Scenario 1: Additional 10 mins daily walking Annual deaths averted per 100,000: Non-linear relationship vs linear relationship 40 Equality 30 IPAP Kazakhstan 40 Hungary 30 20 Uzbekistan Ukraine Russia Belarus Kyrgyzstan Bosnia and Herzegovina 10 Moldova Luxembourg

Non-linear relationship

Switzerland

10

Tajikistan

Finland

20

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

Linear relationship

40

50