

A Day in the Life of the Planet

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A Day in the Life of Our Planet

Approximate daily toll, based on latest global estimates

1. Hunger



≈ **24,000**
deaths per day

Including around 16,000
children under 5 dying
from hunger-related causes

2. Violence against women



≈ **866,000**
women per day

Estimated from 316 million
women experiencing
violence in one year

3. Children in wars



≥ **15**
children killed
per day

Verified conflict killings,
with hundreds more babies
dying daily from war's effects

4. Obesity- related deaths



≈ **7,700**
deaths per day

At least 2.8 million
people a year
die from overweight

5. Suicide (many youth)



≈ **2,160**
deaths per day

One person dies by suicide
every 40 seconds; leading
cause of death among
ages 15–29



War industry:
≈ **US\$ 7.9 billion per day**
(2.887 trillion in 2025)



Sources: Figures based on UN, WHO, UNICEF, SIPRI and major humanitarian analyses

ONE HOUR IN THE LIFE OF OUR PLANET



Approximate global
toll per hour



1

HUNGER
≈ **1,000** people die
from hunger every hour

Including ≈ 670
children under 5



2

VIOLENCE AGAINST WOMEN
≈ **36,000** women per hour

Experience physical
or sexual partner
violence (global average)



3

CHILDREN IN WARS
At least **1 child** killed
every **1–2** hours

Plus ≈ **12–13** infants
per hour dying from
war's indirect effects



4

OBESITY-RELATED DEATHS
≈ **320** obesity-related
deaths per hour

From overweight and
obesity-linked diseases



5

SUICIDE (MANY YOUTH)
≈ **90** suicide deaths
per hour

One person dies by suicide
every 40 seconds;
many aged 15–29



6

WAR INDUSTRY MONEY
≈ **US\$ 330 million**
military spending per hour

Global war industry
(**2.887 trillion in 2025**)



Figures approximate, based on latest UN, WHO, UNICEF, SIPRI and humanitarian analyses

Forests Lost: One Day, One Hour

In one day...

≈ **22,200**
hectares of forest lost

Equivalent to about
31,700 football fields



In one hour...

≈ **925**
hectares of forest lost

Equivalent to about
1,320 football fields
every hour



Based on global deforestation of 8.1 million hectares in 2024
(Forest Declaration Assessment)



What forests will remain by the time this session ends?



Source: Forest Declaration Assessment 2024; World Resources Institute, Global Forest Watch

How Many Die Every Hour? A Verified Comparison

Verified figures from WHO, UCDP/PRIO and UN-referenced historical estimates.
Genocide shown as a bounded historical episode, not an annual global rate.

	1. Genocide (Rwanda, 1994 — historical episode)	 ≈ 333 per hour	 ≈800,000 killed over 100 days.
	2. Obesity-related diseases	 ≈ 320 per hour	 At least 2.8 million deaths per year (WHO).
	3. Road traffic accidents	 ≈ 132 per hour	 1.16 million deaths in 2025 (WHO).
	4. Suicide	 ≈ 90 per hour	 One suicide every 40 seconds (WHO).
	5. War / armed conflict (2024)	 ≈ 15 per hour	 129,000 battle-related deaths in 2024 (Uppsala Conflict Data Program).



Some of these deaths are preventable structural choices, not inevitable fate.

ONE HOUR:

CHOICES OF OUR PLANET

IN ONE HOUR...

≈ **1,000**

PEOPLE DIE FROM HUNGER

Including ≈ 670 children under 5



*What would it mean
to feed and care for every child?*



IN THE SAME HOUR...

≈ **US\$ 330 MILLION**

SPENT ON WAR



*What if this flowed to
food, healing and peace?*



WHOSE LIVES
ARE VALUED?



HOW DO BUDGETS
TEACH US?

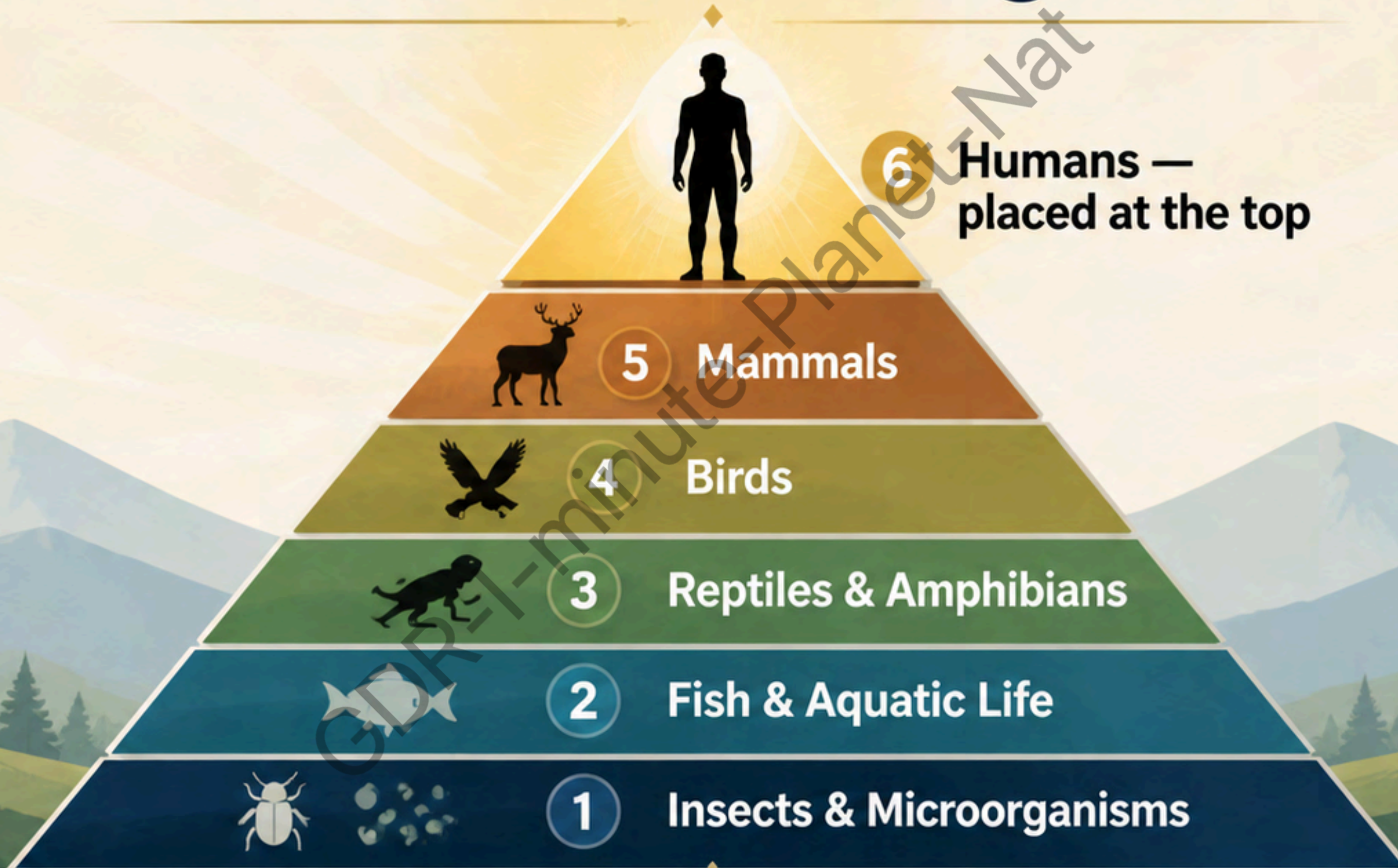


WHAT KIND OF WORLD
DO WE CHOOSE EACH HOUR?



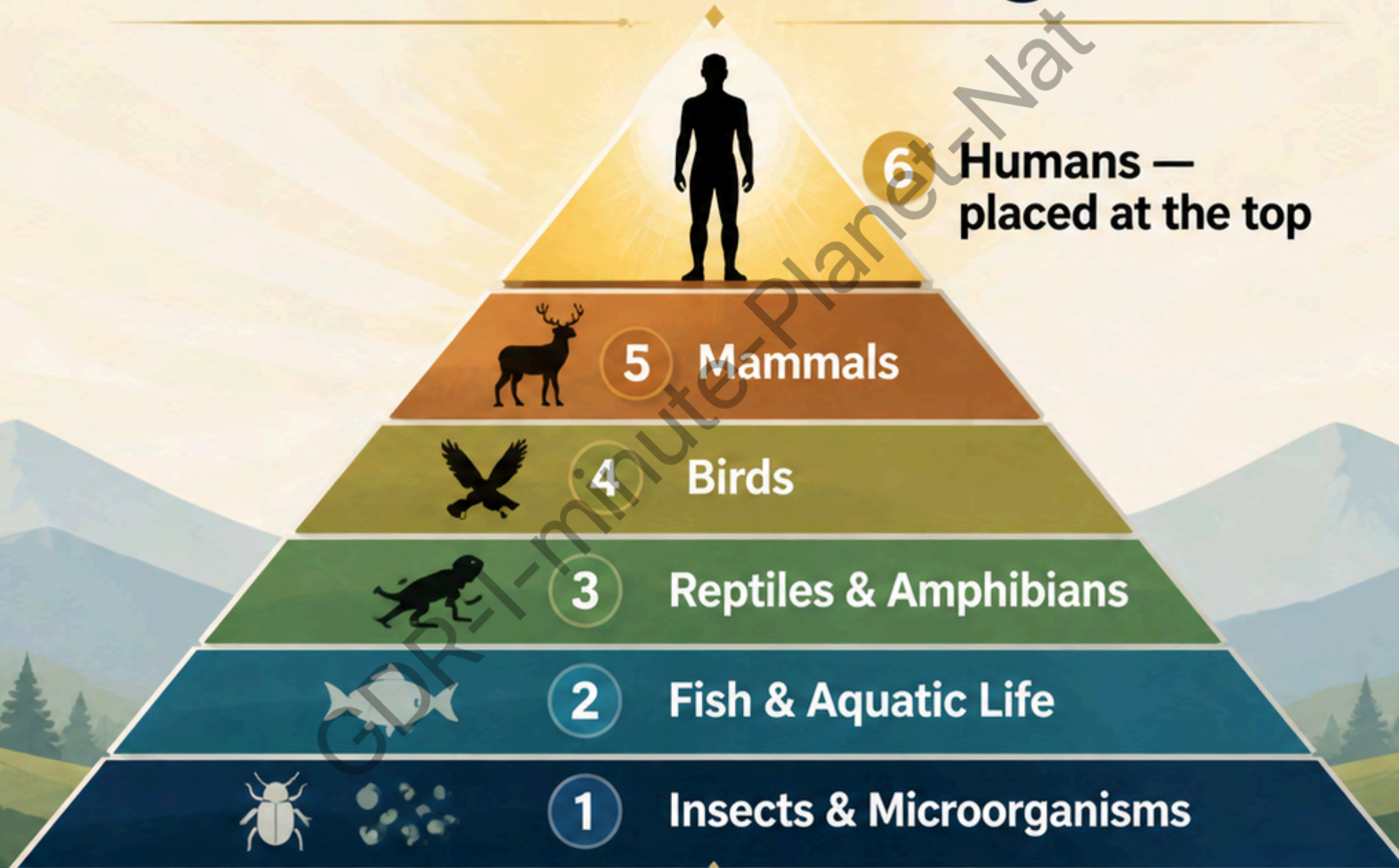
Figures approximate, based on latest UN, WHO, UNICEF, SIPRI and humanitarian analyses

The Habit: Human as Apex of the Animal Kingdom



A widely inherited way of ordering life — placing humans above all other beings.

The Habit: Human as Apex of the Animal Kingdom



A widely inherited way of ordering life — placing humans above all other beings.

One Hour: Choices of Our Planet – Food vs Waste

In one hour...

≈ **1,000**
people die from hunger.

Including ≈ 670 children under 5.



Whose hunger remains invisible?



In the same hour...

≈ **41.7 million**
meals are wasted.

Based on 1 billion meals wasted
every day (UNEP, 2024).

≈ **119,863 tonnes**
of food wasted.

Based on 1.05 billion tonnes
wasted per year.

*What if this abundance
reached every table?*



Who decides whose
plate is full?



How do systems
normalize waste?



What would one hour of
food justice look like?



One Hour: Choices of Our Planet — Bodies vs Profits



In one hour...



*How did care for the body become
disconnected from care for the land?*

In the same hour...



*Whose hunger for profit
shapes what we eat?*



What food story
are we told each day?



Who decides what
fills our plates?



What would one hour of
food sovereignty look like?

*Figures based on WHO obesity statistics and
global ultra-processed food market research (2025)*

From Pipedreams of Progress to Sites of Civilisational Collapse



PIPEDREAMS OF PROGRESS

— growth, speed, conquest of nature



THE TURNING

— extraction outpaces regeneration



SITES OF CIVILISATIONAL COLLAPSE

— ecological, social and spiritual rupture

Metamorphosis: How Progress Ripens into Collapse



Progress does not oppose collapse — it **ripens** into it.

Where Are We Heading?

