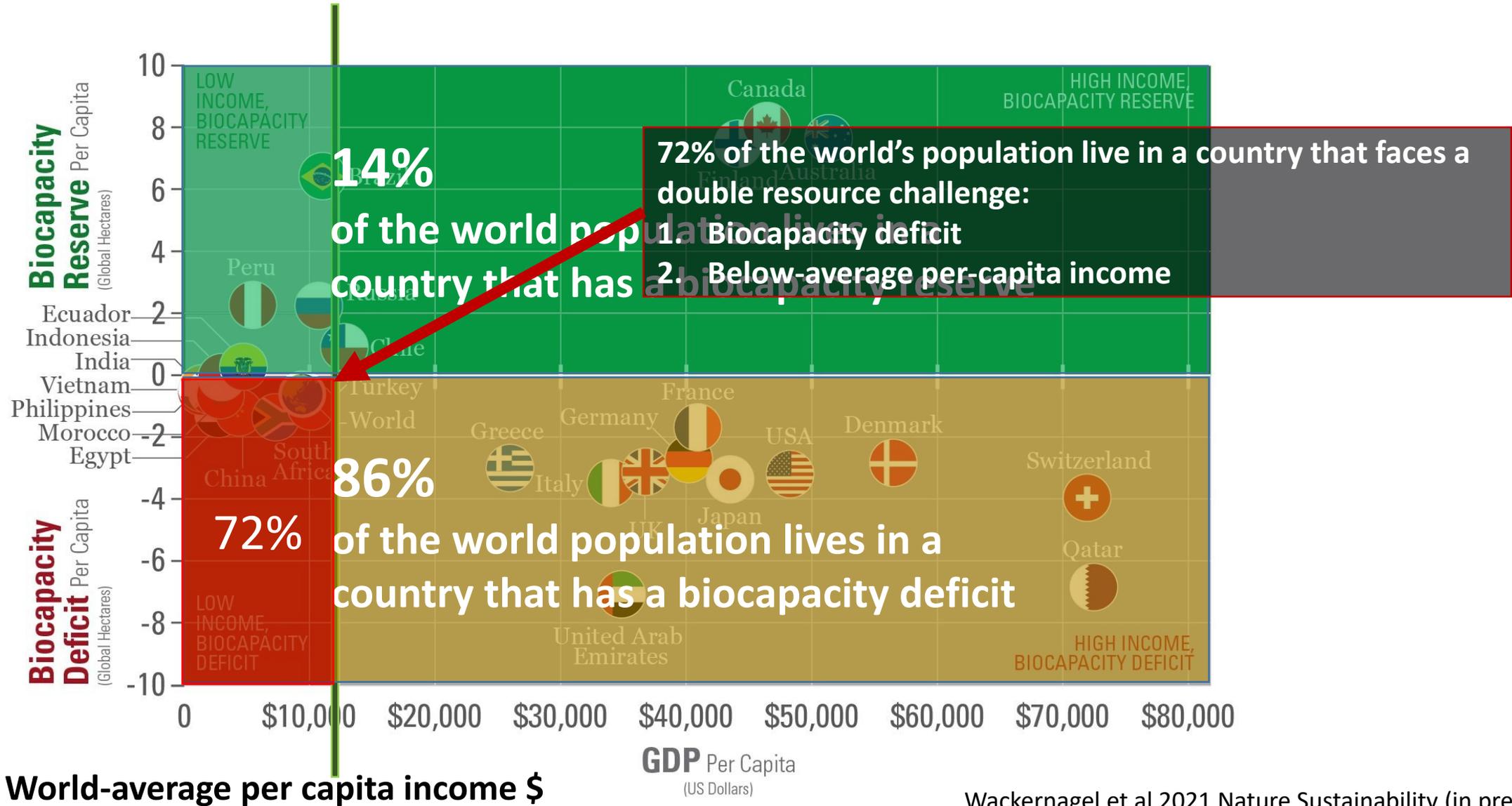


# 1961

## Supply / Demand Ratio



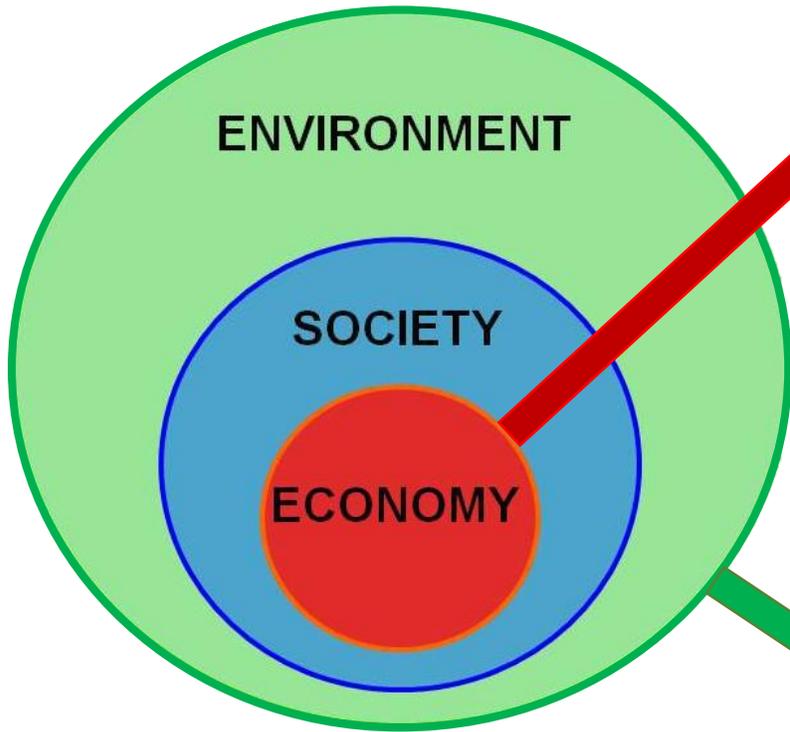
# Biocapacity and GDP describe resource distributions: This is a major challenge to “sustainable development”



- What does it mean?
- Insights and Implications
- **The Way Forward**



The Planet / Resources aren't simply life support  
- they are a means to an end.



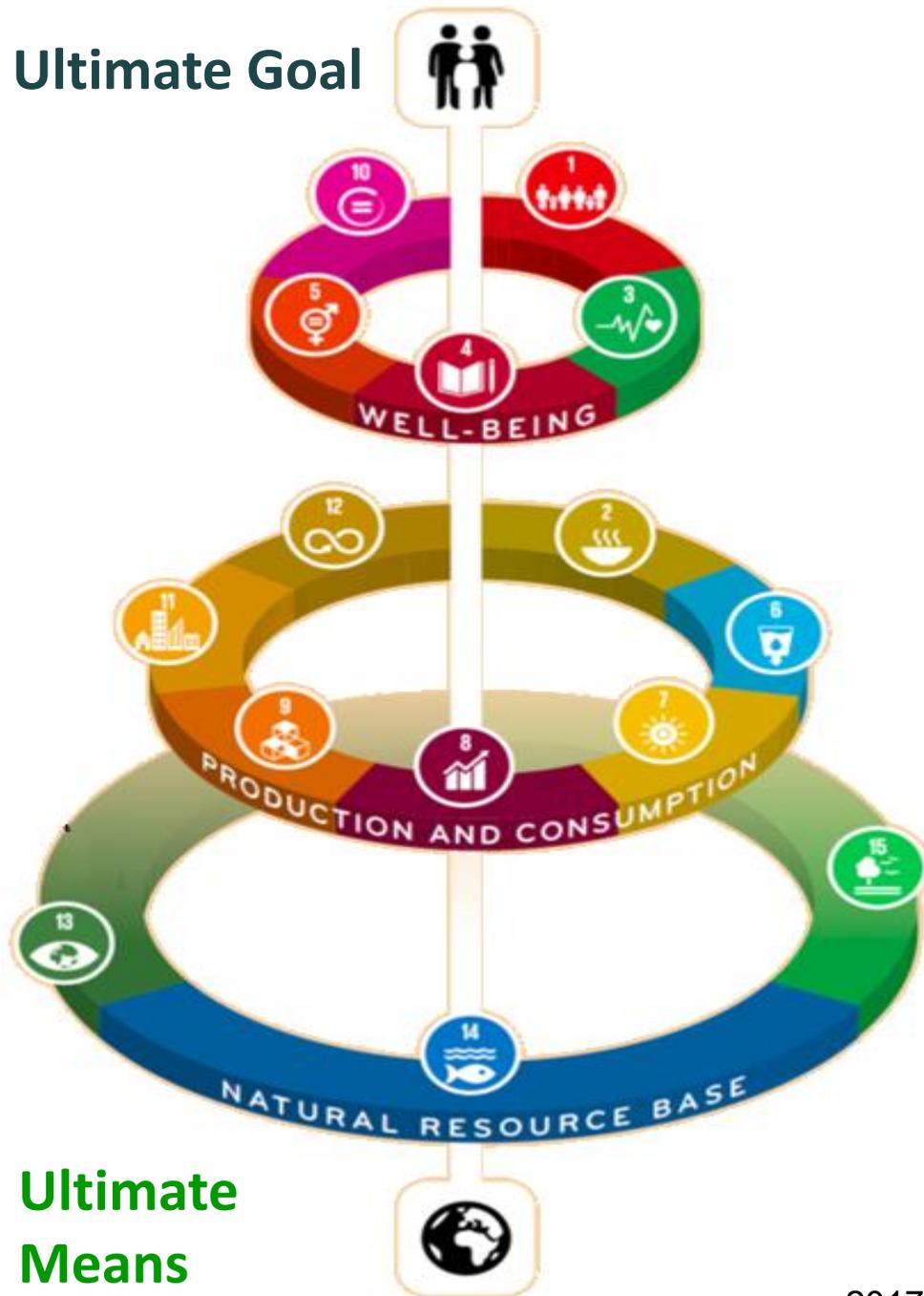
Ultimate Goal



Ultimate Means

# Sustainable Development Goals

Ultimate Goal



Safe Operating Space

Well being is a condition that can only be met if humanity can operate within our planetary boundaries.

Ultimate Means

# Achieving wellbeing within the means of the Planet

Ecological Footprint and Human Development Index of Countries (2022)

**Q: How do we get there?**

**How do we optimize our actions for a regenerative economy + human well-being?**

**vs**

**How do we do what we have been doing more efficiently?**

The traditional path of development comes at high ecological cost

● Middle East/Central Asia

● Asia Pacific

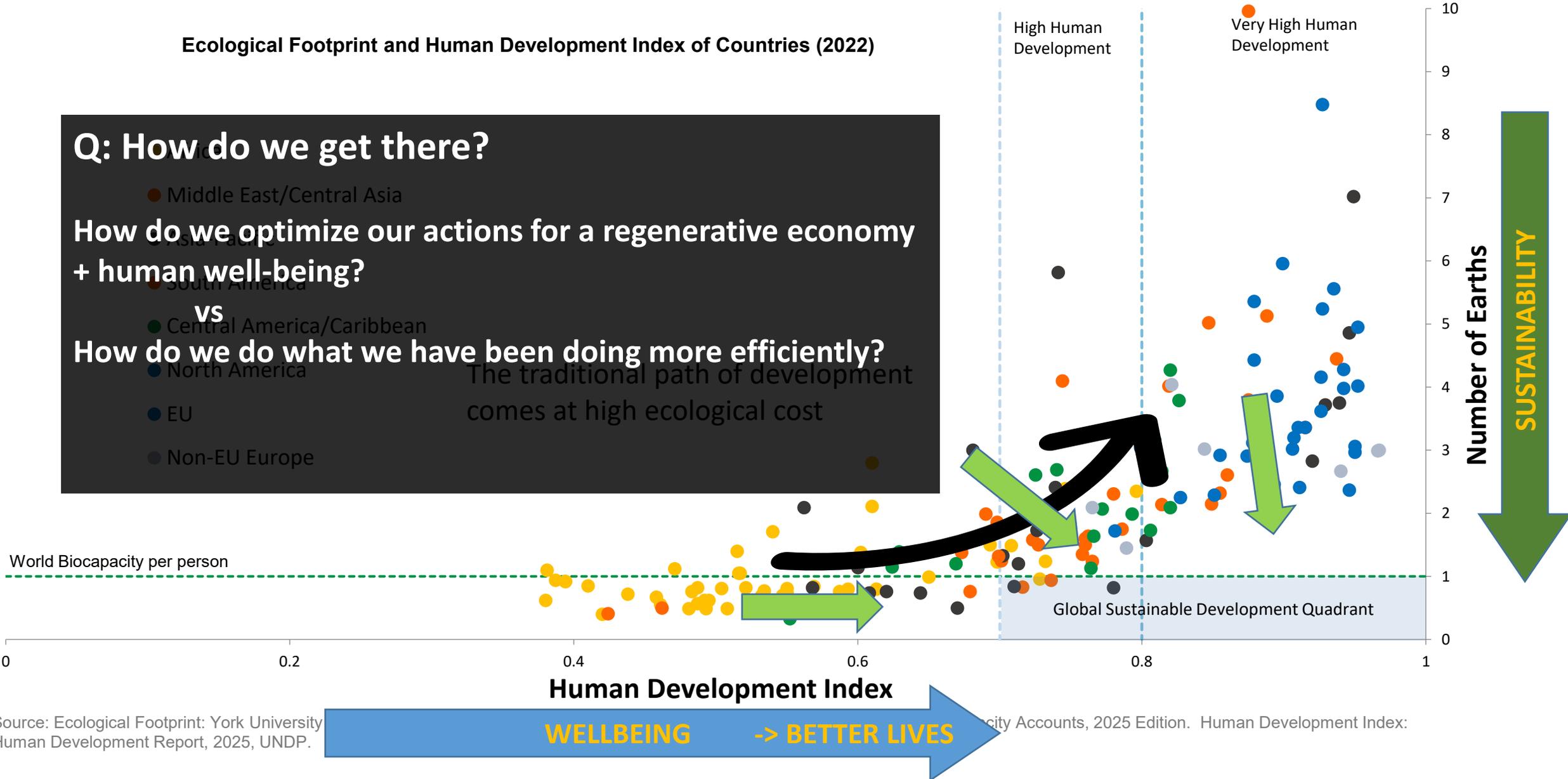
● South America

● Central America/Caribbean

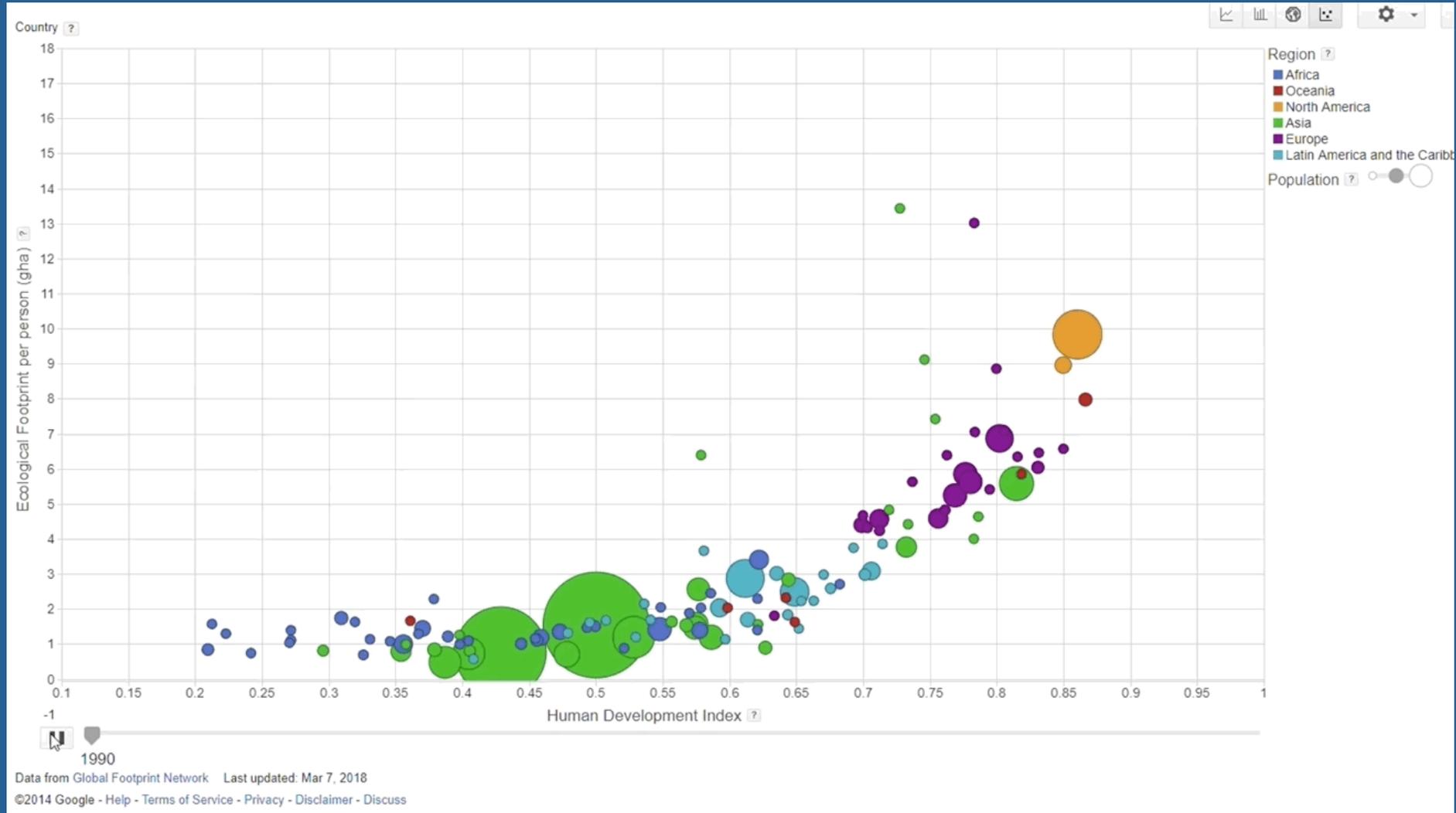
● North America

● EU

● Non-EU Europe



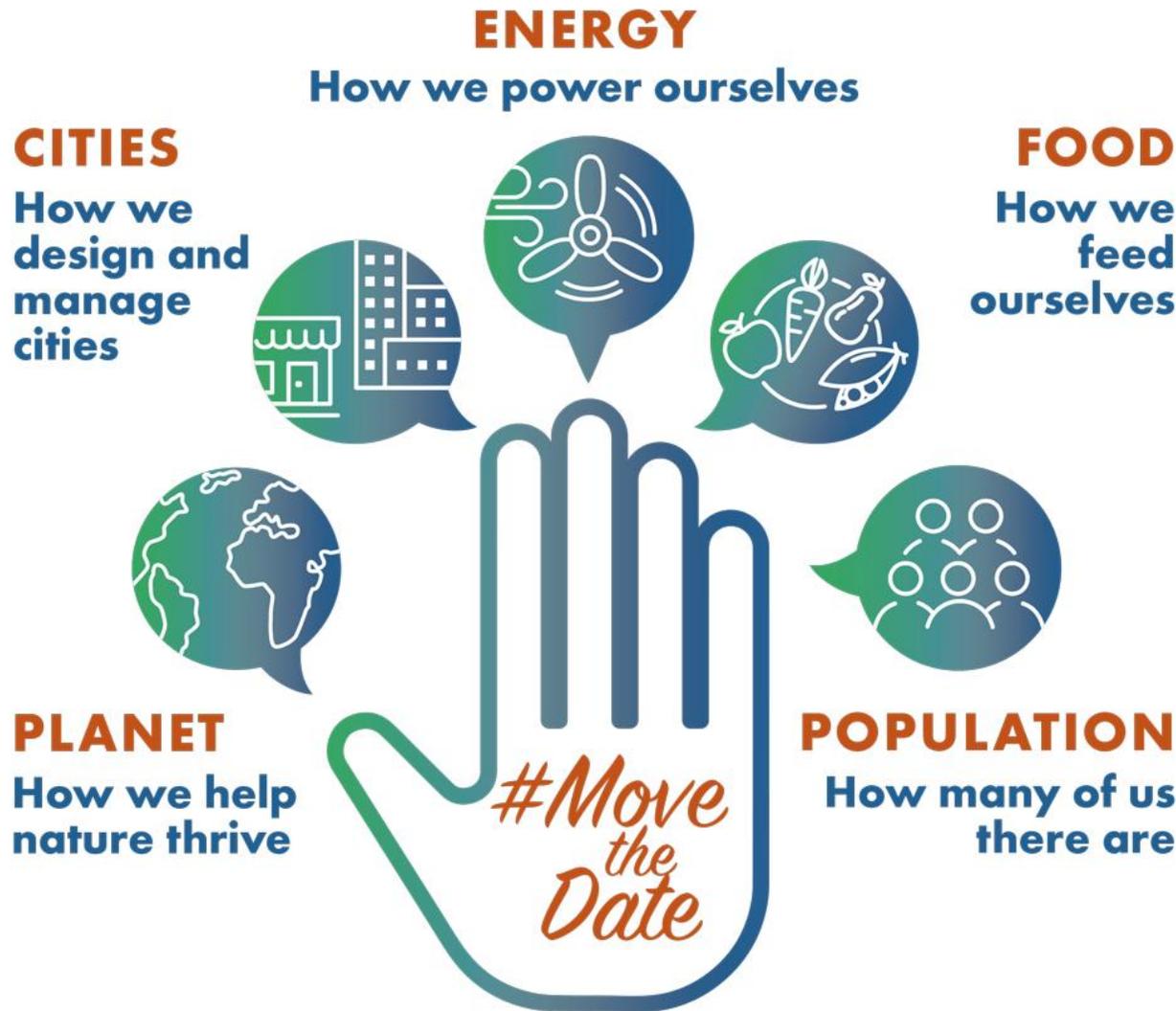
# HDI vs. Ecological Footprint



Our  
overs

# #MoveTheDate

logical  
limits



A scenic view of a river with traditional wooden rafts and people, set against a backdrop of misty, karst mountains. The water is calm, reflecting the surrounding landscape. The text is overlaid in white, bold font.

Our mission is to help end ecological overshoot by making ecological limits central to decision-making

# Come visit us and learn how you can join the movement.

**#ONEPLANET**  
**#MOVETHEDATE**  
**#POWEROFPOSSIBILITY**



Contact: David Lin, Ph.D.,  
Chief Science Officer  
David.lin@footprintnetwork.org

[www.footprintnetwork.org](http://www.footprintnetwork.org)  
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