



## Overshoot Index

The Overshoot Index assesses the extent to which a country can support itself from its own renewable resources, by measuring current per capita consumption against per capita biocapacity. The ecological footprint measures the area of biologically productive land and water required to produce the renewable resources/ecological services for, and absorb the waste of, a given population at a given average level of resource consumption. Biocapacity is the biologically productive capacity of an area - cropland, grazing land, forest, fresh water etc. It does not include non-renewable resources like fossil fuels and other minerals. The true balance between consumption and demand for resources will appear even more unfavourable when the progressive reduction towards zero use of non-renewables is factored into the numbers. A satisfactory way to do this has yet to be devised. It also assumes that 100% of biocapacity is allocated to humans, since there is no agreed figure for the necessary share needed to conserve biodiversity. Ecological footprint and biocapacity are measured in global hectares (hectares with world average biological productivity) per person. Increased productivity would reduce dependency; while increased population or consumption per head would increase it.

The percentage of an area's footprint supported from its renewable resources is its self-sufficient percentage; the remaining percentage is its dependent percentage. Similarly, the percentage of an area's population supported from its renewable resources is its sustainable population at current consumption levels with current technology; the remaining percentage is its overshoot population. A dependency of greater than zero means that a country, region or the world is relying on other countries or non-renewable, unsustainable resources for its current consumption. Countries in overshoot increase their dependency, and the others approach overshoot, as either their population or their per capita consumption grows; and faster if both grow.

All source data is from the 2012 Data Tables, based on 2009 figures, produced by the Global Footprint Network (GFN). Countries with populations of under one million have been omitted. GFN's data are largely from UN sources; their methodology is still admittedly imprecise, but is subject to continuous refinement. Apparent discrepancies in the calculations are due to rounding. For full details of the calculations, go to [www.footprintnetwork.org](http://www.footprintnetwork.org) This extrapolation from GFN data was produced by Population Matters. [www.populationmatters.org](http://www.populationmatters.org)

dependency ranking	country/ region name	eco footprint global ha pc	biocapacity global ha pc	self sufficiency %	dependency %	actual pop'n (m)	sustainable pop'n (m)	overshoot pop'n (m)	alphabetical listing	
<b>Already in overshoot</b>										
1	Singapore	6.3	0.0	0.0	<b>100.0</b>	4.9	0.0	<b>4.9</b>	Afghanistan	85
2	Kuwait	9.9	0.4	4.0	<b>96.0</b>	2.6	0.1	<b>2.5</b>	<b>Africa**</b>	
3	United Arab Emirates	9.1	0.6	6.6	<b>93.4</b>	8.2	0.5	<b>7.7</b>	Albania	67
4	Israel	4.1	0.3	7.3	<b>92.7</b>	7.3	0.5	<b>6.8</b>	Algeria	25
5	Bahrain	7.1	0.6	8.5	<b>91.5</b>	1.2	0.1	<b>1.1</b>	Angola	138
6	Lebanon	3.5	0.4	11.4	<b>88.6</b>	4.2	0.5	<b>3.7</b>	Argentina	139
7	Mauritius	4.8	0.6	12.5	<b>87.5</b>	1.3	0.2	<b>1.1</b>	Armenia	41
8	Libyan Arab Jamahiriya	4.4	0.6	13.6	<b>86.4</b>	6.3	0.9	<b>5.4</b>	<b>Asia-Pacific**</b>	
9	Cyprus	4.4	0.6	13.6	<b>86.4</b>	1.1	0.2	<b>1.0</b>	Australia	136
10	Jordan	2.1	0.3	14.3	<b>85.7</b>	6.0	0.9	<b>5.1</b>	Austria	72
11	Saudi Arabia	3.9	0.6	15.4	<b>84.6</b>	26.8	4.1	<b>22.7</b>	Azerbaijan	32
12	Japan	3.8	0.6	15.8	<b>84.2</b>	126.6	20.0	<b>106.6</b>	Bahrain	5
13	Korea, Republic of	4.3	0.7	16.3	<b>83.7</b>	48.0	7.8	<b>40.2</b>	Bangladesh	54
14	Jamaica	1.8	0.3	16.7	<b>83.3</b>	2.7	0.5	<b>2.3</b>	Belarus	82
15	Qatar	9.8	1.8	18.4	<b>81.6</b>	1.6	0.3	<b>1.3</b>	Belgium	21
16	Trinidad and Tobago	8.0	1.6	20.0	<b>80.0</b>	1.3	0.3	<b>1.0</b>	Benin	68
17	Iraq	1.5	0.3	20.0	80.0	30.7	6.1	<b>24.6</b>	Bolivia	145
18	Occupied Palestinian Territory	0.5	0.1	20.0	<b>80.0</b>	3.9	0.8	<b>3.1</b>	Bosnia and Herzegovina	73
19	Netherlands	5.9	1.3	22.0	<b>78.0</b>	16.6	3.7	<b>12.9</b>	Botswana	111
20	Switzerland	5.0	1.2	24.0	<b>76.0</b>	7.6	1.8	<b>5.8</b>	Brazil	139
21	Belgium	7.3	1.8	24.7	75.3	10.7	2.6	<b>8.1</b>	Bulgaria	99
22	Italy	4.4	1.3	29.5	<b>70.5</b>	60.2	17.8	<b>42.4</b>	Burkina Faso	95
23	El Salvador	2.0	0.6	30.0	<b>70.0</b>	6.2	1.9	<b>4.3</b>	Burundi	38
24	Iran, Islamic Republic of	2.8	0.9	32.1	<b>67.9</b>	73.1	23.5	<b>49.6</b>	Cambodia	92
25	Algeria	1.8	0.6	33.3	<b>66.7</b>	35.0	11.7	<b>23.3</b>	Cameroon	115
26	United Kingdom	4.5	1.5	33.3	<b>66.7</b>	61.9	20.6	<b>41.3</b>	Canada	130
27	Portugal	4.4	1.6	36.4	<b>63.6</b>	10.7	3.9	<b>6.8</b>	Central African Republic	144
28	Cuba	1.9	0.7	36.8	<b>63.2</b>	11.3	4.2	<b>7.1</b>	Chad	119
29	Dominican Republic	1.3	0.5	38.5	<b>61.5</b>	9.8	3.8	<b>6.0</b>	Chile	117
	<b>Middle East/Central Asia**</b>	2.5	1.0	40.0	<b>60.0</b>	383.7	153.5	<b>230.2</b>	China	30
30	China	2.2	0.9	40.9	<b>59.1</b>	1365.6	558.7	<b>806.9</b>	Colombia	124
31	Mexico	3.4	1.4	41.2	<b>58.8</b>	112.0	46.1	<b>65.9</b>	Congo	146
32	Azerbaijan	1.7	0.7	41.2	<b>58.8</b>	9.1	3.7	<b>5.4</b>	Congo, Dem. Republic of	142
33	Syrian Arab Republic	1.7	0.7	41.2	<b>58.8</b>	20.1	8.3	<b>11.8</b>	Costa Rica	65
34	Sri Lanka	1.2	0.5	41.7	<b>58.3</b>	20.7	8.6	<b>12.1</b>	Côte d'Ivoire	123
35	Spain	4.3	1.8	41.9	<b>58.1</b>	45.6	19.1	<b>26.5</b>	Croatia	102
36	Macedonia TFYR	3.5	1.5	42.9	<b>57.1</b>	2.1	0.9	<b>1.2</b>	Cuba	28

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37	Egypt	1.6	0.7	43.8	<b>56.3</b>	79.7	34.9	<b>44.8</b>	Cyprus	9
38	Burundi	0.9	0.4	44.4	<b>55.6</b>	8.2	3.6	<b>4.6</b>	Czech Republic	57
39	South Africa	2.6	1.2	46.2	<b>53.8</b>	49.8	23.0	<b>26.8</b>	Denmark	70
40	Germany	4.5	2.1	46.7	<b>53.3</b>	82.4	38.5	<b>43.9</b>	Dominican Republic	29
41	Armenia	1.5	0.7	46.7	<b>53.3</b>	3.1	1.4	<b>1.7</b>	Ecuador	104
42	Greece	4.7	2.2	46.8	<b>53.2</b>	11.3	5.3	<b>6.0</b>	Egypt	37
43	Uzbekistan	1.9	0.9	47.4	<b>52.6</b>	27.1	12.8	<b>14.3</b>	El Salvador	23
44	Kenya	1.0	0.5	50.0	<b>50.0</b>	39.5	19.8	<b>19.8</b>	Eritrea	131
45	Pakistan	0.8	0.4	50.0	<b>50.0</b>	170.5	85.3	<b>85.3</b>	Estonia	121
46	Philippines	1.2	0.6	50.0	<b>50.0</b>	91.7	45.9	<b>45.9</b>	Ethiopia	55
47	Haiti	0.6	0.3	50.0	<b>50.0</b>	9.9	5.0	<b>5.0</b>	EU**	
48	Morocco	1.5	0.8	53.3	<b>46.7</b>	31.6	16.9	<b>14.7</b>	Finland	129
49	India	0.9	0.5	55.6	<b>44.4</b>	1207.7	670.9	<b>536.8</b>	France	76
50	Guatemala	1.8	1.0	55.6	<b>44.4</b>	14.0	7.8	<b>6.2</b>	Gambia	80
51	United States of America	7.0	3.9	55.7	<b>44.3</b>	307.7	171.4	<b>136.3</b>	Germany	40
52	Poland	4.1	2.3	56.1	<b>43.9</b>	38.2	21.4	<b>16.8</b>	Ghana	77
	<b>Asia-Pacific**</b>	1.6	0.9	56.3	<b>43.8</b>	3760.7	2115.4	<b>1645.3</b>	Greece	42
53	Thailand	2.1	1.2	57.1	<b>42.9</b>	68.7	39.3	<b>29.4</b>	Guatemala	50
54	Bangladesh	0.7	0.4	57.1	<b>42.9</b>	147.0	84.0	<b>63.0</b>	Guinea	120
	<b>EU**</b>	4.5	2.6	57.8	<b>42.2</b>	498.1	287.8	<b>210.3</b>	Guinea-Bissau	140
55	Ethiopia	1.2	0.7	58.3	<b>41.7</b>	81.2	47.4	<b>33.8</b>	Haiti	47
56	Tunisia	1.7	1.0	58.8	<b>41.2</b>	10.4	6.1	<b>4.3</b>	<b>High-income Countries</b>	
57	Czech Republic	4.7	2.8	59.6	<b>40.4</b>	10.4	6.2	<b>4.2</b>	Honduras	101
58	Uganda	1.5	0.9	60.0	<b>40.0</b>	32.4	19.4	<b>13.0</b>	Hungary	88
	<b>High-income Countries</b>	5.3	3.2	60.4	<b>39.6</b>	1033.7	624.1	<b>409.6</b>	India	49
59	Serbia	2.3	1.4	60.9	<b>39.1</b>	9.9	6.0	<b>3.9</b>	Indonesia	100
60	Zimbabwe	1.3	0.8	61.5	<b>38.5</b>	12.5	7.7	<b>4.8</b>	Iran, Islamic Republic of	24
61	Nepal	0.8	0.5	62.5	<b>37.5</b>	29.4	18.4	<b>11.0</b>	Iraq	17
62	Tajikistan	0.9	0.6	66.7	<b>33.3</b>	6.8	4.5	<b>2.3</b>	Ireland	69
63	Yemen	0.9	0.6	66.7	<b>33.3</b>	23.3	15.5	<b>7.8</b>	Israel	4
64	Turkey	2.5	1.7	68.0	<b>32.0</b>	71.8	48.8	<b>23.0</b>	Italy	22
	<b>World</b>	2.6	1.8	69.2	<b>30.8</b>	6817.7	4719.9	<b>2097.8</b>	Jamaica	14
65	Costa Rica	2.3	1.6	69.6	<b>30.4</b>	4.6	3.2	<b>1.4</b>	Japan	12
66	Togo	1.0	0.7	70.0	<b>30.0</b>	5.9	4.1	<b>1.8</b>	Jordan	10
67	Albania	1.7	1.2	70.6	<b>29.4</b>	3.2	2.3	<b>0.9</b>	Kazakhstan	87
68	Benin	1.4	1.0	71.4	<b>28.6</b>	8.6	6.1	<b>2.5</b>	Kenya	44
69	Ireland	5.7	4.1	71.9	<b>28.1</b>	4.4	3.2	<b>1.2</b>	Korea, Democratic People's	106
70	Denmark	7.6	5.5	72.4	<b>27.6</b>	5.5	4.0	<b>1.5</b>	Korea, Republic of	13
	<b>North America**</b>	6.9	5.0	72.5	<b>27.5</b>	341.4	247.4	<b>94.0</b>	Kuwait	2
71	Lesotho	1.1	0.8	72.7	<b>27.3</b>	2.1	1.5	<b>0.6</b>	Kyrgyzstan	96
72	Austria	5.2	3.8	73.1	<b>26.9</b>	8.4	6.1	<b>2.3</b>	Lao People's Democratic	110
73	Bosnia and Herzegovina	2.6	1.9	73.1	<b>26.9</b>	3.8	2.8	<b>1.0</b>	<b>Latin America**</b>	
74	Viet Nam	1.5	1.1	73.3	<b>26.7</b>	86.9	63.7	<b>23.2</b>	Latvia	125
75	Rwanda	0.8	0.6	75.0	<b>25.0</b>	10.3	7.7	<b>2.6</b>	Lebanon	6
76	France	4.9	3.7	75.5	<b>24.5</b>	62.4	47.1	<b>15.3</b>	Lesotho	71
77	Ghana	1.7	1.3	76.5	<b>23.5</b>	23.8	18.2	<b>5.6</b>	Liberia	127
78	Nigeria	1.3	1.0	76.9	<b>23.1</b>	154.5	118.8	<b>35.7</b>	Libyan Arab Jamahiriya	8
79	Moldova	1.4	1.1	78.6	<b>21.4</b>	3.6	2.8	<b>0.8</b>	Lithuania	107
80	Gambia	1.5	1.2	80.0	<b>20.0</b>	1.7	1.4	<b>0.3</b>	<b>Low-income Countries</b>	
81	Malaysia	3.0	2.4	80.0	<b>20.0</b>	27.9	22.3	<b>5.6</b>	Macedonia TFYR	36
82	Belarus	4.1	3.3	80.5	<b>19.5</b>	9.6	7.7	<b>1.9</b>	Madagascar	133
83	Turkmenistan	3.9	3.2	82.1	<b>17.9</b>	5.0	4.1	<b>0.9</b>	Malawi	89
84	Tanzania, United Republic of	1.2	1.0	83.3	<b>16.7</b>	43.5	36.3	<b>7.2</b>	Malaysia	81
85	Afghanistan	0.6	0.5	83.3	<b>16.7</b>	30.6	25.5	<b>5.1</b>	Mali	108
86	Slovakia	3.5	3.0	85.7	<b>14.3</b>	5.5	4.7	<b>0.8</b>	Mauritania	126
87	Kazakhstan	4.3	3.7	86.0	<b>14.0</b>	15.8	13.6	<b>2.2</b>	Mauritius	7
88	Hungary	3.0	2.6	86.7	<b>13.3</b>	10.0	8.7	<b>1.3</b>	Mexico	31
89	Malawi	0.8	0.7	87.5	<b>12.5</b>	14.4	12.6	<b>1.8</b>	<b>Middle East/Central Asia**</b>	
90	Senegal	1.6	1.4	87.5	<b>12.5</b>	12.1	10.6	<b>1.5</b>	<b>Middle-income Countries</b>	
91	Slovenia	4.1	3.6	87.8	<b>12.2</b>	2.0	1.8	<b>0.2</b>	Moldova	79
	<b>Middle-income Countries</b>	1.9	1.7	89.5	<b>10.5</b>	4422.4	3956.9	<b>465.5</b>	Mongolia	137
92	Cambodia	1.1	1.0	90.9	<b>9.1</b>	14.0	12.7	<b>1.3</b>	Morocco	48
93	Niger	2.3	2.1	91.3	<b>8.7</b>	15.0	13.7	<b>1.3</b>	Mozambique	137
94	Ukraine	2.3	2.1	91.3	<b>8.7</b>	45.7	41.7	<b>4.0</b>	Myanmar	103
95	Burkina Faso	1.4	1.3	92.9	<b>7.1</b>	16.0	14.9	<b>1.1</b>	Namibia	143
96	Kyrgyzstan	1.5	1.4	93.3	<b>6.7</b>	5.3	4.9	<b>0.4</b>	Nepal	61

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<b>Not yet in overshoot</b>									
<b>Low-income Countries</b>									
97 Venezuela, Bolivarian Republic	2.9	2.9	100.0	0.0	1313.7	1313.7	0.0	Netherlands	19
98 Romania	2.4	2.5	104.2	-4.2	21.5	22.4	-0.9	New Zealand*	141
99 Bulgaria	2.9	3.1	106.9	-6.9	7.5	8.0	-0.5	Nicaragua	116
<b>Africa**</b>	1.4	1.5	107.1	-7.1	982.7	1052.9	-70.2	Niger	93
100 Indonesia	1.3	1.4	107.7	-7.7	237.4	255.7	-18.3	Nigeria	78
101 Honduras	1.7	1.9	111.8	-11.8	7.5	8.4	-0.9	<b>North America**</b>	
102 Croatia	3.8	4.3	113.2	-13.2	4.4	5.0	-0.6	Norway	132
103 Myanmar	1.9	2.2	115.8	-15.8	47.6	55.1	-7.5	Occupied Palestinian Territory	18
104 Ecuador	1.8	2.1	116.7	-16.7	14.3	16.7	-2.4	Other Europe**	113
105 Panama	2.2	2.6	118.2	-18.2	3.5	4.1	-0.6	Pakistan	45
106 Korea, Democratic People's	0.5	0.6	120.0	-20.0	24.2	29.0	-4.8	Panama	105
107 Lithuania	4.1	5.1	124.4	-24.4	3.3	4.1	-0.8	Papua New Guinea	112
108 Mali	2.0	2.5	125.0	-25.0	14.9	18.6	-3.7	Paraguay	138
109 Sierra Leone	1.1	1.4	127.3	-27.3	5.7	7.3	-1.6	Peru	128
110 Lao People's Democratic	1.3	1.7	130.8	-30.8	6.1	8.0	-1.9	Philippines	46
111 Botswana	2.8	3.7	132.1	-32.1	2.0	2.6	-0.6	Poland	52
112 Papua New Guinea	2.6	3.6	138.5	-38.5	6.7	9.3	-2.6	Portugal	27
113 Other Europe**	3.5	4.9	140.0	-40.0	237.8	332.9	-95.1	Qatar	15
114 Sudan	1.6	2.3	143.8	-43.8	42.5	61.1	-18.6	Romania	98
115 Cameroon	1.2	1.8	150.0	-50.0	19.2	28.8	-9.6	Russian Federation	118
116 Nicaragua	1.5	2.3	153.3	-53.3	5.7	8.7	-3.0	Rwanda	75
117 Chile	2.3	3.7	160.9	-60.9	17.0	27.3	-10.3	Saudi Arabia	11
118 Russian Federation	4.0	6.6	165.0	-65.0	143.1	236.1	-93.0	Senegal	90
119 Chad	1.9	3.2	168.4	-68.4	10.9	18.4	-7.5	Serbia	59
120 Guinea	1.7	2.9	170.6	-70.6	9.8	16.7	-6.9	Sierra Leone	109
121 Estonia	5.0	9.7	194.0	-94.0	1.3	2.5	-1.2	Singapore	1
122 Sweden	5.4	10.5	194.4	-94.4	9.3	18.1	-8.8	Slovakia	86
123 Côte d'Ivoire	0.9	1.8	200.0	-100.0	19.4	38.8	-19.4	Slovenia	91
124 Colombia	1.9	3.8	200.0	-100.0	45.7	91.4	-45.7	South Africa	39
<b>Latin America**</b>	2.6	5.3	203.8	-103.8	575.4	1172.9	-597.5	Spain	35
125 Latvia	3.8	8.0	210.5	-110.5	2.3	4.8	-2.5	Sri Lanka	34
126 Mauritania	2.4	5.1	212.5	-112.5	3.4	7.2	-3.8	Sudan	114
127 Liberia	1.2	2.8	233.3	-133.3	3.8	8.9	-5.1	Sweden	122
128 Peru	1.6	3.8	237.5	-137.5	28.8	68.4	-39.6	Switzerland	20
129 Finland	5.6	13.4	239.3	-139.3	5.3	12.7	-7.4	Switzerland	20
130 Canada	5.9	14.7	249.2	-149.2	33.7	84.0	-50.3	Switzerland	20
131 Eritrea	0.6	1.5	250.0	-150.0	5.1	12.8	-7.7	Syrian Arab Republic	33
132 Norway	2.7	6.8	251.9	-151.9	4.8	12.1	-7.3	Tajikistan	62
133 Madagascar	1.1	2.8	254.5	-154.5	20.1	51.2	-31.1	Tanzania, United Republic of	84
134 Zambia	0.9	2.3	255.6	-155.6	12.7	32.5	-19.8	Thailand	53
135 Uruguay	3.9	10.2	261.5	-161.5	3.4	8.9	-5.5	Togo	66
136 Australia	5.4	14.3	264.8	-164.8	21.9	58.0	-36.1	Trinidad and Tobago	16
137 Mongolia	5.6	15.0	267.9	-167.9	2.7	7.2	-4.5	Tunisia	56
138 Angola	1.0	2.9	290.0	-190.0	18.6	53.9	-35.3	Turkey	64
139 Argentina	2.1	6.5	309.5	-209.5	40.1	124.1	-84.0	Turkmenistan	83
137 Mozambique	0.7	2.2	314.3	-214.3	22.9	72.0	-49.1	Uganda	58
138 Paraguay	3.2	10.1	315.6	-215.6	6.3	19.9	-13.6	Ukraine	94
139 Brazil	2.8	9.5	339.3	-239.3	193.2	655.5	-462.3	United Arab Emirates	3
140 Guinea-Bissau	0.9	3.3	366.7	-266.7	1.5	5.5	-4.0	United Kingdom	26
141 New Zealand*	2.7	10.1	374.1	-274.1	4.3	16.1	-11.8	United States of America	51
142 Congo, Dem. Republic of	0.8	3.0	375.0	-275.0	64.2	240.8	-176.6	Uruguay	135
143 Namibia	1.4	7.0	500.0	-400.0	2.2	11.0	-8.8	Uzbekistan	43
144 Central African Republic	1.4	8.2	585.7	-485.7	4.3	25.2	-20.9	Venezuela, Bolivarian Republic	97
145 Bolivia	2.6	18.0	692.3	-592.3	9.8	67.8	-58.0	Viet Nam	74
146 Congo	0.9	11.9	1322.2	-1222.2	3.9	51.6	-47.7	<b>World</b>	
								Yemen	63
								Zambia	134
								Zimbabwe	60

**NOTES:**

World population is inclusive of countries not included in the table

\* Country Notes: See GFN Data table

\*\* Country grouping results are for stated countries only

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