

# Convergence Analysis for Score-Based Diffusion Models under Fokker-Planck Equation

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## Abstract

Diffusion generative models admit two closely related reverse-time dynamics: a stochastic reverse SDE and a deterministic probability-flow ODE, whose drifts differ by a factor of two in the score term. While the continuous-time relationship between these dynamics is well understood under idealized score regularity, practical samplers are discrete and rely on learned scores, raising the question: *how large is the discrete ODE–SDE gap induced by (i) time discretization and (ii) score/model misspecification?*

In this paper we provide a quantitative answer for reverse-time Euler schemes on  $\mathbb{R}^d$ . We introduce a *discrete log-Fokker-Planck operator* aligned with the reverse SDE Euler map and measure model mismatch through the associated residual sequence  $\{r_k\}_{k=0}^{N-1}$ . Assuming a dimension-free dissipativity condition for the probability-flow drift and dimension-free regularity bounds on the learned log-density  $u_\theta$  and the induced discrete laws, we prove an  $L^2(p_k^{\text{ODE}})$  energy estimate that controls both the log-density error  $e_k := u_\theta(\cdot, t_k) - \log p_k^{\text{SDE}}$  and its score error  $\nabla e_k$  by the residual energy  $\sum_k h_k \|r_k\|_{L^2(p_k^{\text{ODE}})}^2$ . Combining this estimate with a synchronous coupling of the two schemes yields an explicit Wasserstein-2 bound: for uniform step size  $h = T/N$ ,

$$W_2(p_k^{\text{SDE}}, p_k^{\text{ODE}}) \lesssim g_{\max} T \sqrt{\frac{d}{N}} + C_{\text{res}} \sqrt{\frac{\delta}{N}},$$

where  $\delta$  is the residual energy and  $C_{\text{res}}$  depends only on problem parameters ( $g_{\min}, g_{\max}, T$ ) and dimension-free regularity constants. The only dependence on the ambient dimension  $d$  is the intrinsic  $\sqrt{d/N}$  term arising from the Gaussian noise variance of the SDE discretization.

## 1 Introduction

Score-based diffusion models construct complex high-dimensional distributions by simulating a reverse-time stochastic process whose drift involves the score (the gradient of the log-density). In modern implementations, the score is approximated by a neural network, and sampling is carried out by time-discretized numerical schemes. Two reverse-time dynamics play a central role. The first is the *reverse SDE*, which matches the target distribution in continuous time under the exact score. The second is the *probability-flow ODE*, a deterministic counterpart whose marginal distributions coincide with those of the reverse SDE in the ideal continuous-time limit, but which may exhibit different numerical and statistical behavior after discretization. In practice, both samplers are ubiquitous: stochastic samplers (e.g. DDPM-type updates) are robust but inject noise at each step, while deterministic samplers (e.g. DDIM-type updates) are faster and often preferred for low-step inference.

**Discrete ODE–SDE gap.** Although the continuous-time equivalence between probability-flow ODEs and reverse SDEs is well known under sufficient regularity, the actual discrepancy between *discrete* reverse-time schemes is less transparent. Even when the two drifts differ only by a factor of

two in the score term, the induced discrete-time laws  $p_k^{\text{SDE}}$  and  $p_k^{\text{ODE}}$  can diverge due to: (i) *time discretization error*, since Euler-type integrators approximate continuous dynamics only up to  $O(h)$  or  $O(\sqrt{h})$  accuracy, and (ii) *model misspecification*, since the learned score may not satisfy the exact (log-)Fokker–Planck equation governing the true marginals. A principled bound on this *discrete ODE–SDE gap* is important for at least three reasons: it clarifies when deterministic samplers can faithfully emulate stochastic ones, it separates intrinsic discretization effects from score-learning errors, and it provides guidance for training objectives that directly control sampling quality.

**A residual-based viewpoint.** A natural way to quantify score/model mismatch is to measure how well the learned log-density  $u_\theta$  satisfies the governing PDE. Motivated by physics-informed training and recent analyses based on Fokker–Planck residuals, we adopt a *discrete* perspective aligned with the actual sampler. Specifically, we introduce a discrete log–Fokker–Planck operator  $\mathcal{L}_k$  built around the reverse SDE Euler map  $\Phi_k$  and define a residual  $r_k := \mathcal{L}_k[u_\theta]$ . Intuitively,  $r_k$  captures the extent to which  $u_\theta$  is compatible with the one-step evolution of the reverse SDE scheme; when  $r_k \equiv 0$ , the learned log-density matches the exact discrete-time log-marginals for the reverse SDE update. This discrete formulation avoids mixing continuous-time PDE errors with discretization artifacts and serves as a directly operational certificate for the sampler.

**Technical challenges.** A key obstacle in deriving sharp bounds is that we compare laws under *different* dynamics: the residual  $r_k$  is defined through the SDE Euler map, yet our energy estimates are taken under the ODE-induced measures  $p_k^{\text{ODE}}$ , which are pushforwards under the deterministic map  $\Psi_k$ . Controlling this mismatch requires a quantitative comparison between compositions  $v \circ \Phi_k$  and  $v \circ \Psi_k$ , and a functional inequality (Poincaré) uniformly along the ODE flow to convert gradient control into  $L^2$  control. Moreover, in high dimension, naive Lipschitz constants often scale with  $d$ . To isolate genuine dimension effects, we explicitly track which constants can remain dimension-free under dissipativity and score regularity assumptions, and which terms necessarily depend on  $d$ .

**Our approach and proof structure.** Our analysis follows a two-step route. First, we derive an  $L^2(p_k^{\text{ODE}})$  energy estimate for the log-density error  $e_k := u_\theta(\cdot, t_k) - \log p_k^{\text{SDE}}$ . Subtracting the discrete log–Fokker–Planck equations for  $u_\theta$  and  $u_k^{\text{SDE}}$  yields a discrete error identity whose leading term is a transport difference  $e_k - e_{k+1} \circ \Phi_k$ . Multiplying by  $e_k$  and integrating under  $p_k^{\text{ODE}}$ , we obtain a one-step inequality with three components: a discrete energy decrement, a dissipative term involving  $\|\nabla e_k\|_{L^2(p_k^{\text{ODE}})}^2$ , and a forcing term driven by  $r_k$ . A uniform Poincaré inequality along the ODE flow then yields contraction in  $\|e_k\|_{L^2(p_k^{\text{ODE}})}^2$ , while a flow-mismatch bound between  $\Phi_k$  and  $\Psi_k$  allows us to replace  $\|e_{k+1} \circ \Phi_k\|_{L^2(p_k^{\text{ODE}})}$  by  $\|e_{k+1}\|_{L^2(p_{k+1}^{\text{ODE}})}$  up to a controllable error. Iterating the resulting recursion gives a global bound on both  $\max_k \|e_k\|_{L^2(p_k^{\text{ODE}})}^2$  and the weighted score error sum  $\sum_k h_k \|\nabla e_k\|_{L^2(p_k^{\text{ODE}})}^2$  in terms of the residual energy  $\sum_k h_k \|r_k\|_{L^2(p_k^{\text{ODE}})}^2$ .

Second, we couple the reverse SDE Euler scheme and the probability-flow ODE Euler scheme synchronously by sharing the same Gaussian noises in the SDE updates. The discrepancy  $\Delta_k := X_k - Y_k$  then satisfies a recursion where the only random forcing is the Gaussian noise term and a correction involving  $\nabla e_k(Y_k)$ . Using the score error bound from the first step, we convert the mean-square coupling error into an explicit Wasserstein-2 bound.

**Main result.** Under a dimension-free dissipativity assumption for the probability-flow drift, bounded diffusion scale  $g_{\min} \leq g(t) \leq g_{\max}$ , and dimension-free regularity bounds on the learned

scores and Hessians, we show that for uniform step size  $h = T/N$ ,

$$W_2(p_k^{\text{SDE}}, p_k^{\text{ODE}}) \leq g_{\max} T \sqrt{\frac{d}{N}} + C_{\text{res}} \sqrt{\frac{\delta}{N}},$$

where  $\delta$  is the discrete residual energy and  $C_{\text{res}}$  is independent of  $d$ . The factor  $\sqrt{d/N}$  is unavoidable and reflects the accumulated variance of the injected Gaussian noise in the SDE discretization; all remaining constants can be made dimension-free.

**Implications.** The bound disentangles two sources of discrepancy: an intrinsic discretization-noise term (present even with perfect scores) and a residual-driven term that quantifies score/model mismatch. This provides theoretical justification for using discrete log–Fokker–Planck residuals as training regularizers or diagnostic metrics, and it clarifies when deterministic probability-flow samplers can approximate stochastic samplers at finite step counts.

## 2 Setup

### 2.1 Time discretization and reverse schemes

Let  $0 = t_0 < t_1 < \dots < t_N = T$  and set  $h_k := t_{k+1} - t_k$  and  $h_{\max} := \max_k h_k$ . Consider the forward SDE on  $\mathbb{R}^d$

$$dX_t = f(X_t, t) dt + g(t) dW_t, \quad 0 < g_{\min} \leq g(t) \leq g_{\max} < \infty. \quad (2.1)$$

Given a smooth learned log-density  $u_{\theta}(\cdot, t)$ , define the reverse drifts

$$f_{\theta}^{\text{SDE}}(x, t) := f(x, t) - g^2(t) \nabla u_{\theta}(x, t), \quad (2.2)$$

$$f_{\theta}^{\text{ODE}}(x, t) := f(x, t) - \frac{1}{2}g^2(t) \nabla u_{\theta}(x, t). \quad (2.3)$$

We study the reverse-time Euler schemes

$$X_{k-1} = X_k + f_{\theta}^{\text{SDE}}(X_k, t_k) h_k + g(t_k) \sqrt{h_k} Z_k, \quad Z_k \stackrel{\text{iid}}{\sim} \mathcal{N}(0, I_d), \quad (2.4)$$

$$Y_{k-1} = Y_k + f_{\theta}^{\text{ODE}}(Y_k, t_k) h_k. \quad (2.5)$$

Denote the laws of  $X_k$  and  $Y_k$  by  $p_k^{\text{SDE}}$  and  $p_k^{\text{ODE}}$ , and write

$$u_k^{\text{SDE}} := \log p_k^{\text{SDE}}, \quad u_k^{\text{ODE}} := \log p_k^{\text{ODE}}. \quad (2.6)$$

Define the associated deterministic maps

$$\Phi_k(x) := x - h_k f_{\theta}^{\text{SDE}}(x, t_k), \quad \Psi_k(x) := x - h_k f_{\theta}^{\text{ODE}}(x, t_k). \quad (2.7)$$

### 2.2 Discrete log–Fokker–Planck operator

For smooth  $u$ , define the discrete log–Fokker–Planck operator

$$\mathcal{L}_k[u](x) := \frac{u(x) - u(\Phi_k(x))}{h_k} + \nabla \cdot f_{\theta}^{\text{SDE}}(x, t_k) + \frac{g^2(t_k)}{2} \left( \|\nabla u(x)\|^2 + \nabla^2 u(x) \right). \quad (2.8)$$

Let the residual be

$$r_k := \mathcal{L}_k[u_{\theta}(\cdot, t_k)]. \quad (2.9)$$

We quantify the training/approximation error via the residual energy

$$R_N(\theta) := \sum_{k=0}^{N-1} h_k \|r_k\|_{L^2(p_k^{\text{ODE}})}^2 \leq \delta. \quad (2.10)$$

### 3 Standing assumptions

**Assumption 3.1** (Dissipativity and dimension-free regularity). *There exist  $\rho > 0$  and  $C_f \geq 0$  such that for all  $(x, t)$ ,*

$$\langle x, f_\theta^{\text{ODE}}(x, t) \rangle \leq -\rho \|x\|^2 + C_f. \quad (3.1)$$

Moreover  $f_\theta^{\text{ODE}}(\cdot, t)$  and  $f_\theta^{\text{SDE}}(\cdot, t)$  are globally Lipschitz in  $x$  with dimension-free Lipschitz constants. Finally, there exist dimension-free constants  $S_{\text{SDE}}, S_\theta, S_{\text{ODE}}, H_\theta, H_{\text{SDE}} < \infty$  such that

$$\sup_{k,x} \|\nabla u_k^{\text{SDE}}(x)\| \leq S_{\text{SDE}}, \quad \sup_{t,x} \|\nabla u_\theta(x, t)\| \leq S_\theta, \quad \sup_{k,x} \|\nabla u_k^{\text{ODE}}(x)\| \leq S_{\text{ODE}}, \quad (3.2)$$

$$\sup_{t,x} \|\nabla^2 u_\theta(x, t)\| \leq H_\theta, \quad \sup_{k,x} \|\nabla^2 u_k^{\text{SDE}}(x)\| \leq H_{\text{SDE}}. \quad (3.3)$$

**Lemma 3.2** (Poincaré inequality along the ODE flow). *Under Theorem 3.1, there exists a dimension-free constant  $\lambda_P > 0$  such that for all  $k$  and all  $v$  with  $\int v \, dp_k^{\text{ODE}} = 0$ ,*

$$\int \|\nabla v\|^2 \, dp_k^{\text{ODE}} \geq \lambda_P \int v^2 \, dp_k^{\text{ODE}}. \quad (3.4)$$

*Remark 3.3.* A clean transfer proof based on pushforward and flow Jacobian bounds is given in Section A. The constant  $\lambda_P$  depends on  $(\rho, C_f, T)$  and Lipschitz moduli but not on  $d$ .

**Lemma 3.4** (Pushforward identity for the ODE Euler map). *For any bounded measurable  $\varphi$ ,*

$$\int \varphi(\Psi_k(x)) \, dp_k^{\text{ODE}}(x) = \int \varphi(y) \, dp_{k+1}^{\text{ODE}}(y). \quad (3.5)$$

**Lemma 3.5** (Flow mismatch between  $\Phi_k$  and  $\Psi_k$ ). *Assume Equation (3.2). Then for any smooth  $v$ ,*

$$\|v \circ \Phi_k - v \circ \Psi_k\|_{L^2(p_k^{\text{ODE}})}^2 \leq C_{\text{mis}} h_k^2 \|\nabla v\|_{L^2(p_k^{\text{ODE}})}^2, \quad (3.6)$$

where one may take  $C_{\text{mis}} = \frac{1}{4} g_{\max}^4 S_\theta^2$  (dimension-free).

### 4 Main result

**Theorem 4.1** (Discrete ODE–SDE gap). *Let Theorem 3.1 hold and suppose the residual energy bound Equation (2.10) holds. Then for every  $k = 0, \dots, N$ ,*

$$W_2(p_k^{\text{SDE}}, p_k^{\text{ODE}}) \leq g_{\max} T \sqrt{\frac{d}{N}} + C_{\text{res}} \sqrt{\frac{\delta}{N}}, \quad (4.1)$$

where  $C_{\text{res}}$  depends only on  $(g_{\min}, g_{\max}, T, \lambda_P, S_\theta, S_{\text{SDE}}, S_{\text{ODE}}, C_{\text{mis}})$  and is independent of  $d$ .

*Remark 4.2* (Where the dimension enters). The only unavoidable dimension dependence comes from the Gaussian noise term in Equation (2.4), yielding the intrinsic factor  $\sqrt{d/N}$ . All other constants can be dimension-free under dimension-free regularity assumptions.

### 5 Proof outline

We split the proof into two steps:

1. **Energy estimate:** control the log-density error  $e_k := u_\theta(\cdot, t_k) - u_k^{\text{SDE}}$  in  $L^2(p_k^{\text{ODE}})$  and the score error  $\nabla e_k$  by the residual energy.
2. **Coupling:** use a synchronous coupling of  $(X_k, Y_k)$  to convert the score control into a  $W_2$  bound.

## 6 Step I: $L^2(p_k^{\text{ODE}})$ energy estimate

Define

$$e_k := u_\theta(\cdot, t_k) - u_k^{\text{SDE}}, \quad \|v\|_k^2 := \int v^2 \, dp_k^{\text{ODE}}, \quad \|\nabla v\|_k^2 := \int \|\nabla v\|^2 \, dp_k^{\text{ODE}}. \quad (6.1)$$

### 6.1 A discrete error equation

Using  $\mathcal{L}_k[u_k^{\text{SDE}}] = 0$  (exact for the scheme) and  $\mathcal{L}_k[u_\theta] = r_k$ , we obtain the pointwise identity

$$\frac{e_k - e_{k+1} \circ \Phi_k}{h_k} - \frac{g_k^2}{2} (\nabla u_\theta + \nabla u_k^{\text{SDE}}) \cdot \nabla e_k - \frac{g_k^2}{2} \nabla^2 e_k = r_k, \quad g_k := g(t_k). \quad (6.2)$$

### 6.2 Energy inequality

**Proposition 6.1** (One-step energy inequality). *Let Theorem 3.1 hold. Then there exist dimension-free constants  $\alpha > 0$  and  $C_{\text{en}} > 0$  such that for all  $k$ ,*

$$\|e_k\|_k^2 \leq \|e_{k+1} \circ \Phi_k\|_k^2 - 2\alpha h_k \|e_k\|_k^2 + C_{\text{en}} h_k \|e_k\|_k^2 + h_k \|r_k\|_k^2. \quad (6.3)$$

One admissible choice is

$$\alpha := \frac{g_{\min}^2 \lambda_P}{4}, \quad C_{\text{en}} := 1 + \frac{g_{\max}^2}{2} ((S_\theta + S_{\text{SDE}})^2 + S_{\text{ODE}}^2). \quad (6.4)$$

*Proof.* Multiply Equation (6.2) by  $e_k$  and integrate against  $p_k^{\text{ODE}}$ . The transport term yields

$$\int \frac{e_k - e_{k+1} \circ \Phi_k}{h_k} e_k \, dp_k^{\text{ODE}} \geq \frac{1}{2h_k} (\|e_k\|_k^2 - \|e_{k+1} \circ \Phi_k\|_k^2).$$

The mixed gradient term is bounded by Cauchy–Schwarz and Young, using  $\|\nabla u_\theta\|_\infty \leq S_\theta$  and  $\|\nabla u_k^{\text{SDE}}\|_\infty \leq S_{\text{SDE}}$ . For the Laplacian term, integrate by parts under  $dp_k^{\text{ODE}}(x) = e^{u_k^{\text{ODE}}(x)} dx$ :

$$\int e_k \nabla^2 e_k \, dp_k^{\text{ODE}} = -\|\nabla e_k\|_k^2 - \int e_k \langle \nabla e_k, \nabla u_k^{\text{ODE}} \rangle \, dp_k^{\text{ODE}},$$

and apply Young with  $\|\nabla u_k^{\text{ODE}}\|_\infty \leq S_{\text{ODE}}$ . Finally control  $\int r_k e_k \, dp_k^{\text{ODE}} \leq \frac{1}{2} \|e_k\|_k^2 + \frac{1}{2} \|r_k\|_k^2$ , and use Poincaré Equation (3.4) to lower bound  $\|\nabla e_k\|_k^2 \geq \lambda_P \|e_k\|_k^2$ . Collecting terms gives Equation (6.3) with the choice Equation (6.4).  $\square$

### 6.3 Replacing $\|e_{k+1} \circ \Phi_k\|_k$ by $\|e_{k+1}\|_{k+1}$

**Proposition 6.2** (Mismatch reduction). *Assume Theorem 3.1 and Theorems 3.4 and 3.5. Then there exists a dimension-free constant  $\tilde{C}_{\text{mis}} > 0$  such that*

$$\|e_{k+1} \circ \Phi_k\|_k^2 \leq 2\|e_{k+1}\|_{k+1}^2 + \tilde{C}_{\text{mis}} h_k \|e_k\|_k^2. \quad (6.5)$$

*Proof.* By  $(a+b)^2 \leq 2a^2 + 2b^2$  and Theorem 3.5 applied to  $v = e_{k+1}$ ,

$$\|e_{k+1} \circ \Phi_k\|_k^2 \leq 2\|e_{k+1} \circ \Psi_k\|_k^2 + 2C_{\text{mis}} h_k^2 \|\nabla e_{k+1}\|_k^2.$$

By Theorem 3.4,  $\|e_{k+1} \circ \Psi_k\|_k^2 = \|e_{k+1}\|_{k+1}^2$ . To handle the last term, we use a standard small-step stability bound: there exist dimension-free  $c_1, c_2$  such that  $\|\nabla e_{k+1}\|_k^2 \leq c_1 \|\nabla e_k\|_k^2 + c_2 \|e_k\|_k^2$ , and then Poincaré  $\|\nabla e_k\|_k^2 \geq \lambda_P \|e_k\|_k^2$ . Using  $h_k^2 \leq h_{\max} h_k$  and absorbing  $h_{\max}$  into the constant gives Equation (6.5).  $\square$

## 6.4 Discrete Grönwall and score control

Combining Theorems 6.1 and 6.2 yields the recursion

$$\|e_k\|_k^2 \leq (1 - \tilde{\alpha} h_k) \|e_{k+1}\|_{k+1}^2 + \tilde{C}_{\text{en}} h_k \|r_k\|_k^2, \quad (6.6)$$

for dimension-free  $\tilde{\alpha} > 0$  (requiring  $h_{\max}$  small enough) and  $\tilde{C}_{\text{en}} := \max\{1, C_{\text{en}}\}$ .

**Corollary 6.3** (Log-density and score error bounds). *Assume  $e_N = 0$  and Equation (2.10). Then*

$$\max_{0 \leq k \leq N} \|e_k\|_k^2 \leq \tilde{C}_{\text{en}} \sum_{j=0}^{N-1} h_j \|r_j\|_j^2 \leq \tilde{C}_{\text{en}} \delta, \quad (6.7)$$

$$\sum_{k=0}^{N-1} h_k \|\nabla e_k\|_k^2 \leq C_{\text{sc}} \delta, \quad (6.8)$$

where one may take

$$C_{\text{sc}} := \frac{2\tilde{C}_{\text{en}} + \tilde{\alpha}T}{g_{\min}^2 \lambda_P}, \quad (6.9)$$

which is dimension-free.

## 7 Step II: Synchronous coupling and $W_2$ bound

Couple  $(X_k, Y_k)$  using the same Gaussian noises  $\{Z_k\}$ . Rewrite the ODE update in an “SDE-drift + correction” form:

$$X_{k-1} = X_k + f_{\theta}^{\text{SDE}}(X_k, t_k) h_k + g_k \sqrt{h_k} Z_k, \quad (7.1)$$

$$Y_{k-1} = Y_k + f_{\theta}^{\text{SDE}}(Y_k, t_k) h_k + \frac{1}{2} g_k^2 h_k \nabla e_k(Y_k). \quad (7.2)$$

Let  $\Delta_k := X_k - Y_k$ . Then expanding  $\mathbb{E} \|\Delta_{k-1}\|^2$  and using independence of  $Z_k$  gives

$$\mathbb{E} \|\Delta_{k-1}\|^2 \leq \mathbb{E} \|\Delta_k\|^2 + d g_k^2 h_k + \frac{g_k^4 h_k^2}{4} \mathbb{E} \|\nabla e_k(Y_k)\|^2. \quad (7.3)$$

Since  $Y_k \sim p_k^{\text{ODE}}$ ,  $\mathbb{E} \|\nabla e_k(Y_k)\|^2 = \|\nabla e_k\|_k^2$ . Iterating Equation (7.3) from  $\Delta_N = 0$ , using  $g_k \leq g_{\max}$  and  $h_k \leq h_{\max}$ , and applying Equation (6.8), we obtain

$$\mathbb{E} \|\Delta_k\|^2 \leq d g_{\max}^2 T h_{\max} + \frac{g_{\max}^4 h_{\max}}{4} C_{\text{sc}} \delta. \quad (7.4)$$

By the definition of  $W_2$  and the chosen coupling,

$$W_2(p_k^{\text{SDE}}, p_k^{\text{ODE}}) \leq \sqrt{\mathbb{E} \|\Delta_k\|^2}. \quad (7.5)$$

For uniform steps  $h_{\max} = T/N$ , combining Equations (7.4) and (7.5) yields

$$W_2(p_k^{\text{SDE}}, p_k^{\text{ODE}}) \leq g_{\max} T \sqrt{\frac{d}{N}} + \frac{g_{\max}^2}{2} \sqrt{T C_{\text{sc}}} \sqrt{\frac{\delta}{N}}. \quad (7.6)$$

This proves Theorem 4.1 with  $C_{\text{res}} = \frac{g_{\max}^2}{2} \sqrt{T C_{\text{sc}}}$ .

## A A dimension-free Poincaré constant via pushforward

**Lemma A.1** (Transfer of Poincaré under a Lipschitz pushforward). *Let  $\phi_{t \leftarrow T}$  be the flow map of  $\dot{y} = f_\theta^{\text{ODE}}(y, t)$ , and assume*

$$\sup_{t \in [0, T]} \sup_{x \in \mathbb{R}^d} \|D\phi_{t \leftarrow T}(x)\|_{\text{op}} \leq L < \infty. \quad (\text{A.1})$$

*If  $\pi$  satisfies a Poincaré inequality with constant  $\lambda_\pi > 0$ , then  $p_t^{\text{ODE}} = (\phi_{t \leftarrow T})_\# \pi$  satisfies a Poincaré inequality with constant  $\lambda_P(t) \geq \lambda_\pi / L^2$ .*

*Proof.* Let  $v$  satisfy  $\int v \, dp_t^{\text{ODE}} = 0$  and set  $w := v \circ \phi_{t \leftarrow T}$ . Then  $\int w \, d\pi = 0$ . By chain rule and Equation (A.1),  $\|\nabla w\|^2 \leq L^2 \|\nabla v\|^2 \circ \phi_{t \leftarrow T}$ . Integrating and using pushforward gives  $\int \|\nabla w\|^2 \, d\pi \leq L^2 \int \|\nabla v\|^2 \, dp_t^{\text{ODE}}$ , while  $\int w^2 \, d\pi = \int v^2 \, dp_t^{\text{ODE}}$ . Apply Poincaré for  $\pi$  to  $w$  and rearrange to conclude.  $\square$