

NCDprime

Modelling the impact of national policies on noncommunicable disease (NCD) mortality using PRIME: a policy scenario modelling tool



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KEYWORDS

Noncommunicable diseases Smoking Modelling Alcohol Policy impact Physical inactivity Cardiovascular disease Salt Cancer Obesity Diabetes Diet

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FOREWORD

The **World Health Organization** (WHO) has **nine voluntary global targets** for noncommunicable diseases (NCDs). Sustainable Development Goal (SDG) 3.4 aims to achieve, by 2030, a **reduction of one third in premature mortality from NCDs** through prevention and treatment and to promote mental health and well-being. Member States are choosing policy options recommended by WHO to achieve these targets. Based on the national context of states, the impact of these interventions differs from country to country. Scientific figures generated using local data help policy-makers to prioritize implementation of national interventions.

The **Preventable Risk Integrated ModEl** (PRIME) is an openly available NCD scenario model which **helps to estimate the impact of changes in NCD risk factors on NCD mortality**. We hope this model will be helpful to Member States, as they undertake the challenge of achieving SDG 3.4, in designing interventions, setting national targets, and estimating the impact of policy interventions. The WHO Regional Office for Europe will work with countries to use this manual and provide further technical support.

João Breda, Head, WHO European Office for the Prevention and Control of Noncommunicable Diseases, Division of Noncommunicable Diseases and Promoting Health through the Life-course, WHO Regional Office for Europe

Bente Mikkelsen, Director, Division of Noncommunicable Diseases and Promoting Health through the Life-course, WHO Regional Office for Europe

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ABBREVIATIONS

- **BMI** body mass index
- **CI** confidence interval
- **MC analysis** Monte Carlo analysis
 - **MET** metabolic equivalent (of task)
 - MUFA monounsaturated fatty acid
 - **MVPA** moderate/vigorous physical activity

- **NCD** noncommunicable disease
- **PRIME** Preventable Risk Integrated ModEl
- PUFA polyunsaturated fatty acid
- **RR** risk ratio
- SD standard deviation
- **SDG** Sustainable Development Goal
- **WHO** World Health Organization

EXECUTIVE SUMMARY

Reductions in modifiable noncommunicable disease (NCD) risk factors are likely to decrease NCD-related deaths. The Preventable Risk Integrated ModEl (PRIME), an openly available NCD scenario model, uses age/sex, diet and behavioural risk factor data and a population's NCD mortality rates to estimate the impact of counterfactual changes in NCD risk factors on annual deaths from NCDs.

This manual outlines specific instructions for inputting baseline values (your country's current data)

and counterfactual values (from hypothetical national policy interventions) into PRIME's Excel sheets. Online sources to acquire population and mortality values are suggested to complete the input data set.

The hypothetical NCD-related mortality rate is automatically computed using the inputted data to estimate the number of averted or delayed deaths. This is useful as it determines the impact of a national policy to change NCD risk factors on NCD-related deaths. This could be used to estimate the likely impact of one or more policy options considered to address multiple NCD risk factors and to prioritize them based on the number of deaths averted.

OVERVIEW

What is **PRIME**?



PRIME is an Excel-based modelling tool for estimating the impact of populationlevel changes in NCD risk factors on annual deaths from NCDs. It is developed by researchers at WHO Collaborating Centre on Population Approaches for NCD Prevention, Nuffield Department of Population Health, University of Oxford.

How to use PRIME?



The operator needs to input three sets of data and is then able to create a counterfactual scenario by modifying the demographic distribution of one or more risk factors. PRIME computes the impact of these changes on NCD mortality rates, i.e. how many deaths would have been averted or delayed. The three sets of data are:



age and sex distribution of the population



NCD mortality rates for a given year



smoking status alcohol consumption physical activity diet

How does PRIME work?



The values determining changes in mortality for a given NCD risk factor have been derived from peer-reviewed meta-analyses. A full description of the model, the statistical underpinnings, and meta-analyses that inform assumptions can be found in <u>this</u> review article¹. An example of Portugal using PRIME to model a change in dietary risk factors can be found <u>here²</u>.



Investigators in country X are concerned by the high rates of lung cancer. They believe that introducing **a new tobacco tax would reduce smoking prevalence by 10%** and want to find out how many lives the policy would save.

They **use PRIME to model the impact of reducing smoking prevalence by 10%**. After inputting details of their population distribution, current NCD mortality rates, and current smoking rates from national survey data, the investigators set up a counterfactual scenario in which smoking prevalence falls by 10%.

PRIME estimates that 10 000 lives would be saved every year.

¹ Scarborough P, Harrington RA, Mizdrak A, Zhou LM, Doherty A. The Preventable Risk Integrated ModEl and its use to estimate the health impact of public health policy scenarios. Scientifica. 2014;2014:748750.

² Goiana-da-Silva F, Cruz-e-Silva D, Allen L, Gregorio MJ, Severo M, Nogueira PJ et al. Modelling impacts of food industry co-regulation on noncommunicable disease mortality, Portugal. Bull World Health Organ. BLT.18.220566.

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| F20-29 | 1740.5 | 200.4 | 37.7 | 39.3
 | 175.1 | 36.2 | 22.9 | 15.8
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 | 7.0 | 1.8 | F25-29
F30-34 | 1/24.5
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| F35-39 | 1673.5 | 217.6 | 39.5 | 29.4
 | 178.8 | 37.4 | 20.1 | 16.0
 | 4.6

 | 7.0 | 1.8 | F35-39 | 1660.4
 | 212.7 | 39.5 | 29.4
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| F40-44 | 1642.7 | 221.3 | 39.3 | 26.3
 | 182.6 | 37.9 | 18.8 | 16.1
 | 4.6

 | 7.0 | 1.8 | F40-44 | 1630.9
 | 221.3 | 39.3 | 26.3
 | 182.6 | 37.9 | 18.8 | 16.1
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| F45-49 | 1612.0 | 224.0 | 40.4 | 23.4
 | 186.5 | 38.4 | 17.6 | 16.1
 | 4.6

 | 7.0 | 1.7 | F45-49 | 1601.4
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| F50-54 | 1585.7 | 227.0 | 40,5 | 21.6
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 | 7.0 | 1.7 | F50-54 | 1576.1
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| M15-19
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M20-24 | Mean Total fat
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127.60 | | | | | | | | | | | | | | | | | | | |
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| M15-19
M20-24
M25-29
M30-34
M35-39
M40-44 | Mean Total SD 7
fat (% total (% t
energy) ene
30.20
30.00
29.80
29.70
29.40
29.10 | Total fat
total
ergy)
4.40
4.40
4.40
4.40
4.40
4.40
4.40 | Mean 5
Saturated fat (% total 6
energy) 6
10.40
10.30
10.10
9.90
9.70
9.40 | SD
Saturate
d fat (%
total
energy)
2.10
2.10
2.10
2.10
2.10
2.10
2.10
 | Mean
MUFA SD
(% total (%
energy) en
12.00
12.10
12.20
12.20
12.20
12.20 | MUFA Me
total (%
ergy) ene
2.20
2.20
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2.20
2.20
2.20
2.20 | ean PUFA SC
total to
ergy) en
4.60
4.70
4.70
4.80
4.80
4.80
4.80 | PUFA (% c
tal c
tal c
iergy) (
1.10
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 | Mean Si Dietary D sholester 0 ol o 361.50 376.50 381.10 378.30 378.30 368.10 356.10 356.10

 | D
hietary
holester
l
mg/d)
126.00
129.70
130.80
130.00
127.60
127.60 | | M15-19
M20-24
M25-29
M30-34
M35-39
M40-44 | Mean Total fat
(% total energy)
29.82
29.77
29.68
29.57
29.39
29.39
29.39
 | SD Total fat
(% total
energy)
4.41
4.41
4.42
4.40
4.40
4.40
4.39 | Mean
Saturated fat
(% total
energy)
10.40
10.30
10.10
9.90
9.70
9.40 | SD
Saturate
d fat (%
total
energy)
2.10
2.10
2.10
2.10
2.10
2.10
 | Mean SE MUFA M (% total (% energy) en 12.00 12.10 12.20 12.20 12.20 12.20 12.20 12.20 |) FA F
i total t
iergy) e
2.20
2.30
2.20
2.20
2.20
2.20
2.30 | Vean
PUFA (% SE
otal (%
energy) er
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4.70
4.70
4.80
4.80
4.80 | N
D PUFA c
6 total c
hergy) (1
1.10
1.10
1.10
1.10
1.00
1.10
 | Mean S
Dietary [
holester c
ol c
(mg/d) (
361.50
361.50
361.50
365.10
378.30
368.10
356.10 | SD
Dietary
cholester
ol
126.00
129.70
130.80
130.00
127.60
124.50 | | | | | | | | | | | | | | | | | | | |
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| M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49 | Mean Total SD fat (% total (% t 30.20 energy) 30.00 29.80 29.80 29.70 29.40 29.10 28.90 28.90 | Total fat
total
ergy)
4.40
4.40
4.40
4.40
4.40
4.40
4.40
4.4 | Mean
Saturated
fat (% total
energy)
10.40
10.30
10.10
9.90
9.70
9.70
9.40
9.20 | SD
Saturate
d fat (%
total
energy)
2.10
2.10
2.10
2.10
2.10
2.10
2.10
2.10
 | Mean
MUFA SD
(% total (%
energy) en
12.00
12.10
12.20
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12.20
12.20
12.20 | MUFA (%
total (%
2.20
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2.20
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2.30
2.30 | ean PUFA SC
totai to
ergy) err
4.60
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4.70
4.80
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4.80
4.80
4.80 | PUFA (% c
tal c
tal c
(1.10)
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1.10
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1.10
 | Mean Si Dietary D sholester 0 ol 0 361.50 376.50 381.10 378.30 378.30 368.10 356.10 343.10

 | D
lietary
holester
J
mg/d)
129.70
130.80
130.00
127.60
124.50
124.50 | | M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49 | Mean Total fat
(% total energy)
29.82
29.77
29.58
29.57
29.35
29.19
28.97
 | SD Total fat
(% total
energy)
4.41
4.41
4.41
4.40
4.40
0
4.39
7
4.39 | Mean
Saturated fat
(% total
energy)
10.40
10.30
10.10
9.90
9.70
9.40
9.40
9.20 | SD
Saturate
d fat (%
total
energy)
2.100
2.100
2.100
2.100
2.100
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2.100
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2.100
 | Mean SE MUFA M (% total (% energy) en 12.00 12.10 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 | UFA F
itotal t
eergy) 6
2.20
2.20
2.30
2.20
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2.20
2.30
2.20
2.30
2.20
2.30
2.20 | Vean
PUFA (% SE
otal (%
mergy) en
4.60
4.70
4.70
4.70
4.80
4.80
4.80
4.80
4.80 | N
D PUFA c
6 total c
hergy) (j
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1.10
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1.10
1.1
 | Mean S
Dietary I
holester o
of o
361.50
376.50
381.10
378.30
368.10
356.10
343.10 | SD
Dietary
cholester
ol
126.00
129.70
130.80
130.00
127.60
124.50
121.40 | | | | | | | | | | | | | | | | | | | |
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 | | | | | | |
| M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49
M50-54 | Mean Total SD fat (% total (% for all (| Total fat
total
:rgy)
4.40
4.40
4.40
4.40
4.40
4.40
4.40
4.4 | Mean
Saturated
fat (% total
energy)
10.40
10.30
10.10
9.90
9.70
9.40
9.20
8.90 | SD
Saturate
d fat (%
total
energy)
2.10
2.10
2.10
2.10
2.10
2.10
2.00
2.00 | Mean
MUFA SD
(% total (%
energy) em
12.00
12.10
12.20
12.20
12.20
12.20
12.20
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12.20
 | MUFA Me
total (%
ergy) ene
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2.30 | ean PUFA SC
total to
ergy) en n
4.60
4.70
4.70
4.80
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4.70 | PUFA (% c
bPUFA (% c
tal c
vergy) (
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1.1 | Viean Si Dietary D iholester cl j o mg/d) (r 361.50 3 376.30 3 378.30 3 366.10 3 356.10 3 324.80 3

 | D
bletary
holester
126.00
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M20-24
M25-29
M30-34
M35-39
M40-44
M45-49
M50-54 | Mean Total fat
(% total energy)
29.82
29.77
29.68
29.57
29.39
29.19
28.97
28.62
28.62
 | SD Total fat
(% total
energy)
4.41
4.41
4.41
4.40
4.40
0.4.39
4.39
4.39 | Mean
Saturated fat
(% total
energy)
10.40
10.30
10.10
9.90
9.70
9.40
9.20
8.99 | SD
Saturate
d fat (%
total
energy)
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MUFA M
(% total (%
energy) en
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12.10
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 | UFA F
itotal t
eergy) c
2.20
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2.20
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2.20
2.20
2.20
2.2 | Aean
UFA (% SE
otal (%
mergy) en
4.60
4.70
4.70
4.80
4.80
4.80
4.80
4.80
4.80
4.70
4.70 | N
D PUFA c
6 total c
hergy) ((
1.10
1.10
1.10
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1.10
1.10
1.
 | Mean S
Dietary [
holester o
a 361.50
376.50
381.10
378.30
368.10
356.10
343.10
324.80 | SD
Dietary
cholester
bl
126.00
129.70
130.80
130.80
127.60
124.50
121.40
116.60 | | | | | | | | | | | | | | | |
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| M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M35-49
M50-54
M50-54
M55-59 | Mean Total SD
fat (% total (% t
energy) ene
30.20
30.00
29.80
29.70
29.40
29.10
28.50
28.50
28.50
28.10 | Total fat
total
(rgy)
4.40
4.40
4.40
4.40
4.40
4.40
4.40
4.4 | Mean
Saturated
fat (% total
energy)
10.40
10.30
10.10
9.90
9.70
9.40
9.20
8.50
8.50
0.5 40 | SD
Saturate
d fat (%
total
2.10
2.10
2.10
2.10
2.10
2.10
2.10
2.10
 | Mean
MUFA SD
(% total (%
energy) en
12.00
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20 | MUFA Me
total (%)
ergy) ene
2.20
2.30
2.30
2.20
2.20
2.20
2.20
2.20 | an PUFA SC
total to
ergy) en
4.60
4.70
4.70
4.80
4.80
4.80
4.80
4.70
4.70
4.70
4.70 | 0 PUFA (% c
tal c
1.10
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1.1
 | Mean Si Dietary D cholester cl o o mg/d) (r 361.50 3 381.10 3 378.30 3 366.10 3 356.10 3 356.10 3 326.20 3

 | D
lietary
holester
126.00
129.70
130.80
130.00
127.60
124.50
121.40
116.60
112.10 | | M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M55-59
M50-54
M55-59 | Mean Total fat
(% total energy)
29.82
29.77
29.66
29.57
29.39
29.19
28.97
28.67
28.62
28.62
27.2
2
 | SD Total fat
(% total
energy)
e 4.41
4.41
4.42
4.42
4.42
4.42
4.42
4.43
4.43
4.33
4.3 | Mean
Saturated fat
(% total
energy)
10.40
10.30
10.10
9.90
9.70
9.40
9.20
8.90
8.90
8.60
0.01 | SD
Saturate
d fat
(%
total
energy)
2.100
2.100
2.100
2.100
2.100
2.100
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2.00000000 | Mean SC MUFA M (% total (% energy) en 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 12.20 11.90 12.00 | UFA F
is total t
ergy) c
2.20
2.20
2.20
2.20
2.20
2.20
2.20
2.2 | Aean
UFA (% SE
otal (%
(mergy) en
4.70
4.70
4.80
4.80
4.80
4.80
4.80
4.80
4.70
4.70
 | N
D PUFA c
6 total c
hergy) ((
1.10
1.10
1.10
1.10
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1.10 | Mean S
Dietary I
holester o
of o
mg/d) (
361.50
376.50
381.10
378.30
368.10
366.10
356.10
356.10
343.10
324.80
307.20 | SD
Dietary
cholester
ol
126.00
129.70
130.80
130.80
127.60
124.50
121.40
116.60
112.00 | | | | | | | | | | | | | | | | |
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| M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49
M50-54
M50-54
M55-59
M60-64
M65-69 | Mean Total
energy) SD
(%
energy) 30.20 (%
9.000 29.00 29.00 29.70 29.40 29.10 28.90 28.50 28.50 27.80 27.80 27.80 27.80 | Total fat
total
:rgy)
4.40
4.40
4.40
4.40
4.40
4.40
4.40
4.4 | Mean
Saturated
fat (% total
energy)
10.40
10.30
10.10
9.970
9.970
9.40
9.20
8.90
8.60
8.40
8.20 | SD
Saturate
d fat (%
total
energy)
2.10
2.10
2.10
2.10
2.10
2.10
2.00
2.00
 | Mean
MUFA SD
(% total (%
energy) en
12.00
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.20
12.10
12.00
11.70
11.70 | MUFA Me
total (%
ergy) ene
2.20
2.20
2.20
2.20
2.20
2.20
2.20
2.2 | ean PUFA SC
total to
rrgy) en
4.60
4.70
4.70
4.80
4.80
4.80
4.80
4.70
4.60
4.70
4.60
4.50 | 0 PUFA (% c
tal c | Vlean Si Dietary D tholester d 361.50 376.50 381.10 378.30 368.10 368.10 343.10 343.10 324.80 307.20 290.60 270.60

 | D
ietary
holester
1
126.00
129.70
130.80
130.00
127.60
124.50
121.40
116.60
112.10
107.60
 | | M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M35-49
M50-54
M50-54
M50-54
M55-59
M60-64
M65-59 | Mean Total fat
(% total energy)
29.83
29.77
29.55
29.35
29.19
28.62
28.25
28.25
28.25
28.25
28.25
27.84
27.75
27.75
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 | Mean
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(% total
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d fat (%
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 | SD
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| M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49
M50-54
M55-59
M60-64
M55-69
M70-74 | Mean Total
fat (% total
energy) SD
(% t
energy) 30.20 (% t
energy) 29.80 29.80 29.70 29.40 29.10 28.90 28.50 28.50 27.30 27.30 | Total fat
total
*rgy)
4.40
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4.4 | Mean
Saturated
fat (% total
energy)
10.40
9.90
9.70
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Saturate
d fat (%
total
energy)
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energy) en
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11.50 | MUFA Me
total (%
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 | Vlean Si Dietary D cholester d mg/d) (r) 361.50 3 376.50 3 381.10 3 368.10 3 366.10 3 343.10 3 324.80 3 324.80 3 3707.20 2 290.60 2 3754.20 2

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bietary
holester
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97.20 | | M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49
M50-54
M55-59
M60-64
M55-69
M70-74 | Mean Total fat
(% total
energy)
29.82
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4.3 | Mean
Saturated fat
(% total
energy)
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| M15-19
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M40-44
M45-49
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M50-64
M56-69
M70-74
M75-79 | Mean Total
energy) SD
(% f
energy) 30.20 (% f
energy) 29.80 29.70 29.80 29.70 29.10 28.90 28.50 28.10 27.30 27.30 26.40 26.40 | Total fat
total
rgy)
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 | Mean
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 | D
bietary
holester
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107.20
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92.00 | | M15-19
M20-24
M25-29
M30-34
M35-39
M40-44
M45-49
M50-54
M55-59
M60-64
M65-69
M70-74
M75-79 | Mean Total fat
(% total energy)
29.82
29.77
29.68
29.157
29.39
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Dietary
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M35-39
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M80-84 | Mean Total fat
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M80-84
M85+ | Mean Total
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energy) 30.20 (%
(%) 30.00 29.00 29.80 29.70 29.40 29.10 28.90 28.50 28.10 27.80 27.30 26.90 26.90 26.40 25.90 25.90 | Total fat
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:rgy)
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M70-74
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M80-84
M85+ | Mean Total fat
(% total
energy)
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M60-64
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M70-74
M75-79
M80-84
W85+ | Mean Total
energy) SD
(% f
energy) 30.20 (% f
energy) 30.00 (% f
energy) 29.80 29.70 29.40 29.10 28.50 28.50 28.50 28.50 27.30 27.30 26.90 26.40 25.90 25.90 | Total fat
total
rgy)
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4.4 | Mean Saturated fat (% total energy) 10.40 10.10 9.90 9.70 9.40 9.20 8.90 8.60 8.40 8.20 7.90 7.80 7.80 7.80 | SD
Saturate
d fat (%
total
energy)
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 | Mean
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energy) en
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10.60 | MUFA Me
total (%)
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 | Mean S Detary D tholester 0 or or 361.50 381.10 376.30 356.10 356.10 335.10 324.80 307.20 307.20 290.60 2754.20 254.20 216.80 216.80

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holester
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87.00 | | M15-19
M20-24
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M45-49
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M50-64
M55-59
M50-64
M55-79
M80-84
M85+ | Mean Total fat
(% total
energy)
29.82
29.57
29.58
29.57
29.35
29.19
28.97
28.62
28.92
27.84
27.28
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(% total
energy)
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Dietary
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M50-59
M60-64
M65-69
M70-74
M75-79
M80-84
M85+ | Mean Total SD fat (% total (% t energy) energy 30.20 30.00 29.80 29.70 29.40 29.10 28.50 28.50 28.50 28.50 27.30 26.90 25.90 25.90 31.80 31.80 | Total fat
total
ergy)
4.40
4.40
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4.4 | Mean
Saturated
fat (% total
energy)
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9.90
9.70
9.40
9.20
8.60
8.60
8.840
8.840
8.840
8.840
8.700
7.80
7.80
7.80 | SD
Saturate
d fat (%
2.10
2.10
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 | Mean
MUFA SD
(% total (%
energy) enn
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ergy) er
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 | Mean S Deletary D cholester 0 a 0 361.50 3 381.10 3 378.30 3 368.10 3 366.10 3 384.10 3 376.30 2 290.60 2 290.60 2 244.80 2 216.80 2 216.80 2 224.30 2

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bietary
holester
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87.00 | | M15-19
M20-24
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M60-64
M65-69
M70-74
M75-79
M80-84
M75-79
M80-84
M85+ | Mean Total fat
(% total energy)
29.82
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 | SD Total fat
(% total
energy)
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F40-44 | Mean Total fat
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4.3 | Mean
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28.22
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M20-24
M25-29
M30-34
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M35-49
M50-54
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M60-64
M55-69
M70-74
M75-79
M80-84
M85+
F15-19
F20-24
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F30-34
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F60-64</td><td>Mean Total
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energy 30.20 (% t
9.30,00 29.30 (% t
9.30,00 29.30 29.70 29.40 29.70 29.40 29.70 29.40 29.70 28.90 28.50 28.50 28.50 27.80 27.80 27.30 26.90 25.90 25.90 31.80 32.00 31.80 31.90 31.80 31.30 31.30 31.30 31.30 31.30 30.70 30.40</td><td>Total fat
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4.4</td><td>Mean Saturated fat (% total energy) 10.40 10.10 9.90 9.70 9.40 9.20 8.90 8.60 8.40 8.00 7.80 7.80 10.90 10.70 10.60 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.80 9.60 9.50</td><td>SD
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M65-69
M70-74
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Saturate
d fat (%
total
energy)
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ergy) a
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378.30 3
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368.10 3
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378.30 2
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M70-74
M70-74
M75-79
M80-84
M80-84
M85+
F15-19
F20-24
F25-29
F30-34
F35-39
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F70-74</td><td>Mean Total SD fat (% total (% t) a0.20 a0.00 30.00 29.80 29.70 29.40 29.10 28.90 28.50 28.50 28.50 28.50 27.30 26.90 25.90 25.90 31.80 32.00 31.80 31.60 31.30 31.60 31.30 31.10 30.70 29.50 29.50 29.50</td><td>Total
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M35-39
M40-44
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M55-59
M70-74
M70-74
M75-79
M80-84
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F35-39
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M20-24
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M40-44
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M70-74
M70-74
M75-79
M80-84
M85+
F15-19
F20-24
F25-29
F30-34
F35-39
F40-44
F35-39
F40-44
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M65-69
M70-74
M75-79
M80-84
M85+
F15-19
F20-74
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F85+</td><td>Mean Total fat
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102.20
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M35-39
M40-44
M45-49
M50-54
M50-54
M50-54
M50-64
M55-59
M50-64
M55-59
M70-74
M75-79
M80-84
M85+
F15-19
F20-24
F25-29
F30-34
F35-39
F40-44
F35-39
F40-44
F55-59
 | Mean Total fat
(% total energy)
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M70-74
M70-74
M75-79
M80-84
M85+
F15-19
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M20-24
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M35-39
M40-44
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M50-54
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M50-64
M55-59
M50-64
M55-59
M70-74
M75-79
M80-84
M85+
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F20-24
F25-29
F30-34
F35-39
F40-44
F35-39
F40-44
F55-59 | Mean Total fat
(% total energy)
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M70-74
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F15-19
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rgy)
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4.4 | Mean Saturated fat (% total energy) 10.40 10.10 9.90 9.70 9.40 9.20 8.90 8.60 8.40 8.00 7.80 7.80 10.90 10.70 10.60 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.90 9.80 9.60 9.50 | SD
Saturate
d fat (%
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F55-59 | Mean Total
energy) SD
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F70-74 | Mean Total SD fat (% total (% t) a0.20 a0.00 30.00 29.80 29.70 29.40 29.10 28.90 28.50 28.50 28.50 28.50 27.30 26.90 25.90 25.90 31.80 32.00 31.80 31.60 31.30 31.60 31.30 31.10 30.70 29.50 29.50 29.50 | Total fat
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M55-59
M70-74
M70-74
M75-79
M80-84
M85+
F15-19
F20-24
F25-29
F30-34
F35-39
F40-44
F35-39
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F70- | Mean Total fat
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Counterfactual

2

Baseline

eet of PRIME

Parameters FruitVeg Fibre Fibre ONLY Salt Salt ONLY Fats Fats ONLY BMI BMI ONLY PA PA ONLY BMI and PA ONLY Alcohol Alcohol ONLY Smoking Smoking ONLY Population & Mortality Results MC_Results Baseline & Counterfactual

Double-click on the PRIME Excel file icon to open the spreadsheet (Fig. 2). The first sheet of the spreadsheet is depicted in Fig. 1.



Fig. 2 The PRIME file icon

PRIME is a spreadsheet built in Microsoft Excel. It extends over 22 sheets, the first of which is entitled **Baseline & Counterfactual**, the last **Notes**. Only the first three sheets are actually used by the operator – the other 19 sheets are there to show how the model operates, e.g. underlying formulae, assumptions and confidence intervals. This guide works best if you have the spreadsheet open in front of you so that you can click along with the walkthrough.

Fig. 3 shows the main elements on the first sheet. The first tab is selected. The orange tables on the left of the screen are where the operator enters data on the current (baseline) national distribution of NCD risk factors. From top to bottom, they cover diet, physical activity, BMI, alcohol and smoking. Scroll down to view the lower tables.

The column headings show which input data are required, e.g. mean fibre g/day. The rows are divided into male (blue) and female (pink) and into 5-year age bands. For example, cell J10 (column J, row 10) requires information on how much fibre is consumed per day by males aged 45–49 years. As another example, cell D20 requires information on how much fruit (in grams per day) is consumed by females aged 15–19 years. Cells on subsequent tables may require population information – for example, cell H125 requires information on the proportion of females aged 15–19 years that are current smokers. You may notice that the values in the green counterfactual tables are identical; we will come to this later (<u>Section 3.1 below</u>).

A	В	С	D	E	F	G	н	1	J	K	L	M	Ν	0	P Q	R	S	т	U	v	W	х	Y	Z	AA	AB .
	Baseline														Counterfactual											
	M15-10 M20-24 M20-24 M25-30 M30-34 M30-34 M30-34 M35-50 M60-64 M55-59 M60-64 M75-79 M80-84 M85-8 M35-50 M55-51 M55-52 M55-54 M55-59 M56-64 M57-79 M80-84 M85-8 M55-10	Mean Total Energy Intake (iccal/day) 2458.8 2458.8 2459.7 2300.7 2300.7 2114.3 2020.5 2 114.3 2020.5 2 1159.2 1180	Mean Fruit (g/d) 220.6 220.4 234.1 237.0 241.6 244.0 247.7 249.4 251.3 255.2 258.2 258.2 258.9 264.1 264.1 264.1 264.1	SD Fruit (g/d) Consumers 43.2 46.5 46.1 46.7 46.7 46.7 46.6 46.4 46.4 46.0 47.9 47.7 47.4 46.6 50.4 50.4 50.4 50.4 50.4 50.4 50.4 50.4	% consumi ng <1 fruit portion daily 43.5 43.0 39.4 36.7 32.2 29.6 27.3 24.5 22.3 19.4 17.3 15.9 15.2 14.2 14.2 14.2 14.2	Mean Veg (g/d) Consume rs 182.5 186.4 199.6 203.8 207.6 210.9 221.0 226.0 221.0 226.0 230.1 235.3 240.0 240.0 162.9	SD Veg (g/d) Consumers 40.3 41.0 41.6 42.2 43.0 43.0 43.0 45.6 46.2 46.9 47.5 48.2 48.8 48.8 48.8 48.8 48.8 48.8 48.8	% consuming <1 veg portion daily 21.9 20.6 19.4 18.2 16.9 14.9 14.9 13.8 2 12.9 13.8 8 22.1 11.1 10.4 9.6 6 8.8 8 8.8 8 8 8 8 8 8 8 8 8 8 8 8 8	Mean Fibre (g/d) 18.3 19.2 19.4 19.7 19.8 19.9 19.9 19.9 19.9 19.9 19.9 19.9	SD Fibre (g/d) 5.6 5.8 5.9 5.9 5.9 5.9 5.9 5.9 5.9 5.9 5.9 5.9	Mean Salt (g/d) 8.5 8.9 9.1 9.2 9.3 9.3 9.3 9.3 9.3 9.3 9.3 9.3 9.3 9.3	SD Salt (g/d) 2.4 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.4 2.4 2.4 2.4 2.4 2.4 2.4 2.1 2.1 1.1 8			Counterfactual M15-19 M0-24 M0-24 M3-24 M3-24 M3-24 M3-24 M3-44 M3-44 M3-44 M3-44 M3-44 M3-54 M5-54 M5-59 M5-54 M5-59 M5-54 M5-59	Mean Total Energy Intake (tcal/day) 24353 2430 2430 2430 2430 2430 2430 2430 243	Mean Fruit (g/d) 2206 2226 2234.1 224.0 241.6 247.7 247.7 245.8 256.8 256.8 258.8 256.8 258.8 25	SD Fruit (g/d) Consumers 43. 44. 45. 46. 46. 47. 46. 47. 46. 48. 47. 47. 47. 46. 48. 47. 47. 47. 47. 46. 50. 50. 50. 50. 50. 50. 50. 50. 50. 50	% consuming <1 fruit portion daily 2 43. 1 43. 2 9 39. 5 36. 1 32. 7 29. 6 27. 4 24. 0 22. 9 19. 7 17. 4 15. 6 15. 6 15. 6 15. 6 14. 14. 14. 14. 14. 14. 14. 14. 14. 14.	Mean Veg (g/d) Consume rs 5 182.1 0 186.4 4 1990. 7 194.4 2 1994. 6 203.3 3 207.4 5 212.3 3 207.4 5 212.3 3 207.4 3 226.6 9 230.0 2 240.0 2 240.0 2 240.0 3 167.2	SD FVeg) (g/d) 5 40.3 7 41.6 6 42.2 6 43.0 8 43.6 6 44.2 5 45.0 9 46.9 1 47.5 3 48.2 0 46.9 1 47.5 3 48.2 0 48.8 0 48.8 0 48.8 0 48.8 0 48.8 0 48.8	% consumi ng <1 veg M portion F daify (g 21.9 20.6 19.4 18.2 16.9 14.9 14.9 13.8 12.9 14.9 13.8 12.9 14.9 13.8 12.9 14.9 13.8 12.9 14.9 13.8 12.9 14.9 14.9 15.9 14.9 14.9 14.9 15.9 14.9 14.9 14.9 14.9 15.9 14.9 14.9 14.9 14.9 14.9 14.9 14.9 14	tean bbre yd) 18.3 18.8 19.2 19.4 19.7 19.9 19.9 19.9 19.9 19.9 19.9 19.9	SD Fibre (g/d) 5.6 5.8 5.8 5.9 5.9 5.9 5.9 5.9 5.9 5.9 5.9 5.9 5.9	Mean S Salt (g/d) (8.0 8.3 8.5 8.6 8.7 8.7 8.6 8.5 8.3 8.1 7.8 7.0 6.6 6.6 6.6	D Sait g/d) 2.2 2.3 2.3 2.4 2.4 2.4 2.4 2.4 2.4 2.3 2.3 2.2 2.1 2.0 2.0 2.0 2.0
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	F30-34 F35-39 Baseline & Cour	31.90 31.80 nterfactual	4.90 5.00 Population &	10.40 10.30 Mortality	2.30 2.20 Results	12.40 12.40 MC_Res	2.40 2.40 sults Par	5.30 5.30 ameters F	1.30 1.30 ruitVeg Fil	262.30 254.00 ore Fibr	95.00 92.90 e ONLY	Salt Sa	lt O	NLY	F30-34 F35-39 Fats Fats ONLY	31.84 31.72 BMI BMI ONI	4.92 4.97 Y PA PA	2 10.4 10.3 ONLY BMI	0 2.3 0 2.2 and PA O	0 12.40 0 12.40 NLY Alc	0 2.40 0 2.40 cohol Al	5.30 5.30 cohol ONLY	1.30 1.30 Smo	262.30 254.00 king Sm	95.00 92.90 oking ON	LY Note

Fig. 3. Selecting the first sheet and locating the baseline and counterfactual tables

1						-								· ~	
2	Baseline													Counterfactu	al
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					%	Maan		%							
		Moon Total	Moon Erwit	SD Erwit	consumin i	Weg (g/d)	SD Vog	consuming							Moon Te
		Energy Intake	(σ/d)		g <1 mult	Consume	(σ/d)	nortion	Mean Fibre	SD Eibre	Mean	SD Salt			Energy l
3		(kcal/day) ((g/u) Consumers	(g/u) Consumers	daily	rs	(g/u) Consumers	daily			Salt (g/d)	(σ/d)			(kcal/day
1	M15-19	2354.6	222.6	43.2	43 5	182.5	2013diller3	21 0	18 3					M15-19	
4 5	M20-24	2334.0	222.0	43.2	43.5	186.4	40.3	21.3	18.5	2 5	5 8 C	2.4	-	M20-24	
6	M25-29	2423.1	223.4	45.2	39.4	190.4	41.6	19.0	19.0) 5. 5 5.	x 91	2.7		M25-29	
7	M30-34	2455.8	237.1	46.5	36.7	194.6	42.0	18.7	19.2	1 5	3 97	2.5		M30-34	
, 8	M35-39	2423.4	237.6	46.1	32.2	199.6	43.0	16.9	19.7	7 5.0	9.3	2.5		M35-39	
9	M40-44	2	44.0	46.7	29		43.6		19.8	3 5.		2.5		M40-44	
0	M45-49	2330					4		9					M45-49	
1	M50-54	22 .1	.4		24	12 5								M50-54	
2	M55-59	2105.0	251.3	U -8.0	22.5	216.9	45.0	12.						M55-59	
3	M60-64	2114.3	254.8	47.9	19.4	221.0	46.2	12.1	. 19.9	5.9	8.7	2.4		M60-64	
4	M65-69	2026.5	256.5	477	17.3	226.0	46-9	11.1	. 19	5.	8.4	2.4		M65-69	
5	M70-74	1952.2	~~~	4 4	15			10		5		2.4		M70-74	
6	M75-79	1859.2	8.9	4	15.		48 2		19			2.2		M75-79	
7	M80-84	1774.5	j4.1		14.		40				JE	2.1		M80-84	
8	M85+	1774.5	264.1	50.4	14.2	240.0	48.8	8.8	19.4	1 5.3	3 7.2	2.1		M85+	
9															
20	F15-19	1803.2	193.0	36.3	45.3	162.9	35.1	26.1	15.5	5 4.	5 6.8	1.8		F15-19	
!1	F20-24	1773.8	200.4	37.2	43.4	166.8	35.7	24.5	15.7	7 4.	5 6.8	1.8		F20-24	
.2	F25-29	1740.5	206.4	37.7	39.3	170.8	36.2	22.9	15.8	3 4.	6.7	1.8		F25-29	
.3	F30-34	1704.5	212.7	38.7	33.5	175.1	36.9	21.4	15.9	9 4.	6.6	5 1.8		F30-34	
.4	F35-39	1673.5	217.6	39.5	29.4	178.8	37.4	20.1	. 16.0) 4.	6.6	5 1.8		F35-39	
25	F40-44	1642.7	221.3	39.3	26.3	182.6	37.9	18.8	16.1	L 4.	6.5	1.8		F40-44	
26	F45-49	1612.0	224.0	40.4	23.4	186.5	38.4	17.6	16.1	L 4.	6.4	1.7		F45-49	
27	F50-54	1585.7	227.0	40.5	21.6	189.9	38.9	16.6	16.2	2 4.	5 6.4	1.7		F50-54	
28	F55-59	1557.7	229.4	40.1	18.5	193.7	39.4	15.5	16.4	4.	7 6.3	1.7		F55-59	
.9	F60-64	1534.3	229.6	39.8	16.9	196.9	39.8	14.6	16.5	5 4.	7 6.2	1.7		F60-64	
0	F65-69	1509.1	231.4	41.3	15.3	200.5	40.3	13.7	16.6	5 4.	7 6.2	1.7	_	F65-69	
31	F70-74	1489.0	230.3	41.3	14.5	203.5	40.7	13.0	16.8	3 4.	/ 6.1	1.6		F70-74	
32	F75-79	1468.8	229.8	41.4	13.5	206.5	41.1	12.3	16.9	4.	6.0	1.7		F75-79	
33	F80-84	1447.2	229.4	41.9	13.3	209.8	41.5	11.6	17.2	4.	6.0	1.6		F80-84	
34	F85+	1447.2	229.4	41.9	13.3	209.8	41.5	11.6	17.2	4.8	3 6.C	1.6		F85+	
35															
36															
37															

2.1 GENERAL PRINCIPLES

You should only ever input data in the cells that are coloured pink or blue. Do not alter the column or row headings (i.e. values in cells coloured orange or green). You will notice that the cells coloured blue or pink in the tables illustrated here are already filled with values; for instance, J10 has the value 15.5, while D20 has 188.6. These are example data that you will replace with the values from your own country.

You only have to change values for the risk factor that you are interested in. For instance, if you are only addressing tobacco use, then once you have inputted your national tobacco data in the baseline data table, you can leave the rest of the example values in place (diet, physical activity, BMI, alcohol). This also holds true within the diet table: if you are only interested in, say, fruit and salt, then you do not need to input data for every other subcategory (vegetables, fibre, total fat, saturated fat, MUFAs, PUFAs, cholesterol). This is possible because the model works by comparing the baseline value for each cell with the corresponding value in the counterfactual scenario. The model "ignores" any risk factor where there has been no change between baseline and counterfactual values. The spreadsheet is set up so that the baseline and counterfactual scenarios are identical.

2.1.1 Standard deviation values

Standard deviation (SD) is a mathematical measure of the spread of values around the mean. It provides PRIME with information on the population distribution of the risk factors and has a direct bearing on mortality rates. You may struggle to find the SD around means for some risk factors; however, it is possible to work out the SD from other values that are commonly available, including standard error and confidence intervals. If you absolutely cannot obtain SD values, then leave the example values in place. Note that your results will be seriously flawed.

2.1.2 Age banding

The rows are divided into 5-year age bands. You may not be able to find data that provide this level of granularity. For example, you may have data on the proportion of low alcohol consumers (cell C108) only for men aged below 50 years and above 50 years. Let's imagine that 30% of men below 50 are low consumers and 70% of men above 50 are low consumers. Enter "30" into cells C109 to C115, and "70" into C116 to C123, as shown in Fig. 4.

	Q	R	S	Т
			Mean alcohol	
		% low alcohol	consumption	SD alcohol
		consumers	(g/d)	consumption
108	Alcohol consumption	(<1g/d)	(g/u), drinkers	(σ/d) drinkers
100	M15-19	30.00	10.00	(g/u), uniters
105	M20-24	30.00	10.00	10.48
111	M25-24	30.00	10.00	10.48
112	M30-34	30.00	10.00	10.48
112	M25 20	30.00	10.00	10.48
113		30.00	10.00	10.48
114		30.00	10.00	10.48
115	NEO E4	70.00	10.00	10.48
110	IVI5U-54	70.00	10.00	10.48
11/	IVI55-59	70.00	10.00	10.48
118	IVI60-64	70.00	10.00	10.48
119	M65-69	70.00	10.00	10.48
120	M70-74	/0.00	10.00	10.48
121	M75-79	70.00	10.00	10.48
122	M80-84	70.00	10.00	10.48
123	M85+	70.00	10.00	10.48

Fig. 4. Example of inputting data with only two age bandings

If you don't have any age bandings at all, simply enter the same value in each age band. This is already the case for "Mean alcohol consumption (g/d)" among men in Fig. 4: in every age category the cell value has been set to 10 g ethanol per day.

2.2 SPECIFIC RISK FACTOR INPUTS

This section details the exact data that are required for each column. As previously noted, you only have to add new values for the risk factors of interest. If your focus is the impact of reducing salt consumption, then you can leave the cells for tobacco, alcohol, physical activity, fruit, vegetables, fibre, and fat completely untouched.

2.2.1 Diet

Fig. 5 shows the first baseline table, containing example data for the following dietary elements: energy (calories), fruit, vegetables, fibre and salt.

Calories

C3 Mean total energy intake (kcal/d)

Enter the total number of kilocalories (kcal) consumed by each age group per day into the cells of column C. The example data are set at 2000 kcal per day for all males and females. Note that policies that reduce sugar consumption will be mediated through calorie reduction.

Fruit

- D3 Mean fruit (g/d) consumers
- E3 SD fruit (g/d) consumers
- F3 % consuming <1 fruit portion daily

Fruit consumption is not normally distributed around the mean because there is often a subsection of the population that does not eat any fruit at all. As a result, the fruit subcategory requires three pieces of information:

(1) the amount of fruit consumed daily by those people who do eat fruit (mean g/day among consumers) in column D (note that this is not the population average);

(2) the SD around the mean (the values in column D) for those who eat fruit, entered in column E; and

(3) the percentage of the total population that does not consume any fruit (characterized as <1 portion per day), entered as a whole number (10% should be entered as "10.0") in column F (one portion is 106 g).

Salt

L3 Mean salt (g/d)

.

M3 SD salt (g/d)

As with fibre, it is hard to avoid consuming any salt on a daily basis. Enter the mean daily intake of salt (g/d) for the population in column L and the SD for these values in column M.

Vegetables

- G3 Mean veg (g/d) consumers
- H3 SD veg (g/d) consumers
- I3 % consuming <1 veg portion daily

As with fruit, so with vegetables; the mean daily intake of vegetables (g/d) and the SD refer only to those consuming at least one portion per day. The proportion of the population not consuming any vegetables (characterized as "<1 portion") is captured in column I.

Fibre

- J3 Mean fibre (g/d)
- K3 SD fibre (g/d)

Unlike fruit and vegetables, it is difficult to avoid consuming fibre because small amounts exist in many different products. As such, there is a more normal distribution of intake and the model assumes that the percentage of the population consuming no fibre per day is zero.

Enter the mean daily intake of fibre (g/d) for the population in column J and the SD around this mean for each age group in column K.

	А	В	С	D	E	F	G	н	1	J	К	L	М
1													
2		Baseline											
						0/			0/				
						%			%				
						consumin	Mean		consuming				
			Mean Total	Mean Fruit	SD Fruit	g <1 fruit	Veg (g/d)	SD Veg	<1 veg				
			Energy Intake	(g/d)	(g/d)	portion	Consume	(g/d)	portion	Mean Fibre	SD Fibre	Mean	SD Salt
3			(kcal/day)	Consumers	Consumers	daily	rs	Consumers	daily	(g/d)	(g/d)	Salt (g/d)	(g/d)
4		M15-19	2354.6	222.6	43.2	43.5	182.5	40.3	21.9	18.3	5.6	8.5	2.
5		M20-24	2429.1	229.4	44.1	43.0	186.4	41.0	20.6	18.8	5.6	8.9	2.
6		M25-29	2458.7	234.1	45.2	39.4	190.7	41.6	19.4	19.2	5.8	9.1	2.
7		M30-34	2455.8	237.0	46.5	36.7	194.6	42.2	18.2	19.4	5.8	9.2	2.
8		M35-39	2423.4	241.6	46.1	32.2	199.6	43.0	16.9	19.7	5.9	9.3	2.
9		M40-44	2379.7	244.0	46.7	29.6	203.8	43.6	15.9	19.8	5.9	9.3	2.
10		M45-49	2330.5	247.7	47.6	27.3	207.6	44.2	14.9	19.9	5.9	9.3	2.

Fig. 5. First baseline table, with example data for energy, fruit, vegetables, fibre and salt

Fig. 6 shows the baseline table containing example data for various kinds of fat.

Total fat

C38 Mean total fat (% total energy)

D38 SD total fat (% total energy)

In column C, enter the proportion of total energy intake that comes from fat for each age group. This should be a percentage – for instance, the example data show that fat constitutes 37.3% of total energy intake for the example baseline population. Then enter the SD around the mean for each age group in column D.

Saturated fat

- E38 Mean saturated fat (% total energy)
- F38 SD saturated fat (% total energy)

In column E, enter the proportion of total energy intake that comes from saturated fat for each age group. This should be a percentage – for instance, the example data show that fat constitutes 14.1% of total energy intake for the example baseline population. The value should be smaller than the mean total fat value in column C. Then enter the SD around the mean for each age group in column F.

Monounsaturated fatty acids (MUFAs)

- G38 Mean MUFA (% total energy)
- H38 SD MUFA (% total energy)

In column G, enter the proportion of total energy intake that comes from MUFAs for each age group. This should be a percentage – for instance, the example data show that MUFAs constitute 13.7% of total energy intake for the example baseline population. The value should be smaller than the mean total fat value in column C. Then enter the SD around the mean for each age group in column H.

Polyunsaturated fatty acids (PUFAs)

I38 Mean PUFA (% total energy)

.

J38 SD PUFA (% total energy)

In column I, enter the proportion of total energy intake that comes from PUFAs for each age group. This should be a percentage – for instance, the example data show that PUFAs constitute 6.8% of total energy intake for the example baseline population. The value should be smaller than the mean total fat value in column C. Then enter the SD around the mean for each age group in column J.

Cholesterol

K38 Mean dietary cholesterol (mg/d)

L38 SD dietary cholesterol (mg/d)

In column K, enter the total amount of cholesterol consumed per day in milligrams (mg) for each age group. Then enter the SD around the mean for each age group in column L. The example data show (unrealistic) values of 0 mg/day for all males and females.

					SD						
				Mean	Saturate	Mean				Mean	SD
		Mean Total	SD Total fat	Saturated	d fat (%	MUFA (%	SD MUFA	Mean PUFA	SD PUFA (%	Dietary	Dietary
		fat (% total	(% total	fat (% total	total	total	(% total	(% total	total	cholester	choleste
38		energy)	energy)	energy)	energy)	energy)	energy)	energy)	energy)	ol (mg/d)	ol (mg/c
39	M15-19	30.20	4.40	10.40	2.10	12.00	2.20	4.60	1.10	361.50	126.0
40	M20-24	30.00	4.40	10.30	2.10	12.10	2.20	4.70	1.10	376.50	129.7
41	M25-29	29.80	4.40	10.10	2.10	12.20	2.30	4.70	1.10	381.10	130.8
42	M30-34	29.70	4.40	9.90	2.10	12.20	2.20	4.80	1.10	378.30	130.0
43	M35-39	29.40	4.40	9.70	2.10	12.20	2.20	4.80	1.00	368.10	127.6
44	M40-44	29.10	4.40	9.40	2.10	12.20	2.30	4.80	1.10	356.10	124.5
45	M45-49	28.90	4.40	9.20	2.00	12.10	2.20	4.70	1.10	343.10	121.4
46	M50-54	28.50	4.40	8.90	2.00	12.00	2.20	4.70	1.00	324.80	116.6
47	M55-59	28.10	4.40	8.60	2.00	11.90	2.20	4.60	1.10	307.20	112.1

Fig. 6. Baseline fat table, with example data

2.2.2 Physical activity and energy balance

Fig. 7 shows the baseline table containing example data for physical activity and BMI.

Physical activity

- C73 Mean MET hrs/wk in active pop
- D73 SD MET hrs/wk in active pop
- E73 % sedentary
- F73 MET value for non-MVPA time
- G73 MET value for MVPA time

This section is based on metabolic equivalent (MET) hours. One MET is the energy cost of sitting quietly; this is an approximation of basal metabolic rate roughly equivalent to 1 kcal/kg/hour. Moderate activity is commonly defined as expending 3–6 times as much energy as would be used when sitting quietly (3–6 METs); vigorous activity as more than six times as much energy as would be used when sitting quietly (>6 METs). The same activity requires different energy expenditures for different groups; for example, climbing two flights of stairs is easier for 15–19-year-olds than it is for 80–84-year-olds.

The first step in this section is to enter in column E the proportion of each age group that is sedentary. There is no consistent definition of "sedentary" in the literature, so use the data you feel are most appropriate and make your choices explicit when you present your workings. In the example data, this value is set to 0% for each age group in both sexes.

Next enter in column C the mean number of METs expended per week by the non-sedentary population for each age group (note that this is not the same as mean METs for the entire population, unless the prevalence of sedentary is 0). In column D, enter the SDs for the values in column C. The example values are preset to 30 METs per week for all groups, with an SD of 35.

Not all non-active time is spent sitting quietly; it involves sleeping, eating, walking, etc. The average MET value for this time is likely to be higher than 1, especially for younger groups. Column F requires an estimation of the energy expenditure for this non-MVPA (non-moderate/vigorous physical activity) time for each age group. The example value is 1.1 for each age group. The model creators strongly recommend using a value of 1.5 unless you have country-specific data.

The model creators also recommend setting the MVPA (moderate/vigorous physical activity) time value at 4.5 for all groups (column G).

Body mass index (BMI)

- H73 Mean height (m)
- I73 Mean BMI
- J73 SD BMI

Enter mean height in metres (m) for each age group into column H; the mean BMI in column I; and the SD for these values in column J. In the example data everyone has a height of 1.78 m and a BMI of 20, with an SD of 5 for every mean.

	В	С	D	E	F	G	Н	I.	J
					MET				
			SD		value for	MET			
	Physical Activity	Mean	METhrs/wk		non-	value for			
	(hrs/week) and	METhrs/wk in	in active		MVPA	MVPA	Mean		
73	Energy Balance	active pop	рор	% sedentary	time	time	height (m)	Mean BMI	SD BMI
74	M15-19	30.71	4.18	22.81	1.00	5.70	1.74	22.44	4.29
75	M20-24	30.19	4.73	34.48	1.00	5.19	1.77	23.51	3.23
76	M25-29	30.42	5.13	19.39	1.00	5.28	1.76	24.22	3.65
77	M30-34:	32.16	5.93	26.58	1.00	5.43	1.75	26.67	3.90
78	M35-39	32.12	6.39	41.22	1.00	4.92	1.75	26.92	4.07
79	M40-44	31.40	5.77	44.90	1.00	4.85	1.73	26.75	4.03
80	M45-49	30.47	5.10	54.35	1.00	4.47	1.73	28.53	4.70
81	M50-54	31.29	6.05	44.79	1.00	4.51	1.69	27.58	4.17
82	M55-59	29.62	4.95	40.16	1.00	4.36	1.69	27.94	4.17
83	M60-64	29.47	5.07	44.11	1.00	4.18	1.68	28.04	4.02
84	M65-69	28.89	3.98	45.84	1.00	4.20	1.67	28.54	3.91
85	M70-74	28.38	3.71	46.35	1.00	4.09	1.66	29.55	4.55
86	M75-79	28.43	3.87	45.98	1.00	4.05	1.66	28.45	3.89
87	M80-84	27.96	3.07	56.10	1.00	4.00	1.64	27.59	4.11
88	M85+	27.96	3.07	56.10	1.00	4.00	1.64	27.59	4.11
89									
90	F15-19	28.79	3.12	39.14	1.00	5.04	1.61	22.37	3.34
91	F20-24	28.59	3.82	51.61	1.00	4.42	1.62	23.21	4.20
92	F25-29	29.74	4.38	39.82	1.00	4.67	1.61	24.13	3.94
93	F30-34	29.99	4.24	50.37	1.00	4.39	1.61	24.95	4.00
94	F35-39	30.04	4.61	40.98	1.00	4.40	1.61	25.77	4.33
95	F40-44	30.05	4.12	47.07	1.00	4.09	1.59	26.85	5.44
96	F45-49	29.30	4.21	47.30	1.00	4.09	1.59	28.13	5.68
97	F50-54	29.41	4.54	43.64	1.00	4.00	1.57	27.91	4.79
98	F55-59	29.58	4.23	39.14	1.00	3.93	1.56	29.39	6.20
99	F60-64	29.74	4.81	33.80	1.00	4.04	1.55	30.32	5.42
100	F65-69	29.03	3.82	51.85	1.00	4.02	1.55	29.44	4.77
101	F70-74	28.19	3.37	32.11	1.00	3.95	1.53	30.30	4.54
102	F75-79	27.43	2.81	62.66	1.00	3.84	1.52	29.71	4.26
103	F80-84	27.46	2.91	53.26	1.00	3.60	1.52	25.46	5.56
104	F85+	27.46	2.91	53.26	1.00	3.60	1.52	25.46	5.56

Fig. 7. Baseline table for physical activity and BMI, with example data

2.2.3 Alcohol and tobacco

Fig. 8 shows the baseline tables containing example data for alcohol and tobacco.

Alcohol

- C108 % low alcohol consumers (<1g/d)
- D108 Mean alcohol consumption (g/d), drinkers
- E108 SD alcohol consumption (g/d), drinkers

As in the case of fruit and vegetables, all countries have non-trivial segments of the population that do not consume any alcohol. In column C, enter the proportion of the population that does not drink alcohol (characterized as consuming <1 g ethanol per day). In the example data, 20% of males and females are classified as "low alcohol consumers". In column D, enter the mean daily intake of ethanol (g/d) by drinkers (note that this is drinkers, not the entire population). In the example data, this value is set at 10 g per day for all ages. In column E, enter the SD for the values in column D.

Tobacco

- H108 Never smoked
- I108 Former smokers
- J108 Current smokers

In column H, enter the prevalence of those who have never smoked for each age band as a decimal (the example value is set to 0.5 for all ages, i.e. 50%). In column I, enter the proportion of former smokers, and in column J the proportion of current smokers (any current tobacco use). For any given row, the sum of the values in columns H, I and J should equal 1.0 (i.e 100%).

	В	С	D	E	F	G	Н	I	J
			Mean						
			alcohol	SD alcohol					
		% low alcohol	consumptio	consumptio		Smoking			
		consumers	n (g/d),	n (g/d),		prevalen	Never	Former	Current
108	Alcohol consumption	(<1g/d)	drinkers	drinkers		ce (%)	smoked	smokers	smokers
109	M15-19	69.30	2.91	0.48		M15-19	70.16	14.03	15.81
110	M20-24	52.50	5.04	0.86		M20-24	44.67	29.13	26.20
111	M25-29	35.20	8.50	1.55		M25-29	29.21	24.02	46.77
112	M30-34:	22.90	13.68	2.61		M30-34:	30.97	30.98	38.05
113	M35-39	11.40	23.97	4.63		M35-39	34.17	25.77	40.06
114	M40-44	6.30	34.45	6.80		M40-44	36.14	37.05	26.81
115	M45-49	3.80	47.45	9.54		M45-49	19.12	51.51	29.37
116	M50-54	2.20	63.37	12.75		M50-54	32.72	35.94	31.34
117	M55-59	1.40	76.23	15.79		M55-59	21.52	48.82	29.65
118	M60-64	1.10	83.65	17.36		M60-64	26.68	55.06	18.26
119	M65-69	1.00	83.24	17.52		M65-69	27.33	60.60	12.07
120	M70-74	1.30	76.02	15.93		M70-74	28.13	60.20	11.67
121	M75-79	2.00	61.69	12.32		M75-79	43.60	51.43	4.98
122	M80-84	3.30	42.79	8.81		M80-84	48.58	49.22	2.21
123	M85+	3.30	42.79	8.81		M85+	48.58	49.22	2.21
124									
125	F15-19	84.10	1.99	0.22		F15-19	73.11	13.00	13.89
126	F20-24	78.50	2.81	0.30		F20-24	63.66	14.67	21.68
127	F25-29	73.00	4.04	0.37		F25-29	48.05	26.85	25.10
128	F30-34	66.80	5.76	0.52		F30-34	53.29	30.92	15.80
129	F35-39	61.30	7.49	0.67		F35-39	51.84	26.83	21.33
130	F40-44	56.70	9.85	0.89		F40-44	56.03	21.89	22.08
131	F45-49	53.10	11.30	1.04		F45-49	57.35	20.78	21.86
132	F50-54	50.90	13.06	1.19		F50-54	57.84	17.90	24.26
133	F55-59	50.40	14.28	1.26		F55-59	61.93	22.74	15.33
134	F60-64	50.70	14.56	1.33		F60-64	83.12	9.99	6.90
135	F65-69	53.70	13.54	1.26		F65-69	81.89	14.98	3.12
136	F70-74	57.60	12.04	1.11		F70-74	86.73	9.01	4.26
137	F75-79	64.10	8.97	0.82		F75-79	81.93	18.07	0.00
138	F80-84	71.80	6.61	0.59		F80-84	77.30	13.41	9.29
139	F85+	71.80	6.61	0.59		F85+	77.30	13 41	9.29

Fig. 8. Baseline tables for alcohol and tobacco, with example data

	D	E	F	G	н	1	J	К	L	M	NO	P Q	R	S	Т	U	V	W	Х	Y	Z	AA	AB	AC	AD	AE	AF
1																											
2												Counterfacto	ual														
			%													%											
			consumi			%										consumi		%	5								
			ng <1	Mean		consuming										ng <1	Mean	SD FVeg o	onsumi								
	Mean Fruit	SD Fruit	fruit	Veg (g/d)	SD Veg	<1 veg							Mean Total	Mean Fruit		fruit	Veg (g/d)	(g/d) n	g <1 veg N	Mean							
	(g/d)	(g/d)	portion	Consume	(g/d)	portion	Mean Fibre	SD Fibre	Mean SE) Salt			Energy Intake	(g/d)	SD Fruit (g/d)	portion	Consume	Consume p	ortion F	ibre	SD Fibre	Mean S	D Salt				
3	Consumers	Consumers	daily	rs	Consumers	daily	(g/d)	(g/d) S	Salt (g/d) (g	(/d)			(kcal/day)	Consumers	Consumers	daily	rs	rs d	aily (g/d)	(g/d)	Salt (g/d) (g/d)		Monte	Carlo An	alysis?
4	222.6	43.2	2 43.5	182.5	40.3	21.9	18.3	5.6	8.5	2.4		M15-19	2325	.0 222.0	6 43.2	2 43.5	182.5	40.3	21.9	18.3	5.6	8.0	2.2	2 I		Yes	
5	229.4	44.1	L 43.0	186.4	41.0	20.6	18.8	5.6	8.9	2.4		M20-24	2400	.0 229.4	4 44.1	43.0	186.4	41.0	20.6	18.8	5.6	8.3	2.3	3			
6	234.1	45.2	39.4	190.7	41.6	19.4	19.2	5.8	9.1	2.5		M25-29	2431	.2 234.3	1 45.2	39.4	190.7	41.6	19.4	19.2	5.8	8.5	2.3	3			
7	237.0	46.5	36.7	194.6	42.2	18.2	19.4	5.8	9.2	2.5		M30-34	2430	.3 237.0	0 46.5	36.7	194.6	42.2	18.2	19.4	5.8	8.6	2.4	4			
8	241.6	46.1	32.2	199.6	43.0	16.9	19.7	5.9	9.3	2.5		M35-39	2400	.8 241.6	6 46.1	32.2	199.6	43.0	16.9	19.7	5.9	8.7	2.4	4			
9	244.0	46.7	7 29.6	203.8	43.6	15.9	19.8	5.9	9.3	2.5		M40-44	2359	.7 244.0	46.7	7 29.6	203.8	43.6	15.9	19.8	5.9	8.7	2.4	4			
10	247 7	47 6	5 27 3	207.6	44.2	14.9	19.9	5.9	93	2.5		M45-49	2313	0 247	7 47 6	27.3	207.6	44.2	14.9	19.9	5.9	8.6	2.4	4			
11	249.4	46.4	1 24 5	212.5	45.0	13.8	19.9	5.9	9.1	2.5		M50-54	2243	4 2494	46.4	245	212.5	45.0	13.8	19.9	5.9	8.5	2.3	2			
12	251 3	48 (21.3	216.9	45.6	12.9	19.9	5.9	9.0	2.5		M55-59	2173	7 251	3 48 (22.3	216.9	45.6	12.9	19.9	5.9	83	2.0	2			
13	254.8	47 0	19.4	221.0	46.2	12.5	19.9	5.9	8.7	2.1		M60-64	2105	7 254 8	R 47 0	19.4	221.0	46.2	12.5	19.9	5.9	8.1	2.0	2			
14	254.0	47.3	7 173	226.0	46.9	11 1	19.5	5.9	8.4	2.4		M65-69	2020	9 256.5	5 47.3	7 173	226.0	46.9	11 1	19.8	5.9	7.8	2.0				
15	258.2	47.4	1 15.9	230.1	47.5	10.4	19.0	5.9	8.1	2.1		M70-74	1949	1 258	2 474	1 15.9	230.1	47.5	10.4	19.7	5.9	7.5	2.1	í –			
16	258.2	46.6	15.0	230.1	47.3	96	19.6	5.9	7.7	2.4		M75-79	1859	1 258.0	47.	15.2	230.1	/18.2	9.6	19.6	5.9	7.0	2.1	á –			
17	256.5	50.4	1 14.2	240.0	48.8	8.8	19.0	5.8	7.7	2.2		M80-84	1777	0 264	1 50/	1 14.2	240.0	48.8	8.8	19.0	5.8	6.6	2.0				
18	264.1	50.4	1 1/1 2	240.0	40.0	88	15.4	5.8	1.2	2.1		M850	1777	0 264	1 50.	1 14.2	240.0	/18.8	8.8	19.4	5.8	6.6	2.0				
10	204.1		1 14.2	240.0	40.0	0.0		5.0		2.1			1///	.0 204	1 50	1 14		40.0	0.0	13.4	5.0	0.0	2.0	4			
20	102.0	26.3	/15.2	162.0	25.1	26.1	15-5	45						02 (2/	26.1	15.5	4.5	6.4	1 7	7			
20	200.4	27 3	40.0	166.9	25.1	20.1	15 7	4.5		▝		520		93.0		43			1 5	15.5	4.5	6.4	1.7	7			
21	200.4	37.2	2 45.4	170.0	33.7	24.3		4.3	6.7			FZU F2E	173	00.4		40	.0		4.5	15.7	4.5	6.4	1.7	-			
22	200.4	37.7	7 39.3	175 1	30.2	22.5		4.0								7 22	.0		2.5	15.0	4.0	6.2	1.7				
23	212.7	30.7	30.0	170.0	30.9	21.4	16.0	4.0	C.C.	1.0		F30-54	109	217.0	20.5	20.4	170.0	27.4	21.4	15.9	4.0	6.0	1.7	7			
24	217.0	39.3	29.4	1/0.0	37.4	20.1	10.0	4.0	0.0	1.0		F35-39	1020	.4 217.0	39.3	29.4	1/0.0	37.4	20.1	10.0	4.0	0.2	1./				
25	221.5	39.3	20.3	102.0	37.9	10.0	10.1	4.0	0.5	1.0	-	F40-44	1050	.9 221.3	5 59.3	20.5	102.0	27.9	10.0	10.1	4.0	0.1	1./				
20	224.0	40.4	+ 23.4	180.5	38.4	17.0	10.1	4.0	0.4	1./	()	F45-49	1001	.4 224.1	40.2	23.4	180.5	38.4	17.0	10.1	4.	0.0	1.0	4			
27	227.0	40.5	21.6	189.9	38.9	10.0	16.2		0.4			1130-54	15/6	.1 227.	40.5	21.6	189.9	38.9	10.0	10.2	4.6	5.9	1.0	a -			
28	229.4	40.1	18.5			15.5																	1.0	A -			
29	229.6	39.8	5 16.9	96.9	39.8	14.6	16.		6.21	1./			152			0.9			.01		4.	5.7	1.6	4			
30	231.4	41.3	15.3	0.5	40.3		10.	./		1./					41.:			4			4.	9.0	1.0	4			
31	230.3	41.3	14.5	2055		12.2	16.	4.7		1.6		575.70	110	3		125	203.	40	3.0	150	4.		1.5	2			
32	229.8	41.4	13.5	206.5	41.1	12.3	16.9	4./	6.0	1./		F75-79	1462	.8 229.8	8 41.4	13.5	206.5	41.1	12.3	16.9	4.7	5.4	1.5	4			
33	229.4	41.9	13.3	209.8	41.5	11.6	17.2	4.8	6.0	1.6		F80-84	1442	.4 229.4	4 41.9	13.3	209.8	41.5	11.6	17.2	4.8	5.3	1.5	4			
34	229.4	41.9	ار 13.3	209.8	41.5	11.6	17.2	4.8	6.0	1.6		F85+	1442	.4 229.4	4 41.9	13.3	209.8	41.5	11.6	17.2	4.8	5.3	1.5	4			
35																											
36																											
37																											
			SD													SD											
		Mean	Saturate	Mean				Mean S	SD						Mean	Saturate	Mean	Ν	1ean		Mean	SD					
	SD Total fat	Saturated	d fat (%	MUFA (%	SD MUFA	Mean PUFA	SD PUFA (%	Dietary [Dietary					SD Total fat	Saturated fat	d fat (%	MUFA (%	SD MUFA P	UFA (% S	D PUFA	Dietary	Dietary					
	(% total	fat (% total	total	total	(% total	(% total	total	cholester o	cholester				Mean Total fat	t (% total	(% total	total	total	(% total t	otal (% total	cholester	cholester					
38	energy)	energy)	energy)	energy)	energy)	energy)	energy)	ol (mg/d) o	ol (mg/d)				(% total energy	y) energy)	energy)	energy)	energy)	energy) e	nergy) e	energy)	ol (mg/d)	ol (mg/d)					
39	4 40	10.40) 2.10	12 00	2 20	4.60	1 10	361 50	126.00			M15-19	29.8	32 4.4	1 10.40	2 10	12 00	2 20	4 60	1 10	361 50	126.00					

	(% total	fat (% total	total	total	(% total	(% total	total	ch	olester d	nolester			Mean Total fat	(% total	(% total	total	total	(% total	total	(% total	cholester	cholester			
38	energy)	energy)	energy)	energy)	energy)	energy)	energy)	ol	(mg/d) c	l (mg/d)			(% total energy)	energy)	energy)	energy)	energy)	energy)	energy)	energy)	ol (mg/d)	ol (mg/d)			
39	4.40	10.40	2.10	12.00	2.20	4.6	50	1.10	361.50	126.00		M15-19	29.82	4.41	10.40	2.10	12.00	2.20	4.60	1.10	361.50	126.00			
40	4.40	10.30	2.10	12.10	2.20	4.7	70	1.10	376.50	129.70		M20-24	29.77	4.41	10.30	2.10	12.10	2.20	4.70	1.10	376.50	129.70			
41	4.40	10.10	2.10	12.20	2.30	4.7	70	1.10	381.10	130.80		M25-29	29.68	4.41	10.10	2.10	12.20	2.30	4.70	1.10	381.10	130.80			
42	4.40	9.90	2.10	12.20	2.20	4.8	30	1.10	378.30	130.00		M30-34	29.57	4.40	9.90	2.10	12.20	2.20	4.80	1.10	378.30	130.00			
43	4.40	9.70	2.10	12.20	2.20	4.8	30	1.00	368.10	127.60		M35-39	29.39	4.40	9.70	2.10	12.20	2.20	4.80	1.00	368.10	127.60			
44	4.40	9.40	2.10	12.20	2.30	4.8	30	1.10	356.10	124.50		M40-44	29.19	4.39	9.40	2.10	12.20	2.30	4.80	1.10	356.10	124.50			
45	4.40	9.20	2.00	12.10	2.20	4.7	70	1.10	343.10	121.40		M45-49	28.97	4.39	9.20	2.00	12.10	2.20	4.70	1.10	343.10	121.40			
46	4.40	8.90	2.00	12.00	2.20	4.7	70	1.00	324.80	116.60		M50-54	28.62	4.38	8.90	2.00	12.00	2.20	4.70	1.00	324.80	116.60			
47	4.40	8.60	2.00	11.90	2.20	4.6	50	1.10	307.20	112.10		M55-59	28.25	4.36	8.60	2.00	11.90	2.20	4.60	1.10	307.20	112.10			
48	4.40	8.40	2.00	11.70	2.10	4.5	50	1.00	290.60	107.60		M60-64	27.84	4.35	8.40	2.00	11.70	2.10	4.50	1.00	290.60	107.60			
49	4.40	8.20) 1.90	11.50	2.10	4.4	10	1.00	270.60	102.20		M65-69	27.28	4.33	8.20	1.90	11.50	2.10	4.40	1.00	270.60	102.20			
50	4.40	8.00) 1.90	11.30	2.10	4.3	30	1.00	254.20	97.70		M70-74	26.76	4.32	8.00	1.90	11.30	2.10	4.30	1.00	254.20	97.70			
51	4.30	7.90	1.90	11.00	2.10	4.2	20	1.00	234.30	92.00		M75-79	26.02	4.30	7.90	1.90	11.00	2.10	4.20	1.00	234.30	92.00			
52	4.30	7.80) 1.90	10.60	2.10	4.0	00	1.00	216.80	87.00		M80-84	25.25	4.27	7.80	1.90	10.60	2.10	4.00	1.00	216.80	87.00			
53	4.30	7.80) 1.90	10.60	2.10	4.0	00	1.00	216.80	87.00		M85+	25.25	4.27	7.80	1.90	10.60	2.10	4.00	1.00	216.80	87.00			
54																									
55	4.90	10.90	2.30	12.30	2.40	5.0	00	1.20	282.20	100.20		F15-19	31.76	4.92	10.90	2.30	12.30	2.40	5.00						
56	5.00	10.70	2.30	12.40	2.40	5.1	LO	1.20	278.30	99.20		F20-24	31.89	4.92	10.70	2.30	12.40	2.40	5.10	Fi	g. 9. Co	unterfa	ctual table	es on s	heet 1
57	5.00	10.60	2.20	12.40	2.40	5.2	20	1.20	271.20	97.30		F25-29	31.91	4.92	10.60	2.20	12.40	2.40	5.20	1.20	2/1.20	51.30			
58	4.90	10.40	2.30	12.40	2.40	5.3	30	1.30	262.30	95.00		F30-34	31.84	4.92	10.40	2.30	12.40	2.40	5.30	1.30	262.30	95.00			
59	5.00	10.30	2.20	12.40	2.40	5.3	30	1.30	254.00	92.90		F35-39	31.72	4.92	10.30	2.20	12.40	2.40	5.30	1.30	254.00	92.90			

Parameters FruitVeg Fibre ONLY Salt Salt ONLY Fats Fats ONLY BMI BMI ONLY PA PA ONLY BMI and PA ONLY Alcohol Alcohol ONLY Smoking Smoking ONLY Notes

3.1 POPULATING THE GREEN COUNTERFACTUAL TABLES

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Once the baseline data have been added, **the next stage is to populate the green tables on the right-hand side of the first sheet**, which can be seen in Fig. 9.

The green counterfactual tables have exactly the same layout, titles and starting example values as the orange baseline tables. The only difference is that the three BMI columns are not repeated. This is because policy-makers may be able to influence food intake and energy expenditure, but they cannot directly change the population's BMI – this is a byproduct of the energy balance variables. As previously mentioned, it is the differences between the counterfactual and baseline values that PRIME uses to estimate averted deaths.

To set up the counterfactual scenario, **first copy any new values from the orange tables into the corresponding cells in the green tables. Then amend the values in the green tables to produce the scenario of interest**. For instance, you could increase the proportion of former smokers and reduce the number of current smokers by 10%, as shown in Fig. 10; or you could reduce salt intake values by 0.5 g for the entire population, as shown in Fig. 11.

	G	Н	I	J		V	W	Х	Y
	Smoking					Smoking			
	prevalen	Never	Former	Current		prevalen	Never	Former	Current
108	ce (%)	smoked	smokers	smokers	108	ce (%)	smoked	smokers	smokers
109	M15-19	0.50	0.20	0.30	109	M15-19	0.50	0.30	0.20
110	M20-24	0.50	0.20	0.30	110	M20-24	0.50	0.30	0.20
111	M25-29	0.50	0.20	0.30	111	M25-29	0.50	0.30	0.20
112	M30-34:	0.50	0.20	0.30	112	M30-34:	0.50	0.30	0.20
113	M35-39	0.50	0.20	0.30	113	M35-39	0.50	0.30	0.20
114	M40-44	0.50	0.20	0.30	114	M40-44	0.50	0.30	0.20
115	M45-49	0.50	0.20	0.30	115	M45-49	0.50	0.30	0.20
116	M50-54	0.50	0.20	0.30	116	M50-54	0.50	0.30	0.20
117	M55-59	0.50	0.20	0.30	117	M55-59	0.50	0.30	0.20
118	M60-64	0.50	0.20	0.30	118	M60-64	0.50	0.30	0.20
119	M65-69	0.50	0.20	0.30	119	M65-69	0.50	0.30	0.20
120	M70-74	0.50	0.20	0.30	120	M70-74	0.50	0.30	0.20
121	M75-79	0.50	0.20	0.30	121	M75-79	0.50	0.30	0.20
122	M80-84	0.50	0.20	0.30	122	M80-84	0.50	0.30	0.20
123	M85+	0.50	0.20	0.30	123	M85+	0.50	0.30	0.20
124					124				
125	F15-19	0.50	0.20	0.30	125	F15-19	0.50	0.30	0.20
126	F20-24	0.50	0.20	0.30	126	F20-24	0.50	0.30	0.20
127	F25-29	0.50	0.20	0.30	127	F25-29	0.50	0.30	0.20
128	F30-34	0.50	0.20	0.30	128	F30-34	0.50	0.30	0.20
129	F35-39	0.50	0.20	0.30	129	F35-39	0.50	0.30	0.20
130	F40-44	0.50	0.20	0.30	130	F40-44	0.50	0.30	0.20
131	F45-49	0.50	0.20	0.30	131	F45-49	0.50	0.30	0.20
132	F50-54	0.50	0.20	0.30	132	F50-54	0.50	0.30	0.20
133	F55-59	0.50	0.20	0.30	133	F55-59	0.50	0.30	0.20
134	F60-64	0.50	0.20	0.30	134	F60-64	0.50	0.30	0.20
135	F65-69	0.50	0.20	0.30	135	F65-69	0.50	0.30	0.20
136	F70-74	0.50	0.20	0.30	136	F70-74	0.50	0.30	0.20
137	F75-79	0.50	0.20	0.30	137	F75-79	0.50	0.30	0.20
138	F80-84	0.50	0.20	0.30	138	F80-84	0.50	0.30	0.20
139	F85+	0.50	0.20	0.30	139	F85+	0.50	0.30	0.20

Fig. 10. Reducing smoking rates by 10%

В	С	D	E	F	G	н	I.	J	K	L	М		Q	R	S	Т	U	V	W	Х	Y	Z	AA	AB
2 Baseline												2	Counterfactual											
				%													%							
				consumi			%										consumi			%				
				ng <1	Mean		consuming										ng <1	Mean	SD FVeg	consumi				
	Mean Total	Mean Fruit	SD Fruit	fruit	Veg (g/d)	SD Veg	<1 veg							Mean Total	Mean Fruit		fruit	Veg (g/d)	(g/d)	ng <1 veg	Mean			
	Energy Intake	e (g/d)	(g/d)	portion	Consume	e (g/d)	portion	Mean Fibre	SD Fibre	Mean	SD Salt			Energy Intake	(g/d)	SD Fruit (g/d)	portion	Consume	Consume	portion	Fibre	SD Fibre	Mean	SD Salt
3	(kcal/day)	Consumers	Consumers	daily	rs	Consumers	daily	(g/d)	(g/d)	Salt (g/d	(g/d)	3		(kcal/day)	Consumers	Consumers	daily	rs	rs	daily	(g/d)	(g/d)	Salt (g/d)	(g/d)
4 M15-19	2354.	6 222.6	5 43.2	43.5	182.5	5 40.3	21.9	9 18.3	3 5.6	5 7.	2.	4	M15-19	2325.	222.6	43.2	43.5	182.5	40.3	21.9	18.3	5.6	6.5	2.
5 M20-24	2429.	1 229.4	44.1	. 43.0	186.4	41.0	20.6	5 18.8	3 5.6	5 7.	0 2.	5	M20-24	2400.	229.4	44.1	43.0	186.4	41.0	20.6	18.8	5.6	6.5	2.
6 M25-29	2458.	7 234.1	1 45.2	39.4	190.7	41.6	5 19.4	1 19.2	2 5.8	3 7.	2.	6	M25-29	2431.	2 234.1	. 45.2	39.4	190.7	41.6	19.4	19.2	5.8	6.5	2.
7 M30-34	2455.	8 237.0	46.5	36.7	194.6	5 42.2	18.2	2 19.4	1 5.8	3 7.	2.	7	M30-34	2430.	3 237.0	46.5	36.7	194.6	42.2	18.2	19.4	5.8	6.5	2.
8 M35-39	2423.	4 241.6	5 46.1	. 32.2	199.6	5 43.0	16.9	9 19.7	5.9	7.	2.	8	M35-39	2400.	3 241.6	46.1	32.2	199.6	43.0	16.9	19.7	5.9	6.5	2.
9 M40-44	2379.	7 244.0	46.7	29.6	203.8	3 43.6	5 15.9	9 19.8	3 5.9	7.	0 2.	9	M40-44	2359.	7 244.0	46.7	29.6	203.8	43.6	15.9	19.8	5.9	6.5	2.
10 M45-49	2330.	5 247.7	7 47.6	5 27.3	207.6	5 44.2	14.9	9 19.9	5.9	7.	0 2.	10	M45-49	2313.	247.7	47.6	27.3	207.6	44.2	14.9	19.9	5.9	6.5	2.
11 M50-54	2257.	7 249.4	46.4	24.5	212.5	5 45.0	13.8	3 19.9	5.9	7.	2.	11	M50-54	2243.4	1 249.4	46.4	24.5	212.5	45.0	13.8	19.9	5.9	6.5	2.
12 M55-59	2185.	0 251.3	3 48.0	22.3	216.9	45.6	5 12.9	9 19.9	5.9	7.	2.	12	M55-59	2173.	7 251.3	48.0	22.3	216.9	45.6	12.9	19.9	5.9	6.5	2.
13 M60-64	2114.	3 254.8	3 47.9	19.4	221.0	46.2	12.1	L 19.9	5.9	7.	2.	13	M60-64	2105.	7 254.8	47.9	19.4	221.0	46.2	12.1	19.9	5.9	6.5	2.
14 M65-69	2026.	5 256.5	5 47.7	17.3	226.0	46.9	11.:	L 19.8	3 5.9	7.	0 2.	14	1 M65-69	2020.9	256.5	47.7	17.3	226.0	46.9	11.1	19.8	5.9	6.5	2.
15 M70-74	1952.	2 258.2	2 47.4	15.9	230.1	47.5	5 10.4	1 19.7	5.9	7.	0 2.	15	M70-74	1949.	1 258.2	47.4	15.9	230.1	47.5	10.4	19.7	5.9	6.5	2.
16 M75-79	1859.	2 258.9	9 46.6	5 15.2	235.3	3 48.2	9.0	5 19.6	5 5.9	7.	0 2.	16	M75-79	1859.	1 258.9	46.6	15.2	235.3	48.2	9.6	19.6	5.9 ز	6.5	2.
17 M80-84	1774.	5 264.1	1 50.4	14.2	240.0	48.8	8 8.8	3 19.4	5.8	3 7.	2.	17	M80-84	1777.	264.1	. 50.4	14.2	240.0	48.8	8.8	19.4	5.8	6.5	2.
18 M85+	1774.	5 264.1	1 50.4	14.2	240.0	48.8	8.8	3 19.4	L 5.8	3 7.	2.	18	M85+	1777.0	264.1	. 50.4	14.2	240.0	48.8	8.8	19.4	4 5.8	6.5	2.
19											-	19	9											
20 F15-19	1803.	2 193.0	36.3	45.3	162.9	35.1	. 26.:	L 15.5	4.5	5 7.	0 1.	20	F15-19	1783.	5 193.0	36.3	45.3	162.9	35.1	26.1	15.5	4.5	6.5	1.
21 F20-24	1773.	8 200.4	1 37.2	43.4	166.8	3 35.7	24.	5 15.7	4.5	5 7.	0 1.	21	F20-24	1756.	1 200.4	37.2	43.4	166.8	35.7	24.5	15.7	4.5	6.5	1.
22 F25-29	1740.	5 206.4	1 37.7	39.3	170.8	3 36.2	22.9	9 15.8	3 4.6	5 7.	0 1.	22	2 F25-29	1724.	5 206.4	37.7	39.3	170.8	36.2	22.9	15.8	3 4.6	6.5	1.
23 F30-34	1704.	5 212.7	7 38.7	33.5	175.1	36.9	21.4	1 15.9	9 4.6	5 7.	0 1.	23	F30-34	1690.	1 212.7	38.7	33.5	175.1	36.9	21.4	15.9	4.6	i 6.5	1.
24 F35-39	1673.	5 217.6	5 39.5	5 29.4	178.8	3 37.4	20.1	16.0	4.6	5 7.	0 1.	24	F35-39	1660.4	1 217.6	39.5	29.4	178.8	37.4	20.1	16.0	4.6	i 6.5	1.
25 F40-44	1642.	7 221.3	3 39.3	26.3	182.6	5 37.9	18.8	3 16.1	4.6	5 7.	0 1.	25	5 F40-44	1630.	221.3	39.3	26.3	182.6	37.9	18.8	16.1	4.6	6.5	1.
26 F45-49	1612.	0 224.0	40.4	23.4	186.5	5 38.4	17.0	5 16.1	4.6	5 7.	0 1.	26	5 F45-49	1601.4	1 224.0	40.4	23.4	186.5	38.4	17.6	16.1	4.6	6.5	1.
27 F50-54	1585.	7 227.0	40.5	5 21.6	189.9	38.9	16.0	5 16.2	2 4.6	5 7.	0 1.	27	F50-54	1576.	1 227.0	40.5	21.6	189.9	38.9	16.6	16.2	4.6	6.5	1.
28 F55-59	1557.	7 229.4	40.1	. 18.5	193.7	39.4	15.5	5 16.4	4.1	7 7.	0 1.	28	F55-59	1549.	1 229.4	40.1	18.5	193.7	39.4	15.5	16.4	4.7	6.5	1.
29 F60-64	1534.	3 229.6	5 39.8	16.9	196.9	39.8	14.6	5 16.5	4.1	7 7.	0 1.	29	F60-64	1526.	229.6	39.8	16.9	196.9	39.8	14.6	16.5	4.7	6.5	1.
30 F65-69	1509.	1 231.4	41.3	15.3	200.5	40.3	13.	16.6	4.7	7 7.	0 1.	30	F65-69	1502	2 231.4	41.3	15.3	200.5	40.3	13.7	16.6	4.7	6.5	1.
31 F70-74	1489.	0 230.3	41.3	14.5	203.5	40.7	13.0	16.8	4.7	7 7.	0 1.	31	F70-74	1482.	230.3	41.3	14.5	203.5	40.7	13.0	16.8	4.7	6.5	1.
32 F75-79	1468.	8 229.8	3 41.4	13.5	206.5	6 41.1	. 12.3	3 16.9	4.7	7 7.	0 1.	32	E75-79	1462.	200.5	41.4	13.5	206.5	41.1	12.3	16.9	4.7	6.5	1.
33 F80-84	1447.	2 229.4	41.9	13.3	209.8	41.5	11.0	5 17.2	2 4.8	3 7.	0 1.	22	F80-84	1402.	1 229.0	41.4 /1 0	13.3	209.8	41.5	11.6	17.3	4.7	3 65	1.
34 F85+	1447.	2 229.4	1 41.9	13.3	209.8	8 41.5	il 11.0	5 17.2	4.8	3 7.	0 1.	5.	100.04	1442.		41.5	13.5	205.0	-1.5	11.0	17.2	+.0	5.5	1.

Fig. 11. Reducing salt intake by 0.5 g/day for the entire population

	I J	K		M	N	0	P	Q	R	S	T	U	V
												MET	
												value for	MET
								Physical Activity	Mean	SD		non-	value for
Mean								(hrs/week) and	METhrs/wk in	METhrs/wk		MVPA	MVPA
nt (m) Mea	an BMI SD BMI		Disable of	pesity?				Energy Balance	active pop	in active pop	% sedentary	time	time
1.74	22.44 4.29		No					M15-19	30.00	4.18	22.81	1.00	5.70
1.77	23.51 3.23			_	-			M20-24	50.00	4.73	34.48	1.00	5.19
1.76	24.22 3.65							M25-29	50.00	5.13	19.39	1.00	5.28
1.75	26.67 3.90							M30-34:	30.00	5.93	26.58	1.00	5.43
1.75	You can also set up counter	factual scena	rios where the ch	ange in ris	k facto	ors is		M35-39	30.00	6.39	41.22	1.00	4.92
1.73	different for different age g	roups and se	exes. Fig. 12 shows	s a counter	factual	sce-		M40-44	30.00	5.77	44.90	1.00	4.85
1.73	larger increase seen in female	rates nave in es.	creased only for 2	:0–29-year-0	JIAS, WI	ith a		M45-49	30.00	5.10	54.35	1.00	4.47
1.69		БЛОТИ			3			M50-54	30.00	6.05	44.79	1.00	4.51
1.69	J.Z COUNTERI	FACTU	AL SU VA	LUES	1			M55-59	30.00	4.95	40.16	1.00	4.36
1.68	In most cases, it is appropriat	e to assume t	hat everyone in th	ne populatio	on char	nges		M60-64	30.00	5.07	44.11	1.00	4.18
1.67	in the baseline and counterf	degree, and ti factual scenar	herefore the SD sr ios for each risk fa	iould remai actor. Of co	n the si ourse, if	ame i vou		M65-69	30.00	3.98	45.84	1.00	4.20
1.66	have sufficient data to param	neterize the c	ounterfactual dist	ribution, th	en you	i can		M70-74	30.00	3.71	46.35	1.00	4.09
1.66	use these new SD values for t	the green cou	interfactual table.					M75-79	30.00	3.87	45.98	1.00	4.05
1.64	3.3 DISABLE C	DBESIT	Y AND					M80-84	30.00	3.07	56.10	1.00	4.00
1.64	MONTE CARLO	D ANAI	LYSIS					M85+	30.00	3.07	56.10	1.00	4.00
	The model is very sensitive	to obesity a	and the number (of calories	consur	med							
1.61	and expended. This means th	hat small char	nges to BMI and en	ergy baland	ce can ł	have		F15-19	30.00	3.12	39.14	1.00	5.04
1.62	a large impact on the final res	sults. Our curre	ent understanding	g of how sin	gle pol	icies		F20-24	55.00	3.82	51.61	1.00	4.42
1.61	not necessarily reduce total	calories if con	isumers make up	the shortfa	ll by ea	ating		F25-29	55.00	4.38	39.82	1.00	4.67
1.61	more of other food types.							F30-34	30.00	4.24	50.37	1.00	4.39
1.61	If you are completely confid	lent that you	can account for a	ny comper	Isatory	/be-		F35-39	30.00	4.61	40.98	1.00	4.40
1.59	this risks overestimating the n	number of dea	aths averted. For th	is reason, w	/e gene	erally		F40-44	30.00	4.12	47.07	1.00	4.09
1.59	recommend typing "Yes" – thi	is should be t	he default.					F45-49	30.00	4.21	47.30	1.00	4.09
1.57	We will return to Monte Carl	o (MC) analys	sis once we have t	finished en	try of ir	nput		F50-54	30.00	4.54	43.64	1.00	4.00
1.56	data (<u>see Section 5.2 below</u>). tainty around the determinis	MC analysis i tic final point	s a statistical mean estimate of death	ns of compi ns averted in	iling ur n situat	ncer-		F55-59	30.00	4.23	39.14	1.00	3.93
1.55	where more than one risk fa	actor has bee	n changed. For no	ow, ensure	that "N	√o″ is		F60-64	30.00	4.81	33.80	1.00	4.04
1.55	typed in cell AD4.							F65-69	30.00	3.82	51.85	1.00	4.02
1.53	30 30 4 54							F70-74	30.00	3.37	32.11	1.00	3.95
1.52	Fig. 12. A counterfactual so between males and females	cenario where and affect o	e changes vary only one age grou	p				F75-79	30.00	2.81	62.66	1.00	3.84
1.52	25.40 5.50							F80-84	30.00	2.91	53.26	1.00	3.60
1.52	25.46 5.56							F85+	30.00	2.91	53.26	1.00	3.60

	А	В	С	D	E	F	G	Н	l I	J	К	L	М	N	О	Р	Q	R	S	Т	U
1	Yes																				
2	Populatio	n:																			
3		Male	Female																		
4	15-19	285539	273725																		
5	20-24	274167	267677																		
6	25-29	277458	277226																		
7	30-34	305934	321499.5																		
8	35-39	358175	388286.5																		
9	40-44	387083.5	422322																		
10	45-49	361957 5	394938																		
11	50-54	359277 5	397944																		
12	55-59	335611	373651																		
13	60-64	304205 5	348418 5																		
1/	65-69	275790	324480 5																		
14	70-74	221160 5	283280.5																		
16	75 70	120312.5	250021																		
17	00.04	122099 5	211100 5																		
1/	00-04	102900.J	211199.0																		
18	+co	69116.5	190,381																		
19																					
20	wortality	•			_																
										-		-							J40-J44:		
				C00-C1															Chronic		
		160-169:	120-125:	Lip, (obstructi		
		Cerebrovas	Ischaemic	cavity												C :	<i>I</i> .		ve		150:
		cular	heart	and	Oesopha	C	34: Bronchus		c18-20:	C5	4.1:	Gallbla de		Hypertens	E11,E14:	Bladder	Liver C	53: Cervix	pulmonar	K70, K74:	Heart
21		diseases	diseases	pharynx	gus	C16: Stomach a	nd lung	C25: Pancreas	Colorectum	breast t	dometrium	r	C64: Kidney	ive disease	Diabetes	cancer	cancer ca	ancer	y disease	Liver disease	failure
22	M15-19	0	2	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	C) (
23	M20-24	4	2	0	0	0	0	0	0	0		0	0	0		0	1	0	0	C) (
24	M25-29	1	3	1			2										0	0	0	C) (
25	M30-34	3	12	0			3			0							3	0	0	3	3 (
26	M35-39	11	27	4			8										1	0	2	15	5 1
27	M40-44	31	58	20	4	16	34	10	12	1	0	0	2	0	5	2	8	0	5	49) 4
28	M45-49	44	103	48	23	26	66	19	47	0	0	1	4	3	11	4	17	0	4	76	5 6
29	M50-54	80	192	100	40	80	168	35	69	0	0	2	8	6	25	14	56	0	24	122	2 17
30	M55-59	130	283	131	64	89	335	68	123	1	0	1	17	13	45	28	98	0	31	125	5 15
31	M60-64	194	336	119	79	141	407	91	186	3	0	2	29	18	80	52	106	0	78	129	9 41
32	M65-69	312	409	99	69	142	526	111	247	1	0	7	32	34	163	89	127	0	111	124	1 68
33	M70-74	477	468	54	59	186	500	141	283	3	0	7	39	58	223	103	116	0	151	116	5 114
34	M75-79	800	598	50	53	214	513	152	381	6	0	6	51	104	308	115	129	0	269	79	206
35	M80-84	1181	671	35	35	219	317	134	408	5	0	9	48	186	439	150	103	0	421	42	2 412
36	M85+	1820	1014	36	26	194	255	97	442	4	0	5	42	415	551	161	80	0	664	27	7 943
37	Total	5088	4178	697	454	1316	3134	860	2213	24	0	40	275	838	1851	720	845	0	1760	907	7 1827
38																					
39	F15-19	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
40	F20-24	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	
41	F25-29	1	1	0	0	0	0	0	0	2	0	0	0	1	1	0	1	2	1	0	
12	F30-34	1	3	0	0	2	1	0	6	7	1	0	0	0		0		2			
42	F35-39	4	3	1	0	7	2	3	7	36	1	0	0	0	2	0	1	5	0	1	
45	F40-44	0	17	1	0	10	25	5	21	71	1	1	0	2	2	0	1	11	2	16	
44	F45-44	19	10	0	0	22	25	5	21	/1	0	1	2	1	0	1	5	10	5	21	
43	E50-54	33	18	C 2	0	23	29	9	E2	121	0	0	3	1	15	1	5	18	4	21	
40	ESS 50	30		9	4	38	02	1/	23	121	3	0	1	3	10	5	47	1/	14	33	
4/	F60 C4	62	59	3	8	47	89	34	102	134	14	6	5	6	19	1	1/	1/	11	3/	
48	F00-64	102	/8	14	/	65	103	56	102	149	1/	4	10	10	59	11	20	16	19	32	
49	F03-69	1/5	123	16	3	/2	119	60	133	183	28	10	13	25	94	10	34	20	29	23	3:
50	F70-74	363	219	11	4	85	126	84	165	1/5	41	11	16	/0	192		Fia. 13. Th	e Populatio	on & Mor	tality sheet	86
51	F/5-79	/19	375	17	9	129	124	105	230	210	44	12	21	124	329		g o	sparatio		sincer	238
52	F80-84	1370	602	20	13	170	119	131	305	207	43	15	29	268	594	51	66	20	234	19	542
53	F85+	3757	1655	56	21	233	143	174	519	391	34	14	46	1,082	1,115	111	66	26	600	14	4 2,293
54	Lotal	6644	2100	152	60	821	0/2	679	1645	1774	226	72	146	1502	2/20	241	326	10/	1020	261	222

4.1 POPULATION DATA

Once you have completed entering baseline and counterfactual values for your risk factor(s) of interest, select the next Excel sheet, entitled **Population & Mortality**.

Cell A1 tells you whether MC analysis is on or off.

.

The first table, starting at row 3, requires data on the age and sex distribution of your population. The example data has 1000 males and females in each age band. Using a population survey from the same year as the risk factor data, enter the total number of males and females in each age band, replacing the example data in the blue and pink cells. If you do not have 5-year bandings, then put the same number in each row within the banding that you have available.

A recommended source for population data is the United Nations Department of Economic and Social Affairs (DESA)'s World Population Prospects.

	А	В	С
1	Yes		
2	Populatio	n:	
3		Male	Female
4	15-19	285539	273725
5	20-24	274167	267677
6	25-29	277458	277226
7	30-34	305934	321499.5
8	35-39	358175	388286.5
9	40-44	387083.5	422322
10	45-49	361957.5	394938
11	50-54	359277.5	397944
12	55-59	335611	373651
13	60-64	304205.5	348418.5
14	65-69	275790	324480.5
15	70-74	221160.5	283280.5
16	75-79	180312.5	250021
17	80-84	132988.5	211199.5
18	85+	89118.5	190,381

Fig. 13.a The Population section from the Population & Mortality sheet

	Α	В	С	D	E	F	G	н	1	J	К	L	м	N	0	Р	Q	R	S	Т	U	V	W	х	Y	Z
20	lortality	/:																								
21		I60-I69: Cerebrovas cular	I20-I25: Ischaemic heart	C00-C14: Lip, oral cavity and	C15: Oesopha	(16: Stamach	C34: Bronchus	C25: Paperose	C18-20:	C50:	C54.1:	C23: Gallbladde	C64: Vidpoy	l10-l15: Hypertens	E11,E14:	C67: Bladder	C22: Liver	C53: Cervix	J40-J44: Chronic obstructi ve pulmonar	K70, K74:	150: Heart	171: Aortic	I26: Pulmonar y	105-09: Rheumat c heart	N18: ii Chronic renal	Total
22	115-19	(gus	cit. Stomach		C25.Functeus	colorectum	Dicust	Endometrian		co4. Mariey	IVC discuse	Diabetes	curreer	Curreer	Curreer	y discuse	Liver discuse	Tullure	uncurysm	CITIBOLIST	alsease	Tunure	10001
23 N	120-24	4	1 2	2																						e
24 N	125-29	1	L 3	3																						4
25 N	130-34	3	3 12	2																						15
26 N	135-39	11	L 27	7																						38
27 N	140-44	31	L 58	3																					4	89
28 N	145-49	44	1 103	3																					4	147
29	150-54	120	194	2																					+	2/2
31	160-64	194	1 336	5																					+	530
32 N	165-69	312	2 409	9																						721
33 N	170-74	477	7 468	3																						945
34 N	175-79	800	598	3																						1,398
35 N	180-84	1181	L 671	L																					4	1,852
36 N	185+	1820	0 1014	1																						2,834
37 T	otal	5088	3 4178	3																						9,266

Fig. 13.b The Mortality section from the Population & Mortality sheet

World Population Prospects: population data [online portal with downloadable Excel files] United Nations Department of Economic and Social Affairs (DSA), Population Division https://population.un.org/wpp/Download/Standard/Population

1	50-54	
8	35-39	
9	40-44	
10	45-49	
11	50-54	
12	55-59	
13	60-64	
14	65-69	
15	70-74	
16	75-79	
17	80-84	
18	85+	
19		

20 Mortality:

47 F55-59

				C00	-C14:	
		160- 1 69:	120-125:	Lip,	oral	
		Cerebrovas	Ischaemic	cav	ity	C15:
		cular	heart	and		Oesopha
21		diseases	diseases	pha	rynx	gus
22	M15-19	0	2			
23	M20-24	4	2			
24	M25-29	1	3			
25	M30-34	3	12			
26	M35-39	11	27			
27	M40-44	31	58			
28	M45-49	44	103			
29	M50-54	80	192			
30	M55-59	130	283			
31	M60-64	194	336			
32	M65-69	312	409			
33	M70-74	477	468			
34	M75-79	800	598			
35	M80-84	1181	671			
36	M85+	1820	1014			
37	Total	5088	4178			
38						
39	F15-19					
40	F20-24					
41	F25-29					
42	F30-34					
43	F35-39					
44	F40-44					
45	F45-49					
46	E50-54					

4.2 MORTALITY DATA

The columns of the mortality table list various NCDs, along with ICD-10 codes (Fig. 13, 14). The rows are split into male (blue) and female (pink) and 5-year age bands. Example data have been entered to show 1 death for each NCD for each age group. There is currently an error in the coding which means that the totals do not automatically sum (rows 37 and 54). This glitch does not affect PRIME in any way, so you do not need to correct it.

Using national mortality data giving cause of death by age and sex, enter in each cell the total number of deaths from each condition. Use data from the same year as the risk factor and population data.

PRIME is most accurate with 5-year age bandings; however, these are not always available. If this is the case, you will have to divide the deaths between the year age categories as you see fit. For example, in Fig. 14 there were 119 000 deaths from ischaemic heart disease for males aged 15–49 years. In this instance, we have divided the total number of deaths evenly between the 5-year age bandings. The 225 000 deaths in males aged 50–74 years have also been divided up equally, as have the 60 000 deaths in males older than 75 years.

Note that, while this is the simplest approach, the assumption is almost certainly incorrect: it is very likely that there are more deaths in the 45–49 year age group than in the 15–19 year age group. If you cannot obtain 5-year age-banded mortality data, we suggest that you seek advice from an epidemiologist on how to distribute the deaths most appropriately between the age categories.

Complete the table as fully as possible.

Fig. 14. Entering mortality data on cerebrovascular and ischaemic heart disease for males

C23:		I10-I15: Hypertens		C67:	(
Gallbladd	C64:	ive	E11.E14:	Bladder	I
er	Kidney	disease	Diabetes	cancer	(
					E.

Data on cause of death can be found at the following sources:

- UNdata deaths by cause of death, age and sex;
- WHO Global Health Estimates deaths by cause, age, sex, by country and by region, 2000-2016 (the spreadsheet, including GHE codes, is available here);
- WHO Global Health Estimates comprehensive dataset is available here;

Institute for Health Metrics and Evaluation (IHME) data are available here.

Your data source may not map causes of death to ICD-10 codes. Try to use definitions that are as similar as possible to those in ICD-10. You can search the online ICD-10 to check definitions. This link takes you to "I60–I69: Cerebrovascular diseases", which is the first set of conditions in the mortality table (column B). You can search for other codes (e.g. "I20" for ischaemic heart disease) in the search bar at the top left of the webpage, as shown in Fig. 15.

There is no easy way of dealing with a situation where your data source is not very granular – for instance, if it provides data only for upper gastrointestinal cancers, not for oesophagus, stomach, gall-bladder, etc. separately. We suggest speaking with an epidemiologist about the best way to split the deaths into the relevant categories.

ICD-10 Version:2016	
Search I20	[Advanced Search] ICD-10 Versions - Languages Info
	Use additional code, if desired, to identify presence of hypertension. I20 Angina pectoris I20. Unstable angina Angina: • crescendo • de novo effort • overseling effort Intermediate coronary syndrome • overseling effort
 VIII Diseases of the ear and mastoid process IX Diseases of the circulatory system 100-102 Acute rheumatic fever 105-109 Chronic rheumatic heart diseases 110-115 Hypertensive diseases 120-125 Ischaemic heart diseases 	Preintarction syndrome I20.1 Angina pectoris with documented spasm Angina: angiospastic Prinzmetal spasm-induced variant
 I20 Angina pectoris I21 Acute myocardial infarction I22 Subsequent myocardial infarction I23 Certain current complications following acute myocardial infarction I24 Other acute ischaemic heart diseases 	120.8 Other forms of angina pectoris Angina of effort Coronary slow flow syndrome Stable angina Stenocardia 120.9 Angina pectoris, unspecified Angina pectoria Angina pectoria
 125 Chronic ischaemic heart disease 126-128 Pulmonary heart disease and diseases of pulmonary circulation 130-152 Other forms of heart disease 160-169 Cerebrovascular diseases 160-169 Chrobrovascular diseases 	• NOS • cardiac Anginal syndrome Ischaemic chest pain
 161 Intracerebral haemorrhage 162 Other nontraumatic intracranial haemorrhage 163 Cerebral infarction 164 Stroke, not specified as haemorrhage or infarction 165 Occlusion and stenosis of precerebral arteries, not resulting in cerebral infarction 166 Occlusion and stenosis of cerebral arteries, not resulting in cerebral infarction 167 Other cerebrovascular diseases 168 Cerebrovascular disorders in diseases classified elsewhere 169 Sequelae of cerebrovascular disease 	Itel Acute myocardial infarction Incl.: myocardial infarction specified as acute or with a stated duration of 4 weeks (28 days) or less from onset Excl.: certain current complications following acute myocardial infarction (123) myocardial infarction: old (125.2) specified as chronic or with a stated duration of more than 4 weeks (more than 28 days) from onset (125.8) subsequent (122) postmyocardial infarction of anterior wall Infarction (acute)(of): anterior (wall) NOS anterolaptical anterolaptical anterolaptical anterolaptical anterolaptical

Fig. 15. Searching for ICD-10 disease definitions

	A	B C	D D	E	FG	H I	J
1	Yes						
2							
3	Deaths averted or o	delaved:	Deaths averted or delayed by cause:		Deaths averted or delayed by beha	avioural risk factor:	M1
4	Total	1.970	Cardiovascular disease	1,456	Diet (excluding obesity)	273	M20
5	Under 75	553	Coronary heart disease	498	Diet (including obesity)	848	M2
6			Stroke	666	Fruit and vegetables	0	M30
7	Male	607	Heart failure	164	Fibre	0	M3
8	Female	1,364	Aortic aneurysm	1	Fats	1	M40
9			Pulmonary embolism	3	Salt	273	M45
10	Male under 75	247	Rheumatic heart disease	0			M50
11	Female under 75	306	Hypertensive disease	124	Physical activity (excluding obesity)	94	M55
12					Physical activity (including obesity)	673	M60
13			Dichatas	164			M65
14					Dbes ⁱ	580	M70
15			C nce	26!			M75
16			Mount, larynx and pharynx	24	Alcoha, consumption	0	M80
17			Oesophagus	11			M85
18		•	Strenach	27	Smoking	1,051	MT
19							
20							F15
21			Colorectum				F20-
22			Breast	4			F25-
23			Endometrium	2			F30-
24			Gallbladder	1			F35-
25			Kidney	7			F40-
26			Bladder	26			F45-
27				14			F50-
28			Cervix	8			F55-
29			Chronic chotructive nulmonomy discoso				F60-
30 21			Chronic obstructive pulmonary disease	58			F65-
5 I วา			Kidnov disopso	10			F70-
52 55				19			E90
33 34			l iver disease	2			F85
25				0			ETC
35							110
37							Tota
38							iou
4	Baseline & Counterfactual	Population & Mortality	Results MC Results Parameters FruitVeg Fibre Fibre ONLY	Salt Salt ONLY Fats	Fats ONLY BMI BMI ONLY PA PA ONLY BMI and PA ONLY	Alcohol Alcohol ONLY Smoking	Smoking ONI

After you have finished inputting national data from the same year on baseline risk factor distribution, counterfactual scenario, population structure and mortality rates, PRIME instantaneously calculates the estimated averted deaths.

Select the third Excel sheet entitled Results.

On this sheet a number of tables break down exactly where any averted deaths have come from, as a result of the relative weighting of different risk factors.

The main result is displayed in cell B4. The rows beneath show how many of the averted deaths occurred in those aged under 75 years (B5), in males (B7) and females (B8), and in males and females aged under 75 years (B10 and B11).

The cells in column E show how many of the averted deaths occurred in each disease category. The cells in column H show which behavioural risk factor changes were responsible for the averted deaths.

The example data in Fig. 16 show no averted deaths because the values for the baseline and counterfactual scenarios are identical to start with. Once the counterfactual values differ, the results tables will start to populate automatically.

The larger table starting at column K breaks down exactly how many deaths were averted for each condition for each age group and sex. The orange columns (L, N, P, R, etc.) show the baseline deaths for each group (values that you entered on the second sheet); the green columns (M, O, Q, S, etc.) show the number of deaths that PRIME has calculated for the counterfactual scenario.

5.1 WHAT DOES "DEATHS AVERTED OR DELAYED" MEAN?

PRIME does not take what is known about deaths in the year you chose and then work out how many lives would be saved in the following year, given the counterfactual changes in risk factors. Instead, it answers the question, "How many deaths would have occurred in the baseline year if the distribution of risk factors had been different?"

For example, let's say you are using 2015 data on salt intake, which was 4 g per person. In the counterfactual scenario, you set consumption at 2 g per person. PRIME tells you how many deaths would have occurred in 2015 if consumption had been at 2 g per person instead of 4 g.

The final result is "x fewer deaths". However, these individuals will eventually die of something, and they may still die from the same cause but at a later date. That's why PRIME gives the number of deaths averted or delayed – because we don't know what will happen in the future.

A	В	C D	E	F G	н	I J
1 Yes						
2						
B Deaths averte	ed or delayed:	Deaths averted or delayed by cause	:	Deaths averted or delayed by beha	vioural risk fact	or:
4 Total	1,970	Cardiovascular disease	1,456	Diet (excluding obesity)	273	
5 Under 75	553	Coronary heart disease	498	Diet (including obesity)	848	
5		Stroke	666	Fruit and vegetables	0	
7 Male	607	Heart failure	164	Fibre	0	
B Female	1,364	Aortic aneurysm	1	Fats	1	
Э		Pulmonary embolism	3	Salt	273	
0 Male under 75	247	Rheumatic heart disease	0			
1 Female under	75 306	Hypertensive disease	124	Physical activity (excluding obesity)	94	
2				Physical activity (including obesity)	673	
3		Diabetes	164			
4				Obesity	580	
5		Cancer	265			
6		Mouth, larynx and pharynx	24	Alcohol consumption	0	
7		Oesophagus	11			
8		Stomach	27	Smoking	1,051	
9		Lung	80			
0		Pancreas	39			
:1		Colorectum	21			
2		Breast	4			
3		Endometrium	2			
4		Gallbladder	1			
5		Kidney	7			
6		Bladder	26			
7		Liver	14			
8		Cervix	8			
9						
0		Chronic obstructive pulmonary disease	58			
1						
2		Kidney disease	19			
3		,				
4		Liver disease	8			
5						
6						
7						

Fig. 16. The Results sheet

5.2 MONTE CARLO ANALYSIS

Running a Monte Carlo (MC) analysis is a means of establishing realistic confidence intervals around the final number of deaths averted.

When changing a risk factor, PRIME uses relative risk figures from meta-analyses to work out the expected change in deaths. If you are interested, the values used can be seen in the yellow columns on the **Parameters** page, along with the upper and lower confidence limits. If you are changing more than one risk factor, it is mathematically inappropriate to simply add or multiply the confidence limits. An MC analysis chooses a random point estimate from within the known Cl for each risk factor and runs the model multiple times (you have the option of running the model 5000, 10 000 or 100 000 times). This effectively compiles uncertainty around the deterministic result. PRIME observes the outcomes and provides Cl values (on the MC_Results sheet in cells B4 and D4). The more times the MC analysis is run, the more accurate the Cls; however, 5000 should be sufficient.

To run the MC analysis, first ensure that "Yes" is typed into cell AD4 on the first sheet (Baseline and Counterfactual). Then simply click the relevant button in column K on the MC_Analysis sheet and wait for the analysis to finish running. You can press the escape key to stop the analysis at any time. Please note that the MC analysis uses your computer's copy and paste function, and while it is running, you will not be able to use this feature in any other document.

In Fig. 17 the 5000 option located in the middle of the sheet is highlighted blue. The final results (the 2.5th and 97.5th centiles) are displayed at the top left of the screen in cells B4 and D4 and highlighted as well in Fig. 17. Once you have run your MC analysis, go back to the first sheet and reset cell AD4 by entering "No" (if you don't reset this cell, then PRIME continues to use randomly selected risk ratios to populate the results page, rather than using the best estimate scenario).

You should check that the point estimate in cell C4 is roughly similar to the results you obtain in the Results sheet (B4). However, the most accurate result is the one in the Results sheet. Use the upper and lower Cls from cells B4 and D4 on the MC_Analysis sheet to compute your final Cl.

	A	В	C	D	E	F	G	Н	1	J	K	L	M	N	0	P	Q	R	S	T	U	V	W	Х	Y	Z	AA	AB	AC	AD	AF	ε,
																										. r.					Pulm	iona
																					Under			Mala	Famala	Cardiova	Coronar		Heart	Aortic	ry ambu	elie tiek
1 Vor																			Poculto	Total	Under	Mala	Fomalo	water 7	Female	e scular	y neart disease	Stroko	feilure	aneury	/s embo	JIS TICT
1 les																			Results	Total	75	wate	remaie	under 7	5 unuer	75 uisease	uisease	Stroke	lanure			uise
		_																														
2 Deaths a	averted or del	layed:				Deaths averted or delayed by cause:					Deaths averted or delayed by behavio	ural risk fa	actor:							1,97	70 55	3 60	7 1363.5	6 246.86	58 306.	.01 1456.37	498.476	665.95	5 163.51	1.406	52 2.75	5588 0
3	2	2.5th	Mean	97.5th			2.5th	Mean	97.5th			2.5th	Mean	97.5th						72	25 22	23	3 49	2 14	18	77 612	139	192	13	9	5	5
4 Total		483	798	1,108		Cardiovascular disease	377	693	999		Diet (excluding obesity)	216	6 530	839						77	2 250.165	52 264.127	7 507.661	9 165.797	73 84.367	797 657.0639	154.6304	217.9609	132.480	5 5.02	13 3.031	1022 1.7
5 Under 75	5	175	247	317	'	Coronary heart disease	91	156	220		Diet (including obesity)	483	3 798	1,107						80	05 246.636	5 272.0	2 532.590	6 163.202	24 83.434	412 695.5959	155.6878	225.8108	3 155.99	5 7.0159	J72 7.177	7132 1.3
6						Stroke	122	23:	342		Fruit and vegetables	(0 0	0						71	1 229.288	37 235.421	3 475.899	2 153.337	79 75.950	084 602.9734	133.7005	208.9067	119.412	2 5.7529	31 5.107	7454 0.9
7 Male		132	272	410		Heart failure	79	144	209		Fibre	(0 0	0						78	38 247.68	75 265.629	9 522.137	8 163.527	75 84.	.16 688.3286	154.214	232.5311	145.920	9 6.0721	.04 7.976	6674 1.3
8 Female		348	526	698	6	Aortic aneurysm	3		11		Fats	-4	4 -1	2						85	56 259.466	51 294.216	2 562.193	7 170.321	12 89.144	486 752.8176	169.3672	265.464	141.656	9 6.8117	24 9.458	8961 1.4
9						Pulmonary embolism	2		13		Salt	215	5 531	840						95	57 289.724	19 342.790	1 614.383	9 193.837	76 95.887	738 851.6997	195.2166	292.3106	5 165.063	8.6679	15 9.036	3085 1.4
10 Male un	der 75	113	163	214		Rheumatic heart disease	0		3											65	57 209.24	19 199.655	9 457.534	2 134.263	37 74.985	533 553.5143	128.1948	184.5088	3 117.774	5.4611	.58 3.161	1/12 1.
11 Female u	under /5	63	84	104	9	Hypertensive disease	/6	14:	213		Physical activity (excluding obesity)	220	0 0	0						84	15 256.535	5 283.489	4 561.93	9 169.12	// 8/.40	078 732.8593	169.6494	243.8326	147.830	3 7.195	-84 7.30	J11/ 1.6
12						Diskates	40		70		Physical activity (including obesity)	238	8 2/3	305						64	14 216.65	197.07	4 446.749	9 140.44	11 76.210	062 525.5991	123.7001	161.9446	5 115.092	4.3432	.35 6.054	4644 1.1
13						Diabetes	40	э.	/1		Objective	220	0 272	205						/4	10 230.395	5 230.307	9 515.305	154.084	18 82.31	107 638.3974	135.6306	195.9741	157.427	5.8281	.89 7.04	1903 1.0
14						C	10	2	21		Alashal association	250	0 2/3	505						67	2 217.95	98 211.501	4 460.097	1 142.175	0 73.450	2/4 554.1525	121.5080	177.0400	06 5227	4.33	.54 3.800	0012 0.0
15						Mouth January and phaning	10	20	0 0		Alcohol consumption		0 0	0						60	205.02	181.040	3 451.003	9 132.100	39 73.459	913 502.1891 270 E08.071	122 5620	108 4336	105 707	5.0013	.31 4.949	9213 0.8
10						Occophagus	0		0		Smoking	(0 0	0						1 22	223.11	0 224.042	3 406.993	2 220 205	2 100.04	411 1126 595	242 2464	207 7257	222.262	1 1 1 1 0 6	.50 2.10	7761 2.1
10						Chamanah	0				SHOKING		0 0	0						1,23	7 250.060	407.411	3 707.717	2 225.200	55 105.54	411 1120.383	147.0144	357.7232	156.662	7 12.100	37 11.37	7701 2.1
10						lung	0													00	1/ 250.900	16 217.65	7 544.140 5 626.617	1 105.457	14 02 790	292 084.8444	191 0029	217.5355	196.960	7 9 0902	274 10 (0671 1 7
20						Pancreas	1		7											7/	10 220 22/	12 255 20	7 484 690	4 159 019	70 / 105	504 624 5075	147 2670	216 7271	119 50	6 5 2 20	165 6 55'	1965 0.8
21						Colorectum	9	1/	18	-										40	178 041	6 138 758	6 358 986	8 116 076	5 62 867	711 387 0668	05 72318	127 6104	86 5212	2 5447	748 2.001	1508 0
22						Breast	-3	-	1		MC E 000 (com and c)									80	14 248 123	28 279 511	7 524 023	9 165 360	4 82 762	238 696 2918	154 2366	236 386	146 766	7 7 2635	523 8 160	6044 1
23						Endometrium	3		5		Mic 5,000 (new code)		Delete P	Previous						72	8 233 029	54 246 540	8 481 567	6 153 633	9 79 391	154 615 5527	144 5903	208 9929	124 230	8 6 1852	299 6 07/	4614 0 5
24						Gallbladder	0		1		TAKES ~15MINS									86	8 258.552	2 291.433	8 576.332	4 170.404	3 88.147	791 757.3664	163,9807	264,6316	5 155.167	7,2636	336 7.505	5612 1.9
25						Kidney	2	3	3											93	39 274.486	5 331.49	9 607.605	6 184.193	38 90.292	272 840.8245	181.37	266.0705	194.87	7.9225	589 7.90!	1247 2.
26						Bladder	0	(0 0											98	32 297.372	2 362.049	8 620.187	8 200.477	79 96.894	431 871.8086	211.7729	270.1193	171.914	9.2677	775 13.85	5296 1.2
27						Liver	0	(0 0											59	4 191.944	12 165.604	4 428.250	5 123.009	68.934	479 489.4961	108.4856	162.7934	108.331	3.6965	594 4.45	5047 1.1
28						Cervix	0	(0 0		MC 10 000 (new code)					1				51	182.05	51 134.926	6 377.659	5 115.847	79 66.203	314 409.7155	91.79689	134.7345	97.4184	3 2.4872	/32 4.047	3592 0.3
29											1110 20,000 (11011 0000)		NOTE: 1	TO STOP M	ONTE					89	97 279.190	328.610	6 568.27	8 186.132	23 93.058	807 800.787	176.7409	269.4508	160.58	8.6087	/62 7.265	5692 1.0
30						Chronic obstructive pulmonary disease	0	(0 0		TAKES ~30MINS		CARLO AM	NALYSIS PRI	ESS ESC					91	18 272.126	52 327.669	3 590.01	4 181.799	97 90.326	646 817.0681	186.9908	275.3856	5 164.248	8.2615	591 12.62	2344 2.3
31																				77	73 247.319	3 250.121	6 523.377	8 161.14	46 86.173	325 657.0258	150.6735	220.2303	145.998	3 5.0851	154 5.508	8277 1.2
32						Kidney disease	2	;	5 8											63	31 203.830	9 188.457	3 442.099	3 133.227	73 70.603	365 531.8242	118.9513	173.2627	122.950	5 3.9150	J34 3.272	2559 0.8
33																				72	225.078	38 227.260	1 492.647	4 148.094	14 76.984	441 610.4183	136.9229	196.7413	3 134.995	5.5576	j35 7.776	6671 0.9
34						Liver disease	14	22	29		MC 100,000 (new code)									89	34 258.434	17 310.362	8 583.20	4 171.682	25 86.75	522 792.5113	177.646	258.3453	175.784	9.1307	/82 7.20	0021 1.9
35																				80	03 238.196	53 256.980	7 545.908	9 154.05	58 84.13	383 688.1248	158.4754	218.5357	156.30	3 5.8239	172 3.452	2927 1.4
36											TAKES ~5HRS									91	13 272.793	316.005	7 597.427	2 183.259	92 89.534	456 804.3628	168.9402	276.9971	163.834	3 7.6169	J63 6.727	2978 0.9
37												_								80	06 246.238	32 273.304	6 532.488	9 162.692	83.545	526 702.9795	156.3525	226.1959	156.521	3 7.5242	26 4.138	8993 0.8
38																				77	71 240.280	04 255.374	2 515.331	.4 158	.1 82.180	033 664.8946	155.5266	218.1157	133.8	7.1166	15 8.559	9576 0.
39																				94	13 278.363	32 321.921	6 621.197	6 184.289	99 94.073	336 819.8236	174.8463	263.5597	183.587	L 8.7985	59 9.417	7258 2.1
40																				65	54 213.010	2 219.126	6 435.198	1 139.872	22 73.137	799 559.3928	130.7942	191.3966	5 110.966	4.4833	11 5.420	3872 1.4
41																				80	0 2249.40	1 302.926	2 505.133	4 166.195	9 83.201	118 /19.0256	167.1114	243.8144	142.634	5 7.0606	.65 7.532	2232 0.6
42																				1.05	238.2	1 254.503	2 502.95	4 159.414	14 78.796	054 053.0415	143.2174	212.7320	138.321	5 0.337	00 0.035	5428 0.8
43																				1,05	311.740	37 384.798	7 640 253	9 211.072	00.517	759 953.9203	211.1874	319.7254	196.110	10.891	.82 8.301	1819 1.0
44																				76	6 240 225	0 250 551	1 515 262	2 150 206	53 96.517 57 91 110	020 669 42	144.3091	275.4924	146 620	6 AA70	.92 10.0	0526 1.4
45																				1.00	10 208.43	25 282 174	4 627 242	4 200 921	7 97 502	226 909 0007	205 8165	217.4617	176 702	10.4470	517 9.42	2601 2.1
40																				1,00	250.43	76 200 044	7 546 908	7 169 964	10 87 787	261 737 8170	162 3302	242 2481	167.062	5 6 6030	17 5.422	0310 2 3
48																				87	29 257.519	7 299.524	6 529.047	4 170.803	3 86.713	337 744.3353	163.4738	254.388	145.562	7.0989	163 8.58/	4277 1.8
49																				80	05 246.71	288.4	2 516.489	4 166.77	1 79,984	482 711.6837	162.2767	240.3104	135.147	7.1664	487 4 00	6186 1 3
50																				76	7 232.62	4 254.72	8 512.404	3 152.307	78 80.319	957 655.7722	146.6025	206,9993	151.868	3 5.5395	345 6.97/	4243 1.9
51																				79	8 243.88	7 282.016	6 515.566	6 161.747	73 82.140	033 694.3362	163.3461	238.8501	123.022	6.7386	307 6.60	0198 0.8
52																				82	252.64	7 289.731	7 537.847	7 167.296	53 85.350	071 724.7897	167.4399	251.8543	142.516	7.1196	35 7.18	3065 1.2
4.3	Raseline & Co	ounterfactu	al Por	ulation &	Mortalit	v Results MC Results Parameters Fruit	Vea Eibre	Fibre O	NLY Salt	Salt ONF	Fats Fats ONLY BMI BMI ONLY	PA PA	ONLY BM	All and PA ON		cohol 4	Icohol ON	JLY Smr	kina Sm	oking ONL	Y Notes	(4		-		

Fig. 17. Running a Monte Carlo analysis 5000 times

5.3 COMMUNICATING THE RESULTS

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The best way to communicate results is probably to talk about how many fewer deaths would have been seen in the year of interest if the counterfactual scenario had been real. For instance:

"If salt consumption had been 2 g lower per person, there would have been 100 000 fewer deaths in 2015."

"If everyone had met the national recommendations for physical activity in 2015, then 100 000 lives would have been saved."

"If everyone met the national nutrition guidelines, then 50 000 deaths could be averted, with 70% of the averted deaths due to increasing fibre intake."

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"Our modelling suggests that halving the number of male smokers would save 5000 lives."

The WHO Regional Office for Europe

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World Health Organization Regional Office for Europe

UN City, Marmorvej 51, DK-2100 Copenhagen Ø, Denmark Tel.: +45 45 33 70 00 | Fax: +45 45 33 70 01 E-mail: eurocontact@who.int Website: www.euro.who.int