Urbanization, economic growth, technological changes for work, leisure, & food processing, mass media growth Pattern 2 Pattern 3 Pattern 5 Pattern 1 Pattern 4 **Collecting Food Famine Receding Famine Chronic Disease (NCD's) Behavioral Change** Diverse wild plants Monoculture ag. Increased fat, sugar, Shift from ultra-processed to Starchy, low minimally processed foods & animal food diet variety, low fat, processed foods diet Cereals · Drink water, low-calorie high fiber diet Drink water dominate diet **Drink sugary** beverages beverages, juices Drink water Labor-intensive Drink water Replace sedentarianism Shift in technology Labor-intensive Labor-intensive with purposeful increases of work and leisure work/leisure in activity Sedentarianism high **Nutritional Obesity & NR-NCD** MCH deficiencies. Reduced body fatness Lean & robust. deficiencies emerge, and medical weaning disease, & NR-NCD's, improved tall, high rate emerge, stature cures keep us alive of disease stunting disease prevention declines Low fertility, High fertility, high Slow mortality Accelerated life expectancy, Extended healthy aging, MCH mortality, decline shift to increased NR-NCD. reduced NR-NCD low life expectancy low life expectancy increased % disability years © Barry M. Popkin, 2021