What if we rethought the human footprint?

If we all lived at the population density of Manhattan... how much space would 8 billion people take up?
We could all fit into the state of New Mexico...
Or the country of Paraguay, Poland, the Congo, Oman, or Vietnam.

POPULATION DENSITY OF MANHATTAN
25,846 people/km²
800,000,000 people/
25,846 people/km²
= 309,525 km²

Area of
New Mexico: 314,917 km²
Paraguay: 397,302 km²
Poland: 311,888 km²
Congo: 341,500 km²
Oman: 309,500 km²
Vietnam 310,070 km²

Is this a question of only population,
or also land-use and resource consumption?
Can we envision a map that shows a future that balances our needs with the needs of the planet?