Scenario 1: Additional 10 mins daily walking

Annual deaths averted per 100,000: Non-linear relationship vs linear relationship Kazakhstan Equality 40 Romania Lithuania 30 Uzbekistan Non-linear relationship Ukraine **IPAP** Russia 40 30 Belarus 20 Bosnia and Herzegovina Malta 20 Georgia Kyrgyzstan Moldova Denmark France Luxem 10 Switzerland 50 20 10 40

IPAP: Insufficient Physical Activity Prevalence; Data Sources: WHO (2018), GBD (2017), OECD(2015)

Linear relationship